

HOLIDAYS 2018

MUNICIPALITY OF NORTH COWICHAN PARKS & RECREATION
DECEMBER 22ND TO JANUARY 6TH

DROP-IN FITNESS / SWIMMING / SKATING

WWW.NORTHCOWICHAN.CA



SCHEDULES

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
	4 Days	\$13.50	\$18.00	\$12.60	\$9.00	\$6.00
	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	\$172.50	\$113.85
	1 Year	\$517.50	\$690	\$583	\$345	\$227.70

FAMILY ADMISSIONS		COSTS				
Pass Name	Duration	1st Adult or 55 Plus	Additional Adults or 55 Plus	Youth 13-18yrs	Child 6-12yrs	Preschool 2-5yrs
Single Trip	1 Time	\$4.50	\$3.50	\$3.25	\$2.50	\$1.50
10 Trip Swipe	10 Trips	\$40.40	\$28.50	\$23.25	\$19.00	\$14.25
Monthly Pass	1 to 5 Months	\$51/ month	\$39/month	\$39/ month	\$27/ month	\$18/ month
Gold Pass	6 Months	\$255	\$195	\$195	\$135	\$90
	1 Year	\$510	\$390	\$390	\$270	\$180

SCHEDULES

COWICHAN AQUATIC CENTRE/FULLER LAKE ARENA

DECEMBER 22ND TO JANUARY 6TH

DAY		COWICHAN AQUATIC CENTRE				FULLER LAKE ARENA
		EVERYONE WELCOME			Fitness Centre	Public Skating Sessions
		All Three Pools Open, Swim Lanes	Kids Fun Swim (Slides & Waves)	Diving Boards (1m &/ or 3m)		
SUNDAYS	DEC 23RD	11am to 6pm	Family Swim - 11am to 1pm Kids Fun Swim - 1pm to 6pm	9am to 6pm	Winter Wonderland 1pm to 2:50pm	
	DEC 30TH				Public Skating 1pm to 2:20pm	
	JAN 6TH				Public Skating 1pm to 2:20pm	
MONDAYS	DEC 24TH	6am to 3:30pm	1pm to 3:30pm	6am to 3:30pm	No Skating	
	DEC 31ST					
TUESDAYS	DEC 25TH	WE WISH YOU A MERRY CHRISTMAS AND A HAPPY NEW YEAR. ALL FACILITIES ARE CLOSED ON BOTH DAYS				
	JAN 1ST					
WEDNESDAYS	DEC 26TH	BOXING DAY - ALL FACILITIES ARE CLOSED.				
	JAN 2ND	6am to 9:30pm	1pm to 9:30pm	6am to 9:30pm	No Skating	
THURSDAYS	DEC 27TH	6am to 9:30pm	1pm to 9:30pm	6am to 9:30pm	No Skating	
	JAN 3RD					
FRIDAYS	DEC 28TH	6am to 9:30pm	1pm to 9:30pm	6am to 9:30pm	Public Skating 1pm to 2:20pm	
	JAN 4TH	6am to 9:30pm	1pm to 9:30pm	6am to 9:30pm	Public Skating 1pm to 2:20pm Public Skating 6:30pm to 7:50pm Teen Skate 8pm to 9:10pm	
SATURDAYS	DEC 22ND	7:30am to 9:30pm	Family Swim - 9am to 1pm Kids Fun Swim - 1pm to 9:30pm	7:30am to 9:30pm	Winter Wonderland 12pm to 1:20pm & 6pm to 7:20pm	
	DEC 29TH				No Skating	
	JAN 5TH					

DROP-IN FITNESS

COWICHAN AQUATIC CENTRE

DECEMBER 24TH TO JANUARY 5TH

LAND BASED DROP-IN CLASSES

CLASS TIME	MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY		SATURDAY			
	DEC 24TH	DEC 31ST	DEC 25TH	JAN 1ST	DEC 26TH	JAN 2ND	DEC 27TH	JAN 3RD	DEC 28TH	JAN 4TH	DEC 29TH	JAN 5TH		
6AM TO 7AM	SUNRISE FIT CAMP		CLOSED FOR CHRISTMAS DAY AND NEW YEARS DAY	CLOSED FOR BOXING DAY	SUNRISE FIT CAMP	CORE FIT		SUNRISE FIT CAMP						
6:15AM TO 7:15AM														
7:30AM TO 8:30AM	TONE N TIGHTEN						TONE N TIGHTEN			TONE N TIGHTEN				
8:15AM TO 8:45AM														
9AM TO 10AM									FIT CAMP		SPIN		STEP IT UP	
	FIT CAMP								FIT CAMP		FIT CAMP			
10:05AM TO 10:35AM									AB ATTACK		AB ATTACK			
10:15AM TO 11:15AM	SPIN								SPIN		SPIN			
11:30AM TO 12NOON	TRX BLAST								TRX BLAST		SPIN		TRX BLAST	
12:10PM TO 12:50PM									TRX LUNCH					
12:15PM TO 1:15PM	LUNCH CRUNCH								LUNCH CRUNCH		LUNCH CRUNCH			
1PM TO 1:45PM									STRETCH N TONE					
4:30PM TO 5:15PM							ALIGN & DEFINE							
5:30PM TO 6:30PM							FIT CAMP		FIT CAMP					

