

# SPRING 2018

MUNICIPALITY OF NORTH COWICHAN PARKS & RECREATION

DROP-IN FITNESS / SWIMMING / SKATING

[WWW.NORTHCOWICHAN.CA](http://WWW.NORTHCOWICHAN.CA)



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# ADMISSIONS

## COWICHAN AQUATIC CENTRE & FULLER LAKE ARENA INDIVIDUAL ADMISSIONS, PASSES AND SWIPE CARDS

INDIVIDUAL ADMISSIONS		COSTS				
Pass Name	Duration	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
10 Trip Swipe	10 Trips	\$41.50	\$55.00	\$39.00	\$27.50	\$18.50
Multi-Day Pass	3 Days	\$10.15	\$13.50	\$9.45	\$6.75	\$4.50
	5 Days	\$16.90	\$22.50	\$15.75	\$11.25	\$7.50
Monthly Pass	1 to 5 Months	\$51.75/ month	\$69/ month	\$48.25/ month	\$34.50/ month	\$22.75/ month
Lifestyle Pass	1 Year	\$273.75	\$365	\$255.50	\$182.50	\$120.45
Gold Pass	6 Months	\$258.75	\$345	\$241.50	\$17.50	\$113.85
	1 Year	\$517.50	\$690	\$583	\$345	\$227.70



North Cowichan Parks & Recreation  
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[parksrec@northcowichan.ca](mailto:parksrec@northcowichan.ca)

Cowichan Aquatic Centre      Fuller Lake Arena  
 250.746.7665 - [aquatics@northcowichan.ca](mailto:aquatics@northcowichan.ca)    250.246.3811 - [arena@northcowichan.ca](mailto:arena@northcowichan.ca)

# SWIMMING SCHEDULE

COWICHAN AQUATIC CENTRE

MARCH 26TH TO JUNE 30TH

COWICHAN AQUATIC CENTRE					
DAY	EVERYONE WELCOME				Fitness Centre
	All Three Pools Open, Swim Lanes Available, Sauna & Steam Rooms On	Kids Fun Swim (slides, waves and a fun leader in the pool)	Family or Parent & Tot Swims	Diving Boards (1m &/ or 3m)	
SUNDAY	11am to 6pm	1pm to 6pm (No waves 4pm to 6pm)	Family Swim 11am to 1pm	11am to 6pm	9am to 6pm
MONDAY	6am to 9:30pm	6:30pm to 9:30pm			6am to 9:30pm
TUESDAY		6pm to 9:30pm		7:30pm to 9:30pm	
WEDNESDAY		6:30pm to 9:30pm			
THURSDAY		6pm to 9:30pm		7:30pm to 9:30pm	
FRIDAY		3pm to 9:30pm		7pm to 9:30pm	
SATURDAY	7:30am to 9:30pm	1pm to 9:30pm	Parent & Tot Swim 11am to 1pm (No slides or waves)	1pm to 9:30pm	7:30am to 9:30pm

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Cowichan Aquatic Centre

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# DROP-IN FITNESS - MORNING CLASSES

COWICHAN AQUATIC CENTRE

MARCH 26TH TO JUNE 30TH

DRY LAND FITNESS CLASSES (2ND FLOOR)							WATER FITNESS CLASSES							
CLASS TIME	MON	TUE	WED	THU	FRI	SAT	MON	TUES	WED	THU	FRI	SAT	CLASS TIME	
EARLY MORNING	6AM TO 7AM	SUNRISE FIT CAMP		SUNRISE FIT CAMP		SUNRISE FIT CAMP							EARLY MORNING	
		Advanced		Advanced		Advanced								
	6:15AM TO 7:15AM			SPIN										
7:30AM TO 8:30AM	TONE & TIGHTEN		TONE & TIGHTEN		TONE & TIGHTEN		AQUA YOGA		AQUA YOGA			ADULT SWIM (TIL 9)	7:30AM TO 8:30AM	
	Moderate		Moderate		Moderate		Novice		Novice			Novice		
MORNING	8:15AM TO 8:45AM							AQUA SPIN		AQUA SPIN			8AM TO 8:30AM	
	9AM TO 10AM	BACK 2 BASICS FIT CAMP	CARDIO FIT CAMP	60 MINUTES	TABATTA THURSDAY	AFTER BURN	STEP IT UP 9am to 10:15am						AQUA CORE	8AM TO 9AM
		Advanced	Advanced	Advanced	Advanced	Advanced	Moderate						Moderate	
		SPIN				SPIN			AQUA CORE		AQUA CORE			8:30AM TO 9:30AM
		Advanced				Advanced			Moderate		Moderate			
	YOGA		YOGA		YOGA		AQUA CARDIO COMBO		AQUA CARDIO COMBO		AQUA CARDIO COMBO		9AM TO 10AM	
	Moderate		Moderate		Moderate		Moderate		Moderate		Moderate			
10AM TO 10:45AM														
10:05AM TO 10:35AM		AB ATTACK		AB ATTACK	5RHYTHMS DANCE 10:30AM TO 11:45AM									
		Novice		Novice	Moderate									
10:15AM TO 11:15AM	SPIN		SPIN		SPIN									
	Advanced		Advanced		Advanced									
<p>Take Heart in the Gym Tuesdays - 10:30am to 12pm &amp; 1pm to 3pm                      Fridays -10:30-1pm</p>														



