



Join Cowichan Community Centre and our community partners for a week full of FREE youth activities celebrating youth in our community.



BC Youth Week - May 1 – 7

BC Youth Week is a provincial celebration of youth, held annually during the first week of May. It is a week of fun-filled interaction and a celebration intended to build a strong connection between youth and their communities. This event is intended to highlight the interests, accomplishments, and diversity of youth across the province.

Thurs May 1	QSS Youth BBQ & CPAC Variety Show	11:30 am - 1:00 pm 4:00 pm - 6:00 pm
Fri May 2	Youth Sports Drop-in	3:30 pm - 5:00pm
Sat May 3	Amazing Race in partnership with VIRL	1:30 pm - 3:30 pm
Sun May 4	Youth Ball Hockey	4:30 pm - 5:30pm
Mon May 5	CVAC Art & Chill Cafe	3:15 pm - 5:00 pm
Tues May 6	Youth Sports Drop-in	3:30 pm - 5:00pm
Wed May 7	Board Games & Snacks	3:30 pm - 5:00pm

COWICHAN COMMUNITY CENTRE



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Youth Week BBQ

Ages 13 - 18

To kick off BC Youth Week, join us out front of the new Quw'utsun Secondary School for hot dogs over lunch time! All students are welcome! Thank you to Thrifty Foods and Portofino Artisan Bakery for your generous donations to help make this BBQ possible.

Thursday | May 1 | 11:30 am - 1:00 pm
Quw'utsun Secondary School

CPAC - Youth Week - Let Them Cook: A Gen Z Variety Show

Ages 13 - 18

Calling all singers, dancers, rappers, poets, rock bands, classical virtuosos, karaoke stars, and those who want to lip sync for their life! Cowichan Performing Arts Centre & Cowichan Community Centre present an opportunity to perform on the Island's largest stage! This show is for youth ages 13 - 18. Sign up to perform or come hangout for the snacks and the show.

Thursday | May 1 | 4:00 - 6:00 pm
Pre-registration Code: 95018
Drop-ins welcome | FREE
Cowichan Performing Arts Centre – Theatre



Youth Drop-in Sports

Ages 13+

Looking for something to do these days, but nowhere to go? Come join us for some fun in the gym. We will play a variety of games and sports and have tons of fun. Just want to hang out? You can do that too!

Tuesday & Friday | May 2 & 6 | 3:30 - 5:00 pm
CCC – Multi Purpose Hall

Youth Week - VIRL presents the Amazing CCC Race

Ages 12 - 18

Join VIRL and CCC for the Amazing Race Scavenger Hunt. Bring your friends for an afternoon of solving clues and puzzles, completing challenges, snacks and fun. Which team will complete all of the challenges first? The race begins in the Library meeting room. See you there! Pre-registration appreciated, drop-ins welcome.

Saturday | May 3 | 1:30 - 3:00 pm
FREE | Code: 95024
Vancouver Island Regional Library - Duncan

Youth Ball Hockey Drop-In

Ages 13 – 18

This program in partnership with Island Ball Hockey Association 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. Please bring your own sticks if possible. Regular hockey sticks are permitted. There will be a limited number of sticks to borrow. Helmets, gloves, and athletic cups are recommended.

Sunday | May 4 | 4:30 – 5:30 pm
CCC – MPH



CVAC: Youth Week - Art & Chill Café

Ages 13 - 18

Looking for a fun and creative way to hang out? Come on over to the first ever Art & Chill Café to celebrate BC Youth Week. Bring your friends or come on your own - you'll find a comfortable spot to get into your creative mind. Stop by the "Art Supply Bar" to pick from a variety of materials - acrylic paint, paper, pencils, pencil crayons, magazines, and more. Not sure where to begin? Choose from a variety of fun prompts, or let your imagination guide you - we'll be there to offer tips and support. If you get hungry, head on over to the snacks for a little pick-me-up. Whether you're crafting solo or teaming up on a project, this is your space to relax, connect, and express yourself. Preregistration is appreciated and drop-ins are welcome.

Monday | May 5 | 3:15 - 5:00 pm
1/FREE | Code: 93975
Instructors: CVAC Artists
CCC - Koksilah Room

Youth Board Games & Snacks

Ages 13 – 18

End off a week of great activities with the Board Game Café. Bring some friends, or meet new ones and check out our wide variety of board games and enjoy some yummy snacks.

Wednesday | May 7 | 3:30 - 5:00 pm
CCC – Somenos Room