

Facility	Facility Description	Website	Phone	Address	City	Postal
Aggie Fields	The Aggie Fields in Ladysmith offer washrooms and changerooms, a children's playground, spectator stands, lights and parking.	www.ladysmith.ca/parks-recreation-culture/	250.246.6400	1110 1st Ave	Ladysmith	V9G 1A1
Aggie Hall	The Ladysmith Aggie Hall (short for Agricultural Hall) is a beautifully restored hall with professional kitchen ideal for large events.	www.ladysmith.ca/parks-recreation-culture/	250.245.6424	1110 1st Ave	Ladysmith	V9G 1A1
Arbutus Ridge Golf & Country Club	Arbutus Ridge was specifically designed to offer some of the most stunning views on Vancouver Island amongst the characteristic Arbutus tree. The back nine climbs a ridge to overlook the Satellite Channel. The clubhouse offers ocean and island views teamed with a wrap around patio. The golf course is surrounded by wineries and was rated <i>One of the Top 10 Golf Courses in Canada for Value</i> by Westjet Up Magazine. You can also enjoy the complimenting three indoor tennis courts, or GBC Golf Academy.	www.golfbc.com/courses/arbutus_ridge	250.743.5000	3515 Telegraph Rd	Cobble Hill	V0R 1L4
Art Mann Park - Quamichan Lake	There is a boat launch, playground, washrooms and 120 parking spaces at Art Mann Park. The clubhouse facility is home to the Maple Bay Rowing Club. The canoe course is at least 1250m long and 100m wide, with maximum depth of 8.2 m and minimum depth of 4.1 m.		250.746.3110	5990 Indian Rd	Duncan	V9L 5L9
Avalon Equestrian Centre	A 100 acre equestrian facility with a large riding ring and cross country fields.	www.facebook.com/Avalon-Equestrian-Centre-727696853928911/	250.732.4405	2442 Herd Rd	Duncan	V9L 6A6
Brentwood College	The natural beauty of the 77 acre oceanfront campus, augmented by modern facilities, has earned Brentwood its reputation as one of the world's premier boarding schools. Numerous athletic facilities make it an ideal setting for sports camps and events. Depending on the time of year, the School has residential facilities including eight boarding houses, medical centre and a beautiful oceanfront dining hall with meeting rooms and video review centre. The school has welcomed many touring sides as well as national teams including the Argentinian Rugby Union, Canada Women's 7s, Rowing Canada and numerous provincial squads. Brentwood's facilities include: seven sports fields, eight tennis courts, a world-class boathouse, ergometer room, an indoor rowing tank, an outdoor basketball court, and a modern sportsplex with a gymnasium, weight rooms, and three squash courts. The School also has kayaking and SUPs available.	www.brentwood.bc.ca	250.743.5521	2735 Mount Baker Rd	Mill Bay	V0R 2P2
Centennial Park (Lake Cowichan)	Centennial Park, owned by the Town of Lake Cowichan, is undergoing major upgrading starting in 2016. Located below the Cowichan Lake Sports Arena and Centennial Hall in Lake	www.cvrd.bc.ca/401/Ball-Fields	250-746-2500	311 S Shore Rd	Lake Cowichan	V0R 2G0
Centennial Park (Duncan)	Centennial Park's sport facilities include tennis and basketball courts and a lawn bowling court. There is also a playground, spray park, picnic tables and shelter, walking trails, fitness	www.duncan.ca/visitors/parks-recreation/centennial-park/	250.746.6129	325 1st St	Duncan	
Centennial Park (Saltair)	This multi-sport community park offers a ball field, picnic shelter, playground, sports court, and tennis court. There is a fitness trail, washroom building, and parking area. There are six	www.cvrd.bc.ca/167/Saltair-Centennial-Park	250.746.2620	South Oyster School Rd	Ladysmith	
Central Park	Central Park has courts with nets for tennis, volleyball and pickleball (resurfaced in 2016), a basketball court, dugouts and uncovered spectator seating. There is also a community hall,	www.cvrd.bc.ca/401/Ball-Fields	250.749.6742	10022 Park Dr	Honeymoon Bay	V0R 1Y0