## CHILDMINDING FOR 5 YEARS & UNDER

@ THE COWICHAN AQUATIC CENTRE

MONDAY THROUGH FRIDAY - 8:45AM TO 11:30AM

MONDAY AND WEDNESDAY - 5:00PM TO 6:30PM

FREE SERVICE TO USERS OF THE FACILITY

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# DROP-IN FITNESS - LUNCH & AFTERNOON

COWICHAN AQUATIC CENTRE

MARCH 26TH TO JUNE 30TH

DRY LAND FITNESS CLASSES (2ND FLOOR)							WATER FITNESS CLASSES						
CLASS TIME	MON	TUE	WED	THU	FRI	SAT	MON	TUES	WED	THU	FRI	SAT	CLASS TIME
LUNCH	11:30AM TO 12NOON	TRX Moderate	SPIN Moderate	TRX Moderate	SPIN Moderate	TRX Moderate		AQUA SPIN Moderate		AQUA SPIN Moderate			11:30AM TO 12NOON
	12:10PM TO 12:50PM		TRX LUNCH Moderate		TRX LUNCH Moderate		AQUA POWER FIT Moderate	AQUA POWER FIT Moderate	AQUA POWER FIT Moderate	AQUA POWER FIT Moderate	AQUA POWER FIT Moderate		12:10PM TO 12:50PM
	12:15PM TO 1:15PM	LUNCH CRUNCH Advanced		LUNCH CRUNCH Advanced		LUNCH CRUNCH Advanced							
AFTERNOON	1PM TO 1:45PM		STRETCH 'N TONE Moderate		STRETCH 'N TONE Moderate			AQUA 55+ Moderate		AQUA 55+ Moderate			2PM TO 2:45PM
	3:15PM TO 4:15PM						AQUA CORE Moderate		AQUA CORE Moderate				2PM TO 3PM
	4:30PM TO 5:15PM	FOUNDATION CORE Moderate	ALIGN & DEFINE Moderate		ALIGN & DEFINE Moderate	FOUNDATION CORE Moderate							
AFTER WORK	5:15PM TO 6:15PM						AQUA RUMBA Moderate		AQUA RUMBA Moderate				5:30PM TO 6:30PM
	5:30PM TO 6:30PM	MAXIMUM MONDAY Advanced	BODY SHOCK Advanced	STRENGTH & CARDIO FIT CAMP Advanced	CARDIO CHISEL Advanced	DATE NITE Advanced	ADULT SWIM Novice		ADULT SWIM Novice				7PM TO 8:30PM
	7PM TO 8PM					YOGA Moderate							7:45PM TO 8:45PM
Take Heart in the Gym Tuesdays - 10:30am to 12pm & 1pm to 3pm Fridays -10:30-1pm													



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# DROP-IN FITNESS - FULLER LAKE & REHAB

FULLER LAKE ARENA & COWICHAN AQUATIC CENTRE

MARCH 26TH TO JUNE 30TH

## FULLER LAKE ARENA DROP-IN CLASSES

CLASS TIME	MON	TUE	WED	THU	FRI	SAT
9:30AM TO 10:30AM	DEFINITION	FUNCTIONAL FIT			CARDIO & REPS	
6:30PM TO 7:30PM						

## REHABILITATIVE DROP-IN CLASSES - CAC

CLASS TIME	MON	TUE	WED	THU	FRI	SAT
10AM TO 10:30AM			ARTHRITIC WATER ORIENTATION			
10:30AM TO 11:15AM	AQUA THERAPY		AQUA THERAPY		AQUA THERAPY	
11AM TO 12NOON		LAND JOINT WELLNESS		LAND JOINT WELLNESS		MOVE IN BALANCE
11:15AM TO 12NOON	RECON		RECON		RECON	

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