

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

WINTER 2023 Learn To Guide

SKATING | SWIMMING



NORTH
Cowichan

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Learn to Skate Lessons

Lesson Set Dates

DATES / LESSONS	1X PER WEEK	
	TUESDAY	SUNDAY
DATES	JAN 10 - FEB 7	JAN 8 - FEB 5
DATES	FEB 14 - MAR 14	FEB 12 - MAR 12
<i>No Lesson</i>		FEB 19

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



Parent & Tot

Parent & Tot 1- Jellyfish

COWICHAN AQUATIC CENTRE
Provides an orientation to water for infants and their parent/caregiver. Parents/caregivers will learn how to swim safely with their infant in the pool through instruction of holds and supports. Infants will be introduced to getting their face wet, blowing bubbles and floating with the help of their caregiver.

SUN | JAN 8TH - MAR 12TH
9:05AM - 9:35AM | 10 SES | \$57 | 51139

MON/WED | JAN 2ND - FEB 1ST
3:30PM - 4PM | 10 SES | \$57 | 50974

MON/WED | FEB 6TH - MAR 8TH
3:30PM - 4PM | 9 SES | \$51.30 | 51155

TUES/THUR | JAN 3RD - FEB 2ND
3:30PM - 4PM | 10 SES | \$57 | 51019

TUES/THUR | FEB 7TH - MAR 9TH
3:30PM - 4PM | 10 SES | \$57 | 51267

FRI | JAN 6TH - MAR 10TH
9AM - 9:30AM | 10 SES | \$57 | 51060

SAT | JAN 7TH - MAR 11TH
9AM - 9:30AM | 10 SES | \$57 | 51073

Parent & Tot 2/3 - Goldfish/Seahorse

COWICHAN AQUATIC CENTRE
Teaches toddlers how to play in the water safely! They'll learn how to enter and exit the water, develop floating and kicking skills with help from their caregiver and will play games to encourage them to get their face wet and blow bubbles in the water.

SUN | JAN 8TH - MAR 12TH
10:30AM - 11AM | 10 SES | \$57 | 51140

MON/WED | JAN 2ND - FEB 1ST
3:35PM - 4:05PM | 10 SES | \$57 | 50975

MON/WED | FEB 6TH - MAR 8TH
3:35PM - 4:05 | 9 SES | \$51.30 | 51156

TUES/THUR | JAN 3RD - FEB 2ND
5PM - 5:30PM | 10 SES | \$57 | 51020

TUES/THUR | FEB 7TH - MAR 9TH
5PM - 5:30PM | 10 SES | \$57 | 51268

FRI | JAN 6TH - MAR 10TH
10:10AM - 10:40AM | 10 SES | \$57 | 51061

SAT | JAN 7TH - MAR 11TH
11AM - 11:30AM | 10 SES | \$57 | 51076

Preschool

Level 1 - Octopus

COWICHAN AQUATIC CENTRE
Preschool 1 is a transitional level which transfers the preschooler to the care of the instructor. Preschoolers will have fun learning to get in and out of the water. They'll learn how to put their face in the water, blow bubbles in the water, and how to float and glide.

SUN | JAN 8TH - MAR 12TH
8:30AM - 9AM | 10 SES | \$57 | 51141

MON/WED | JAN 2ND - FEB 1ST
4:05PM - 4:35PM | 10 SES | \$57 | 51007

MON/WED | FEB 6TH - MAR 8TH
4:05PM - 4:35PM | 9 SES | \$51.30 | 51242

TUES/THUR | JAN 3RD - FEB 2ND
3:30PM - 4PM | 10 SES | \$57 | 51021

TUES/THUR | FEB 7TH - MAR 9TH
3:30PM - 4PM | 10 SES | \$57 | 51269

FRI | JAN 6TH - MAR 10TH
9AM - 9:30AM | 10 SES | \$57 | 51062

SAT | JAN 7TH - MAR 11TH
9AM - 9:30AM | 10 SES | \$57 | 51086

Level 2 - Crab

COWICHAN AQUATIC CENTRE
Teaches preschoolers how to safely jump into chest-deep water and how to swim wearing a PFD. They'll learn submersion skills and continue to work on floats, glides, and kicking with buoyant objects.

