

NOVEMBER 2017

MUNICIPALITY OF NORTH COWICHAN PARKS & RECREATION

RECREATION/FITNESS PROGRAMS

WWW.NORTHCOWICHAN.CA



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General Programs

Aquatic Kiddie Capers (3-5yrs)

Cowichan Aquatic Centre

Instructor lead playtime in the pool, water safety skills, fun aquatic games & practice p/s swim skills. Make new friends with us.

Thursdays 11am to 12:30pm
Nov 9th to Dec 21st 101007
\$52.50 (7 classes)

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
Nov 15th to Dec 13th
26385
\$59 (5 classes)

Surfing & Boogie Boarding (6-10 yrs)

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
Nov 24th 101010
\$15.75 (1 class)

Red Cross Babysitters Training

Cowichan Aquatic Centre

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 will all be covered

Sunday 8:30am to 4:30pm
Nov 5th 101014
\$58.25 (1 classes)

Spring Board Diving (13yrs+)

Cowichan Aquatic Centre

Come on down and get ready to "Dive" on in with this class! Basic Diving skills in a fun and exciting environment with the safety of the participant being our primary concern.

Sundays 5:15pm to 6pm
Nov 5th to Dec 17th 100012
\$62.51 (7 classes)

Girls Just Wanna Have Fun (6-13 yrs)

Cowichan Aquatic Centre

Calling all Divas! Join in this special diva's class which includes healthy skin care, makeup artistry, nail techniques and also learn some great spa recipes. We will be making glycerin soaps, lip gloss, and taking home bath bombs.

Friday 5:00pm to 9:30pm
Nov 17th 101015
\$15.75 (1 class)

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 NO CHARGE
Grades 2 to 4 2:30pm to 3:30pm
Grades 5 to 9 3:45pm to 4:45pm

Drop-In Basketball (16yrs+)

Crofton Elementary School Gym

Grab your shoes and join this fun drop-in basketball game, each week teams will be made from all the participants.

Wednesdays 7pm to 9pm
Weekly \$2 drop-in fee

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
Nov 2nd to Nov 30th 101003
\$42.75 (5 classes)

Water Safety Instructor (WSI) (15yrs +)

Cowichan Aquatic Centre

This high energy course certifies students to become Red Cross swimming instructors. The WSI course is divided into 3 Components. Component 1 & 2 includes skills evaluation, orientation sessions, online course package, and co-teaches. Component 3 is the last step and includes the WSI in-class course.

Component 1
Monday 5:30pm to 7pm
Nov 6th 102003
\$47.25 + tax (1 class)



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. Grab food enroute to class or stay & hang out with our Youth Workers while you eat.

Mondays 7:45am 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

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 11:38am to 12:18pm

Friday Night Drop-In (12-18yrs)

Cowichan Neighbourhood House

We've got something new planned for every Friday night! Join us for pool tournaments, arts & crafts, trivia nights, and so much more!

Fridays 7pm to 10pm

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
Nov 18th to Dec 16th 100008

Mondays 5:15pm to 6pm
Nov 6th to Dec 18th 100012

Wednesdays 5:15pm to 6pm
Nov 8th to Dec 20th 100010
\$21.50+ tax (5 classes) / \$30 + tax (7 classes)

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
Oct 31st to Dec 19th 100001
\$34.50 + tax (8 classes)

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
Nov 2nd to Dec 21st 100000
\$37.80 + tax (8 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.

Tuesday/Thursday 5pm to 6pm
Nov 7th to 30th 100033
\$36+ tax for (8 classes)

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.

Tuesday/Thursday 6:15pm to 7pm
Nov 7th to Nov 30th 100056
\$36+ tax for (8 classes)

General Fitness Programs

Commit to Fit

Instructor: Natasha Salway
Want a healthier you? Our "Focus is Fitness" and geared for results. Week by week and day by day our 7 week program is designed to get you on track, motivated and find the perfect fit to get you into shape. You will track your success and conquer your challenges. Start now and commit to getting FIT. Both courses include 1 complimentary pass per week to attend a class.

Tuesdays 2pm to 3pm
Nov 7th to Dec 19th 100049
\$66+ tax for (7 classes)

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
Nov 7th to Dec 19th 100036

Thursdays

6am to 7am
Nov 9th to Dec 21st 100037
\$29.75+ tax (7 classes)

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
Nov 6th to Dec 18th 100047
\$36 + tax (7 classes)

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

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!

Thursdays 10am to 10:45am
Nov 9th to Dec 21st 100051
\$61.25 + tax (7 classes)

Zumba

Instructor: Kim Magnan
Get your bodies moving! Combines irresistible Latin and international music with dynamic and simple exercise moves that anyone can do. Feel the rush of energy, get fit while having fun!

