

Disc Golf Clinic

Ages 13+

Try something new outdoors! Similar to traditional golf, but the discs are thrown by hand. The HUB disc golf course is a tonal course, which makes an audible 'ding' sound when hitting the hole post. An activity that nurtures skill building and family time. Join us to build some new skills, meet great people and play outside!

Saturday | June 22 | 4:30 pm - 6:00 pm

1/\$20 | Code: 72943

Instructors: Kristi and Dwight

Cowichan Station at the HUB

Tennis Lessons - Beginner

Ages 16+

Join us for the first time or for a review of the fundamentals of tennis such as forehand, backhand, serve, and volley. The emphasis will be on fun and games like hit the target (or the coach!), king of the court, and of course tennis drills with lots of balls and practice.

Monday - Thursday | July 8 - 11

6:00 p.m. - 7:30 p.m.

4/\$80 | Code: 72949

Instructor: Alex Dodd

Maple Bay Properties

Tennis Lessons - Intermediate

Ages 16+

This is for the intermediate players that wish to increase their performance by fine tuning their skills and game strategy. The emphasis will be on games, scoring, court positioning, and singles and doubles strategy. We will play a round robin tournament on the last day.

Monday - Thursday | July 15 - 18

6:00 p.m. - 7:30 p.m.

4/\$80 | Code: 72941

Instructor: Alex Dodd

Maple Bay Properties

Events

Cowichan Valley Spring Home & Wellness Show

Friday - Sunday | May 3 - 5

Cowichan Community Centre Arena

Parents Unite Garage Sale

Take advantage of this great opportunity to get rid of that trunkload of toys or clothes that your child no longer has an interest in, or to find a great deal on clothes and accessories for that welcome addition to the family. This garage sale is designed exclusively for children's toys, clothing, and children's items.

Saturday | May 11 | 9:00 am - 12:00 pm

1 Table \$30 | Code: 71363

FREE Admission

Duncan Days Parade

For more information or to enter, please contact Jeff at 236.594.0862 or the Duncan-Cowichan Festival Society at 250.466.0473 or by email to dcfsummerparade@gmail.com

Saturday | July 13 | 9:00 am start


FREE Event

Sports & Recreation Gear Swap & Shop

Join us for our first ever Sports and Recreation Gear Swap at the Cowichan Community Centre! Bring in your clean, gently used, functional sports and rec gear to swap for 'new to you' gear. Accepted sports and rec gear includes athletic shoes, sports gear (hockey, lacrosse, football, etc.), outdoor summer and winter sports equipment (skis/snowboards, etc.), clothing and more. We kindly ask those who bring gear to take away any unsold goods at the end of the swap. Book your table today! Load in is at 8:00 a.m. Sales start at 9:00 a.m.

Saturday | Sept 9 | 9:00 a.m. - 12:30 p.m.

1/\$25 | Code: 73733



April - August 2024

COWICHAN VALLEY REGIONAL DISTRICT

Summer Recreation Guide

Cowichan Community Centre
Cowichan Lake Recreation
Kerry Park Recreation Centre
Shawnigan Lake Community Centre

Registration Starts April 8 at 9:00 am
Online Registration | reccowichan.ca



Cowichan Community Centre

2687 James Street

Duncan, BC V9L 2X5

250.748.7529 | tcentre@cvrld.bc.ca

ONLINE REGISTRATION:

To use online registration you will need login information, and a credit card. Please contact your local recreation centre to set up your family's account. You can access online registration from our website www.cvrld.ca



@mycvrd



facebook.com/cvrldrec



SPRING/SUMMER 2024



Adult Sports Programs

COWICHAN COMMUNITY CENTRE



cvrd.ca

Pickleball Drop-in

Ages 15+

Pickleball is a fun combination of badminton, tennis, and table tennis that continues to grow in popularity. It is played on a badminton-sized court with a light weight paddle and a plastic perforated ball. Pickleball is accessible to a wide range of players and accommodates participants at every fitness level.

Tues/Wed/Thurs | May 1 - 16

10:30 a.m. - 12:30 p.m.

Drop-in \$4.25

Family Badminton

Ages 10+

This drop-in program is designed for families or individuals who want to get out and play this fun, active sport. Badminton improves fitness, agility, balance, and hand-eye coordination. Racquets and shuttlecocks will be available or you can bring your own.

