

FEBRUARY 2018

MUNICIPALITY OF NORTH COWICHAN PARKS & RECREATION

RECREATION/FITNESS PROGRAMS

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Youth Yoga

Yogi Bears (3 to 5yrs)

Cowichan Aquatic Centre

A fun and interactive class that facilitates individual development for each child. This class encourages children to joyfully connect to and understand themselves through playful yoga inspired movement in songs, stories and games with an element of breath work to help learn to relax themselves. Building on mental, physical and emotional well-being through creative movement and imagination.

Fridays 3pm to 4pm
Feb 23rd to Mar 23rd 27040
5 sessions/\$37.50

Tween Yoga (9 to 12yrs)

Cowichan Aquatic Centre

This class gives kids the opportunity to build on their physical fitness through yoga movement and breath. Centering on strength, coordination, flexibility and balance they learn to mindfully focus, slow down and connect with themselves and their bodies. This self awareness increases confidence and self-esteem contributing to a better understanding of themselves and the world around them.

Fridays 4:30pm to 5:30pm
Feb 23rd to Mar 23rd 27046
5 sessions/\$40

Aquatic Courses

Surfing & Boogie Boarding (6 to 10yrs)

Cowichan Aquatic Centre

Surfs up with this introduction to basic surfing and boogie boarding skills including paddling techniques on boards, turning your board and body position.

Friday 3:30pm to 5:30pm
Feb 16th 26810
1 session/\$15.75

CAC Movie Night

Cowichan Aquatic Centre

General Admission - It is back, Movie night at the Aquatic Centre! Come relax at the pool with a movie on the big screen! Slides and diving boards will be open too! Movie title will be released closer to event date.

Friday 7pm to 9pm
Feb 23rd
General Admission

Youth No Charge Options

Project Breakfast (Grades 8-12)

Chemainus Secondary School

Start Monday morning off with a boost with our tasty and nutritious breakfast! With local businesses & organizations, we're providing student breakfast every Monday morning.
Mondays 8am to 8:40am

Community Youth Room (Grades 8-12)

Chemainus Secondary Room 118

A safe space for students to hang out before school and at lunch. Play pool or foosball, grab a snack, or get information on youth services in our community.

Mondays to Thursdays

Girl Code (Grades 8-12)

Chemainus Secondary School Room 118

Safe and encouraging place to make new friends, share experiences, and just plain hang out. This lunchtime group, where girls get together and try new things. Bring your lunch and spend some time with the girls.

Tuesdays 11:33am to 12:18pm

Crofton Drop-In Sports

Crofton Elementary School Gym

Unstructured gym time, as we play what you want. Bring friends and start a new tradition.
Thursdays, starting January 11th

Grades 2 to 4 2:30pm to 3:30pm
Grades 5 to 9 3:45pm to 4:45pm

School District #79 Courses

Power Up for 2018

Are you tired of all the winter blah's? Let's get up and active and join our fun activity leader Trenton in some games and activities that will get your heart rate pumping.

Ecole Mount Prevost Elementary

Friday 2:30pm to 4:30pm
Feb 9th 26628

No Charge, limited spaces

Emergency 1st Aid & CPR C

This action packed 2 day course offers an overview of first aid and cardiopulmonary resuscitation (CPR) skills. Course covers skills to recognize, prevent and respond to circulation emergencies for adults (CPR A or C). Other topics include airway and breathing emergencies, as well as the prevention of disease transmission.

Ecole Mount Prevost Elementary

Fridays 2:30pm to 4:30pm
Feb 9th to Feb 16th 26621
2 sessions/\$93

Red Cross Babysitters Training

Fuller Lake Arena

All the essential skills you need to get a job as a certified babysitter. First-aid, emergencies and injury prevention, handling babies, and activities to play with children.

Friday 8:30am to 4:30pm
Feb 23rd 26379
1 session/\$58.75



Yoga

Beginner Plus Yoga

Instructor: Mara Narbutas

Fuller Lake Arena

Experience the many benefits of yoga; decreased stress, increased awareness and mental focus, improved alignment, circulation and breathing. We will focus on a gentle, relaxing, slow paced yoga practice. Postures will be modified to accommodate mobility limitations and individual needs. No yoga experience necessary.

