

# Welcome to Port Alberni!



## AQUATIC CENTRE & FITNESS STUDIO - July 2 to August 23, 2024

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY/SUNDAY
POOL (including hot tub & sauna)	<b>Adult Lanes &amp; Leisure</b> 6:00 – 7:45 am					<b>AQUATIC CENTRE CLOSED</b>
	<b>AquaFit</b> 8:00 – 8:45 am					
	<b>Pool Closed for Registered Swim Lessons</b> 8:45 am – 12:00 pm					
	<b>Adult Lanes &amp; Leisure</b> 12:00 – 1:15 pm					
	<b>Gentle AquaFit</b> 12:00 – 12:45 pm					
	<b>Public Swim</b> 1:30 – 3:30 pm					
	<b>Adult Lanes &amp; Leisure</b> 4:00 – 6:15 pm					
	<b>Public Swim</b> 6:30 – 8:30 pm					
FITNESS STUDIO	6:00 am – 8:45 am 12:00 – 8:30 pm					<b>FITNESS STUDIO CLOSED</b>

## GLENWOOD SPORTS CENTRE - July to August

<b>Ball Hockey &amp; Basketball 10+</b>		
<i>Thursdays:</i>	Jul 4, Jul 18, Aug 1, Aug 15	6:15 – 8:45 pm
<b>Pickleball 13+</b>		
<i>Thursdays:</i>	Jul 11, Jul 25, Aug 8, Aug 22	6:15 – 8:45 pm
<b>Family Multi-Sport All Ages FREE!</b>		
<i>Fridays:</i>	Jul 12, Jul 26, Aug 9, Aug 23	6:15 – 8:45 pm
<b>Laser Light Rollerblading</b>		
<i>Fridays:</i>	Jul 5, Jul 19, Aug 2, Aug 16, Aug 30	6:15 – 8:45 pm

### Rotary Colour Fest

#### All Ages

Come Run, Walk, Roll around Kitsuksis Dyke and be showered with colours! Afterwards, enjoy festival activities at Blair Park, including food trucks, vendors, free kids activities and live music. ***Paid registration is required for the Colour Run, Walk, Roll.***

Blair Park  
11:00 am - 3:00 pm  
Saturday  
Jul 20



**Rotary Colour Fest**



## How do I register?

**Register Online!** - Register online 24/7 with a valid credit card. Go to [playinpa.ca](http://playinpa.ca) to create an Xplor Recreation account and get started now!

### Register by Phone!

- \* Pool Programs - please call [250-720-2514](tel:250-720-2514)
- \* All other programs, registrations, questions please call Echo Centre at [250-723-2181](tel:250-723-2181)



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This summer our staff are once again excited to offer 9-weeks of camps for children & youth!

We have a great line up on a variety of exciting camp themes and activity-specific camps! Don't forget about our FREE early drop off starting at 8:00am and late pick up until 4:30pm... for all campers attending full day (9:00am-4:00pm) and half day (9:00am-12:00pm) camps.

### Alberni Adventures

5 - 7 years & 8 - 13 years  
9:00 am - 4:00 pm  
Monday to Friday  
Jul 15 - 19 (5) Jul 29 - Aug 2 (5)  
Jul 22 - 26 (5) Aug 6 - 9 (4)

### Camp Roots

7 - 13 years  
Alberni Valley Museum  
9:00 am - 4:00 pm  
Monday to Friday  
Jul 22 - 26 (5)



### Crafty Campers

8 - 13 years  
Echo Centre – Cedar Front  
9:00 am - 4:00 pm  
Monday to Friday  
Jul 15 - 19 (5)

### Creative Arts & Play

5 - 7 years  
Echo Centre – Cedar Front  
9:00 am - 4:00 pm  
Monday to Friday  
Jul 22 - 26 (5)

### Culture Connections

7 - 13 years  
Alberni Valley Museum  
9:00 am - 4:00 pm  
Monday to Friday  
Jul 15 - 19 (5) Aug 6 - 9 (4)