Wednesdays | May 1 - June 12 | 6:30 p.m. - 8:00 p.m.

Drop-in \$4.25

Ball Hockey

Ages 16+

This recreational program will give players a chance to get in a fun workout playing ball hockey. All levels of skill are welcome to attend. There will be no slap shots or hitting, and our supervisor will encourage fair play and equal playing time. Regular hockey sticks are permitted. Helmets, gloves, and athletic cups are recommended.

Sundays | May 5 - July 28 | 6:00 p.m. - 8:00 p.m.

Drop-in \$4.25

Drop-in Hoops - Adult Basketball

Ages 17+

Looking to hoop it up this spring? Come join us for some drop-in scrimmage play. This basketball program is open to anyone ages 17+ looking to get active.

Mondays | May 6 - 27 | 7:00 pm - 8:30 pm

Registered Drop-in \$4.25

No session May 20

Womens Mountain Biking Clinic Intermediate

Ages 18+

This four-week clinic is designed for intermediate riders. Each two-hour session will focus on a core skill such as body positioning; braking/gearing; cornering; timing and coordination; line choice and pumping; trail maneuvers; rolls and hops. This program offers a rider-centered experience focused on helping you improve. Together we'll work through a progression of the core MTB skills. Our goal is to help you ride safer, more confidently, and with greater control and flow. Enjoy learning from experienced coaches in a fun and supportive atmosphere! Let's get you over your plateaus and push you to ride with greater control, confidence, and flow! Note: Intermediate riders in this clinic have typically been mountain biking for 12+ months, and are comfortable riding standard blue trails at trail speed. Or have previously completed a 'beginner' clinic with us and have been encouraged to register as an intermediate!

Tuesdays | May 7 - 28 | 6:15 p.m. - 8:15 p.m.

4/\$194 | Code: 72939

Instructor: Nolan Riding

Mount Tzouhalem - Kasper Parking Lot

Lacrosse

Ages 15+

This recreational non-contact program is for men and women who want to practice their box lacrosse skills through friendly scrimmage games. Come enjoy our national sport! Helmet, stick, gloves, and elbow pads are required.

Wednesdays | May 8 - June 19

7:30 p.m. - 8:45 p.m.

Registered Drop-in \$4.25

Pickleball - Building the Basics

Ages 15+

In this 2-hour clinic you will build on the basic skills of Pickleball with the objective of taking your game to the next level. Basic skills and game knowledge are required.

Saturday | June 1 | 10:00 a.m. - 12:00 p.m.

1/\$30 | Code: 72835

Instructor: Ken Holman

Pickleball - Learn to Play

Ages 15+

Pickleball is a fun combination of badminton, tennis, and table tennis that continues to grow in popularity. In this 2-hour clinic you will learn the basic rules and skills of the game.

Sunday | May 26 | 10:00 a.m. - 12:00 p.m.

1/\$30 | Code: 72834

Instructor: Ken Holman



Womens Mountain Biking Clinic Beginner

Ages 18+

This fun and challenging program is specifically designed to progress new female riders. The focus will be on introducing the fundamental skills of mountain biking, such as body position, braking and gearing, balance and coordination, on-trail awareness, cornering, and climbing and descending.

Wednesdays | June 4 - 25 | 6:15 p.m. - 8:15 p.m.

4/\$194 | Code: 72938

Instructor: Nolan Riding

Mount Tzouhalem - Kasper Parking Lot

Pickleball - Intermediate

Ages 15+

Designed for 3.5 and 4.0 rated players whose game has stalled and would like to move it to the next level. The instructor will offer suggestions and drills to quickly improve your game and discuss winning doubles strategy. Time will be set aside to practice your new skills and strategy.

Sunday | June 9 | 10:00 a.m. - 12:00 p.m.

1/\$30 | Code: 72836

Instructor: Ken Holman

The "Ultimate" Clinic (Frisbee)

Ages 16+

Do you love playing frisbee? Do you enjoy team sports? Come give Ultimate a try. We'll meet together and learn the basics of this exciting, fast game that caters to all levels of ability.

Wednesday | June 12 | 6:00 pm - 7:00 pm

1/\$15 | Code: 72942

Instructors: Kristi and Dwight

Cowichan Sportsplex