

HOLIDAYS 2017

MUNICIPALITY OF NORTH COWICHAN PARKS & RECREATION

DROP-IN FITNESS / SWIMMING / SKATING

WWW.NORTHCOWICHAN.CA



SCHEDULES

ADMISSIONS

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

INDIVIDUAL ADMISSIONS		COSTS				
Pass Name	Duration	55 Plus	Adult 19-54yrs	Youth or Student 13-18yrs	Child 6-12yrs	Preschool 2-5yrs
Single Trip	1 Time	\$4.60	\$6.10	\$4.35	\$3.05	\$2.05
10 Trip Swipe	10 Trips	\$41.50	\$55.00	\$39.00	\$27.50	\$18.50
Multi-Day Pass	3 Days	\$10.15	\$13.50	\$9.45	\$6.75	\$4.50
	4 Days	\$13.50	\$18.00	\$12.60	\$9.00	\$6.00
	5 Days	\$16.90	\$22.50	\$15.75	\$11.25	\$7.50
Monthly Pass	1 to 5 Months	\$51.75/ month	\$69/ month	\$48.25/ month	\$34.50/ month	\$22.75/ month
Lifestyle Pass	1 Year	\$273.75	\$365	\$255.50	\$182.50	\$120.45
Gold Pass	6 Months	\$258.75	\$345	\$241.50	\$17.50	\$113.85
	1 Year	\$517.50	\$690	\$583	\$345	\$227.70

FAMILY ADMISSIONS		COSTS				
Pass Name	Duration	1st Adult or 55 Plus	Additional Adults or 55 Plus	Youth 13-18yrs	Child 6-12yrs	Preschool 2-5yrs
Single Trip	1 Time	\$4.50	\$3.50	\$3.25	\$2.50	\$1.50
10 Trip Swipe	10 Trips	\$40.40	\$28.50	\$23.25	\$19.00	\$14.25
Monthly Pass	1 to 5 Months	\$51/ month	\$39/month	\$39/ month	\$27/ month	\$18/ month
Gold Pass	6 Months	\$255	\$195	\$195	\$135	\$90
	1 Year	\$510	\$390	\$390	\$270	\$180

SCHEDULES

COWICHAN AQUATIC CENTRE/FULLER LAKE ARENA

DECEMBER 23RD TO JANUARY 7TH

DAY		COWICHAN AQUATIC CENTRE				FULLER LAKE ARENA
		EVERYONE WELCOME			Fitness Centre	Public Skating Sessions
		All Three Pools Open, Swim Lanes	Kids Fun Swim (Slides & Waves)	Diving Boards (1m &/ or 3m)		
SUNDAYS	DEC 24TH	11am to 3:30pm	Family Swim - 11am to 1pm Kids Fun Swim - 1pm to 3:30pm		9am to 3:30pm	No Skating
	DEC 31ST	11am to 5pm	Family Swim - 11am to 1pm Kids Fun Swim - 1pm to 5pm		9am to 5pm	No Skating
	JAN 7TH	11am to 6pm	Family Swim - 11am to 1pm Kids Fun Swim - 1pm to 6pm		9am to 6pm	Twoonie Skate 3:15pm to 4pm
MONDAYS	DEC 25TH	WE WISH YOU A MERRY CHRISTMAS AND A HAPPY NEW YEAR. ALL FACILITIES ARE CLOSED ON BOTH DAYS				
	JAN 1ST					
TUESDAYS	DEC 26TH	BOXING DAY - ALL FACILITIES ARE CLOSED.				
	JAN 2ND	6am to 9:30pm	1pm to 9:30pm		6am to 9:30pm	Public Skating 1pm to 2:20pm
WEDNESDAYS	DEC 27TH	6am to 9:30pm	1pm to 9:30pm		6am to 9:30pm	No Skating
	JAN 3RD	6am to 9:30pm	1pm to 9:30pm		6am to 9:30pm	No Skating
THURSDAYS	DEC 28TH	6am to 9:30pm	1pm to 9:30pm		6am to 9:30pm	Public Skating 1pm to 2:20pm
	JAN 4TH					
FRIDAYS	DEC 29TH	6am to 9:30pm	1pm to 9:30pm		6am to 9:30pm	No Skating
	JAN 5TH	6am to 9:30pm	1pm to 9:30pm		6am to 9:30pm	Public Skating 6:30pm to 7:50pm
SATURDAYS	DEC 23RD	7:30am to 9:30pm	Family Swim - 9am to 1pm Kids Fun Swim - 1pm to 9:30pm		7:30am to 9:30pm	Winter Wonderland 11am to 12:30pm & 3pm to 4:30pm
	DEC 30TH	7:30am to 9:30pm	Family Swim - 9am to 1pm Kids Fun Swim - 1pm to 9:30pm		7:30am to 9:30pm	Public Skating 1pm to 2:20pm
	JAN 6TH	7:30am to 9:30pm	Family Swim - 9am to 1pm Kids Fun Swim - 1pm to 9:30pm		7:30am to 9:30pm	No Skating