Tuesdays or Thursdays 4:30pm to 6pm
 Tues - Feb 20th to Mar 27th 26838
 Thurs - Feb 22nd to Mar 29th 26839
 6 sessions/\$63 + tax

Couples Massage & Soma Flow

Instructor: Viviana Ng

Enjoy a well deserved Yoga practice with your other half as you take turns learning some awesome massage moves to relieve tension and stress from your body allowing yourself to be completely relaxed and feeling renewed for the rest of your afternoon! Promotes love and reconnecting with your other half.

Saturdays 12:30pm to 1:30pm
 Feb 24th to Mar 17th 27036
 4 sessions/\$60 + Tax (per couple)

Flow Yoga

Instructor: Mara Narbutas

Fuller Lake Arena

Join us for a relaxing flow yoga class on your lunch time. Mara will lead the class and get you relaxed for the rest of the day.

Tuesdays 12pm to 1pm
 Feb 13th to Mar 13th 26835
 5 sessions/\$30 + tax

Gentle Somatic Yoga

Instructor: Gwen Siciliano

Enjoy this unique and empowering class. Unwind from the stress and take a journey of self exploration.

Thursdays 6:30pm to 8pm
 Feb 22nd to Mar 22nd 26527
 5 sessions/\$45 + tax

Partner Yogalates

Instructor: Viviana Ng

A full body workout blending Yoga and Pilates. Great class for beginners and suitable for anyone who wants to have fun while working out with a partner. Promotes balance and friendship!

Fridays 1:15pm to 2:15pm
 Feb 23rd to Mar 16th 27032
 4 sessions/\$60 + tax (per couple)

Restorative Yoga

Instructor: Gwen Siciliano

Find your off button and hit your internal restore switch with us. Restorative yoga poses help you relax and rest deeply and completely. These are designed to safely open the deep connective tissue of the spine and legs.

Mondays 11:30am to 12:30pm
 Feb 26th to Apr 9th 26569
 6 sessions/\$48 + tax

Somalates

Instructor: Viviana Ng

Sensory Inventory Body Awareness is an all levels class. Suitable for injuries and relieving stress or tension. Combining Somatic Yoga and Pilates by inviting your brains to reconnect with how your muscles move. This class starts out slow and gentle as we make our way into strengthening pilates exercises working your core and legs.

Tuesdays 1pm to 2pm
 Feb 13th to Mar 13th 27028
 5 sessions/\$48 + Tax

General Fitness Programs

Core Fit

Instructor: Damaris Barry

A strong, lean core can increase energy, beat back pain and keep you looking and feeling fit and healthy. If you want to re-shape your middle, then this class is for you.

Tuesdays 6am to 7am
 Feb 27th to Apr 17th 26585
 8 sessions/\$34 + tax

Get Moving

Instructor: Shannon Gala

A walk-fit calorie blasting GALA extravaganza! Using the natural terrain, elevation and props to get your feet moving and heart pumping! Geared towards individuals who are currently active and want to develop a solid foundation before moving on.

Fridays 10:15am to 11:15am
 Feb 16th to Mar 23rd 27047
 6 sessions/\$50 + tax

Minds in Motion

Instructor: Gwen Siciliano

For people diagnosed with Alzheimer and related dementia. Enjoy light exercise conducted by a certified fitness instructor, followed by activities or games and social time in a relaxed atmosphere. In partnership with the Alzheimer's Association.

Mondays 1pm to 3pm
 Feb 26th to Apr 9th 26556
 6 sessions/\$36 + tax

Moving in 3D

Instructor: Shannon Gala

Your body does not move in one direction, it moves in three dimensions. If it did not you wouldn't be able to move your leg forward, sideways etc. This 45 minute class is "Boot Camp Gold", includes agility, balance drills, games, cardio, strength training and mat work for stretching. Suitable for individuals who are currently active and want to develop a solid foundation before moving on to a more challenging level.

Fridays 1:30pm to 2:15pm
 Feb 16th to Mar 23rd 27048
 6 sessions/\$50 + tax

Om Baby!

Instructor: Chantell Foss

For Mothers with newborn babies to pre walking age. Practice with personal attention, time for social connection and relaxation. Welcoming space for babies and all their needs. Beginners warmly welcomed.

Wednesdays 10:15am to 11:30am
 Feb 21st to Mar 28th 26549
 6 sessions/\$60 + tax

Pilates with Anne Kerswell

Pilates on Springs

Enhance your core strength, increase reach & flexibility, agility and improved posture. With a spring loaded chair, resistance can be easily adjusted to meet your potential.

