
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 | May 31 - June 21 | 6:15 p.m. - 8:15 p.m.
4/\$174 | Code: 52766
Instructor: Nolan Riding
Mount Tzouhalem

Women's 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 directed to register as an intermediate!

Wednesdays | May 3 - 24 | 6:15 p.m. - 8:15 p.m.
4/\$174 | Code: 52767
Instructor: Nolan Riding

Street Smart Cycling Skills for Adults

Ages 18+

This 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 | | 9:00 a.m. - 12:00 p.m.
1/\$45 | Code: 53090
Instructor: Stephen Pilcher

Events

Cowichan Valley Spring Home & Wellness Show

Friday - Sunday | Apr 27 - 30
Cowichan Community Centre

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



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 3 - May 25

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

Drop-in \$4.25

No session Mar 14, 15, 16, 21, 22, 23, Apr 27

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 4 - Apr 5 | 7:00 p.m. - 8:30 p.m.

Drop-in \$4.25

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 4 - Apr 5 | 8:30 p.m. - 10:00 p.m.

Drop-in \$4.25



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.

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

1/\$20 | Code: 52678

Instructor: Ken Holman

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.

Saturday | May 20 | 10:00 a.m. - 12:00 p.m.

1/\$20 | Code: 52681

Instructor: Ken Holman

Pickleball - Building on the Basic 2

Ages 15+

This 2-hour clinic will build on the basic skills by offering a higher level of instruction. Registration is open to those who have completed Building on the Basics 1 or those with equivalent experience.

Saturday | June 3 | 10:00 a.m. - 12:00 p.m.

1/\$20 | Code: 52685

Instructor: Ken Holman

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. 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.

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

1/\$20 | Code: 52686

Instructor: Ken Holman

Basketball

Ages 17+

Looking to hoop it up this fall? 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 required.

Mondays | Jan 9 - Apr 17 | 7:30 p.m. - 9:30 p.m.

Registered Drop-in \$4.25

No session Feb 20, Apr 10

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 | Apr 13 - June 15 | 6:30 p.m. - 8:30 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 | Jan 8 - Apr 2 | 6:00 p.m. - 8:00 p.m.

Drop-in \$4.25