SUN | JAN 8TH - MAR 12TH
8:30AM - 9AM | 10 SES | \$57 | 51142

MON/WED | JAN 2ND - FEB 1ST
4:05PM - 4:35PM | 10 SES | \$57 | 51008

MON/WED | FEB 6TH - MAR 8TH
4:05PM - 4:35PM | 9 SES | \$51.30 | 51245

TUES/THUR | JAN 3RD - FEB 2ND
3:30PM - 4PM | 10 SES | \$57 | 51022

TUES/THUR | FEB 7TH - MAR 9TH
3:30PM - 4PM | 10 SES | \$57 | 51270

FRI | JAN 6TH - MAR 10TH
9:35AM - 10:05AM | 10 SES | \$57 | 51063

SAT | JAN 7TH - MAR 11TH
9AM - 9:30AM | 10 SES | \$57 | 51087

REGISTER @ www.reccowichan.ca

Level 3 - Orca

COWICHAN AQUATIC CENTRE
Teaches preschoolers how to enter deep water safely wearing a PFD. They'll learn how to submerge and exhale underwater, retrieve objects underwater, and will continue developing their floating, gliding and kicking skills.

SUN | JAN 8TH - MAR 12TH
9:40AM - 10:10AM | 10 SES | \$57 | 51143

MON/WED | JAN 2ND - FEB 1ST
3PM - 3:30PM | 10 SES | \$57 | 51009

MON/WED | FEB 6TH - MAR 8TH
3PM - 3:30PM | 9 SES | \$51.30 | 51251

TUES/THUR | JAN 3RD - FEB 2ND
4:05PM - 4:35PM | 10 SES | \$57 | 51023

TUES/THUR | FEB 7TH - MAR 9TH
4:05PM - 4:35PM | 10 SES | \$57 | 51272

FRI | JAN 6TH - MAR 10TH
9:35AM - 10:05AM | 10 SES | \$57 | 51064

SAT | JAN 7TH - MAR 11TH
9:35AM - 10:05AM | 10 SES | \$57 | 51090

Level 4/5 - Sea Lion/Narwhal

COWICHAN AQUATIC CENTRE
Teaches skills wearing a PFD, such as deep-water entries, treading water and Swim to Survive®. Preschoolers will become skilled at retrieving objects from the bottom of the pool in chest-deep water and will be introduced to front and back crawl.

SUN | JAN 8TH - MAR 12TH
9:05AM - 9:35AM | 10 SES | \$57 | 51144

MON/WED | JAN 2ND - FEB 1ST
4:40PM - 5:10PM | 10 SES | \$57 | 51010

MON/WED | FEB 6TH - MAR 8TH
4:40PM - 5:10PM | 9 SES | \$51.30 | 51252

TUES/THUR | JAN 3RD - FEB 2ND
4:05PM - 4:35PM | 10 SES | \$57 | 51024

TUES/THUR | FEB 7TH - MAR 9TH
4:05PM - 4:35PM | 10 SES | \$57 | 51273

FRI | JAN 6TH - MAR 10TH
10:10AM - 10:40AM | 10 SES | \$57 | 51065

SAT | JAN 7TH - MAR 11TH
9:35AM - 10:05AM | 10 SES | \$57 | 51131

School Aged

Swimmer 1

COWICHAN AQUATIC CENTRE
These beginners will become comfortable jumping into the water with and without a PFD. They'll learn how to open their eyes, exhale and hold their breath underwater. Floats, glides and kicking skills are introduced.

SUN | JAN 8TH - MAR 12TH
9:20AM - 9:50AM | 10 SES | \$57 | 51145

MON/WED | JAN 2ND - FEB 1ST
3:30PM - 4:00PM | 10 SES | \$57 | 51011

MON/WED | FEB 6TH - MAR 8TH
3:30PM - 4PM | 9 SES | \$51.30 | 51253

TUES/THUR | JAN 3RD - FEB 2ND
5:30PM - 6PM | 10 SES | \$57 | 51025

TUES/THUR | FEB 7TH - MAR 9TH
5:30PM - 6PM | 10 SES | \$57 | 51264

SAT | JAN 7TH - MAR 11TH
9:50AM - 10:20AM | 10 SES | \$57 | 51132

Swimmer 2

COWICHAN AQUATIC CENTRE
These swimmers will jump into deeper water and learn to be comfortable falling sideways into the water wearing a PFD. They'll learn how to tread water, develop kicking skills, and will be introduced to front and back crawl.

SUN | JAN 8TH - MAR 12TH
9:55AM - 10:25AM | 10 SES | \$57 | 51146

MON/WED | JAN 2ND - FEB 1ST
5:30PM - 6PM | 10 SES | \$57 | 51012

MON/WED | FEB 6TH - MAR 8TH
5:30PM - 6PM | 9 SES | \$51.30 | 51254

TUES/THUR | JAN 3RD - FEB 2ND
4:40PM - 5:10PM | 10 SES | \$57 | 51026

TUES/THUR | FEB 7TH - MAR 9TH
4:40PM - 5:10PM | 10 SES | \$57 | 51263

SAT | JAN 7TH - MAR 11TH
10:25AM - 10:55AM | 10 SES | \$57 | 51133

Swimmer 3

COWICHAN AQUATIC CENTRE
These swimmers will learn how to dive and will do inwater somersaults and handstands to develop weight-transfer skills. They'll learn Swim to Survive® skills, whip kick on back and will further develop their front and back crawl.

