

WINTER 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

250.746.7665 - aquatics@northcowichan.ca

Fuller Lake Arena

250.246.3811 - arena@northcowichan.ca

SWIMMING SCHEDULE

COWICHAN AQUATIC CENTRE

JANUARY 8TH TO MARCH 11TH

COWICHAN AQUATIC CENTRE

JANUARY 8TH TO MARCH 11TH

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)	Diving Boards (1m &/ or 3m)	
SUNDAYS	11am to 6pm	Family Swim 11am to 1pm 1pm to 6pm (No waves 4pm to 6pm)	11am to 6pm	9am to 6pm
MONDAYS & WEDNESDAYS	6am to 9:30pm	6:30pm to 9:30pm		6am to 9:30pm
TUESDAYS & THURSDAYS		6pm to 9:30pm	7:30pm to 9:30pm	
FRIDAYS		3pm to 9:30pm	7pm to 9:30pm	
SATURDAYS	7:30am to 9:30pm	Parent & Tot Swim 11am to 1pm (No slides or waves) 1pm to 9:30pm	1pm to 9:30pm	7:30am to 9:30pm

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SKATING SCHEDULE

FULLER LAKE ARENA

JANUARY 5TH TO MARCH 11TH

FULLER LAKE ARENA JANUARY 5TH TO MARCH 11TH

DAY	Parent & Tot Skate	Adult Lap Skate	Public Skating	Adult Drop-In Hockey	50+ Drop-In Hockey
SUNDAYS			3:15pm to 4pm Twoonie Skate		
MONDAYS			2pm to 3:10pm		
TUESDAYS & THURSDAYS				11:30am to 1pm	9:30am to 11am
WEDNESDAYS	9am to 10am				
FRIDAYS		1pm to 2pm	6:30pm to 7:50pm		
SKATE RENTALS	\$2/pair		SKATE SHARPENING	\$5/pair	

***No public skate on Feb. 12th (Family Day)**

Sunday Public Skate

The Sunday public skate has been shortened to 45 minutes to allow us to run more skating lessons.

The 45 minute skate now costs \$2 for each person and that will include rentals if you need them.

DROP-IN FITNESS - MORNING CLASSES

COWICHAN AQUATIC CENTRE
JANUARY 8TH TO MARCH 11TH

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	
8:15AM TO 8:45AM						TRX		AQUA SPIN		AQUA SPIN			8AM TO 8:30AM
						Moderate		Moderate		Moderate			
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	SPIN		AQUA CORE		AQUA CORE			8:30AM TO 9:30AM
	Advanced				Advanced	Advanced		Moderate		Moderate			
10AM TO 10:45AM	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						STRETCH OUT SATURDAY							
10:05AM TO 10:35AM		AB ATTACK		AB ATTACK	5RHYTHMS DANCE 10:30AM TO 11:45AM								
10:15AM TO 11:15AM	SPIN		SPIN		SPIN								
	Advanced		Advanced		Advanced								



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
JANUARY 8TH TO MARCH 11TH

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		SPIN Moderate		TRX ABS & GLUTES Moderate		AQUA CORE Moderate		AQUA CORE Moderate				2PM TO 3PM
	4:30PM TO 5:15PM	FOUNDATION CORE Moderate	ALIGN & DEFINE Moderate		ALIGN & DEFINE Moderate								
AFTER WORK	5:15PM TO 6:15PM			ZUMBA PARTY Moderate			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
													7:45PM TO 8:45PM
Take Heart in the Gym Tuesdays & Fridays 10:30-12:00pm & 1:00-3:00pm													



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FULLER LAKE ARENA DROP-IN CLASSES

Start Jan 5th

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

Start Jan 8th

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	