

AUTUMN 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

SEPTEMBER 10TH TO DECEMBER 22ND

COWICHAN AQUATIC CENTRE

SEPTEMBER 10TH TO DECEMBER 22ND

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 9pm		6am to 9:30pm
TUESDAYS & THURSDAYS		6pm to 9pm	8pm 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

SEPTEMBER 15TH TO DECEMBER 15TH

FULLER LAKE ARENA

SEPTEMBER 15TH TO DECEMBER 15TH

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	10am to 11am	12:45pm to 1:45pm	2pm to 3:10pm		
TUESDAYS & THURSDAYS				11:30am to 1pm	9:30am to 11am
WEDNESDAYS	9am to 10am				
FRIDAYS		12:45pm to 1:45pm	6:30pm to 7:50pm		
SKATE RENTALS	\$2/pair		SKATE SHARPENING	\$5/pair	

***No public skates on November 11th or 12th**

DROP-IN FITNESS - MORNING/LUNCH CLASSES

COWICHAN AQUATIC CENTRE

SEPTEMBER 10TH TO DECEMBER 22ND

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								
		Advanced	Moderate	Advanced	Moderate	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 9am)		7:30AM TO 8:30AM	
	Moderate		Moderate		Moderate		Novice		Novice		Novice			
MORNING	9AM TO 10AM	BACK 2 BASICS FIT CAMP	CARDIO FIT CAMP	AFTER BURN	TOTAL TRAINING	60 MINUTES	STEP IT UP 9am to 10:15am		AQUA SPIN		AQUA SPIN		8AM TO 8:30AM	
		Advanced	Advanced	Advanced	Advanced	Advanced	Moderate		Moderate		Moderate			
		SPIN				SPIN							8AM TO 9AM	
		Advanced				Advanced						Moderate		
	YOGA		YOGA		YOGA	YOGA 9:30am to 10:30am				AQUA CORE			8:30AM TO 9:30AM	
	Moderate		Moderate		Moderate	Moderate			Moderate		Moderate			
10:05AM TO 10:35AM		AB ATTACK	AB ATTACK	AB ATTACK	5RHYTHMS DANCE 10:30AM TO 11:45AM			AQUA CORE		AQUA CORE			9AM TO 10AM	
		Novice	Novice	Novice	Moderate			Moderate		Moderate				
10:15AM TO 11:15AM	SPIN		SPIN		SPIN								CHILD MINDING FOR 5 YEARS & UNDER Monday to Friday Mornings 8:30am to 11:30am Monday, Wednesday, Friday Evenings 5pm to 7pm FREE SERVICE TO USERS	
Advanced		Advanced		Advanced										
LUNCH	11:30AM TO 12NOON	TRX	SPIN	TRX	SPIN	TRX			AQUA SPIN		AQUA SPIN		11:30AM TO 12NOON	
	Moderate	Moderate	Moderate	Moderate	Moderate			Moderate		Moderate				
	12:10PM TO 12:50PM		TRX LUNCH		TRX LUNCH			AQUA POWER FIT	AQUA POWER FIT	AQUA POWER FIT	AQUA POWER FIT	AQUA POWER FIT		12:10PM TO 12:50PM
		Moderate		Moderate			Moderate	Moderate	Moderate	Moderate	Moderate			
12:15PM TO 1:15PM	LUNCH CRUNCH		LUNCH CRUNCH		LUNCH CRUNCH								LUNCH	
Advanced		Advanced		Advanced										
			NOON YOGA											
			Moderate											

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DROP-IN FITNESS - AFTERNOON

COWICHAN AQUATIC CENTRE

SEPTEMBER 10TH TO DECEMBER 22ND

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
AFTERNOON	1PM TO 1:45PM		STRETCH 'N TONE Moderate		STRETCH 'N TONE Moderate			AQUA 55+ Moderate		AQUA 55+ Moderate			2PM TO 2:45PM
	4PM TO 4:30PM		SPIN Advanced		SPIN Advanced		AQUA CORE Moderate		AQUA CORE Moderate				2PM TO 3PM
	4:30PM 5:15PM		ALIGN & DEFINE Moderate		ALIGN & DEFINE Moderate	FOUNDATION CORE Moderate							
AFTER WORK							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	PM BOOT CAMP Advanced	STRENGTH & CARDIO FIT CAMP Advanced	ADULT SWIM Novice		ADULT SWIM Novice				7PM TO 8:30PM
	7PM TO 8PM					YOGA Moderate							7:45PM TO 8:45PM
<p>Take Heart in the Gym Tuesdays - 12:30pm to 3:30pm Thursdays - 12:30pm to 3:30pm</p>													



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DROP-IN FITNESS - FULLER LAKE & REHAB

FULLER LAKE ARENA & COWICHAN AQUATIC CENTRE

SEPTEMBER 10TH TO DECEMBER 15TH

FULLER LAKE ARENA DROP-IN CLASSES

CLASS TIME	MON	TUE	WED	THU	FRI	SAT
9:30AM TO 10:30AM	DEFINITION	FUNCTIONAL FIT			CARDIO & REPS	
Take Heart in the Gym Wednesdays & Fridays - 2pm to 4pm						

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		LAND JOINT WELLNESS
11:15AM TO 12NOON	RECON		RECON		RECON	