

Intro to Gravel Riding

Have you wondered what this is all about? "Gravel riding" tends to describe riding on unpaved roads and trails (often compared somewhere between road cycling and mountain biking) and can encompass all types of terrain, from gravel to wooded single-track and everything in between. Join our instructor as she shares some basic tips and maintenance for your bike and introduces you to this adventure opportunity that's right here in our backyard.

Monday | Mar 4 | 5:00 p.m. - 7:00 p.m.
1/\$50 | Code: 67738
Instructor: Michele from Dirt Groms

A Walk in the Park - Intro to Walking with Poles

Pole walking has been shown to be much more effective than regular walking for increased health benefits. Join us and learn tips and tricks that will help you get active this Spring. Feel free to bring your walking poles, or some will be provided.

Thursday | Apr 18 | 10:00 a.m. - 1:00 p.m.
1/\$20 | Code: 67733
Instructor: Tiffany Chapman

Street Smart Cycling Skills for Adults Ages 18+

Do you want to feel more comfortable and safe riding your bike on the road? Learn to become a Street Smart cyclist. The day will include basic bike maintenance, rules of the road, common cycling routes, rider visibility and safety, road positioning, traffic lights, bike set up, bike handling, proper braking, and understanding your gears. Gain confidence through cycling games and have fun. All participants must have a certified biking helmet, fully functioning bike and basic riding skills. Bring snack, water and weather appropriate clothing.

Saturday | May 25 | 9:00 a.m. - 12:00 p.m.
1/\$45 | Code: 68661
Instructor: Stephen Pilcher

Events

Hockey Day in Cowichan

Join us for a family friendly activity day and celebration of Canada's official winter sport.

Saturday | January 20 | 10:00 a.m. - 2:00 p.m.
Gear it Up Hockey Session | 11:30 a.m. - 12:50 a.m.
Family Skate | 1:00 p.m. - 2:20 p.m.
Gym Activities | 10:00 a.m. - 2:00 p.m.
FREE Admission

WorkBC Centre Duncan Job Fair

Come meet Cowichan's top employers at the WorkBC Job Fair!

Thursday | Feb 22 | 10:00 a.m. - 2:00 p.m.
FREE Admission

Cowichan Valley Spring Home & Wellness Show

Friday - Sunday | May 3 - 5

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](https://www.facebook.com/cvrldrec)



Adult Sports

COWICHAN
COMMUNITY
CENTRE



cvrd.ca

Pickleball

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 | Jan 2 - April 30

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

Drop-in \$4.25

No session Feb 22, Mar 12, 13, 14, 19, 20, 21

Volleyball

Ages 15+

This drop-in volleyball program is for recreational players looking for some friendly competition. All levels and knowledge of the game are welcome! Our supervisor will promote fair play and fun, and we will have a mini tournament with prizes at our last session. Space is limited so make sure to get there early!

Wednesdays | Jan 3 - Apr 24 | 7:00 p.m. - 8:30 p.m.

Drop-in \$4.25

No session Feb 14, March 13

Lacrosse

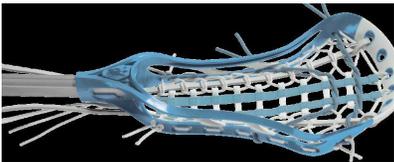
Ages 15+

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

Wednesdays | Jan 3 - Apr 10 | 8:30 p.m. - 10:00 p.m.

Drop-in \$4.25

No session Feb 14, March 13



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 | Jan 7 - Apr 28 | 6:00 p.m. - 8:00 p.m.

Drop-in \$4.25

Drop-in Hoops Basketball

Ages 17+

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

Mondays | Jan 8 - Apr 15 | 7:00 p.m. - 8:30 p.m.

Registered Drop-in \$4.25

No session Feb 19, Apr 1

Learn to play Pickleball

Ages 15+

Pickleball is a fun combination of badminton, tennis, and table tennis that continues to grow in popularity. In this class you will learn the basic rules of the game and the skills to take your game to the next level. Instructor: Ken Holman

Saturday | Feb 17 | 10:00 a.m. - 12:00 p.m.

1/\$30 | Code: 67680

Saturday | Mar 9 | 10:00 a.m. - 12:00 p.m.

1/\$30 | Code: 67681

Saturday | Apr 6 | 10:00 a.m. - 12:00 p.m.

1/\$30 | Code: 67682

Saturday | Apr 13 | 10:00 a.m. - 12:00 p.m.

1/\$30 | Code: 67683

Spring Break Pickleball

Monday - Friday | Mar 11 - 22 | 11:15 a.m. - 1:15 p.m.

Drop-in \$4.25

No session March 12, 13, 14

Pickleball - Building on the Basic 1

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.

Instructor: Ken Holman

Saturday | Mar 23 | 10:00 a.m. - 12:00 p.m.

1/\$30 | Code: 67684

Saturday | Apr 27 | 10:00 a.m. - 12:00 p.m.

1/\$30 | Code: 67685

Women's 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 | Mar 26 - Apr 30 | 5:00 p.m. - 7:00 p.m.

4/\$293 | Code: 67686

Instructor: Nolan Riding

Mount Tzouhalem - Kaspa Road Parking Lot