Chemainus Ball Park	Chemainus Ball Park is fully fenced with a full-size natural turf infield and is outfitted for sound systems and scoreboards. There is a clubhouse with on-site food services. The pitching distance is 54 feet, base paths 80 feet and home run distances to the corners are 320 feet and 350 feet to the power alleys and straightaway center. There is 500 permanent seating, and room for 200 standing. Field 3 is seasonally available as an off-leash dog park from September 1st to March 15th annually.	www.chemainusbaseball.ca/	250.246.3919	Elm Street	Chemainus	V0R 1K0
Chemainus Skate Board Park	This park has a combination of street style park features, bowls, transitions, half pipes and mini ramps, suitable for both skate boards and bikes.	www.northcowichan.ca/EN/main/departments/parks-and-recreation.html	250.746.3110	9947 Daniel St	Chemainus	V0R 1K1
Cleasby Bike Park	Cleasby Bike Park is located at Quarry Nature Park in Cobble Hill and is a recreational area where bikers of all ages can practice their skills. The Bike Park allows for an exciting and challenging experience for bikers of all levels and includes dirt jumps, a skills section as well as a pump track. There are beginner, more difficult and most difficult bike runs.	http://www.cvrd.bc.ca/958/Cleasby-Bike-park	250.746.2620	Empress Rd	Cobble Hill	
Cloverdale Watson Park	A tennis court, basketball court, playground, picnic shelter, trail, parking, and seasonal washrooms are found in this park.	www.cvrd.bc.ca/200/Cloverdale-Watson-Park	250.746.2620	Wilmot Rd	Cowichan Bay	
Cowichan Aquatic Centre	This flagship facility is a full-featured aquatic venue with steam room, sauna and swirl pool. Fitness classes, a full fitness centre and meeting spaces are available. Change rooms have private and communal showers. Several washroom facilities are on site. For accessibility there is: zero-depth entry via ramp into the leisure pool, aquatic lifts to transfer people into lap pool or hot tub, automatic door openers on entrance to facility, entrance to weight room and entrance to Universal changerooms, special needs lifts in the Universal changeroom and elevator access to 2nd floor. The Aquatic Centre features a 25-metre competitive pool, a 25-metre wide wave pool (warm-up pool), one metre and three-metre diving boards, 12ft depth, a lazy river, twin waterslides, swirl pool, sauna and steam rooms. Spectator capacity is 200 sitting, 100 standing.	www.northcowichan.ca/EN/main/departments/parks-recreation/facilities.html	250.746.7665	2653 James St	Duncan	V9L 2X5
Cowichan Bowmen Archery Club	The Cowichan Bowmen Archery Club facilities include a clubhouse with a full kitchen, lounge and washrooms, set on 13.8 acres. For visitors to the club's larger competitions, there is a camping and picnic area set close to the clubhouse. Clubhouse, indoor range, and outdoor target range are all wheelchair accessible. Club facilities are available to rent for a club or group experience.	www.cowichanbowmen.com	n/a	3044 Doupe Rd	Duncan	V9L 6P1
Cowichan Cricket & Sports Club	Cowichan Cricket and Sports Club was formed in 1912 and in 1976 moved to its present ground in Shawnigan Lake. The team is one of ten that competes in the Victoria and District	www.vdca.ca/	250.743.1120	1722 Elford Rd	Shawnigan Lake	V0R 2W2

Cowichan Exhibition Park	<p>Cowichan Exhibition Park is one of the largest facilities on the Island. The park offers a 14,400 sq. ft. multi-purpose hall, which is home to wheelchair rugby, roller derby, pickle ball courts, indoor soccer and baseball training. The hall has a commercial kitchen, sound system, tables, and chairs and can hold up to 1400 guests. There are two meeting rooms on site, one with a full kitchen and one with a half kitchen. There is plenty of easily accessible parking for cars and RV's. The Park also has a first class sand riding ring, a bark mulch show ring, 3 large barns, and a light horse barn. Exhibition Park is home to a world class, fully fenced 200'x250' riding ring and a 70'x150' livestock ring, both with spectator bleachers. There are judges' booths, PA systems, three livestock barns, one light horse barn with 38 gated stalls, and 35 acres of fully fenced grassy field. The air conditioned hall is 180'x80' with 18' ceilings, excellent lighting, guide wires for decorations, cement floor, and heavy duty wiring. There is a commercial kitchen, chairs, benches, tables, lecturn, and wireless PA system. Separate meeting rooms hold up to 60 people.</p>	http://www.cowex.ca/	250.748.0822	7380 Trans Can Hwy	Duncan	V9L 6B3