WATER BASED DROP-IN CLASSES

CLASS TIME	MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY		SATURDAY			
	DEC 24TH	DEC 31ST	DEC 25TH	JAN 1ST	DEC 26TH	JAN 2ND	DEC 27TH	JAN 3RD	DEC 28TH	JAN 4TH	DEC 29TH	JAN 5TH		
7:30AM to 8:30AM			CLOSED FOR CHRISTMAS DAY AND NEW YEARS DAY	CLOSED FOR BOXING DAY										
8AM TO 8:30AM							AQUA SPIN FIT				ADULT SWIM 7:30AM TO 9AM			
8:30AM TO 9:30AM							AQUA CORE				AQUA CORE 8AM TO 9AM			
9AM TO 10AM	AQUA CARDIO COMBO						AQUA CARDIO COMBO				AQUA CARDIO COMBO			
11:30AM TO 12NOON									AQUA SPIN FIT					
12:10PM TO 12:50PM	AQUA POWER FIT						AQUA POWER FIT		AQUA POWER FIT		AQUA POWER FIT			

REHABILITATIVE DROP-IN CLASSES

CLASS TIME	MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY		SATURDAY	
	DEC 24TH	DEC 31ST	DEC 25TH	JAN 1ST	DEC 26TH	JAN 2ND	DEC 27TH	JAN 3RD	DEC 28TH	JAN 4TH	DEC 29TH	JAN 5TH
10AM TO 10:30AM			CLOSED FOR CHRISTMAS DAY AND NEW YEARS DAY	CLOSED FOR BOXING DAY	ARTHRITIC WATER ORIENTATION							
10:30AM TO 11:15AM	AQUA THERAPY	AQUA THERAPY			AQUA THERAPY				AQUA THERAPY			
11AM TO 12NOON									LAND JOINT WELLNESS			
11:15AM TO 12NOON	RECONDITIONING						RECONDITIONING				RECONDITIONING	

"The 12 Days of Fitness"

To get you through the Christmas Season. On the first day of Fitness see what you can win!!
Join us this Festive Season for the 12 Days of Fitness at the Cowichan Aquatic Centre.

here is how it works...

- 1) Sign up at the front desk of the Aquatic Centre Starting November 25th, & get your 12 Days of Christmas Card
- 2) Attend at least 12 fitness classes between Dec 9th & Dec 21st, get your card verified, by the instructor.
- 3) Submit your completed card by 1pm on Dec 21st and qualify to win one of the amazing prizes.

SPECIAL EVENTS

COWICHAN AQUATIC CENTRE/FULLER LAKE ARENA

DECEMBER 19TH TO JANUARY 5TH

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CHRISTMAS BREAK EVENTS!

Holiday Tea

@ the Cowichan Aquatic Centre

Wednesday, Dec 19th 10am to 1pm

The Cowichan Aquatic Centre want to show our appreciation and share the holiday season with all of our favourite patrons at the Holiday Tea.

General Admission

Winter Wonderland Skate

@ Fuller Lake Arena

Friday, Dec 21st 5:30pm to 8pm

Circle your calendars as we will have Christmas music, a special Christmas light extravaganza, prizes, decorations and more.

\$2 per person including skate rentals.

Underwater Santa

@ the Cowichan Aquatic Centre

Friday, Dec 21st 6pm to 9pm

Come make a new Christmas tradition and get your picture taken with Santa & his elves underwater. Pre-registration required.

Regular Admission

Photos are taken for 20 minutes at 6pm, 7pm, 8pm and 8:45pm

Breakfast with Santa

@ the Cowichan Aquatic Centre

Saturday, Dec 22nd 10am to 1pm

Stay after breakfast for a photo and swim with his elves and the jolly guy.

Breakfast is 10 am to 11am, Swim with Santa is 11am to 1pm

\$5 per person when pre-purchased or \$7 at the door