

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



WINTER 2022 Program Guide

FITNESS | AQUATICS | ARENA | GENERAL



NORTH
Cowichan

rec**cowichan**
your recreation connection

  **follow us** @NorthCowichan

What do you want to do? Get fit, learn how, discover something new...

Programs

Aquatic Kiddie Capers (3 to 5yrs)

COWICHAN AQUATIC CENTRE

Does your preschooler love the water? Aquatic Kiddie Capers - an instructor led playtime in the pool, followed by dry playtime to make crafts and explore learning. Come make new friends with us! Must be toilet trained.

WED | DEC 21ST - JAN 18TH
11AM - 12:30PM
5 SESSIONS | \$42.50 | 49323

WED | JAN 25TH - FEB 22ND
11AM - 12:30PM
5 SESSIONS | \$42.50 | 49324

Surfing & Boogie Boarding Instruction

COWICHAN AQUATIC CENTRE

This workshop introduces basic skills and knowledge for participating in surfing activities including paddling techniques on boards, turning your board and body position.

SUN | JAN 22ND
3PM - 4:30PM
1 SESSION | \$18.50 | 49297

SUN | FEB 19TH
3PM - 4:30PM
1 SESSION | \$18.50 | 49298

Adult Inclusion (16yrs+)

COWICHAN AQUATIC CENTRE

Join our amazing leaders for 6 evenings that get you active and out of the house while meeting new people! Activities include game time in the gym, paddle boarding, kayaking, movies, and much more! Participants must have basic swimming abilities.

WED | JAN 11TH - FEB 15TH
5:30PM - 7:30PM
6 SESSIONS | \$66+tax | 52617

WED | FEB 22ND - MAR 29TH
5:30PM - 7:30PM
6 SESSIONS | \$66+tax | 52620

Pro D Day Camp (6 to 10yrs)

COWICHAN AQUATIC CENTRE

School is out and the kids need a fun place to go! Join us for a full day of activities, games, and swimming. Our goal is to get your kids active, on the go, and enjoying a fun filled day!

FRI | FEB 17TH
8:30AM - 4:00 PM
1 SESSION | \$40 | 49261



REGISTER @ www.reccowichan.ca



follow us @NorthCowichan

Programs



Red Cross Babysitters Training (11 to 16yrs)

FULLER LAKE ARENA

All the essential skills you need to get a job as a certified babysitter. First-aid, emergencies and injury prevention, handling babies, and activities to play with children.

SAT | JAN 21ST

9AM - 4:00 PM

1 SESSION | \$60 | 52658

SAT | FEB 25TH

9AM - 4:00 PM

1 SESSION | \$60 | 52659

Pizza, Movie & Skate Night

FULLER LAKE ARENA

Join us for a night of fun. We will watch a movie on the big screen in the AB room while eating pizza, then head out on the ice for the Friday night skate. Rentals are included.

FRI | FEB 10TH | 50927

FRI | MAR 10TH | 50928

4:30PM - 8:05 PM

1 SESSION | \$11

Youth No Charge Options

Project Breakfast

(Gr 7 to 12)

CHEMAINUS SECONDARY SCHOOL

Join us for a tasty and nutritious breakfast on us every Monday morning! Open to all youth at Chemainus Secondary. Breakfast is provided in a grab n' go style, so stop by on your way to class

MONDAYS | 8AM - 8:40AM

Community Youth Room (Gr 7 to 12)

CHEMAINUS SECONDARY SCHOOL ROOM 118

A safe and welcoming drop-in space for youth at Chemainus Secondary, open before school and at lunch. Shoot some pool, play Nintendo Switch or grab a snack and hang out with your friends. Our leaders organize monthly games, activities, and tournaments.

MONDAYS - FRIDAYS

8AM - 8:40AM & 11:33AM - 12:18PM

Teen Pizza, Movie & Skate (12-18 yrs)

FULLER LAKE ARENA

Join us for a Teen version of our Pizza, Movie, and Skate. This event is just for youth (ages 12-18 years). We will watch movie on the big screen in the AB room while eating pizza, then head out on the ice for the Friday night public skate.

FRI | JAN 13TH | 50926

4:30PM-8:05 PM

1 SESSION | \$11

REGISTER @ www.reccowichan.ca



follow us @NorthCowichan

Yoga

Yoga for Kids (6 to 12yrs)

FULLER LAKE ARENA

Build on physical strength, coordination and balance while having fun! Kids gain confidence through yoga postures, breathing exercises and become mindful of ways to self regulate and relax.

MON | JAN 9TH - JAN 30TH

4:15PM - 5:15PM

4 SESSIONS | \$32 | 52285

Yoga for Joint Health

FULLER LAKE ARENA

This low intensity slow practice yoga class is great for joint and body rejuvenation. All levels welcome.

