

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

AUTUMN 2019 Facility Schedules

FITNESS | AQUATICS | ARENA



MUNICIPALITY OF
NORTH
Cowichan

reccowichan
your recreation connection

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Find your fitness with us... wet, dry, fast or slow...



CHILDMINDING FOR 5YRS & UNDER

Mon to Fri: 8:30AM - 11:30AM

Mon & Wed Evenings: 5PM - 7PM

FREE SERVICE TO FACILITY USERS

COWICHAN AQUATIC CENTRE													
DRY LAND CLASSES (2ND FLOOR)							WATER FITNESS CLASSES						
DAY / TIME	MON	TUE	WED	THU	FRI	SAT	DAY / TIME	MON	TUE	WED	THU	FRI	SAT
EARLY MORNING	6AM - 7AM	Sunrise Fit Camp <i>Advanced</i>	Core Fit <i>Moderate</i>	Sunrise Fit Camp <i>Advanced</i>	Core Fit <i>Moderate</i>	Sunrise Fit Camp <i>Advanced</i>	7:30AM - 8:30AM	Aqua Yoga <i>Novice</i>		Aqua Yoga <i>Novice</i>			Aqua Yoga <i>Novice</i>
	6:15AM - 7:15AM			Spin <i>Advanced</i>			7:30AM - 9AM						Adult Swim <i>Novice</i>
	7:30AM - 8:30AM	Tone & Tighten <i>Moderate</i>		Tone & Tighten <i>Moderate</i>		Tone & Tighten <i>Moderate</i>	8AM - 8:30AM		Aqua Spin <i>Moderate</i>		Aqua Spin <i>Moderate</i>		
MORNING	9AM - 10AM	Back 2 Basics Fit Camp <i>Advanced</i>	Cardio Fit Camp <i>Advanced</i>	After Burn <i>Advanced</i>	Cardio Chisel <i>Advanced</i>	60 Minutes <i>Advanced</i>	8:30AM - 9:30AM		Aqua Core <i>Moderate</i>		Aqua Core <i>Moderate</i>		
		Yoga <i>Moderate</i>		Yoga <i>Moderate</i>		Yoga <i>Moderate</i>							
		Spin <i>Advanced</i>				Spin <i>Advanced</i>							
	9AM - 10:15AM						Step It Up <i>Moderate</i>						
	10:05AM - 10:35AM		AB Attack <i>Novice</i>	AB Attack <i>Novice</i>	AB Attack <i>Novice</i>			9AM - 10AM	Aqua Cardio Combo <i>Moderate</i>		Aqua Cardio Combo <i>Moderate</i>		Aqua Cardio Combo <i>Moderate</i>
	10:15AM - 11:15AM	Spin <i>Advanced</i>		Spin <i>Advanced</i>		Spin <i>Advanced</i>							
	10:30AM - 11:45AM					5 Rhythms Dance <i>Moderate</i>							
LUNCH	11:30AM - 12NOON	TRX <i>Moderate</i>	Spin <i>Moderate</i>	TRX <i>Moderate</i>	Spin <i>Moderate</i>	TRX <i>Moderate</i>	11:30AM - 12NOON		Aqua Spin <i>Moderate</i>		Aqua Spin <i>Moderate</i>		
	12:10PM - 12:50PM		TRX Lunch <i>Moderate</i>		TRX Lunch <i>Moderate</i>								
	12:15PM - 1:15PM	Lunch Crunch <i>Advanced</i>		Lunch Crunch <i>Advanced</i>		Lunch Crunch <i>Advanced</i>		12:10PM - 12:50PM	Aqua Power Fit <i>Moderate</i>	Aqua Power Fit <i>Moderate</i>	Aqua Power Fit <i>Moderate</i>	Aqua Power Fit <i>Moderate</i>	Aqua Power Fit <i>Moderate</i>
		Noon Yoga <i>Moderate</i>											
AFTERNOON	12:30PM - 3:30PM		Take Heart in the Gym		Take Heart in the Gym		2PM - 2:45PM	Aqua Core <i>Moderate</i>	Aqua 55+ <i>Moderate</i>	Aqua Core <i>Moderate</i>	Aqua 55+ <i>Moderate</i>		
	1PM - 1:45PM		Stretch 'N Tone <i>Moderate</i>		Stretch 'N Tone <i>Moderate</i>								
	4PM - 4:45PM	Spin <i>Moderate</i>	Spin <i>Moderate</i>		Spin <i>Moderate</i>		5:30PM - 6:30PM	Aqua Gut Buster <i>Moderate</i>		Aqua Gut Buster <i>Moderate</i>			
AFTER WORK	4:50PM - 5:20PM	Total Training <i>Advanced</i>	10, 10, 10 <i>Moderate</i>		10, 10, 10 <i>Moderate</i>		7PM - 8:30PM	Adult Swim <i>Novice</i>		Adult Swim <i>Novice</i>			
	5:30PM - 6:30PM	Maximum Monday <i>Advanced</i>	Body Shock <i>Advanced</i>	Strength & Cardio Fit Camp <i>Advanced</i>	Stepping It Up <i>Moderate</i>	Yoga <i>Moderate</i>							

