

## Girls on the Move

**Ages 9 - 13**

This action-packed camp is for girls only! Our leaders will create a fun and safe environment where we will put away the screens and get active. Spend time outdoors, play sports, and try new crafts and activities in this dynamic camp. Please wear athletic clothing and running shoes, and bring a healthy lunch and a water bottle.

Monday - Friday | July 27 - 31

8:30 a.m. - 4:00 p.m.

5 Days \$160 | Code: 27168

**Cowichan Community Centre**

Drop-in \$40 per day if space is available

## British Soccer Camp

**Ages 3 - 13**

Challenger International Soccer Camps offers half-day and full-day camps, utilizes over 30 years of coaching experience. The curriculum is filled with sessions from the world's top soccer countries (Brazil, France, Spain, UK, and the US) and will focus on developing the technical, tactical, and physical aspect of each player in a fun and educational way.

Monday - Friday

July 27th - 31st

TinyTykes Session 1 (3-4yrs) 9:00am - 10:00am \$91

Tiny Tykes Session 2 (3-4yrs) 10:15am - 11:15am \$91

Tiny Tykes Lions (4-6yrs) 11:30am-1:00pm \$121 Player

Development (6-9yrs) 9:00am - 12:30pm \$158 Player

Development (10-13yrs) 9:00am - 12:30pm \$158

**Cowichan Sportsplex**

PLEASE REGISTER AT [www.reccowichan.ca](http://www.reccowichan.ca) OR  
CALL 250.748.7529

## Adults

### 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 6 - 9

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

4 Sessions \$80 | Code: 25923

**Maple Bay Properties**

Instructor: Alex Dodd

### 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.

Monday - Thursday | July 13 - 16

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

4 Sessions \$80 | Code: 25924

**Maple Bay Properties**

Instructor: Alex Dodd

*In order to reduce the risk of exposure to COVID-19, we are meeting public health expectations by limiting group sizes and practicing physical distancing during the program.*

*While the CVRD is taking measures to lower the risk of spread of the Coronavirus, COVID-19, it does not guarantee its ability to do so.*

*All programs are subject to change due to COVID-19 restrictions.*

## Book Your Next Event With Us!

We can accommodate events from 15+ people in a variety of room sizes. Whether it's a family, corporate, or community function, we want it to be a memorable one!

**Weddings · Anniversaries  
Birthdays · Community Events  
Sporting Events · Memorials  
Trade Shows · Meetings  
Conferences · Conventions**

For inquiries and bookings please contact us at **250.746.3434** or [taylor.knowles@cvrld.bc.ca](mailto:taylor.knowles@cvrld.bc.ca)

### Cowichan Community Centre

2687 James Street

Duncan, BC V9L 2X5

250.748.7529 | [tcentre@cvrld.bc.ca](mailto: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.bc.ca](http://www.cvrld.bc.ca)

 @mycvrd

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



# Sport Camps

COWICHAN  
COMMUNITY  
CENTRE



[cvrd.bc.ca](http://cvrd.bc.ca)

## Cowichan Hoop Camp

### Grades 1 - 10

This camp will provide a positive environment for basketball players to develop skills, learn the game, and have fun! Skills that will be focussed on include shooting form, ball-handling, attacking the basket, fundamental defensive principles, and transition play. This coed camp will be led by coaches and players from Cow High and includes a free t-shirt with your registration. Save \$10 per sibling after first child is registered at full price. Age groups are based on the grade your child is currently in.

### Grades 1 - 3

Monday - Friday | June 29 - July 3  
9:00 a.m. - 12:00 p.m.

4 Sessions \$80 | Code: 26381

No session July 1

Cowichan Community Centre & Cowichan Secondary

### Grades 4 - 6

Monday - Friday | June 29 - July 3  
9:00 a.m. - 12:00 p.m.

4 Sessions \$80 | Code: 26382

No session July 1

Cowichan Community Centre & Cowichan Secondary

### Grades 7 - 10

Monday - Friday | June 29 - July 3  
1:00 p.m. - 4:00 p.m.