MON | JAN 9TH - JAN 30TH

5:30PM - 6:30PM

4 SESSIONS | \$32 | 52286

Yin & Yoga Nidra Meditation

COWICHAN AQUATIC CENTRE

Learn the steps to immerse yourself into the deepest form of meditation & work up to full practices by the end. Mentally restorative and incredibly beneficial for sleep-deprived individuals. Just 20 minutes of Yoga Nidra is equal to 2 hours of sleep for your body & mind

INSTRUCTOR: KRISTIN

TUES | JAN 3RD - FEB 7TH

7:15PM - 8:15PM

6 SESSIONS | \$53.04+tax | 52687

THUR | JAN 5TH - FEB 9TH

7:15PM - 8:15PM

6 SESSIONS | \$53.04+tax | 52688

Yoga for Athletes

COWICHAN AQUATIC CENTRE

Target those most commonly weak muscles and strengthen stabilizers, along with some gentle stretching for those tight and seemingly inflexible bodies.

INSTRUCTOR: KRISTIN

WED | JAN 4TH - FEB 8TH

6:30PM - 7:30PM

6 SESSIONS | \$53.04+tax | 52684

Restorative Yoga

COWICHAN AQUATIC CENTRE

Extremely gentle, slow moving, and powerful yoga that creates meaningful change. For those dealing with injury, illness or fatigue to those in intense athletic training, this prop-supported meditative practice uses unhurried, passive, on-the-floor stretches and relaxing positions to safely ease connective tissues, depressurize the whole body and nervous system, and train the mind to both calm down and focus up.

INSTRUCTOR: CHANTELL

TUES | JAN 10TH - JAN 31ST

1:15PM - 2:15PM

4 SESSIONS | \$35.36+tax | 52690

TUES | FEB 7TH - FEB 28TH

1:15PM - 2:15PM

4 SESSIONS | \$35.36+tax | 52692

TUES | MAR 7TH - MAR 28TH

1:15PM - 2:15PM

4 SESSIONS | \$35.36++tax | 52693

THUR | JAN 12TH - JAN 26TH

1:15PM - 2:15PM

3 SESSIONS | \$26.52+tax | 52694

THUR | FEB 2ND - FEB 23RD

1:15PM - 2:15PM

4 SESSIONS | \$35.36+tax | 52696

THUR | MAR 2ND - MAR 30TH

1:15PM - 2:15PM

5 SESSIONS | \$44.20++tax | 52699

Adult General Classes

Afternoon Fit

COWICHAN AQUATIC CENTRE

This high energy total body class will have you ready for anything and everything!!

INSTRUCTOR: TRACEY

MON/WED | JAN 4TH - JAN 30TH

2PM - 3PM

8 SESSIONS | \$60.59+tax | 52720

MON/WED | FEB 1ST - MAR 1ST

2PM - 3PM

8 SESSIONS | \$60.59+tax | 52721

MON/WED | MAR 6TH - MAR 15TH

2PM - 3PM

4 SESSIONS | \$30.28+tax | 52722

Gental Strength

COWICHAN AQUATIC CENTRE

Bone Strength has been designed specifically for people with osteoporosis and low bone density who are looking for an introductory exercise program.

Bone strength offers a combination of exercise and education in a supportive group environment. It is safe and gentle enough not to cause pain or injury, even if you're not used to exercise.

INSTRUCTOR: WENDY

WED | JAN 4TH - FEB 22ND

11:15AM - 12PM

8 SESSIONS | \$60.77+tax | 52736

WED | MAR 15TH - APR 19TH

11:15AM - 12PM

6 SESSIONS | \$45.58+tax | 52737

Silver Strength

COWICHAN AQUATIC CENTRE

New to fitness and weights? Not sure what it is all about or how to even begin? Join Wendy in this 45 min introduction class, where she will show you where to start, how to use weights, explain the lingo and get you comfortable in the gym setting.

INSTRUCTOR: WENDY

WED | JAN 4TH - FEB 22ND

10:15AM - 11AM

6 SESSIONS | \$60.77 +tax | 52723

WED | MAR 15TH - APR 19TH

10:15AM - 11AM

6 SESSIONS | \$45.58+tax | 52735

Dance Fit

COWICHAN AQUATIC CENTRE

Come join Dance Fit Fun this fall to get your groove back! This is a class for every body. Any age, size, shape, fitness level... Anyone can come and enjoy an hour of dancing, laughing, and sweating! The moves are easy and fun, and the workout is shaped to meet your needs. Let's shake and sweat and get back into feeling good about ourselves!

INSTRUCTOR: SALLY

MON/WED | JAN 16TH - JAN 30TH

5PM - 6:15PM

5 SESSIONS | \$42.20+tax | 52738

MON/WED | FEB 1ST - MAR 1ST

5PM - 6:15PM

8 SESSIONS | \$67.52+tax | 52739

No Class Feb 20TH

MON/WED | MAR 6TH - MAR 29TH

5PM - 6:15PM

8 SESSIONS | \$67.52+tax | 52741

Adult/Youth ProgramsClasses

Bronze Medallion

COWICHAN AQUATIC CENTRE

Bronze Medallion teaches an understanding of the lifesaving principles embodied in the four components of water rescue education: judgment, knowledge, skills and fitness. Rescuers learn advanced lifesaving techniques for challenging rescues of increased risk, involving conscious and unconscious victims in varying water depths. Participants develop stroke efficiency and endurance in timed swims (500 metres). Includes CPR-A.