Cowichan Fish & Game Association	<p>The Cowichan Fish and Game Association is dedicated to the continuance and enhancement of hunting, fishing, and the shooting sports within British Columbia. They maintain four shooting ranges which include 200 yard and 50 yard outdoor ranges, a single station trap range and an indoor range.</p>	www.valleyfishandgame.com/	250.746.0795	4295 Robertson Rd	Duncan	V9L 6S8
Cowichan Golf & Country Club	<p>This is a Par-70, 18-hole golf course with a total length of 6,289 yards. The signature par-four 11th hole is noted as one of the toughest par-fours on the entire island. A 12,500-square-foot clubhouse overlooks the treed course.</p>	www.cowichangolfclub.ca/	250.746.5333	4955 Trans Can Hwy	Duncan	V9L 3X1
Cowichan Lake Sports Arena	<p>This state of the art facility houses an NHL sized ice surface with two meeting rooms, 4 sheet curling rink and pickleball courts. It is fully licensed with catering facilities and there is a multi-purpose room with sprung maple flooring. The full-size 200-foot by 85-foot hockey arena is fully accessible, with eight dressing rooms, seating for 700, and standing room for 300. There is a sound system and 30 second clock. 150 parking spaces are available.</p>	www.cvrdr.bc.ca/2400/Cowichan-Lake-Recreation	250.749.6742	311 South Shore Rd	Lake Cowichan	V0R 2G0
Cowichan Lawn Bowling Club	<p>Cowichan Lawn Bowling Club's regular lawn bowling season runs from mid-April through to early October, in Duncan's Centennial Park. Many activities including leagues and tournaments take place.</p>	www.cowichanlawnbowling.com/	250.748.8847	325 First St	Duncan	
Cowichan Rugby Club	<p>The Cowichan Rugby Football Club facility serves a private membership, new members and guests. The public are welcome to join or watch rugby matches. There are two lighted grass surfaces measuring 100m x 70m, a 3000 square foot clubhouse, and washrooms.</p>	http://www.cowichanrugby.ca/	250.746.7513	1860 Herd Rd	Duncan	V9L 5W4
Cowichan Sportsplex	<p>The Cowichan Sportsplex has fields for soccer, field hockey (artificial surface), ultimate frisbee & field lacrosse; 3 fastball and slo-pitch diamonds; a lacrosse box; a 600m cushioned fitness path with outdoor fitness equipment; a 400-metre track and field venue; children's playgrounds & picnic tables; a nature walk; and various locations for hosting community events and fitness classes. The 29-acre site is beautifully maintained, level and easily accessible, offers washrooms, concession for special events, spectator bleachers, tournament quality lighting, 375 parking stalls throughout the site, and is located near public transit, schools, shopping and accommodations.</p>	http://www.cowichansportsplex.com/	250.746.5666	5847 Chesterfield Ave	Duncan	V9L 3M3

Cowichan Valley Trap & Skeet Club	Founded in 1953, the wooded setting is perfect for shooting. New shooters, Seniors, Novice and Expert are all welcome. The club is affiliated with the Pacific International Trapshooting Association, The National Skeet Shooting Association, N.S.C.A., The Amateur Trapshooting Association, The Vancouver Island Shooting League and The British Columbia Skeet Association as well as many others.	www.cvtsc.ca/index.html	250.748.2886	4505 Cowichan Lake Rd	Duncan	V9L 6J4
Crofton Ball Park	Close to Maple Mountain and the waterfront, at the Crofton Ball Park you will find a sports field, two ball fields, two tennis courts, a sports court, skate park and outdoor pool.	www.northcowichan.ca/EN/main/departments/parks-recreation/fields-parks-trails.html	250.746.3110	1668 Robert St	Crofton	V0R 1R0
