



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 | May 28 - June 18
6:15 - 8:15 pm
4/\$194 | Code: 94246
Instructor: Nolan Riding
Mount Tzouhalem - Kaspa Parking lot

Disc Golf Clinic Ages 13+

Try something new outdoors! Similar to traditional golf, but the discs are thrown by hand. The HUB disc golf course is a tonal course, which makes an audible 'ding' sound when hitting the hole post. Join us to build some new skills, meet great people and play outside!

Saturday | June 14
1:00 - 2:30 pm
1/\$10 | Code: 94276
Instructors: Kristi and Dwight
Cowichan Station at the HUB

Tennis Lessons - Beginners 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.

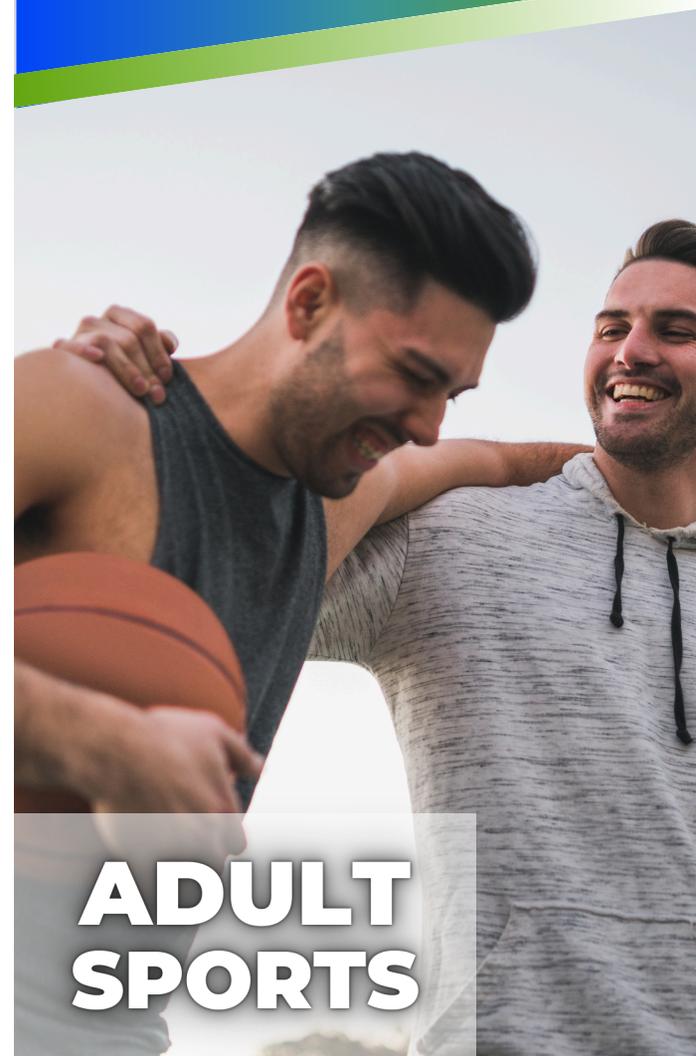
Monday - Thursday | July 7 - 10
6:00 - 7:30 pm
4/\$80 | Code: 94273
Instructor: Alex Dodd
Maple Bay Properties - Kingsview Road

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. We will play a round robin tournament on the last day.

Monday - Thursday | July 14 - 17
6:00 - 7:30 pm
4/\$80 | Code: 94274
Instructor: Alex Dodd
Maple Bay Properties - Kingsview Road

COWICHAN COMMUNITY CENTRE



ADULT SPORTS

COWICHAN COMMUNITY CENTRE

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Drop-in Hoops - Adult Basketball

Ages 17+

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

Mondays | Apr 28 - May 26

7:00 - 8:30 pm

Registered Drop-in \$4.25

No session May 19

Pickleball Drop-in | 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 | May 1 - 15

10:30 am - 12:30 pm

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 | May 4 - June 29

6:00 - 8:00 pm

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. Helmet, stick, gloves and elbow pads are required.

Wednesdays | May 7 - July 23

7:00 - 8:30 pm

Drop-in \$4.25

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 eye-hand coordination. Racquets and shuttles will be available or you can bring your own.

Wednesdays | May 7 - June 11

6:30 - 8:00 pm

Drop-in \$4.25

Cowichan Valley Cycling for

Women 50+

Come explore the Cowichan Valley trails! If you can cycle 15 km and are comfortable with your bike, we can expand your skills. The series of 4 bike rides will include Cowichan Valley Trails, Kinsol Trestle, Westholme and Chemainus. Bring your bike, helmet, water bottle and snack. First ride to meet at CCC with a potential drive to area trailhead.

Wednesdays | Apr 23 - May 14

1:00 - 4:00 pm

4/\$40 | Code: 92771

Leaders: Michelle Work & Suzanne Thur



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 2-hour clinic you will learn the basic rules and skills of the game.

Saturday | May 24

10:00 am - 12:00 pm

1/\$30 | Code: 94414

Instructor: PJ Halliday

Pickleball - Building on the Basic

Ages 15+

In this 2-hour clinic you will 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.

Sunday | May 25

10:00 am - 12:00 pm

1/\$30 | Code: 94415

Instructor: PJ Halliday

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