4 Sessions \$80 | Code: 26383

No session July 1

Cowichan Community Centre & Cowichan Secondary



## Tennis Camp

### Ages 6 - 15

Learn the basics of tennis, ground strokes, volleying, the service return, as well as strategies for game play and keeping score. The emphasis is on FUN. Please make sure you bring sunscreen, a hat, water, snack, and a tennis racquet. Racquets are provided if necessary.

### Ages 6 - 9

Monday - Friday | July 6 - 10  
9:30 a.m. - 11:30 a.m.

5 Sessions \$105 | Code: 25917

### Maple Bay Properties

Instructor: Alex Dodd

### Ages 9 - 12

Monday - Friday | July 13 - 17  
9:30 a.m. - 11:30 a.m.

5 Sessions \$105 | Code: 25919

### Maple Bay Properties

Instructor: Alex Dodd

### Ages 12 - 15

Monday - Friday | July 20 - 24  
9:30 a.m. - 11:30 a.m.

5 Sessions \$105 | Code: 25922

### Maple Bay Properties

Instructor: Alex Dodd

### Stay Informed...

For updated information please call 250.748.7529 or check [www.cvrld.bc.ca](http://www.cvrld.bc.ca) for updates

## Sports Camp

### Ages 9 - 13

Join us for this exciting camp where we will put away the screens and get active! Our leaders will create a fun and safe environment for developing sport-specific skills and basic movement skills, with any necessary modifications. Spend time outdoors, play sports, and try new activities in this dynamic camp. Please wear athletic clothing and running shoes, sun protection, and bring a healthy lunch and a water bottle.

Monday - Friday | July 6-10  
8:30 a.m. - 4:00 p.m.

5 Days \$160 | Code: 27162

### Cowichan Community Centre

Monday - Friday | Aug 17 - 21  
8:30 a.m. - 4:00 p.m.

5 Days \$160 | Code: 27163

### Cowichan Community Centre

## Junior Sports Camp

### Ages 6 - 9

Join us for this exciting camp where we will put away the screens and get active! Our leaders will create a fun and safe environment for developing sport-specific skills and basic movement skills, with any necessary modifications. Spend time outdoors, play sports, and try new activities in this dynamic camp. Please wear athletic clothing and running shoes, sun protection, and bring a healthy lunch and a water bottle.

Monday - Friday | July 13 - 17  
8:30 a.m. - 4:00 p.m.

5 Sessions \$160 | Code: 27152

### Cowichan Community Centre

Monday - Friday | August 10 - 14  
8:30 a.m. - 4:00 p.m.

5 Days \$160 | Code: 27157

### Cowichan Community Centre

## Mini Sports Camp

### Ages 3 - 5

Join us for this action-packed multi-sport camp where we will introduce your child to a variety of sports. We will keep them moving and engaged with a different sport each day, such as basketball, floor hockey, soccer. Our leader will focus on developing sport-specific skills and basic movement skills, such as agility, balance, and speed. Please bring clean runners, a healthy snack, and a water bottle.

Monday - Friday | July 20 - 24  
9:00 a.m. - 11:00 a.m.

5 Days \$65 | Code: 27144

### Cowichan Community Centre

Monday - Friday | August 24 - 28  
1:00 p.m. - 3:00 p.m.

5 Days \$65 | Code: 27169

### Cowichan Community Centre

## Mountain Bike Camp

### Ages 10 - 14

Join our professionally certified coaches and take your riding to the next step with our on trail lessons and skill building sessions. Skill sets covered include on-bike balance, body position, cornering, climbs and descents, braking, gear selection and shifting, small jumps and drops, basic mechanical repairs, trail etiquette, and safe falling techniques. Riders will be assessed at first session and arranged into appropriate skill groups.

Monday - Friday | July 20 - 24  
9:00 a.m. - 2:00 p.m.

5 Days \$325 | Code: 26220

### Mount Tzouhalem | Monday - Thursday

### Maple Mountain | Friday

Instructors: Nolan Riding

Monday - Friday | Aug 10 - 14  
9:00 a.m. - 2:00 p.m.

5 Days \$325 | Code: 26221

### Mount Tzouhalem | Monday - Thursday

### Maple Mountain | Friday

Instructors: Nolan Riding