

JANUARY 2018

MUNICIPALITY OF NORTH COWICHAN PARKS & RECREATION

RECREATION/FITNESS PROGRAMS

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Dance Class - Fuller Lake Taught by Summit Dance

Ballet (4 to 6yrs)

The kids will learn ballet steps while having fun while being active.

Saturdays 9:35am to 10:05am
Jan 13th to Mar 3rd 26433

Creative Ballet

Bring the little ones to this fun and entertaining dance class, they will learn some basic steps and have a great time.

Thursdays (1.5 to 4yrs) 3:15pm to 3:45pm
Jan 11th to Mar 1st 26431

Saturdays (1.5 to 3yrs) 9am to 9:30am
Jan 13th to Mar 3rd 26432

Hip-Hop Combo

Learn hip hop movements to the beats of popular kids songs.

Tuesdays (3 to 6yrs) 3pm to 3:30pm
Jan 9th to Mar 6th 26430

Saturdays (6 to 9yrs) 10:15am to 10:45am
Jan 13th to Mar 3rd 26434

Tap Dance (5 to 9yrs)

Summit Dance will be here to teach the basics of Tap Dance and keep the kids having fun. If you are new to dancing come and try this exciting class!

Saturdays 10:50am to 11:20am
Jan 13th to Mar 3rd 26435

All dance is 8 classes for \$40

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.

Maple Bay Elementary

Friday 2:30pm to 4:30pm
Jan 26th 26627

No Charge, limited spaces

Aquatic Courses

Aquatic Kiddie Capers (3 to 5yrs)

Cowichan Aquatic Centre

An un-parented class that combines a swim lesson component and structured dry play time where your little one will have the opportunity for a craft session. Children should be dropped off wearing a dry bathing suit. *Must be toilet trained.

Friday 4pm to 6pm
Jan 26th 26804
1 session/\$15.75

Snorkeling for Fun (6 to 12yrs)

Cowichan Aquatic Centre

Learn the basic snorkeling techniques and enjoy an underwater adventure each week. Fins and snorkels provided, please bring your own face mask or goggles.

Sundays 11am to 11:30am
Jan 28th to Mar 4th 26807
6 sessions/\$27.75

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 4pm to 6pm
Jan 26th 26806
1 session/\$15.75

Power onto Activities

Youth need opportunities to try new things, burn off some steam, explore and test new abilities. Through fitness activities, interactive games and teamwork we will build strength, coordination and confidence for a healthy lifestyle. Healthy snack provided at each class.

Ecole Mount Prevost Elementary

Mondays/Thursdays 2:30pm to 4pm
Jan 15th to Mar 8th 26613

Maple Bay Elementary

Mondays/Wednesdays 2:30pm to 3:45pm
Jan 15th to Mar 7th 26612

No Charge, limited spaces

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

Friday Night Drop-In (12-18yrs)

Cowichan Neighbourhood House

Join us for pool tournaments, arts & crafts, trivia nights, and so much more!

Fridays, starting Jan. 5 7pm to 10pm

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

Red Cross Babysitters Training

Ecole Mount Prevost Elementary

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.

Fridays 2:30pm to 4:30pm
Jan 12th to Feb 2nd 26617

4 sessions/\$58.75

Spin Classes

Novice Spin

Instructor: Kate Bond

Intimidated by cyclists or spinners with padded shorts and special shoes? Get introduced to the intense cardio workout of spinning. A 45 minute class can burn upwards of 500 calories! If you need to alter the instructions to make it through the class, go ahead! **BEGINNERS WELCOME**

Saturdays 10:15am to 11am
Jan 27th to Mar 3rd 26513

Mondays 5:15pm to 6pm
Jan 22nd to Mar 5th 26516

Wednesdays 5:15pm to 6pm
Jan 24th to Feb 28th 26520

6 sessions/\$25.25 + tax

Seniors Spin

Instructor: Kate Bond

Boost your cardio without extreme impact on your back, legs, and joints. Kate will show you how to set your bike. Variety of hand and body positions and drills that will challenge each individual.

