

Hornby Recreation



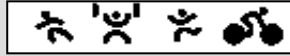
Hornby Fall Fair



Skating in Courtenay



Hiking on Quadra Island



Hornby Recreation

Hornby Recreation is a committee of Hornby Island Residents' and Ratepayers' Association that networks with all the many physical activity oriented groups on the island.

Our mandate is to assist & provide recreation programs for all members, young and old, of the community all year round and to promote a healthy way of being in which physical activity is a valued and integrated way of everyday life.

If you offer recreational classes or workshops that are not listed here please contact the recreation coordinator anytime!

If you are not already on the growing recreation e-mail list please send your e-mail to:

commrecreation@hotmail.com

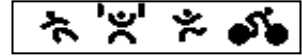
Tel: 250 335-0540

Fax: 250 335-2213

Remember to:

**BE ACTIVE, STAY HEATHY
& HAVE FUN!**

**Sponsored by
Hornby Recreation (HIRRA)
& BC Gaming**



Hornby Recreation



Kids' Tennis Lessons

Fall/Winter Activity Calendar 2011/12

Visit www.realthornby.com/recreation
Recreation Coordinator 250 335-0540
commrecreation@hotmail.com

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<u>Fitness</u> 9-10 am Hall Mathona 5-1060	<u>Bowling</u> for New Horizons Members 1 st Tues/mth till May Marg 5-0809	<u>Fitness</u> 9-10 am Hall Mathona 5-1060	<u>Pilates Level II</u> 9-10 am New Horizons Patrick 5-9040	<u>Walking Club</u> 9:30 am Different locations Lindsay 5-1200	<u>Pilates</u> 10-11 am Room to Grow Patrick 5-9040	<u>Ball Hockey</u> 11-1pm Ball Park Ken 5-2692
<u>Pilates</u> 9-10am New Horizons Patrick 5-9040	<u>Yoga</u> 9:30-11 am New Horizons Ambika 5-3097 Starting Nov. 15	<u>Swimming</u> for New Horizons Members Alt. Wednesdays Joyce 5-3085 Till June		<u>Yoga</u> 9:30-11 am New Horizons Ambika 5-3097 Starting Nov. 18	<u>Taekwondo</u> 10:30- 12pm On Denman Julia 5-0750	<u>Open Gym</u> 2nd Sun/mth All ages School gym Bonita 5-0540
Activity events at New Horizons are free for members!	<u>Island Yoga</u> 5-6:30 pm Hall Jennifer 5-1915			<u>Island Yoga</u> 9-10:30 am Hall Jennifer 5-1915 Starting Nov. 4		<u>Softball</u> 1pm Ball Park
<u>Pilates</u> 5-6pm Room to Grow Patrick 5-9040	<u>Fly Boys</u> 5:15-7:15 pm School gym Julian 5-2490	<u>Badminton</u> 5:15-7:15 pm school gym Betty 5-2633		<u>Chair Yoga</u> 11:30 am New Horizons Ambika 5-3097		
<u>Indoor Soccer</u> 7:15-9:15 pm School gym Alan 5-0607		<u>Men's Badminton</u> 7:15-9:15 pm school gym Al Cannon	<u>NormWalton Badminton</u> 7:15-9:15 pm school gym June5-2841	<u>Teens Gym</u> 7-10pm school gym April 5-2037		<u>Hacky Sack</u> 4:30 pm Ford Cove
<u>Scottish Dancing</u> 7:30-9:30 pm New Horizons June 5-2841	<u>Adult Dance</u> Nancy 5-0864	<u>Dance Choreography</u> Nancy 5-0864	Fitness Room at Joe Jing Ball Park is open everyday to members.	For kids' Afterschool Programs check with the school.		

Ongoing activities: Tennis Kayaking Diving Golf Biking Roller Hockey Sailing Circuit Training