

DECEMBER 2017

MUNICIPALITY OF NORTH COWICHAN PARKS & RECREATION

RECREATION/FITNESS PROGRAMS

WWW.NORTHCOWICHAN.CA



PROGRAMS

Spin Classes

Spin

Morne Van Niekerk
Spin is a great way to get a vigorous workout -- burning calories and keeping your muscles in shape. Participants determine their own levels of exertion.
Tuesdays/Thursdays 5pm to 6pm
Dec 5th to Dec 21st 100034
6 sessions/\$36+tax

Spin - FLA

Instructor: Rachel Bodger
Fuller Lake Arena
Spin classes offered in Chemainus! You can sweat it out in this energetic class. We have limited bikes so sign up early.
Saturdays 8am to 8:45am
Nov 18th to Dec 16th 25877
5 sessions/\$30+tax

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.
Tuesdays/Thursdays 6:15pm to 7:15pm
Dec 5th to Dec 21st 100057
6 sessions/\$36+tax

Yoga

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
4 sessions/\$29.40+tax

Gentle Somatic Yoga

Enjoy this unique and empowering class, unwind from stress and take a journey of self exploration.
Thursdays 6:30pm to 8pm
Nov 23rd to Dec 21st
5 sessions/\$45+tax

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
Nov 28th to Dec 12th
3 sessions/\$42+tax
Tuesdays 5:45pm to 6:45pm
Nov 28th to Dec 12th
3 sessions/\$42+tax

Pilates-Basic Level 1

Get in touch with your figure. Continue in the world of Pilates, learn the exercises movements and correct breathing.
Thursdays 9:20am to 10:20am
Nov 30th to Dec 14th
3 sessions/\$28.50+tax

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.
Tuesdays 9:35am to 10:35am
Nov 28th to Dec 12th
Thursdays 8:15am to 9:15am
Nov 30th to Dec 14th
3 sessions/\$28.50+tax

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 en route to class or stay & hang out with our Youth Workers while you eat.
Mondays 8am 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 11:33am to 12:18pm

General Programs

Holly House (6-13yrs)

Cowichan Aquatic Centre
Ginger bread, icing, and candy! Do I really need to say anymore? Spend a night decorating your own ginger bread creation, and enjoy it all celebration season long. Night includes snacks, games, free swim session, and of course ginger bread fun. All kids must be picked up before 9:15 pm.
Friday 5pm to 9pm
Dec 15th 26501
1 session/\$15

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 30th to Dec 21st 101004
4 sessions/\$50 + tax

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
Dec 8th 101011
1 session/\$15.75

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 2 Components. Component 1 includes skills evaluation, orientation sessions, online course package, and co-teaches. Component 2 is the last step and includes the WSI in-class and pool course.

Component 2

Wednesday to Friday 9am to 5:30pm
Dec 27th to 29th 102004
3 sessions/\$187.43 + tax



Special Events

COWICHAN AQUATIC CENTRE & FULLER LAKE ARENA

DATE	LOCATION	EVENT
FRIDAY DEC 8th	COWICHAN AQUATIC CENTRE	UNDERWATER SANTA
<p>Here comes Santa Claus, here comes Santa Claus, Right down Santa Claus lane! It's that time of year again Santa is back for some pictures, but not those same old Santa pictures! Come make a new Christmas tradition with the Cowichan Aquatic Centre to get your picture taken with Santa and his elves under the water. Pick up your picture on the way out.</p> <p>PHOTOS ARE TAKEN FOR 20 MINUTES AT 6PM, 7PM, 8PM AND 8:45PM</p> <p>EVENT RUNS 6PM TO 9PM GENERAL ADMISSION APPLIES</p>		
WEDNESDAY DEC 13TH	COWICHAN AQUATIC CENTRE	HOLIDAY TEA
<p>The Cowichan Aquatic Centre wants to show our appreciation and share the holiday season with all of our favourite patrons at the Holiday Tea. Sweet handmade treats and fresh coffee or tea will be on the menu, along with live entertainment to tie it all together.</p> <p>EVENT RUNS 11AM TO 1PM GENERAL ADMISSION APPLIES</p>		
FRIDAY/SATURDAY DEC 22ND/23RD	FULLER LAKE ARENA	WINTER WONDERLAND PUBLIC SKATES
<p>FRIDAY 5PM TO 8PM - \$2 INCLUDING RENTALS SATURDAY 11AM TO 12:30PM & 3PM TO 4:30PM - \$2 INCLUDING RENTALS</p>		
SATURDAY DEC 23RD	COWICHAN AQUATIC CENTRE	BREAKFAST WITH SANTA
<p>Santa Claus is coming to the Cowichan Aquatic centre for a brief visit, dip in the pool and of course breakfast. Stay after breakfast for a photo and swim with his elves and Santa.</p> <p>EVENT RUNS 10AM TO 1PM \$6 PRE PURCHASED TICKETS</p>		
SUNDAY DEC 24TH, 2017	COWICHAN AQUATIC CENTRE	CHRISTMAS EVE MOVIES
<p>Come for a Christmas movie marathon to get the kids in the spirit this Christmas Eve. Donations will be accepted for the food bank in exchange for tokens.</p> <p>EVENT RUNS 12PM TO 3PM GENERAL ADMISSION APPLIES</p>		

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

Winter Camps

Come get crafty with us this winter break in our new day camp designed especially to keep you busy with lots of fun and creative projects! This excitement packed day includes swimming, skating, some festive and unique activities that will make you smile this winter break.

Say good bye to 2017 in style.

**Aqua Odyssey
(6 to 10yrs)
8:30am to 4pm**

**Wednesday December 27th to Friday
December 29th 2017**

\$99 - 3028

**Tuesday January 2nd to
Friday January 5th 2018**

\$130 - 26357



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					