Crofton Pool	The Crofton outdoor pool, located adjacent to the Crofton Ball Park, is open from the end of June through late August each summer. Changerooms, showers and a small diving board are onsite. Each year, swim lessons, length swimming, fitness classes and fun swims are organized. The heated pool has 4 lanes and is 20 yards long.	www.northcowichan.ca/EN/main/departments/parks-recreation/fields-parks-trails.html	250.746.7665	1668 Robert St	Crofton	V0R 1R0
Duncan Curling Club/Glen Harper Curling Centre	Celebrating over 60 years in the Cowichan Valley, the Duncan Curling Club has five sheets of curling ice plus dryfloor activities. The centre is available to rent for parties, weddings, and meetings. Amenities include an air-conditioned banquet hall with dance floor, kitchen, and full service bar and a capacity for 200 people.	www.duncancurling.com/	250.748.9313	3191 Sherman Rd	Duncan	V9L 3X8
Duncan Lanes Bowling Alley	Duncan Lanes Bowling Alley offers both five pin and 10 pin bowling. All lanes are equipped with bumpers and bowling ball ramps are available for young children, which also work great with wheelchairs. This facility is fully licensed and has a 30 seat lounge available for booking.	http://www.duncanlanes.com/	250.746.5421	2701 James St	Duncan	V9L 2X8
Duncan Meadows Golf Club	The course is a strong mix of parkland and links style holes exquisitely sculpted from the gently rolling and verdant landscape. Meandering creeks crossed with small rock bridges recall the roots of the game in Scotland while the manicure of the greens is consistent with today's best conditioned facilities. Duncan Meadows has a deserved reputation as a player's course that rewards forethought and patience. Both LPGA player Paula Creamer and PGA player, and B.C. native Chris Baryla have won major competitions at the course. The course was host to the 2015 BC Women's Amateur and 2018 BC Men's Amateur competitions.	http://www.duncanmeadows.com/	250.746.8993	6507 North Rd	Duncan	V9L 6K9
Duncan Skate Park	This is an all concrete park that features a quarter pipe, banks, fun boxes, pyramid, rails and fast deep little bowls for big air.	www.northcowichan.ca/EN/main/departments/parks-recreation/fields-parks-trails.html	250.746.3110	2687 James St	Duncan	V9L 2X5
Evans Park	Completed in 2011, Evans Park is home to seven ball fields and two multi-sport pitches. The clubhouse includes full changeroom facilities, permanent washrooms, officials' room, meeting room and on-site food operations. All fields have covered dugouts and spectator seating. Four fields accommodate softball, with three fields having home run distance of 225 feet and one field at 240 feet. Pitching distance is at 40 feet for girls and 42 feet for boys. Spectator capacity offers 400 seats, and standing room for 1000+	www.northcowichan.ca/EN/main/departments/parks-recreation/fields-parks-trails.html	250.746.3110	6257 Somenos Rd	Duncan	V9L 4G1

Forrest Field	For team sport enthusiasts and fans alike, the outdoor sports complex located on Fourth Avenue and Jim Cram Drive includes Forrest Field, the home turf of the Football Club and Pacific Coast Soccer League. This artificial turf field officially opened in May 2011 and all ages are enjoying playing on it. There are changerooms, a small children's park, and lights. Future plans include the development of two ball fields, fitness track, and field house.	www.ladysmith.ca/parks-recreation-culture/facilities-parks-trails-fields/sports-fields	250.245.6400	Jim Cram Dr	Ladysmith	V9G 1J5
Fox Stone Stables	Fox Stone hosts hunter, jumper training and competitions.	www.foxstonestable.com/	250.748.8577	4740 Waters Rd	Duncan	V9L 6S9
Frank Jameson Community Centre	The Frank Jameson Community Centre features an aquatic centre with aquatic lifts and stairs for accessibility, a climbing wall, slides, rope swing and basketball hoops. The centre also offers a well-equipped fitness centre with cardio, strength and free-weight training equipment, as well as a gymnasium, youth centre, and two meeting spaces. The pool is a 4-lane, 25-metre Olympic short course pool.	http://www.ladysmith.ca/parks-recreation-culture/facilities-parks-trails-fields/facilities	250.245.6424	810 6th Ave	Ladysmith	V9G 1N8
