

NORTH COWICHAN PARKS & RECREATION
COWICHAN AQUATIC CENTRE | FULLER LAKE ARENA

AUTUMN 2022


Learn To Guide

SKATING | SWIMMING



NORTH
Cowichan

rec**cowichan**
your recreation connection

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Learn to Skate Lessons

Lesson Set Dates

DATES / LESSONS	1X PER WEEK	
	TUESDAY	SUNDAY
DATES	SEP 20 - OCT 18	SEP 18 - OCT 23
<i>No Lesson</i>		OCT 10
DATES	OCT 25 - NOV 22	OCT 30 - NOV 27

Lesson Types / Days / Times

LEVELS	1X PER WEEK	
	TUESDAY	SUNDAY
PRESCHOOL LEVELS 4 - 5YRS	2:15PM-2:45PM 3PM-3:30PM	2PM-2:30PM 2:40PM-3:10PM
SCHOOL AGE LEVELS 6 - 13YRS	3PM-3:30PM 3:40PM-4:10PM	2PM-2:30PM 2:40PM-3:10PM
LEARN TO SKATE - HOME SCHOOL 4 - 13YRS	2:15PM-2:45PM	

Skate Lesson Cost

# OF LESSONS	COST
5	\$42



Learn to Swim Lessons



Lesson Set Dates

DATES / LESSONS	2X PER WEEK		1X PER WEEK		
	MON / WED	TUE / THU	FRIDAY	SATURDAY	SUNDAY
DATES	SEP 7 - SEP 28	SEP 6 - SEP 29	SEP 9 - OCT 21 <small>(NO LESSON SEP 30TH)</small>	SEP 10 - OCT 22	SEP 11 - OCT 23 <small>(NO LESSON OCT 9TH)</small>
# OF LESSONS	7	8	6	7	6
DATES	OCT 3 - OCT 26 <small>(NO LESSON OCT 10TH)</small>	OCT 4 - OCT 27	OCT 28 - DEC 16 <small>(NO LESSON NOV 11TH)</small>	OCT 29 - DEC 10	OCT 30 - DEC 11
# OF LESSONS	7	8	7	7	7
DATES	OCT 31 - NOV 21	NOV 1 - NOV 24			
# OF LESSONS	7	8			
DATES	NOV 23 - DEC 14	NOV 29 - DEC 15			
# OF LESSONS	8	6			

Parent & Tot / Preschool Lessons

LEVEL	2X PER WEEK		1X PER WEEK		
	MON / WED	TUE / THU	FRIDAY	SATURDAY	SUNDAY
STARFISH	4:10PM-4:40PM	4:40PM-5:10PM		9AM-9:30AM 9:35AM-10:05AM 10:10AM-10:40AM	9:40AM-10:10AM
DUCK / SEATURTLE	4:10PM-4:40PM	4:40PM-5:10PM		9AM-9:30AM 9:35AM-10:05AM 10:10AM-10:40AM	9:40AM-10:10AM
SEA OTTER	3PM - 3:30PM	3PM - 3:30PM	9AM-9:30AM 9:45AM-10:15AM	9:35AM-10:05AM	8:30AM-9AM
SALAMANDER	3PM - 3:30PM	3PM - 3:30PM	9:35AM-10:05AM 10:20AM-10:50AM	9AM-9:30AM 11:20AM-11:50AM	8:30AM-9AM
SUNFISH	3:55PM-4:25PM	4:10PM-4:40PM	10:10AM-10:40AM	9AM-9:30AM	8:30AM-9AM
CROCODILE / WHALE	3:55PM-4:25PM	4:10PM-4:40PM	9:10AM-9:40AM	11AM-11:30AM	10:30AM-11AM

School Aged Lessons

LEVEL	2X PER WEEK		1X PER WEEK		
	MON / WED	TUE / THU	FRIDAY	SATURDAY	SUNDAY
SWIM KIDS 1	3:35PM-4:05PM	3:35PM-4:05PM		10:45AM-11:15AM	9:05AM-9:35AM
SWIM KIDS 2	3:35PM-4:05PM	3:35PM-4:05PM		10:45AM-11:15AM	9:05AM-9:35AM
SWIM KIDS 3	4:30PM-5:00PM	4:10PM-4:40PM		10:25AM-10:55AM	9:55AM-10:25AM
SWIM KIDS 4	4:45PM-5:15PM	4:45PM-5:15PM		10:10AM-10:40AM	10:30AM-11AM
SWIM KIDS 5	4:10PM-4:55PM	4:45PM-5:30PM 3:50PM-4:35PM <small>(NOV 29 - DEC 15 ONLY)</small>		9:35AM-10:20AM	9:05AM-9:50AM
SWIM KIDS 6	4:10PM-4:55PM	3:50PM-4:35PM		11:20AM-12:05PM	9:40AM-10:25AM
SWIM KIDS 7	5:05PM-5:50PM	3:50PM-4:35PM		11:20AM-12:05PM	9:40AM-10:25AM
SWIM KIDS 8, 9 & 10	5:05PM-5:50PM	5:15PM - 6PM		10:10AM-10:55AM	10:15AM-11AM

Teen to 50+ Lessons

LEVEL	1X PER WEEK	
	WED 6:30PM-7:15PM	WED 7:15PM - 8PM
BEGINNER TEEN / ADULT	SEP 7 - OCT 20	
ADVANCED TEEN / ADULT		SEP 7 - OCT 20 OCT 26 - DEC 14



For more information on each level of Red Cross Swim lessons visit www.redcross.ca

See reverse for lesson costs. ▶

Swim Lesson Costs

30 MINUTE LESSONS		45 MINUTE LESSONS	
# OF LESSONS	COST	# OF LESSONS	COST
8	\$46	8	\$69.20
7	\$40.25	7	\$60.55
6	\$34.50	6	\$51.90

*Prices do not include applicable taxes - 15 years old and over GST is applicable.

**GET READY TO PLAY WITH
FULLER LAKE ARENA'S NEW RECREATION
PROGRAMS AND OPPORTUNITIES!**

Registration is now open for a wide range of programs on and off the ice.



FULLER LAKE ARENA 250.246.3811 | arena@northcowichan.ca

COWICHAN AQUATIC CENTRE 250.746.7665 | aquatics@northcowichan.ca

REGISTER @ www.reccowichan.ca



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