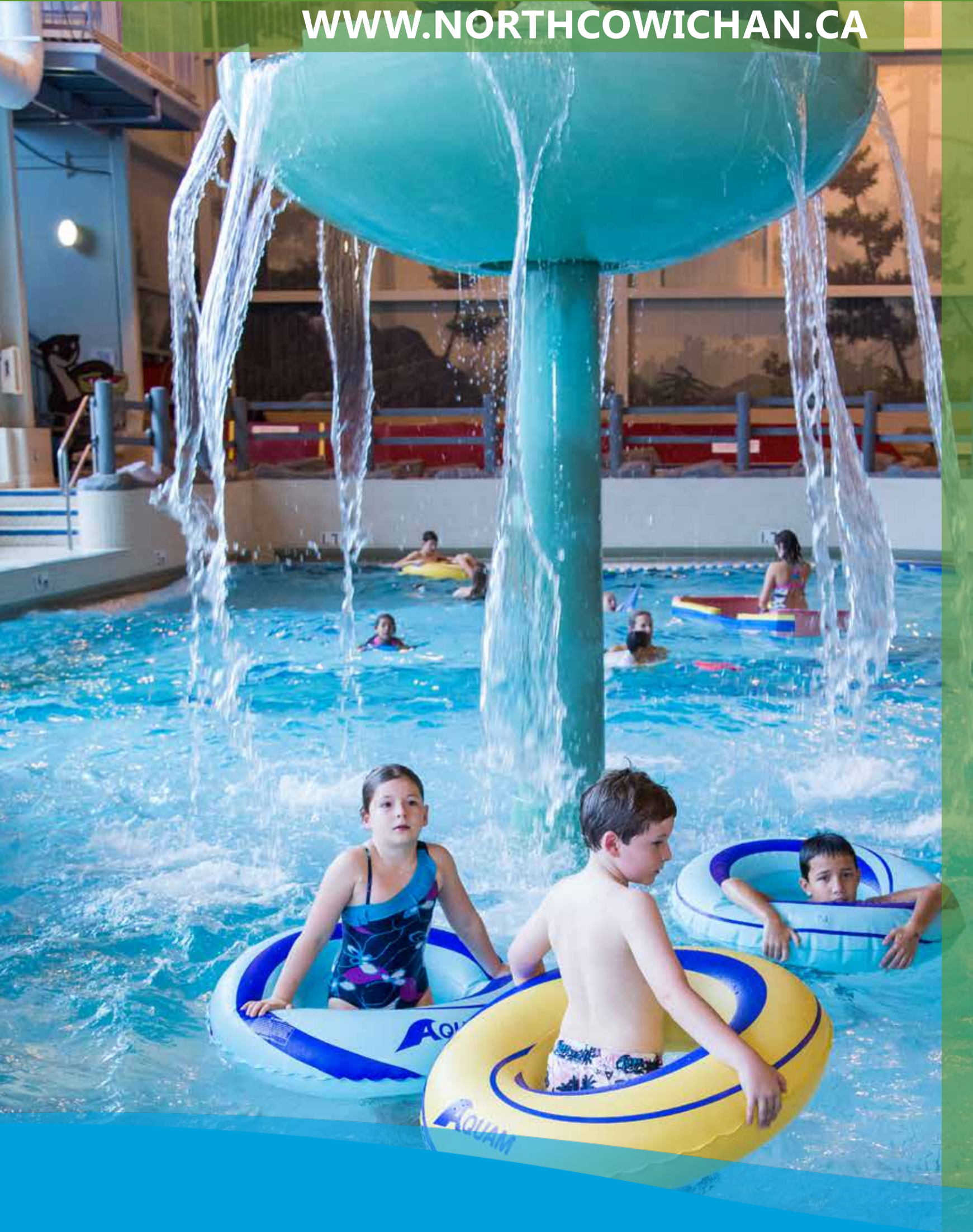


SEPTEMBER 2017

MUNICIPALITY OF NORTH COWICHAN PARKS & RECREATION

RECREATION/FITNESS PROGRAMS

WWW.NORTHCOWICHAN.CA



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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. **Thursday**