Fuller Lake Arena	Serving North Cowichan and the surrounding area, this arena provides an excellent ice skating surface, six dressing rooms, concession, running trail, picnic area, two meeting rooms, and ample parking to handle a variety of activities. In addition it is home to a variety of programs and is the recreation base for the communities of Chemainus and Crofton. The arena has a 200ft x 85ft ice surface with floor markings to Canadian Lacrosse Association regulations. Spectator capacity is 600 sitting, 300 standing. There are 300 parking spaces.	http://www.northcowichan.ca/EN/main/departments/parks-recreation/facilities.html	250.246.3811	2876 Fuller Lake Rd	Chemainus	V0R 1K5
Fuller Lake Park	Fuller Lake Park has six pickleball courts, two tennis courts and a sand volleyball court. The lake has a sandy beach, picnic area, trails and boat launch.	www.northcowichan.ca/EN/main/departments/parks-recreation/facilities.html	250.246.3811	2876 Fuller Lake Rd	Chemainus	V0R 1K5
High Street Little League Ball Field	The High Street Ball Field offers a little league grass and sand field, spectator stands, washrooms and changerooms, concession, parking, and lighting.	www.ladysmith.ca/parks-recreation-culture/facilities-parks-trails-fields/sports-fields	250.245.6424	High St	Ladysmith	
Hi-Point Guest Ranch	Hi-Point Guest Ranch features 80 acres of scenic rolling hills, beautiful pastures, forest trails, ponds, riding facilities and stables. They offer clinics, events, horse camping, and facility rentals.	www.hi-pointguestranch.com/home/about/	250.248.7773	3590 Cavin Rd	Duncan	V9L 6T2
Holland Creek Ball Park	Here you will find Babe Ruth & Little League grass fields, a batting cage, washrooms & changerooms, spectator stands, concession stand and parking. It is wheelchair accessible.	www.ladysmith.ca/parks-recreation-culture/facilities-parks-trails-fields/sports-fields	250.245.6424	Dogwood Dr	Ladysmith	
Honeymoon Bay Ball Field	Honeymoon Bay Ball Field, which is located behind the Honeymoon Bay Hall, features dugouts and uncovered spectators seating. Tennis courts were resurfaced in 2016 with volleyball, pickleball and tennis nets.	www.cvrd.bc.ca/401/Ball-Fields	250.749.6742	10022 Park Dr	Honeymoon Bay	V0R 1Y0
Honeymoon Bay Hall	Honeymoon Bay Hall is home to Lake Cowichan Carpet Bowling, which hosts several competitions a year. The building is wheelchair accessible and there is a gymnasium, a commercial kitchen, and a dining room, as well as the local post office. Indoor sport area is 70ft x 50ft, with a 16ft ceiling height and sport court floor..	www.cvrd.bc.ca/403/Community-Halls	250.749.6742	10022 Park Dr	Honeymoon Bay	V0R 1Y0

Island Savings Centre	The Island Savings Centre offers over 23,000 square feet of fitness and gymnastics facilities, a regulation size ice arena which is home to the Cowichan Capitals Junior A Hockey Club, plus a multi-purpose hall, and the Heritage Hall. There is a commercial kitchen, multiple meetings rooms and two dance and fitness studios. The ISC is located adjacent to the 730 seat Cowichan Performing Arts Centre. The arena is 200'x 85' and has 5 full dressing rooms, plus officials'/referees' dressing rooms. There are 1400 permanent seats in the arena and 1000 portable seats are available. The 10,500 sq.ft. multi-purpose hall features 6 pickleball courts, has sport court flooring, a sport clock and a sound system. The 3,000 sq. ft. Heritage Hall hosts gymnastics and fitness classes.	www.cvrd.bc.ca/1851/Facility-Equipment-Rentals	250.748.7529	2687 James St	Duncan	V9L 2X5