### Dino Camp

7 - 13 years  
Alberni Valley Museum  
9:00 am - 4:00 pm  
Monday to Friday  
Jul 29 - Aug 2 (5)

### Junior Lifeguard Camp - NEW!

10 - 13 years  
Echo Aquatic Centre  
9:00 am - 4:00 pm  
Monday to Friday  
Jul 15 - 19 (5)



### Karate Kids - NEW!

8 - 12 years  
Gyro Youth Centre & Coastal Martial Arts Academy  
Monday to Friday  
9:00 am - 4:00 pm  
Jul 22 - 26 (5)

### Mad Scientists

5 - 7 years & 8 - 13 years  
Echo Centre – Craft Room A & Cedar Front  
9:00 am - 4:00 pm  
Monday to Friday  
5 - 7 years Jul 29 - Aug 2 (5)  
8 - 13 years Aug 6 - 9 (4)

### Rail Slide Scooter & Sk8 Camp

7 - 12 years  
Echo Park Field House  
9:00 am - 4:00 pm  
Monday to Friday  
Jul 22 - 26 (5) Aug 6 - 9 (4)

### Water World

8 - 13 years  
Gyro Youth Centre – Activity Room  
9:00 am - 4:00 pm  
Monday to Friday  
Jul 29 - Aug 2 (5) Aug 6 - 9 (4)

### Kids' Camp Cost

5 - 7 years	8 - 13 years
\$156 (4)	\$160 (4)
\$194 (5)	\$199 (5)

## ADULTS

### Silk Screen - Market Totes - NEW!

16 years & up  
Echo Centre – Craft Room A  
Instructor: Maddie Graham  
6:30 - 9:30 pm  
Wednesday  
Jul 17 (1) \$45 +gst



### Silk Screen - Block Printing - NEW!

16 years & up  
Echo Centre – Craft Room A  
Instructor: Maddie Graham  
6:30 - 9:30 pm  
Wednesday  
Aug 7 (1) \$45 +gst

### WaSUP! Paddleboard Pop UP Sessions -

NEW!

16 years & up  
Sessions include your own personal inflatable stand up paddle board, leash and PFD.

Sproat Lake Provincial Park – Grass Area

Instructor: Sam Gentleman  
5:30 - 7:45 pm  
Thursday  
Jul 18 (1) \$25 +gst

### Women's MTB Rides - NEW!

17 years & up  
Offsite: Location sent to participants in advance  
Instructor: Danielle Jacobs  
5:30 - 7:30 pm  
Wednesdays  
Jul 31 (1) \$8/ride

Or drop in to a Fitness Class!  
\$15/ drop-in!

### Summer Sweat Series



16 years & up  
Sweeney Field & Echo Centre  
Instructor: Summer Lovering  
9:00 - 10:00 am  
Tuesdays & Thursdays  
Jul 2 - Aug 1 (10)

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## LIFESAVING

### Bronze Cross

13 years & up  
Bronze Cross emphasizes the importance of teamwork and communication in preventing and responding to aquatic emergencies. *Prerequisite is Bronze Medallion. 100% attendance is mandatory.*

Aquatic Centre  
Instructor: Kiara Collinge  
4:30 - 8:30 pm  
Tuesdays, Wednesdays and Thursdays  
(6 sessions)  
Jul 30 - Aug 8 \$100

### Lifesaving Society Swim Instructor

15 years & up by end of course  
The Lifesaving Society Swim Instructor course trains candidates to the knowledge, skills and attitudes needed to teach the Society's Swim for Life® and Canadian Swim Patrol programs.

*Prerequisite: 15 years old (by last day of course) Bronze Cross (need not be current). 100% attendance is mandatory.*

Aquatic Centre  
Instructor: Miki Schwarz  
8:00 am - 3:00 pm  
Weekdays  
Jul 22 - Aug 1 \$350 +gst