11am to 12:30pm

Sep 21st to Nov 2nd

101006

\$52.50 (7 classes)

Creative Ballet (2-4yrs)

Fuller Lake Arena – Upper Meeting Room

Instructor: Summit Dance

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

Thursdays

3:15pm to 3:45pm

Sep 14th to Nov 2nd

MNC - 7031

\$40 (8 classes)

Hip Hop (3-6yrs)

Fuller Lake Arena – Upper Meeting Room

Instructor: Summit Dance

Learn hip hop movements to the beats of popular kids songs. Taught by Summit Dance.

Tuesdays

3pm to 3:30pm

Sep 12th to Nov 7th

MNC-7030

No class Oct 31st

\$40 (8 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

Sep 15th

101008

\$15.75 (1 class)

Jr. NBA (5-8yrs)

Crofton Elementary School Gym

Fun, active and healthy learning entry-level basketball environment that builds a community organizers, parents, coaches committed to minor basketball. Players receive a size-appropriate Spalding® Rookie Gear Basketball & NBA team branded T-shirt.

Wednesdays

5:30pm to 6:15pm

Sep 20th to Nov 29th

200005

\$96 (11 classes)

Schools Back PJ Party (6-13 yrs)

Cowichan Aquatic Centre

Sick of looking for something to do on your Friday nights? Bring a friend & join us for a fun filled nights! Every week is something a little different; Swimming, Bowling, skating, rock climbing, Floor hockey and much more. Pack your swim suit and a dinner.

Saturday

5:00pm to 9:30pm

Sep 30th

101005

\$15.75 (1 class)

Aqua Adventure Nights (8-12 yrs)

Cowichan Aquatic Centre

Sick of looking for something to do on your Friday nights? Bring a friend & join us for a fun filled nights! Every week is something a little different; Swimming, Bowling, skating, rock climbing, Floor hockey and much more. Pack your swim suit and a dinner.

Thursday

5:30pm to 9:30pm

Sep 22nd to Oct 20th

101012

\$85.50 (5 classes)

Crofton Drop-In Sports

Crofton Elementary School Gym

Unstructured gym time, as we play what you want. Bring friends and start a new Wednesday tradition.

Thursdays

NO CHARGE

Grades 2 to 4

2:45pm to 3:45pm

Grades 5 to 9

3:55pm to 4:55pm

Weekly starting Sep 14th

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

Sep 17th to Oct 29th

100011

\$62.51 (7 classes)

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 starting Sep 13th

\$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.

Thursday

5:30pm to 7:30pm

Sep 21st to Oct 19th

101001

\$42.75 (5 classes)



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

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! As you progress, you'll be sure to build up your strength and endurance! BEGINNERS WELCOME

Saturdays 10:15am to 11am
Sep 16th to Nov 4th 100009

Mondays 5:15pm to 6pm
Sep 11th to Oct 30 100011

Tuesday 1:15pm to 2pm
Sep 12th to Oct 17 100060

Wednesday 5:15pm to 6pm
Sep 13th to Nov 1st 100009
\$25.75+ tax (6 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
Sep 12th to Oct 24th 100000
\$30 + tax (7 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
Sep 14th to Oct 26th 100002
\$37.80 + tax (7 classes)

Spin

Instructor: Morne Vah Nickerk

Spinning classes can be a great way to get a vigorous workout -- burning calories and keeping your muscles in shape -- especially during the off-season. Ultimately participants determine their own levels of exertion. Necessary to bring with you a water bottle and small hand towel.

Tuesday/Thursday 5pm to 6pm
Sep 12th to Oct 5th 100031
\$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 7:15pm
Sep 12th to Oct 5th 100054 \$36+ tax for (8 classes)

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.

Thursday 2pm to 3pm
Sep 19th to Oct 31st 100048
\$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.