Kerry Park Recreation Centre	Kerry Park Recreation Centre offers a regulation size ice arena, 4 sheet curling rink, 2 meeting spaces (capacity up to 120), and a full service food and beverage department for on/off site catering. The outside sports field complex has 3 full-sized ball diamonds and a multi-purpose field, concession, playground, washrooms, covered picnic shelter, skateboard park and parking. The arena is home to BC Hockey's Junior B Kerry Park Islanders. Other user groups include Kerry Park Minor Hockey, Kerry Park Skating Club, Cowichan Valley Lacrosse, and South Cowichan Youth Softball. Kerry Park Recreation Centre ice surface is full size, 200ft x 85ft, with floor markings to Canadian Lacrosse Association regulations. Spectator capacity is 750.	www.cvrd.bc.ca/468/Facility-Equipment-Rentals	250.743.5922	1035 Shawnigan Lake-Mill Bay Rd	Mill Bay	V0R 2P2
Ladysmith Maritime Society	An adaptive sailing program, hosted by Cowichan Valley Independent Living, offers Martin 16 sailboats, lifts and wheelchair accessible amenities at the Ladysmith Maritime Society	www.cvilrc.bc.ca/	250.746.3930	610 Oyster Bay Rd	Ladysmith	V9G 1K4
Ladysmith Par 3	The nine-hole par 3 course takes approximately one hour to play, but is quite challenging. There are two ravines to drive over, and the greens are large and tricky. The course will test your short iron game and your putting skills.	www.ladysmithgolfclub.ca	250.245.7313	380 Davis Rd	Ladysmith	V9G 1T9
Lake Cowichan Little League Park	Lake Cowichan Little League Park is located next to the Cowichan Lake Sports Arena and features a concession building, flush toilets, dugouts and uncovered spectators seating.	www.cvrd.bc.ca/401/Ball-Fields	250.749.6742	311 South Shore Rd	Lake Cowichan	V0R 2G0
March Meadows Golf Club	Home to the late, celebrated LPGA pro Dawn Coe Jones, the full size course is set amongst stunning mountain views and features a pro shop and restaurant.	www.marchmeadowsgolf.com	250.749.6241	10298 South Shore Rd	Honeymoon Bay	V0R 1Y0
McAdam Park	McAdam Park boasts two full-size exceptional sports fields (also see Rotary Field) that are regularly used for many championship games in soccer, football and field lacrosse, and by sports groups including Cowichan Bulldogs Youth Football, Cowichan Women's Flag Football, Cowichan Valley Soccer Association, and Classic Soccer. Change rooms, washrooms and free parking are available. The field is 70 yards by 120 yards. Spectator capacity is 150 seating, 1000+ standing. 100 parking spaces are onsite.	www.duncan.ca/visitors/parks-recreation/mcadam-park/	250.746.6126	820 Wharnclyffe Rd	Duncan	V9L 2K3
Mesachie Lake Hall	This wheelchair accessible hall has gyms, 1/2 size lacrosse box, a commercial kitchen and stage area. The indoor sport area has wood flooring and is 55ft x 35ft with a ceiling height of 16ft	www.cvrd.bc.ca/403/Community-Halls	250.749.6223	9315 S Shore Rd	Lake Cowichan	V0R 2G1
Mesachie Lake Skydome	Located adjacent to the Mesachie Lake Hall, this ball park features a concession building, flush toilets, dugouts, and covered spectator seating.	www.cvrd.bc.ca/401/Ball-Fields	250.749.6742	South Shore Rd	Lake Cowichan	V0R 2G0

Mill Bay Community Hall	Located adjacent to the Kerry Park Recreation Centre the Mill Bay Hall offers a 42' x 31' multi-use hall available for meetings and events for up to 130 guests. Other features include	www.cvrd.bc.ca/2397/Mill--Community-Hall	250.743.5922	1035 Shawnigan	Mill Bay	VOR 2P2
Mill Bay Tennis Courts	The Mill Bay Tennis Club has two tennis courts, which were resurfaced in 2016, located behind Kerry Park Recreation Centre. The Club offers various activities including league play and social tournaments.	www.millbaytennis.com/	250.710.0949	1035 Shawnigan Lake-Mill Bay	Mill Bay	VOR 2P2
Mount Brenton Golf Course	Mount Brenton Golf Course is a par 71 course. In operation since 1948, Mount Brenton is a scenic gem with plenty of creeks, ponds and towering firs. These combine to make a challenging course for every level of golfer. There is a full clubhouse with restaurant and pro shop.	www.mountbrentongolf.com/	250.246.9322	2816 Henry Rd	Chemainus	VOR 1K0