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

DROP-IN FITNESS

COWICHAN AQUATIC CENTRE

DECEMBER 25TH TO JANUARY 6TH

LAND BASED DROP-IN CLASSES

CLASS TIME	MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY		SATURDAY				
	DEC 25TH	JAN 1ST	DEC 26TH	JAN 2ND	DEC 27TH	JAN 3RD	DEC 28TH	JAN 4TH	DEC 29TH	JAN 5TH	DEC 30TH	JAN 6TH			
6AM TO 7AM	CLOSED FOR CHRISTMAS DAY AND NEW YEARS DAY		CLOSED FOR BOXING DAY		SUNRISE FIT CAMP				SUNRISE FIT CAMP						
6:15AM TO 7:15AM					SPIN										
7:30AM TO 8:30AM					TONE N TIGHTEN				TONE N TIGHTEN						
8:15AM TO 8:45AM													TRX		
9AM TO 10AM					CARDIO FIT CAMP		YOGA		TABATTA THURSDAY		YOGA		STEP IT UP		
							60 MINUTES				FIT CAMP		SPIN		
9:30AM TO 10:30AM													YOGA		
10:05AM TO 10:35AM					AB ATTACK				AB ATTACK						
10:15AM TO 11:15AM							SPIN				SPIN				
11:30AM TO 12NOON					SPIN		TRX BLAST		SPIN		TRX BLAST				
12:10PM TO 12:50PM					TRX LUNCH				TRX LUNCH						
12:15PM TO 1:15PM							LUNCH CRUNCH				LUNCH CRUNCH				
							YOGA								
1PM TO 1:45PM					STRETCH N TONE				STRETCH N TONE						
5:30PM TO 6:30PM	FIT CAMP		CARDIO FIT CAMP		FIT CAMP		DATE NIGHT								

WATER BASED DROP-IN CLASSES

CLASS TIME	MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY		SATURDAY			
	DEC 25TH	JAN 1ST	DEC 26TH	JAN 2ND	DEC 27TH	JAN 3RD	DEC 28TH	JAN 4TH	DEC 29TH	JAN 5TH	DEC 30TH	JAN 6TH		
7:30AM to 8:30AM	CLOSED FOR CHRISTMAS DAY AND NEW YEARS DAY		CLOSED FOR BOXING DAY		AQUA YOGA									
8AM TO 8:30AM					AQUA SPIN FIT				AQUA SPIN FIT				ADULT SWIM 7:30AM TO 9AM	
8:30AM TO 9:30AM					AQUA CORE				AQUA CORE				AQUA CORE 8AM TO 9AM	
9AM TO 10AM					AQUA CARDIO COMBO				AQUA CARDIO COMBO					
11:30AM TO 12NOON					AQUA SPIN FIT				AQUA SPIN FIT					
12:10PM TO 12:50PM					AQUA POWER FIT		AQUA POWER FIT		AQUA POWER FIT		AQUA POWER FIT			
7:30PM TO 8:30PM					AQUA BURN				AQUA BURN					

REHABILITATIVE DROP-IN CLASSES

CLASS TIME	MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY		SATURDAY			
	DEC 25TH	JAN 1ST	DEC 26TH	JAN 2ND	DEC 27TH	JAN 3RD	DEC 28TH	JAN 4TH	DEC 29TH	JAN 5TH	DEC 30TH	JAN 6TH		
10AM TO 10:30AM	CLOSED FOR CHRISTMAS DAY AND NEW YEARS DAY		CLOSED FOR BOXING DAY		ARTHRITIC WATER ORIENTATION									
10:30AM TO 11:15AM					AQUA THERAPY				AQUA THERAPY					
11AM TO 12NOON					LAND JOINT WELLNESS				LAND JOINT WELLNESS				LAND JOINT WELLNESS	
11:15AM TO 12NOON					RECONDITIONING				RECONDITIONING					

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