

Surf's Up

(7-11)

Surf's Up Pro D Day Itinerary

March 23– 27, 2026 - Comox Valley Aquatic Centre (377 Lerwick Rd.)

The CVRD respectfully acknowledges the land on which it operates is on the unceded traditional territory of the K'ómoks First Nation, the traditional keepers of this land.

- 10:00 AM Drop off at Aquatic Centre WAVE ROOM – Icebreakers
- 10:30 AM Pool Time #1 (Swim Skill Development & Free Time in the Pool)
- 12:15 PM Lunch Break
- 12:45 PM Pool Time #2 (Try Water Sports & Free Time in the Lap Pool)
- 2:15 PM Out of the Pool & Change
- 2:40 PM Dry Activities, Games & Crafts
- 3:00 pm Pick up at Aquatic Centre WAVE ROOM

Upcoming Programs & Events

- March 30 Splash Zone Daycamp
- April 10 Beach Splash Bash
- April 18 Egg-Cited Goo Zone
- May 8 Shake It Off Splash Bash Pool Party

For more information, visit:

comoxvalleyrd.ca/rec

or call **250.334.9622 ext. 2**

Please bring:

- Your bathing suit & 2 towels.
- Healthy lunch, snack & water.
- Active wear & running shoes including weather appropriate clothing.

Reminders:

- Participants must be comfortable in deep water
- Please let the leader know if your child has any allergies or medical conditions or is taking any medications we should be aware of.
- Do not send your child with money or other valuables.
- If the child is walking home alone or anyone is picking up the child other than you please let the leader know.
- Please make sure the front desk has all of your contacts #'s.
- If you have any questions please contact the Aquatic Centre Coordinator, Tammy Matfin at 250-898-3712.



comoxvalleyrd.ca   