SUN | JAN 8TH - MAR 12TH
8:30AM - 9:15AM | 10 SES | \$68.40 | 51148

MON/WED | JAN 2ND - FEB 1ST
5PM - 5:45PM | 10 SES | \$68.40 | 51013

MON/WED | FEB 6TH - MAR 8TH
5PM - 5:45PM | 9 SES | \$61.56 | 51255

TUES/THUR | JAN 3RD - FEB 2ND
4:55PM - 5:40PM | 10 SES | \$68.40 | 51027

TUES/THUR | FEB 7TH - MAR 9TH
4:55PM - 5:40PM | 10 SES | \$68.40 | 51262

SAT | JAN 7TH - MAR 11TH
9:00AM - 9:45AM | 10 SES | \$68.40 | 51134

Swimmer 4

COWICHAN AQUATIC CENTRE
These swimmers will become better at diving, treading water, and swimming underwater. They'll learn the Swim to Survive® standard and start to develop breaststroke. Front and back crawl are further developed.

SUN | JAN 8TH - MAR 12TH
9:40AM - 10:25AM | 10 SES | \$68.40 | 51149

MON/WED | JAN 2ND - FEB 1ST
4:40PM - 5:25PM | 10 SES | \$68.40 | 51014

MON/WED | FEB 6TH - MAR 8TH
4:40PM - 5:25PM | 9 SES | \$61.56 | 51256

TUES/THUR | JAN 3RD - FEB 2ND
4:40PM - 5:25PM | 10 SES | \$68.40 | 51028

TUES/THUR | FEB 7TH - MAR 9TH
4:40PM - 5:25PM | 10 SES | \$68.40 | 51261

SAT | JAN 7TH - MAR 11TH
10:10AM - 10:55AM | 10 SES | \$68.40 | 51135

Swimmer 5

COWICHAN AQUATIC CENTRE
These swimmers will master dives and swimming in deep water. They'll further their Swim to Survive® skills and start to develop eggbeater kick. Breaststroke, front and back crawl are further developed. Interval training and sprinting drills continue to challenge these swimmers.

SUN | JAN 8TH - MAR 12TH
9:55AM - 10:40AM | 10 SES | \$68.40 | 51150

MON/WED | JAN 2ND - FEB 1ST
4:10PM - 4:55PM | 10 SES | \$68.40 | 51015

MON/WED | FEB 6TH - MAR 8TH
4:05PM - 4:50PM | 9 SES | \$61.56 | 51257

TUES/THUR | JAN 3RD - FEB 2ND
5:15PM - 6PM | 10 SES | \$68.40 | 51029

TUES/THUR | FEB 7TH - MAR 9TH
5:15PM - 6PM | 10 SES | \$68.40 | 51260

SAT | JAN 7TH - MAR 11TH
10:10AM - 10:55AM | 10 SES | \$68.40 | 51136

Swimmer 6

COWICHAN AQUATIC CENTRE
These swimmers will become proficient at deep water skills including stride entries and compact jumps. They'll develop lifesaving kicks such as eggbeater and scissor kick. Breaststroke, front crawl, and back crawl are further developed. Head-up swims, interval training and a 300m workout develop strength and endurance.

SUN | JAN 8TH - MAR 12TH
9:05AM - 9:50AM | 10 SES | \$68.40 | 51151

MON/WED | JAN 2ND - FEB 1ST
5:15PM - 6PM | 10 SES | \$68.40 | 51016

MON/WED | FEB 6TH - MAR 8TH
5:15PM - 6PM | 9 SES | \$61.56 | 51258

TUES/THUR | JAN 3RD - FEB 2ND
4:05PM - 4:50PM | 10 SES | \$68.40 | 51030

TUES/THUR | FEB 7TH - MAR 9TH
4:05PM - 4:50PM | 10 SES | \$68.40 | 51259

SAT | JAN 7TH - MAR 11TH
9:35AM - 10:20AM | 10 SES | \$68.40 | 51137



Swimmer 7- Rookie Patrol

COWICHAN AQUATIC CENTRE
Swimmers continue developing front crawl, back crawl and breaststroke. Swimmers develop individual fitness to meet a timed 100m swim and 350m workout. Water proficiency skills include swimming with clothes, ready position, and feet-first/head-first surface dives. Demonstrating the ability to conduct a primary assessment and calling EMS are included as first aid skills. Victim recognition and throwing assists are other key elements of the program.

