

AUTUMN 2017

MUNICIPALITY OF NORTH COWICHAN PARKS & RECREATION

DROP-IN FITNESS / SWIMMING / SKATING

WWW.NORTHCOWICHAN.CA



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ADMISSIONS

COWICHAN AQUATIC CENTRE & FULLER LAKE ARENA INDIVIDUAL ADMISSIONS, PASSES AND SWIPE CARDS

ENTRY TYPE	DURATION	AGES					
		55 PLUS	ADULT	YOUTH OR STUDENT	CHILD	PRESCHOOL	INFANT
INDIVIDUAL	1 Trip	\$4.50	\$6.00	\$4.25	\$3.00	\$2.00	No charge
FAMILY RATES	1 Trip	N/A	1ST -\$4.50 2ND -\$3.50	\$3.25	\$2.50	\$1.50	No charge
MULTI DAY PASS <small>*CONSECUTIVE DAYS</small>	3 Days	\$10.50	\$13.50	\$9.75	\$6.75	\$4.50	No charge
	4 Days	\$14.00	\$18.00	\$13.00	\$9.00	\$6.00	
	5 Days	\$17.50	\$22.50	\$16.25	\$11.25	\$7.50	
10 TRIP SWIPE	10 Trips	\$40.40	\$54.60	\$40.40	\$26.10	\$19.00	NA
LIFESTYLE PASS	1 Year	\$270	\$365	\$270	\$175	\$127	NA
MONTHLY PASS	1 to 5 Months	\$51/month	\$69/month	\$51/month	\$33/month	\$24/month	NA
GOLD PASS	6 Months	\$255	\$345	\$255	\$165	\$120	NA
	1 Year	\$510	\$690	\$510	\$330	\$240	

DID YOU KNOW...

YOUR THREE DAY PASSES, SWIPE CARDS AND MONTHLY PASSES CAN BE USED FOR ACCESS TO BOTH THE FULLER LAKE ARENA AND THE COWICHAN AQUATIC CENTRE.

	TOKENS	FREEZING YOUR PASS	EXTENSIONS FOR SHUTDOWN & STAT HOLIDAYS	PAYMENT	REFUNDS
MULTI DAY PASS <small>*CONSECUTIVE DAYS</small>	\$0.50 EACH	No	No	Right away	No
10 TRIP SWIPE	\$0.50 EACH	No	No	Right away	No
LIFESTYLE PASS	\$0.50 EACH	No	No	Right away	Valid medical
MONTHLY PASS	\$0.50 EACH	No	No	Right away	Valid medical
GOLD PASS	2 PER VISIT FREE	No limit, min. 7 days each time	Yes	Right away or monthly	Anytime

North Cowichan Parks & Recreation

www.northcowichan.ca

parksrec@northcowichan.ca

Cowichan Aquatic Centre

Fuller Lake Arena

250.746.7665 - aquatics@northcowichan.ca 250.246.3811 - arena@northcowichan.ca

SWIMMING SCHEDULE

COWICHAN AQUATIC CENTRE

SEPTEMBER 11TH TO DECEMBER 23RD

COWICHAN AQUATIC CENTRE

SEPTEMBER 11TH TO DECEMBER 23RD

DAY	EVERYONE WELCOME			Fitness Centre
	All Three Pools Open, Swim Lanes Available, Sauna & Steam Rooms On	Kids Fun Swim (slides, waves and a fun leader in the pool)	Diving Boards (1m &/ or 3m)	
SUNDAYS	11am to 6pm	Family Swim 11am to 1pm 1pm to 6pm (No waves 4pm to 6pm)	11am to 6pm	9am to 6pm
MONDAYS & WEDNESDAYS	6am to 9:30pm	6:30pm to 9:30pm		6am to 9:30pm
TUESDAYS & THURSDAYS		6pm to 9:30pm	7:30pm to 9:30pm	
FRIDAYS		3pm to 9:30pm	7pm to 9:30pm	
SATURDAYS	7:30am to 9:30pm	Parent & Tot Swim 11am to 1pm (No slides or waves) 1pm to 9:30pm	1pm to 9:30pm	7:30am to 9:30pm

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SKATING SCHEDULE

FULLER LAKE ARENA

SEPTEMBER 15TH TO DECEMBER 15TH

FULLER LAKE ARENA

SEPTEMBER 15TH TO DECEMBER 15TH

DAY	Parent & Tot Skate	Adult Lap Skate	Public Skating	Adult Drop-In Hockey	50+ Drop-In Hockey
SUNDAYS			3:15pm to 4pm Twoonie Skate		
MONDAYS			2pm to 3:10pm		
TUESDAYS & THURSDAYS				11:30am to 1pm	9:30am to 11am
WEDNESDAYS	9am to 10am				
FRIDAYS		1pm to 2pm	6:30pm to 7:50pm		
SKATE RENTALS	\$2/pair		SKATE SHARPENING		\$5/pair

***No public skate on October 9th & 20th, November 13th**

Sunday Public Skate

The Sunday public skate has been shortened to 45 minutes to allow us to run more skating lessons.

The 45 minute skate now costs \$2 for each person and that will include rentals if you need them.