REHABILITATION WATER CLASSES					
TIME	MON	TUE	WED	THU	FRI
10AM - 10:30AM			Arthritic Water Orientation		
10:30AM - 11:15AM	Aqua Therapy		Aqua Therapy		Aqua Therapy
11AM - 12NOON		Land Joint Wellness*		Land Joint Wellness*	
11:15AM - 12 NOON	Reconditioning		Reconditioning		Reconditioning

*Dry Land Rehabilitation Class



Go for a Swim or a Skate!

COWICHAN AQUATIC CENTRE					
September 9th to December 15th	Everyone Welcome			Family & Parent & Tot Swims	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)		
SUNDAY	11am to 6pm	1pm to 6pm	11am to 3:30pm	Family Swim 11am to 1pm (no slides or waves)	9am to 6pm
MONDAY & WEDNESDAY	6am to 9:30pm	6:30pm to 9:30pm			6am to 9:30pm
TUESDAY & THURSDAY		6pm to 9:30pm	8pm to 9:30pm		
FRIDAY		3pm to 9:30pm	7pm to 9:30pm		
SATURDAY	7:30am to 9:30pm	1pm to 9:30pm	1pm to 9:30pm	Parent & Tot Swim 11am to 1pm (no slides or waves)	7:30am to 9:30pm

September 13th to December 15th	FULLER LAKE ARENA			
	Public Skating	Drop-In Hockey	Adult Lap Skate	Parent & Tot Skate
SUNDAY	3:15pm to 4pm Twoonie Skate			
MONDAY & WEDNESDAY	Monday Only 2pm to 3:10pm		Monday Only 12:45pm to 1:45pm	9am to 10am
TUESDAY & THURSDAY		50+ 9:30am to 11am 18+ 11:30am to 1pm		
FRIDAY	6:30pm to 7:50pm		12:45pm to 1:45pm	
SATURDAY				
SKATE RENTALS	\$2/pair	SKATE SHARPENING	\$5/pair	
*No public skate on October 14th or November 11th				

Fuller Lake Arena Dry Land Drop-In Classes

FULLER LAKE ARENA						
TIME	MON	TUE	WED	THU	FRI	SAT
9:30AM - 10:30AM	Definition	Functional Fit			Cardio & Reps	
10:45AM - 11:45AM		Gentle Fit				
1PM - 4PM			Take Heart in the Gym		Take Heart in the Gym	
Open Fitness Room	10:30am to 2:30pm			12:30pm to 3pm		9am to 12pm
No Drop-in classes or Open Gym September 17th, October 14th & 15th, November 2nd & 11th						



Admission Rates

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	\$4.70	\$6.20	\$4.45	\$3.10	\$2.10
10 Trip Swipe	10 Trips	\$42.35	\$56.10	\$39.80	\$28.05	\$18.85
Consecutive-Day Pass	3 Days	\$10.35	\$13.75	\$9.65	\$6.90	\$4.60
	4 Days	\$13.75	\$18.35	\$12.85	\$9.20	\$6.10
	5 Days	\$17.25	\$22.95	\$16.05	\$11.45	\$7.65
Monthly Pass	30 Days	\$52.80	\$70.40	\$49.20	\$35.20	\$23.20
Lifestyle Pass	1 Year	279.25	\$372.20	\$260.60	\$186.15	\$122.85
Gold Pass	6 Months	\$263.95	\$351.90	\$246.35	\$175.95	\$116.15
	1 Year	\$527.85	\$703.80	\$492.65	\$351.90	\$232.25

Refund Information

TIMELINE	Camps, First Aid and Career Training
6 days or less before the start of course	No withdrawals permitted, no monies refunded
Medical Withdrawals	In cases of extended illness or injury a prorated refund or credit may be granted upon provision of a medical note. Classes missed due to sickness, vacation, or other reasons will not be refunded or credited.
7 days before the start of the course	No cost to withdraw, \$5 refund processing fee, no fee if left as a credit on account

TIMELINE	Birthday Parties and Facility Rentals
More than 24 hours but less than 2 weeks	\$10 cancellation or rescheduling fee \$5 refund processing fee
24 hours or less notice	No refunds or credits offered for cancellations or rescheduling
2 weeks or more before the rental	No cost to cancel or reschedule