

MARCH 2018

MUNICIPALITY OF NORTH COWICHAN PARKS & RECREATION

RECREATION/FITNESS PROGRAMS

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<p>Spring Break Camps Beat those boredom blues with swimming, arts & crafts and special out trips each week. The Centre's leaders provide a safe environment where campers can explore their swimming abilities and make some new friends.</p>	<p>Aqua Odyssey (6 to 10yrs) 8:30am to 4pm</p>
<p>Monday March 12th to Friday March 16th 2018</p>	<p>\$160 #26815</p>
<p>Monday March 19th to Friday March 23rd 2018</p>	<p>\$160 #26816</p>

Easter Activities

Fuller Lake Park Easter Egg Hunt

Join us at Fuller Lake Park for our annual Family Easter egg Hunt. The rush for chocolate starts at 10am sharp.

Thank You to the Fraternal Order of Eagles #4400 for their Support

Saturday 10am sharp
 March 31st
 Fuller Lake Park
 Free

Underwater Easter Egg Hunt

Hippity Hoppity Easters on its way, and we have the best Easter Egg Hunt around if you're looking for a fun family activity. Come check out the Underwater Easter egg hunt at the Cowichan Aquatic Centre. Come search for age group specific coloured eggs, and snap a picture with Mr. Cotton Tail himself.

Sunday 11am
 April 1st
 Cowichan Aquatic Centre
 General Admission



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
Mar 6th to Mar 29th 26577
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
Mar 6th to Mar 29th 26591
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
Mar 26th to Apr 23rd 27123

Saturdays 8am to 8:45am
Mar 24th to Apr 21st 27121
5 sessions/\$30 + 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
Mar 6th to April 10th 26504
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
Mar 8th to Apr 12th 26509
6 sessions/\$32.40 + tax

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
Mar 10th to Apr 14th 26514

Mondays 5:15pm to 6pm
Mar 12th to Apr 23rd 26517

Wednesdays 5:15pm to 6pm
Mar 7th to Apr 11th 26521

6 sessions/\$25.25 + tax

Yoga

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
Mar 24th to Apr 14th 27037
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
Mar 20th to Apr 17th 27091
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
Mar 29th to Apr 26th 26528
5 sessions/\$45 + 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
Mar 20th to Apr 17th 27029
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.

Thursdays 6am to 7am
Mar 1st to Apr 19th 26586
8 sessions/\$34 + 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
Mar 13th to Apr 24th 26561
7 sessions/\$61.25 + 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

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
Mar 20th to Apr 10th 26539

Tuesdays 5:45pm to 6:45pm
Mar 20th to Apr 10th 26540
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
Mar 22nd to Apr 12th 26600
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 9:30am to 10:30am
Mar 20th to Apr 10th 26603
4 sessions/\$38 + Tax

Thursdays 8:30am to 9:30am
Mar 22nd to Apr 12th 26607
4 sessions/\$38 + tax

ADULT, YOUTH AND FULLER LAKE ARENA PROGRAMS

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

Easter Egg Hunt

Have you never felt prepared enough for the big day? Join us for a fun filled afternoon of a pre-Easter egg hunt. We got in touch with the Easter bunny and he promised to hide some practice eggs all around Maple Bay school. Bring a basket and join the fun. Now you can really put all your eggs in one basket!

Maple Bay Elementary

Friday 2:30pm to 4:30pm

Mar 2nd 26624

No Charge

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

No class March 5th

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

No class March 6th

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



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

Mar 21st to Apr 18th 27097

5 sessions/\$59 + 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

Mar 29th to Apr 26th 26813

5 sessions/\$50 + tax

