

SUMMER 2018

MUNICIPALITY OF NORTH COWICHAN PARKS & RECREATION

DROP-IN FITNESS / SWIMMING / SKATING

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
www.northcowichan.ca
parksrec@northcowichan.ca

Cowichan Aquatic Centre Fuller Lake Arena
 250.746.7665 - aquatics@northcowichan.ca 250.246.3811 - arena@northcowichan.ca

SWIMMING SCHEDULE

COWICHAN AQUATIC CENTRE

JULY 2ND TO AUGUST 17TH

COWICHAN AQUATIC CENTRE July 2nd to August 17th

DAY	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)	Fitness Centre
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 9pm	1pm to 9pm		1pm to 5pm & 8pm to 9pm	6am to 9pm
TUESDAY		1pm to 4pm & 6pm to 9pm		1pm to 5pm & 7:30pm to 9pm	
WEDNESDAY		1pm to 9pm		1pm to 5pm & 8pm to 9pm	
THURSDAY		1pm to 4pm & 6pm to 9pm		1pm to 5pm & 7:30pm to 9pm	
FRIDAY		1pm to 9pm		1pm to 9pm	
SATURDAY	7:30am to 6pm	1pm to 6pm	Parent & Tot Swim 11am to 1pm (No slides or waves)	1pm to 6pm	7:30am to 6pm

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CROFTON SCHEDULE

CROFTON OUTDOOR POOL

JUNE 29TH TO AUGUST 26TH

CROFTON OUTDOOR POOL June 29th to August 26th				
DAY	Everyone Welcome Swim	Youth Swim	Lengths Swimming	Co-Ed Aquafit
SUNDAY	1pm to 6pm			
MONDAY	1pm to 5pm		9:30am to 11am	5pm to 6pm
TUESDAY		Youth Stroke & Skill 5pm to 6pm*		10am to 11am
WEDNESDAY	1pm to 5pm & 6pm to 8pm		9:30am to 11am	5pm to 6pm
THURSDAY			5pm to 6pm	10am to 11am
FRIDAY	1pm to 6pm	6pm to 8pm	9:30am to 11am	
SATURDAY	12pm to 6pm			
*Tuesday 5pm to 6pm - Youth Lifesaving Drop-In Skill & Stroke				
ADMISSION RATES	Adults (19 & Over)	Child (4 to 18)	Infant (Under 4)	Rentals
SINGLE ENTRY	\$2.00	\$1.00	No Charge	\$50 per hour
10 TRIP SWIPE	\$18.00	\$9.00		

FULLER LAKE PARK SCHEDULE

FULLER LAKE PARK

JUNE 30TH TO AUGUST 26TH

5

FULLER LAKE PARK

JUNE 30TH TO AUGUST 26TH

SUMMER LIFEGUARDING HOURS

WEDNESDAYS TO SUNDAYS

12NOON TO 6PM

PLUS MONDAY JULY 2ND & MONDAY AUGUST 6TH

12NOON TO 6PM

AN AMAZING PARK FEATURING A ROPED OFF SWIMMING AREA, LARGE GRASSY AREA, DOCK, SAND BEACH FRONT, PLAYGROUND, CHANGE ROOMS, OUTDOOR VOLLEYBALL COURT AND MORE.

LOCATED IN CHEMAINUS JUST OFF THE TRANS CANADA HIGHWAY
CLOSE TO FULLER LAKE ARENA.

IMPORTANT

To book a Day Camp or other large group (10 people or more) into Fuller Lake please contact us at 250.246.3811 (M-F / 8:30am to 4pm)

OPEN ON CANADA DAY AND BC DAY



DROP-IN FITNESS - MORNING CLASSES

COWICHAN AQUATIC CENTRE
JULY 2ND TO AUGUST 17TH

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	CORE FIT	SUNRISE FIT CAMP	CORE FIT	SUNRISE FIT CAMP							EARLY MORNING	
		Advanced	Novice	Advanced	Novice	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		
MID-MORNING	9AM TO 10AM	BACK 2 BASICS FIT CAMP	CARDIO FIT CAMP	60 MINUTES	TABATTA THURSDAY	AFTER BURN			AQUA SPIN		AQUA SPIN		7:30AM TO 8AM	
		Advanced	Advanced	Advanced	Advanced	Advanced			Moderate		Moderate			
							STEP IT UP 9am to 10:15am			AQUA CORE		AQUA CORE		
						Moderate			Moderate		Moderate			
		YOGA		YOGA		YOGA		AQUA CARDIO COMBO		AQUA CARDIO COMBO		AQUA CARDIO COMBO		9AM TO 10AM
		Moderate		Moderate		Moderate		Moderate		Moderate		Moderate		
	9:30AM TO 10:30AM						YOGA							
						Moderate								
10:05AM TO 10:35AM		AB ATTACK		AB ATTACK										
		Novice		Novice										
10:15AM TO 11:15AM	SPIN		SPIN		SPIN									
	Advanced		Advanced		Advanced									

Take Heart in the Gym
Tuesdays 10:30am to 12pm & 1pm to 3pm
Fridays 10:30am to 1pm



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DROP-IN FITNESS - LUNCH & AFTERNOON

COWICHAN AQUATIC CENTRE
JULY 2ND TO AUGUST 17TH

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
	Advanced		Advanced		Advanced								
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							
			NOON YOGA Moderate										
AFTERNOON	1PM TO 1:45PM		STRETCH 'N TONE Moderate		STRETCH 'N TONE Moderate		ADULT SWIM Novice						7PM TO 8:30PM
	3:45PM TO 4:25PM												
	4:30PM TO 5:10PM		ALIGN & DEFINE Moderate		ALIGN & DEFINE Moderate	FOUNDATION CORE Moderate							
	5:30PM TO 6:30PM	MAXIMUM MONDAY Advanced	COMBUSTION Advanced	STRENGTH & CARDIO FIT CAMP Advanced	RIPPED Advanced	STRENGTH & CONDITIONING Advanced							
Take Heart in the Gym Tuesdays 10:30am to 12pm & 1pm to 3pm Fridays 10:30am to 1pm													



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DROP-IN FITNESS - FULLER LAKE & REHAB

FULLER LAKE ARENA & COWICHAN AQUATIC CENTRE

JULY 2ND TO AUGUST 17TH

FULLER LAKE ARENA DROP-IN CLASSES

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

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	