DROP-IN FITNESS - MORNING CLASSES

COWICHAN AQUATIC CENTRE

SEPTEMBER 11TH TO DECEMBER 23RD

DRY LAND FITNESS CLASSES (2ND FLOOR)							WATER FITNESS CLASSES							
CLASS TIME	MON	TUE	WED	THU	FRI	SAT	MON	TUES	WED	THU	FRI	SAT	CLASS TIME	
EARLY MORNING	6AM TO 7AM	SUNRISE FIT CAMP		SUNRISE FIT CAMP		SUNRISE FIT CAMP							EARLY MORNING	
		Advanced		Advanced		Advanced								
	6:15AM TO 7:15AM			SPIN										
7:30AM TO 8:30AM	TONE & TIGHTEN		TONE & TIGHTEN		TONE & TIGHTEN		AQUA YOGA		AQUA YOGA			ADULT SWIM (TIL 9)	7:30AM TO 8:30AM	
	Moderate		Moderate		Moderate		Novice		Novice			Novice		
MORNING	8:15AM TO 8:45AM							AQUA SPIN		AQUA SPIN			8AM TO 8:30AM	
								Moderate		Moderate				
	9AM TO 10AM	BACK 2 BASICS FIT CAMP	CARDIO FIT CAMP	60 MINUTES	TABATTA THURSDAY	AFTER BURN	STEP IT UP 9am to 10:15am						AQUA CORE	8AM TO 9AM
		Advanced	Advanced	Advanced	Advanced	Advanced	Moderate						Moderate	
		SPIN				SPIN	SPIN		AQUA CORE		AQUA CORE			8:30AM TO 9:30AM
		Advanced				Advanced	Advanced		Moderate		Moderate			
	YOGA		YOGA		YOGA		AQUA CARDIO COMBO		AQUA CARDIO COMBO		AQUA CARDIO COMBO		9AM TO 10AM	
Moderate		Moderate		Moderate		Moderate		Moderate		Moderate				
9:30AM TO 10:30AM														
						YOGA								
						Moderate								
10:05AM TO 10:35AM		AB ATTACK		AB ATTACK	5RHYTHMS DANCE 10:30AM TO 11:45AM									
		Novice		Novice	Moderate									
10:15AM TO 11:15AM	SPIN		SPIN		SPIN									
	Advanced		Advanced		Advanced									



CHILDMINDING FOR 5 YEARS & UNDER

@ THE COWICHAN AQUATIC CENTRE

MONDAY THROUGH FRIDAY - 8:45AM TO 11:30AM

MONDAY AND WEDNESDAY - 5:00PM TO 6:30PM

FREE SERVICE TO USERS OF THE FACILITY

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DROP-IN FITNESS - LUNCH & AFTERNOON

COWICHAN AQUATIC CENTRE
 SEPTEMBER 11TH TO DECEMBER 23RD

DRY LAND FITNESS CLASSES (2ND FLOOR)							WATER FITNESS CLASSES						
CLASS TIME	MON	TUE	WED	THU	FRI	SAT	MON	TUES	WED	THU	FRI	SAT	CLASS TIME
LUNCH	11:30AM TO 12NOON	TRX Moderate	SPIN Moderate	TRX Moderate	SPIN Moderate	TRX Moderate		AQUA SPIN Moderate		AQUA SPIN Moderate			11:30AM TO 12NOON
	12:10PM TO 12:50PM		TRX LUNCH Moderate		TRX LUNCH Moderate		AQUA POWER FIT Moderate	AQUA POWER FIT Moderate	AQUA POWER FIT Moderate	AQUA POWER FIT Moderate	AQUA POWER FIT Moderate		12:10PM TO 12:50PM
	12:15PM TO 1:15PM	LUNCH CRUNCH Advanced		LUNCH CRUNCH Advanced		LUNCH CRUNCH Advanced							
AFTERNOON			NOON YOGA Moderate	STRETCH YOUR LUNCH Moderate									
	1PM TO 1:45PM		STRETCH 'N TONE Moderate		STRETCH 'N TONE Moderate			AQUA 55+ Moderate		AQUA 55+ Moderate			2PM TO 2:45PM
	3:15PM TO 4:15PM		SPIN Moderate		SPIN Moderate		AQUA CORE Moderate		AQUA CORE Moderate				2PM TO 3PM
AFTER WORK	4:30PM TO 5:15PM	FOUNDATION CORE Moderate	ALIGN & DEFINE Moderate		ALIGN & DEFINE Moderate								
	5:15PM TO 6:15PM			ZUMBA PARTY Moderate			AQUA RUMBA Moderate		AQUA RUMBA Moderate				5:30PM TO 6:30PM
	5:30PM TO 6:30PM	MAXIMUM MONDAY Advanced	BODY SHOCK Advanced	STRENGTH & CARDIO FIT CAMP Advanced	CARDIO CHISEL Advanced	DATE NITE Advanced	ADULT SWIM Novice		ADULT SWIM Novice				7PM TO 8:30PM
							AQUA BURN Moderate		AQUA BURN Moderate				7:30PM TO 8:30PM
Take Heart in the Gym Tuesdays & Fridays 10:30-12:00pm & 1:00-3:00pm													



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DROP-IN FITNESS - FULLER LAKE & REHAB

FULLER LAKE ARENA & COWICHAN AQUATIC CENTRE

SEPTEMBER 11TH TO DECEMBER 15TH

FULLER LAKE ARENA DROP-IN CLASSES

CLASS TIME	MON	TUE	WED	THU	FRI	SAT
9:30AM TO 10:30AM	DEFINITION	FUNCTIONAL FIT			CARDIO & REPS	
6:30PM TO 7:30PM						
6:45PM TO 7:45PM						

REHABILITATIVE DROP-IN CLASSES - CAC

CLASS TIME	MON	TUE	WED	THU	FRI	SAT
10AM TO 10:30AM			ARTHRITIC WATER ORIENTATION			
10:30AM TO 11:15AM	AQUA THERAPY		AQUA THERAPY		AQUA THERAPY	
11AM TO 12NOON		LAND JOINT WELLNESS		LAND JOINT WELLNESS		LAND JOINT WELLNESS
11:15AM TO 12NOON	RECON		RECON		RECON	

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