Tuesday 6am to 7am
Sep 12th to Oct 31st 100035

Thursday 6am to 7am
Sep 14th to Nov 2nd 100037
\$34+ tax (8 classes)

Parent & Baby Aquafit

Instructor: Kim Magnan

So much to share with your baby! Mom or Dad and baby/toddler fitness helps you get back in shape without the hassle of finding childcare. Bringing your baby with you so they can be part of your healthy lifestyle from the beginning. Foster your baby's love of water while enjoying an aquatic workout.

Mondays 9:15am to 9:45am
Sep 18th to Oct 16th 100038
\$19.50+ tax (4 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
Sep 11th to Oct 30th 100046
\$42 + tax (7 classes)

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
Sep 21st to Nov 2nd 100050
\$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!

Thursday 5:15pm to 6:15pm
Sep 21st to Oct 12th 100043
\$28+ tax (4 classes)

Zumba Circuit

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!

Monday 10:15am to 11am
Sep 18th to Oct 30th 100052
\$40.50+ tax (6 classes)

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
Sep 11th to Oct 30 100013
\$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.

Thursday 6:30pm to 8pm
Sep 14th to Oct 12th 100004
\$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. Beginner warmly welcomed.

Wednesday 10:15am to 11:30am
Sep 20th to Oct 25th 100041
\$60 + tax (6 classes)

Take Heart & Breath 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 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 3rd to Oct 24th 100015

Tuesdays 5:45pm to 6:45pm
Oct 3rd to Oct 24th 100016
\$56 + tax (4 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
Oct 5th to Oct 26th 100028
\$38 + tax (4 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 3rd to Oct 24th 100022

Thursdays 8:30am to 9:30am
Oct 5th to Oct 26th 100023
\$38 + tax (4 classes)

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 Sep 11th to Oct 16th

6:15pm to 7pm 200012

No Class October 9th

Saturdays Sep 9th to Oct 7th

8am to 8:45am 200009

\$31.50 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 - Sep 19th to Oct 24th 200001

Thurs - Sep 21st to Oct 26th 200003

\$66.18 (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.

Tuesday 12pm to 1pm

Sep 19th to Oct 17th 200006

\$36.75 (5 classes)

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.

Tuesday 9:30am to 10:30am

Weekly starting Sep 26th

Drop in: \$6 Adult / \$4.50 55+

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.

Friday 9:30am to 10:30am

Weekly starting Sep 22nd

Drop in: \$6 Adult / \$4.50 55+

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

Weekly starting Sept 25th

Drop in: \$6 Adult / \$4.50 55+

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.

Monday 6:45pm to 7:45pm

Weekly starting Sep 11th

Drop in: \$6 Adult / \$4.50 55+

Special Events

COWICHAN AQUATIC CENTRE/FULLER LAKE ARENA

DATE	LOCATION	EVENT
FRIDAY SEP 22ND, 2017	COWICHAN AQUATIC CENTRE	HAWAII LUAU
<p>Come celebrate the pools reopening with a Hawaii Luau at the Cowichan Aquatic Centre. Join us for a Limbo contests, pin the coconut on the palm tree, hula hoops and more!</p> <p>EVENT RUNS 7PM TO 9:30PM GENERAL ADMISSION APPLIES</p>		
SUNDAY SEP 24TH, 2017	COWICHAN AQUATIC CENTRE	FREE REC DAY SWIM
<p>In support of recreation and active living in our community, the Cowichan Aquatic Centre is offering a FREE swim.</p> <p>EVENT RUNS 11AM TO 1PM FREE ADMISSION</p>		
MONDAY SEP 25TH, 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.</p> <p>EVENT RUNS 1PM TO 3PM GENERAL ADMISSION APPLIES</p>		
FRIDAY SEP 29TH, 2017	FULLER LAKE ARENA	LADIES AND LITTLE LADIES LEARN TO SKATE
<p>Women and girls are welcome to this free skating event, hop on the ice for your thousandth time or your first, as we will have our skating instructors helping you out.</p> <p>EVENT RUNS 5PM to 6:20PM FREE ADMISSION SUPPORTED BY THE PARTICIPATION 150 GRANT</p>		



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www.northcowichan.ca
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