Nitinat Lake	A world class destination for windsurfing, Nitinat Lake hosts one of the continent's largest windsurfing competitions.	www.windfest.ca			Nitinat	
Rotary Field	Upgrades in 2014 include new fencing, irrigation, turf improvement, bleachers, lighting, bridge replacements and water fountains. Washrooms and changerooms are onsite. Field is 65 yards x 125 yards. Seating capacity is 150 sitting, 1000+ standing. There are 100 parking spaces.	www.duncan.ca/visitors/parks-recreation/rotary-park/	250.746.6126	545 Al Wilson Grove	Duncan	V9L 2K3
Saywell Park	Saywell Park is located where the Cowichan River begins. Tubers launch here, and there are public washrooms, picnic facilities, a volley ball court, playground and plenty of parking.	www.town.lakecowichan.bc.ca/parks.shtml	250.749.6681	South Shore Rd	Lake Cowichan	
Shawnigan Hills Athletic Park	This community park features a regulation size softball field, multi-use sports field, multi-purpose sports court, and running track. The park features washroom facilities, concession, playground, and parking area.	www.cvrd.bc.ca/181/Shawnigan-Hills-Athletic-Park	250.743.5922	Hurley Rd	Shawnigan Lake	
Shawnigan Lake Community Centre	The Shawnigan Lake Community Centre offers a 3/4 size gymnasium, dance studio, and a diving wall. Two multi purpose rooms accommodate up to 175 people and there is a kitchen, lobby and outdoor spaces. Catering services are available through Kerry Park Recreation Food and Beverage department. The gym is 77' x 60' and has sport court flooring. Capacity is up to 400 people.	www.cvrd.bc.ca/433/Facility-Equipment-Rentals	250.743.1433	2804 Shawnigan Lake Rd	Shawnigan Lake	VOR 2W0
Shawnigan Lake School	Located on 300 pristine acres, Shawnigan Lake School has been described as one of the most beautiful school campuses in the world. State-of-the-art facilities include five grass fields (four full size), with posts and soccer nets available. There is also one turf field with soccer and field hockey nets, and one water based turf- field hockey specific. The rowing pavilion has ergs, rowing shells and docks. There are two full size gyms for basketball, volleyball or multisport activities, six squash courts, three weight lifting areas with Olympic plates, bars, racks and platforms, one fitness area with cardio equipment and machine based exercise equipment. Room and board options are available at different times of the year and there is a separate guest boarding house for team stays. National Rowing and Rugby teams use the facilities numerous times during the year. The Canucks run their Prospects Camp here during the summer and the Men's Olympic Field Hockey Team held a camp here prior to the Rio Olympics. Fields measure 116m x 56m and 98m x 60m, equipped with permanent goal posts and scoreboard systems. The arena has bleachers with a total capacity of 400, as well as a large, multifunctional lobby area, enclosed, private viewing area, dressing rooms and showering facilities. The clubhouse is equipped with tables, chairs, washrooms, changerooms and athlete's medical area.	www.shawnigan.ca	250.743.5516	1975 Renfrew Rd	Shawnigan Lake	VOR 2W1

Sherman Road Soccer Park	This park is home to the Cowichan Valley Soccer Association and hosts many local, regional and provincial soccer events. The park includes 2 full size natural turf soccer fields, 5 mini soccer fields and 1 juvenile soccer pitch. The two story clubhouse includes changerooms, washrooms, storage, meeting rooms and large meeting area.	www.northcowichan.ca/EN/main/departments/parks-recreation/fields-parks-trails.html	250.746.3110	3272 Sherman Rd	Duncan	V9L 4B4
Si'em Lelum Fields	Adjacent to the Siem Lelum Gym are two grass fields that are used for soccer, lacrosse and slo pitch.	www.cowichantribes.com/about-cowichan-tribes/facilities/recreation-facilities/	250.748.1831	5574 River Rd	Duncan	V9L 5J1