Tuesdays 9:30am to 10:15am
Jan 23rd to Feb 27th 26476

6 sessions/\$25.20 + tax

Seniors Spin, Strength & Flexibility

Instructor: Kate Bond

Maintain your quality of life as you grow older. Increasing your muscle strength and endurance makes it easier for you to perform daily tasks and helps you maintain your balance. Never done any strength training before? Don't worry - beginners are always welcome and we have different levels for all abilities

Thursdays 1:15pm to 2:30pm
Jan 25th to Mar 1st 26508

6 sessions/\$32.40 + tax



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
Jan 9th to Feb 1st 26573

7 sessions/\$31.50+ 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
Jan 9th to Feb 1st 26575

7 sessions/\$31.50+ 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.

Saturdays 8am to 8:45am Jan 13th to Feb 10th 27020

5 sessions/\$30+ 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

Jan 9th to Feb 6th

26581

5 sessions/\$21.25 + tax

Thursdays 6am to 7am

Jan 11th to Feb 8th

26582

4 sessions/\$17 + tax

FIT (Families Interact Together)

Are you looking for activities and skills to improve your families active healthy lifestyle.

This program is for parents and children together to develop healthy choices in activity and nutrition

Fridays 9:30am to 11am

Jan 19th to Mar 9th

26666

Free, limited space

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

Jan 8th to Feb 19th

26554

6 sessions/\$36 + 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

Jan 10th to Feb 14th

26548

6 sessions/\$60 + tax

Rookie Gym

Instructor: Natasha Salway

Ever want to see what goes on upstairs, but not sure how to take the next step. This class, will break down the barriers, get you a plan, and Natasha will encourage you all the way!

Tuesdays 10am to 10:45am

Jan 23rd to Mar 6th

26557

7 sessions/\$61.25 + tax

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 - Jan 9th to Feb 13th 26837
Thurs - Jan 11th to Feb 15th 26834
6 sessions/\$63 + tax

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
Jan 9th to Feb 6th 26833
5 sessions/\$30 + tax

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
Jan 8th to Feb 19th 26568
6 sessions/\$48 + 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
Jan 11th to Feb 15th 26526
5 sessions/\$45 + 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
Jan 9th to Jan 30th 26534

Tuesdays 5:45pm to 6:45pm
Jan 9th to Jan 30th 26537

4 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
Jan 11th to Feb 8th 26594

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
Jan 9th to Jan 30th 26596

Thursdays 8:30am to 9:30am
Jan 11th to Feb 8th 26598

4 sessions/\$38 + tax

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
Jan 10th to Feb 7th 26831

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 5 evenings that give you the chance to get active & meet new people.

Thursdays 5:30pm to 7:30pm
Jan 11th to Feb 8th 26808

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



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
Jan 15th

1 session/\$261.45 + tax

| DATE | LOCATION | EVENT |
|--|--|---|
| MONDAY JAN 1ST | COWICHAN AQUATIC CENTRE/FULLER LAKE ARENA | CLOSED FOR NEW YEARS DAY |
| Our recreation facilities are closed for New Year's Day. | | |
| FRIDAY JAN 12TH | COWICHAN AQUATIC CENTRE | MOVIE NIGHT |
| <p>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.</p> <p>7PM TO 9PM</p> | | |
| FRI, JAN 19TH & SUN, JAN 21ST | FULLER LAKE ARENA | HOMETOWN HOCKEY/ 50TH ANNIVERSARY SKATES |
| <p>To celebrate Rogers Hometown Hockey coming to the Cowichan Valley and the 50th anniversary of Fuller Lake Arena we are offering our public skates for 50 year old prices!</p> <p>Preschooler - \$0.15 Child - \$0.25 Youth/Student - \$0.35 Adults/55+ - \$0.60 Rentals - \$0.05</p> <p>Friday - 6:30pm to 7:50pm Sunday - 3:15pm to 4pm</p> | | |

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