SUN | JAN 8TH - MAR 12TH
10:25AM - 11:25AM | 10 SES | \$82.00 | 51152

TUES/THUR | JAN 3RD - FEB 2ND
3:45PM - 4:45PM | 10 SES | \$82.00 | 51017

SAT | JAN 7TH - MAR 11TH
11:15AM - 12:15PM | 10 SES | \$82.00 | 51138

Swimmer 8 - Ranger Patrol

COWICHAN AQUATIC CENTRE
Ranger Patrol enhances capability in the water including stride entries and underwater, forward and backward somersaults. Swimmers learn lifesaving sport skills with a lifesaving stroke medley, timed object support and a non-contact rescue with a buoyant aid. Eggbeater kick and increased fitness levels are developed to meet a 200m timed swim. First aid focuses on unconscious victims and obstructed airway procedures.

TUES/THUR | FEB 7TH - MAR 9TH
3:45PM - 4:45PM | 10 SES | \$82 | 51018

Adult

Adult 1

COWICHAN AQUATIC CENTRE
Work towards 10-15m swim on your front and back while you learn safe entries into shallow and deep water, develop skills while wearing a PFD, learn breath control and underwater skills. Floats, glides, flutter kick and vertical whip kick are introduced. Your fitness will improve through interval training and learning front crawl and back crawl.

WED | JAN 4TH - MAR 8TH
6:30PM - 7:15PM | 10 SES | \$86.50 | 51057

SAT | JAN 7TH - MAR 11TH
10:25AM - 11:10AM | 10 SES | \$86.50 | 51521

Adult 2

COWICHAN AQUATIC CENTRE
Develop your fitness by working on two interval training workouts, sprints and further developing your front crawl and back crawl. You'll learn Swim to Survive skills and further develop deep water entries/skills while wearing a PFD. Whip kick is further developed along with an introduction to breaststroke.

WED | JAN 4TH - MAR 8TH
7:15PM - 8PM | 10 SES | \$86.50 | 51059



Bronze Medallion

Bronze Medallion teaches an understanding of the lifesaving principles embodied in the four components of water rescue education: judgment, knowledge, skills and fitness.

SUN | JAN 8TH - JAN 29TH, 2023
11am-4:30pm | 4 SES | \$150 | 50598

Bronze Cross

Bronze Cross is designed for lifesavers who want the challenge of more advanced lifesaving training and an introduction to safety supervision.

FRI | FEB 10TH AND 17TH, 2023 4PM-8PM
SAT | FEB 11TH AND 18TH, 2023 9AM-4:30PM | 4 SES | \$150 | 50605

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Learn to Swim Lessons

SWIM PROGRAM CONVERSION CHART

PREVIOUS LEVEL IN RED CROSS SWIM	REGISTER IN LIFESAVING SOCIETY SWIM FOR LIFE
Starfish	Parent & Tot 1
Duck	Parent & Tot 2
Sea Turtle	Parent & Tot 3
Sea Otter	Preschool 1 (if Sea Otter incomplete) Preschool 2 (if Sea Otter complete)
Salamander	Preschool 2 (if Salamander incomplete) Preschool 2 (if Salamander complete)
Sunfish	Preschool 3 (if Sunfish incomplete) Preschool 3 (if Sunfish complete)
Crocodile	Preschool 4 (if Crocodile incomplete) Preschool 5 (if Crocodile complete)
Whale	Preschool 5 (if Whale incomplete) Swimmer 1 or 2 (if 5 years old)
Swim Kids 1 or Swim Kids 2	Swimmer 1 (if Swim Kids 1 incomplete) Swimmer 2 (if Swim Kids 1 & 2 complete)
Swim Kids 3 or Swim Kids 4	Swimmer 2 (if Swim Kids 3 incomplete) Swimmer 3 (if Swim Kids 3 & 4 complete)
Swim Kids 5	Swimmer 3 (if Swim Kids 5 incomplete) Swimmer 4 (if Swim Kids 5 complete)
Swim Kids 6	Swimmer 4 (if Swim Kids 6 incomplete) Swimmer 5 (if Swim Kids 6 complete)
Swim Kids 7	Swimmer 5 (if Swim Kids 7 incomplete) Swimmer 6 (if Swim Kids 7 complete)
Swim Kids 8 or Swim Kids 9	Swimmer 6 (if Swim Kids 8 incomplete) Rookie Patrol (if Swim Kids 8 & 9 complete)
Swim Kids 10	Ranger or Star Patrol (if Swim Kids 10 incomplete) Bronze Star (if Swim Kids 10 complete)

FULLER LAKE ARENA 250.246.3811 | arena@northcowichan.ca

COWICHAN AQUATIC CENTRE 250.746.7665 | aquatics@northcowichan.ca

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