Tuesdays 8:30am to 9:30am
Feb 6th to Mar 6th 26535

Tuesdays 5:45pm to 6:45pm
Feb 6th to Mar 6th 26538

5 sessions/\$56 + tax

Pilates-Basic Level 1

Get in touch with your figure. Continue in the world of Pilates, learn the exercises movements and correct breathing.

Thursdays 9:30am to 10:30am
Feb 15th to Mar 8th 26595

4 sessions/\$38 + tax

Pilates Level 2

Enrich your core and posture using true traditional Pilates strength and flexibility exercises. With the addition of props you will receive maximum toning benefit. A focused approach really makes you get the most out of each and every workout.

Tuesdays 9:35am to 10:35am
Feb 6th to Mar 6th 26597

5 sessions/\$47.50 + Tax

Thursdays 8:30am to 9:30am
Feb 15th to Mar 8th 26599

4 sessions/\$38 + tax

Speciality Fitness

Take Heart & Breathe Well

Have you had a cardiac event or respiratory disease, or know someone with risk factors? Our 12 week exercise program, closely supervised by our professional staff, provides rehabilitation. Call or email for more information

fitness@northcowichan.ca or 250-746-3306

Spin Classes

Spin

Instructor: Morne Van Niekerk

Spinning classes can be a great way to get a vigorous workout especially during the off-season. Participants determine their own levels of exertion. Necessary to bring with you a water bottle and small hand towel.

Tuesdays/Thursdays 5pm to 6pm
Feb 6th to Mar 1st 26574

8 sessions/\$36+ tax

Butt Buster Spin

Instructor: Damaris Barry

Take your cycle ride to the next level with this challenging and motivating class. Fun and effective interval training designed to blast calories, and improves your cardiovascular endurance. This class is not recommended for the beginner rider.

Tuesdays/Thursdays 6:15pm to 7pm
Feb 6th to Mar 1st 26576

8 sessions/\$36+ tax

Spin - FLA

Instructor: Rachel Bodger

Spin classes are back!! You can sweat it out in this energetic class. We have limited bikes so sign up soon.

Mondays 6:30pm to 7:15pm
Feb 19th to Mar 19th 27078

Saturdays 8am to 8:45am
Feb 17th to Mar 17th 27026

5 sessions/\$30 + Tax

Water Safety Instructor (15yrs +)

Cowichan Aquatic Centre

This high energy course certifies students to become Red Cross swimming instructors. The WSI course is divided into 2 Components. Component 1 includes skills evaluation, orientation sessions, online course package and co-teaches.

Component 1

Monday 5:30pm to 9:30pm
Feb 19th

1 session/\$249 + tax 26795

Teen/Adult General Programs

Beginner Adult Guitar

AB Room – Fuller Lake Arena

Maggie will lead this small class through the basics and then build on those skills to teach you how to play the guitar.

Wednesdays 1:30pm to 2:15pm
Feb 14th to Mar 14th 26811

5 sessions/\$59 + tax

Beginner Spanish

Upper Meeting Room – Fuller Lake Arena

Basics of Spanish taught by an instructor whose mother tongue is Spanish, with emphasis on learning useful skills such as pronunciation with the goal of clear communication.

Wednesdays 2:30pm to 4pm
Jan 17th to Feb 21st 27076

6 sessions/\$68 + tax

Inclusion Night at the CAC (16yrs+)

Cowichan Aquatic Centre

Get out and get active with 4 evenings that give you the chance to get active & meet new people.

Thursdays 5:30pm to 7:30pm
Feb 15th to Mar 8th 26811

4 sessions/\$50 + Tax

Fuller Lake Drop-In

Definition

Instructor: Lee Saunders

Fuller Lake Arena

This resistance training class will rev your metabolism using a variety of equipment while balancing muscle groups --the last half of class will focus on stretch and increasing flexibility

Mondays 9:30am to 10:30am
Drop in: \$6.10 Adult/ 55+ \$4.60

Functional Fit

Instructor: Lee Saunders

Fuller Lake Arena

Combines cardio and strength intervals with emphasis on functional and/or integrated weight bearing techniques. This class is suitable for beginners and those returning to fitness.

Tuesdays 9:30am to 10:30am
Drop in: \$6.10 Adult/ 55+ \$4.60

Cardio & Reps

Instructor: Lee Saunders

Fuller Lake Arena

Cardio and strength class that includes a 25 minute choreography based Hi/Lo cardio component followed by 25 minutes of strength and core exercises concluding with a full body stretch.

Fridays 9:30am to 10:30am
Drop in: \$6.10 Adult/ 55+ \$4.60