Si'em Lelum Gymnasium	Si'em Lelum Gymnasium is available for sporting events, receptions, and large gatherings. A 30' by 120' dining hall is also available for rent, with a fully-equipped kitchen. Catering services are also available. The 80' by 120' gymnasium features a pulastic mat floor, washrooms and changerooms.	www.cowichantribes.com/about-cowichan-tribes/facilities/recreation-facilities/	250.748.1831	5574 River Rd	Duncan	V9L 5J1
South Cowichan Lawn Tennis Club	Noted as the second oldest grass courts in the world, the grass season here starts mid May and ends mid September, while the hard courts are open year round. The club hosts many competitions. The clubhouse has a lounge area with a fully licensed bar, TV and Wifi. The Bent Racquets Bar is open to visitors as well as members. There are 7 grass courts and 2 hard courts.	www.lawntennis.ca/	250.746.7282	2290 Cowichan Bay Rd	Cowichan Bay	V0R 1N1
Stz'uminus First Nation Recreation	There are two lit multi-sport fields at the Stz'uminus First Nation community centre. The gym has a sprung floor gym with seating capacity, a fitness room, commercial kitchen, and a meeting room. Traditional canoe rentals and training takes place at the nearby beach.	www.stzuminus.com/organization/recreation-centre/	250.245.9372	3949 Shell Beach Rd	Ladysmith	V9G 1K6
Transfer Beach Park	This centrally located seaside park is a major gathering spot for activities and community events. Go for a swim, play horseshoes or volleyball, have a picnic, paddle a kayak, or enjoy the fabulous spray park and playground. Live music events during the summer months take place at the large amphitheatre.	www.ladysmith.ca/parks-recreation-culture/facilities-parks-trails-fields/parks	250.245.6400	Captain Tristan de Konnick Way	Ladysmith	
Valley Fish & Game Club	The club has a wide range of hunting, fishing and shooting activities and initiatives for the whole year.	www.valleyfishandgame.com/	250.749.3731	6190 Mayo Rd	Lake Cowichan	V0R 2G0
VI Motorsport Track	This is a private membership club and motorsports playground where performance driving enthusiasts, car manufacturers, and businesses can come together to enjoy a unique facility situated in the Cowichan Valley. Set in front of Mount Prevost and only minutes away from both the Pacific Ocean and Lake Cowichan, the facility includes a clubhouse with restaurant and viewing area. The facility features a 2.3 kilometer road course, built to FIA standards. There is also a dynamic driving area to hone reactive skills and a 1.0 kilometer off-road proving ground.	www.islandmotorsportcircuit.com/	1.844.856.0122	4063 Cowichan Valley Hwy	Duncan	V9L 6K4
Victoria Fish & Game Protective Association	There are facilities and ranges for trap, skeet, rifle, handgun, archery, pioneer days, trout fishing, casting, camping and allied pursuits as well as a clubhouse available for social, educational and general meetings and events.	www.vfgpa.org/	250.478.2411	700 Holker Pl	Malahat	V9B 2V5
Waldon Park	Waldon Park is on Glenora Road and currently includes two ballparks and a children's playground.	www.glenoracommunityassociation.ca/recreation.htm	250.746.6741	3660 Glenora	Duncan	V9L 6S3
Youbou Community Bowling Alley	This historic, beautifully maintained four lane bowling alley takes you back to the 1950s. It is the only handset, sanctioned five and ten pin bowling alley in Canada. There is seating for 38 spectators.	www.cvrd.bc.ca/402/Bowling-Alley	250.745.3431	8550 Hemlock St	Youbou	V0R 3E1



Cowichan Region Sport Facilities

sport@cvrd.bc.ca
250-510-0649

Youbou Hall	Two floors contain a gymnasium, stage, bar facility and two washrooms. There is up to 350 capacity on each floor, and it is wheelchair accessible. The gym is 70ft x 50ft, with an 18ft height, and floor has a sport court surface.	www.cvrd.bc.ca/403/Community-Halls	250.745.3712	8550 Hemlock St	Youbou	V0R 3E1
Youbou Little League Park	This multi-use park features a baseball field, dugout, and bleachers. There is a picnic area, horseshoe pits and playground, as well as seasonal washroom facilities and parking.	www.cvrd.bc.ca/247/Youbou-Little-League-Park	250.749.6742	Bremner Rd	Youbou	