Thursdays

5:15pm to 6:15pm
Nov 16th to Dec 14th 25926
\$27+ tax (4 classes)

Yoga

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
Nov 6th to Dec 18th 100014
\$52.50 + tax (7 classes)

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
Nov 23rd to Dec 21st 100006
\$45 + tax (5 classes)

Parent & Baby Yoga

Instructor: Chantell Foss
For Mothers with newborn babies to pre walking age. All Levels, supportive classes with Chantell Foss - an experienced yoga and mediation and fitness teacher, loving baby holder and advocate of mamas. 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
Nov 1st to Dec 6th 25918
\$60 + tax (6 classes)

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
Oct 31 to Nov 21 100020
Nov 28th to Dec 12th 100021

Tuesdays

5:45pm to 6:45pm
Oct 31 to Nov 21 100017
Nov 28th to Dec 12th 100018
\$42 + tax (3 classes)

Pilates-Basic level 1

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

Thursdays

9:35am to 10:35am
Nov 2nd to 23rd 100029
Nov 30th to Dec 14th 100030
\$38 + tax (4 classes) \$42 + tax (3 classes)

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
Oct 31 to Nov 21 100024
Nov 28th to Dec 12th 100026

Thursdays

8:30am to 9:30am
Oct 31 to Nov 21 100025
Nov 30th to Dec 14th 100027
\$38 + tax (4 classes)

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

Monday Boot Camp

Instructor: Amanda McArthur

Fuller Lake Arena

Monday night is the new night to get a sweat on and start your week right.

Mondays 6:45pm to 7:45pm

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

Spin & Yoga

Spin - FLA

Instructor: Rachel Bodger

Fuller Lake Arena

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

Mondays (No class Nov 13) Oct 30th to Dec 4th

6:15pm to 7pm - 25878

7:05pm to 7:50pm - 25879

Saturdays

Nov 18th to Dec

16th

8am to 8:45am

25877

\$31.50+ tax for (5 classes)

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 and will be incorporating breathing practices to release stress and increase well being. Postures will be modified to accommodate mobility limitations and individual needs. No yoga experience necessary.

Tuesday or Thursday 4:30pm to 6pm

Tues - Oct 31 to Dec 5 200002

Thurs - Nov 2 to Dec 7 200004

\$66.18 + tax (6 classes)

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

Nov 28th to Dec 19th 200008

\$29.40 + tax (4 classes)

INDIVIDUAL ADMISSIONS

Pass Name	Duration	Costs					Tokens	Freezing Your Pass	Extensions for Shutdown & Stat Holidays	Payment	Refunds
		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	\$0.50 per	Not Applicable	Right away	NA	
10 Trip Swipe	10 Trips	\$41.50	\$55.00	\$39.00	\$27.50	\$18.50	\$0.50 per	No	No	Right away	No
Multi-Day Pass	3 Days	\$10.15	\$13.50	\$9.45	\$6.75	\$4.50	\$0.50 per	No	No	Right away	No
	4 Days	\$13.50	\$18.00	\$12.60	\$9.00	\$6.00	\$0.50 per	No	No	Right away	No
	5 Days	\$16.90	\$22.50	\$15.75	\$11.25	\$7.50	\$0.50 per	No	No	Right away	No
Monthly Pass	1 to 5 Months	\$51.75/month	\$69/month	\$48.25/month	\$34.50/month	\$22.75/month	\$0.50 per	No	No	Right away	Valid medical
Lifestyle Pass	1 Year	\$273.75	\$365	\$255.50	\$182.50	\$120.45	\$0.50 per	No	No	Right away	Valid medical
Gold Pass	6 Months	\$258.75	\$345	\$241.50	\$17.50	\$113.85	2 per visit FREE!	No limit. Min 7 days each	Yes!	Right away	Anytime
	1 Year	\$517.50	\$690	\$583	\$345	\$227.70					

DATE	LOCATION	EVENT
MONDAY NOV 13TH, 2017	COWICHAN AQUATIC CENTRE	PRO-D DAY SWIM
<p>Need a plan for the next Pro-D day? We've got you covered. Come enjoy the waterslides, waves, and inflatables at one of our additional swim times your Next Pro D Day. EVENT RUNS 1PM TO 3PM GENERAL ADMISSION APPLIES</p>		
FRIDAY NOV 24TH, 2017	COWICHAN AQUATIC CENTRE	GLOW IN THE DARK SWIM
<p>Break out all your GLOW sticks and necklaces and join us at the pool for a glow in the dark swim. The lights will be off but the pool will be full of games and prizes EVENT RUNS 1PM TO 3PM GENERAL ADMISSION APPLIES</p>		
MONDAY NOV 27TH, 2017	COWICHAN AQUATIC CENTRE	PRO-D DAY SWIM
<p>Need a plan for the next Pro-D day? We've got you covered. Come enjoy the waterslides, waves, and inflatables at one of our additional swim times your Next Pro D Day. EVENT RUNS 1PM TO 3PM GENERAL ADMISSION APPLIES</p>		



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