



SUMMER CAMPS

Dance Discovery Camp

Ages 3 - 5

Come discover the love of dance! We will explore different styles of dance including ballet, jazz, hip hop, and musical theatre. We will also offer dance themed crafts and games. We will learn the basic techniques and put together choreographed dances for a fun performance at the end of the week. Campers should bring a healthy snack and water. Dance attire is suggested but not required.

Monday - Friday | Aug 11 - 15
9:00 - 11:00 am
5/\$85 | Code: 93958
Instructor: Ricki-Lee Allison

RSI 10 Specialty Sports Camp

Ages 4 - 5

Welcome to RSI 10 Sports camp! Our camp focuses on building strong FUNdamentals in a welcoming and playful environment. Kids will learn basic skills in various sports such as soccer, basketball, t-ball, football and much more, all while improving their physical literacy, enjoying games and activities designed to spark excitement. It's a perfect mix of learning and fun!

Monday - Friday | Aug 25 - 29
9:00 am - 12:00 pm | Code: 94380
12:00 - 3:00 pm | Code: 94397
5/\$200
Instructors: Richardson Sports Inc.
Cowichan Sportsplex

EVENTS

School's Out Skate

Monday | Apr 14 | 12:00 - 1:00 pm
Cowichan Community Centre

Cowichan Sport & Recreation Fair

Saturday | May 3
Cowichan Sportsplex

Duncan Days Parade

Saturday | July 12
9:00 am start
FREE Event
Cowichan Community Centre


Stay up to date on our programs by
following us on Facebook and
Instagram! @cvrdrec

COWICHAN COMMUNITY CENTRE

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Duncan, BC
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COWICHAN COMMUNITY CENTRE



EARLY YEARS



 250.748.7529

 www.cvrd.ca

MOVEMENT

KinderGym | Ages 1 - 5

Join us for endless fun as we bring out our preschool equipment for your little ones to burn off energy. The emphasis is on fun and letting your child explore and improve their motor skills! Parent participation required.

Mondays/Wednesdays | Apr 2 - June 25

9:30 - 11:00 am | Code: 88046

Wednesdays | July 2 - Aug 27

9:30 - 11:00 am | Code: 93021

10 Visit Pass \$40 or

Registered Drop-in \$5/class

Little Athletes | Ages 4 - 6

This program will give your little athletes a chance to try a variety of sports and find out what they like! Sports will include basketball, floor hockey, soccer, group games, and more. Our leaders will focus on developing sport-specific skills and basic movement skills.

Mondays | Apr 14 - May 28

3:30 - 4:15 pm

6/\$42 | Code: 88119

No session Apr 21, May 19



MUSIC

Jump into Music

Ages 6 months - 4 years

This music and movement program engages, educates and entertains parent and child on a musical journey around the world. It will stimulate mind/body/spirit through diverse activities. Ask about our 25% sibling discount.

Thursdays | 9:30 - 10:20 am

June 5 - July 10 | 6/\$90 | Code: 93769

July 24 - Aug 21 | 5/\$75 | Code: 93772

Single Session \$18

Instructor: Orith Horwitz

SPORTS

Tide Soccer | Ages 3.5 - 6

Join our friends at Tide Soccer for this fun introduction to soccer for young children. Each session will involve skill building, movement and agility development, and plenty of games and activities. This is an indoor program so please bring clean runners. Registration fee includes a Tide Soccer training shirt.

Ages 3.5 - 4

Wednesdays | Apr 16 - May 28

3:30 - 4:05 pm

6/\$66 | Code: 88068

No session May 7

CCC - Heritage Hall

Ages 5 - 6

Wednesdays | Apr 16 - May 28

4:15 - 5:00 pm

6/\$78 | Code: 88098

No session May 7

CCC - Heritage Hall

SUMMER CAMPS

Mini Sports Camp | Ages 4 - 6

Join us for this action-packed 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, and soccer. Our leaders will focus on developing fundamental movement skills, such as agility, balance, and speed.

Monday - Friday | June 30 - July 4

9:00 - 11:00 am

4/\$60 | Code: 94217

No session July 1

CCC - Multi-Purpose Hall

Monday - Friday | Aug 18 - 22

1:00 - 3:00 pm

5/\$75 | Code: 94220

CCC - Heritage Hall

World Cup Soccer Camp

Ages 4 - 6

This professionally developed program includes skills, drills, mini games, and fun competition for young soccer players wanting to learn new tricks and play the game of soccer. This session includes parent participation. Please remember your water bottle and clothing for rain and shine!

Ages 4 - 5

Monday - Friday | July 21 - 25

9:30 - 10:30 am

5/\$49 | Code: 94213

Instructor: Brett Hyslop

Cowichan Sportsplex

Ages 5 - 6

Monday - Friday | July 21 - 25

10:30 am - 12:00 pm

5/\$75 | Code: 94214

Instructor: Brett Hyslop

Cowichan Sportsplex