SUN | JAN 8TH - JAN 29TH

11AM - 4:30PM

4 SESSIONS | \$150 | 50598

MON - THUR | MAR 13TH -16TH

8:30AM - 2:30PM

4 SESSIONS | \$150 | 50600

Bronze Cross

COWICHAN AQUATIC CENTRE

Bronze Cross is designed for lifesavers who want the challenge of more advanced lifesaving training and an introduction to safety supervision. Candidates develop proficiency at performing patient assessments, managing aquatic spinal injuries, and preventing the loss of life in a variety of aquatic emergencies, while developing stroke endurance (includes a 600m timed swim) and fitness training skills. Includes CPR-C. Bronze Cross is also worth 2 Grade 11 High School Credits.

FRI | FEB 10TH AND 17TH

4PM - 8PM

SAT | FEB 11TH AND 18TH

9AM - 4:30PM

4 SESSIONS | \$150 | 50605

TUES - FRI | MAR 21ST - 24TH

9AM - 2:30PM

4 SESSIONS | \$150 | 50606

Standard First Aid

FULLER LAKE ARENA

Standard First Aid with CPR-C provides comprehensive training covering all aspects of first aid. In-depth topics include head/spinal injuries, bone breaks, heart attacks, strokes, burns, and other medical and environmental emergencies.

SAT/SUN | FEB 25TH - 26TH

9AM - 6PM

2 SESSIONS | \$150+tax | 50735

Standard First Aid Recert

FULLER LAKE ARENA

Standard First Aid Recertification is a 1-day course intended for people whose current Standard First Aid CPR AED Level C card is nearing expiry. It reviews proven methods for providing standard first aid to injured or ill persons. Through instruction, demonstration, and practice, participants will learn how to determine the severity of a patient's condition and practice safe intervention when providing them with emergency support.

SAT | FEB 11TH

9AM - 6PM

1 SESSION | \$70+tax | 50739

CPR-C/AMOA Recert

COWICHAN AQUATIC CENTRE

This course is designed to update skills and update changes for the CPR"C" award, and AMOA lifeguarding certification.

SUN | DEC 18TH

11AM-4PM

1 SESSION | \$45+ Tax | 41393

WED | MAR 8TH

4PM-9PM

1 SESSION | \$45+ Tax | 50767

Spin Classes

Seniors Spin

COWICHAN AQUATIC CENTRE

Did you know that spin classes are a fun way to boost your cardio without extreme impact on your back, legs, and joints? Kate will show you how to set up your bike. Variety of hand and body positions and drills that will challenge each individual.

INSTRUCTOR: KATE

TUES | JAN 3RD - FEB 14TH

9:30AM - 10:15AM

7 SESSIONS | \$51.48+tax | 52706

TUES | MAR 7TH - MAR 28TH

9:30AM - 10:15AM

4 SESSIONS | \$29.40+tax | 52707

SAT | JAN 7TH - FEB 11TH

10:15AM - 11AM

6 SESSIONS | \$44.13+tax | 52708

SAT | MAR 11TH - MAR 25TH

10:15AM - 11AM

3 SESSIONS | \$22.06+tax | 52709

Spin

COWICHAN AQUATIC CENTRE

Did you know that spin classes are a fun way to boost your cardio without extreme impact on your back, legs, and joints? Spin classes can be a great way to get a vigorous workout especially during the off-season. Participants determine their own levels of exertion.

INSTRUCTOR: DAMARIS

MON/WED | JAN 4TH - JAN 30TH

5PM - 6PM

8 SESSIONS | \$70.71+tax | 52700

MON/WED | FEB 1ST - FEB 27TH

5PM - 6PM

7 SESSIONS | \$61.88+tax | 52702

No Class Feb 20TH

MON/WED | MAR 1ST - MAR 29TH

5PM - 6PM

9 SESSIONS | \$79.56+tax | 52703

Seniors Spin & Strength

COWICHAN AQUATIC CENTRE

Increasing your muscle strength and endurance makes it easier for you to perform daily tasks and helps you maintain your balance. Never done any strength training before? Don't worry - beginners are always welcome and we have different levels for all abilities.

INSTRUCTOR: JAN

TUES | JAN 3RD - JAN 31ST

1:30PM - 2:45PM

5 SESSIONS | \$35.79+tax | 52710

TUES | FEB 7TH - FEB 28TH

1:30PM - 2:45PM

4 SESSIONS | \$28.64+tax | 52711

TUES | MAR 7TH - MAR 28TH

1:30PM - 2:45PM

4 SESSIONS | \$28.64+tax | 52712

THUR | JAN 5TH - JAN 26TH

1:30PM - 2:45PM

4 SESSIONS | \$28.64+tax | 52715

THUR | FEB 2ND - FEB 23RD

1:30PM - 2:45PM

4 SESSIONS | \$28.64+tax | 52716

THUR | MAR 2ND - MAR 30TH

1:30PM - 2:45PM

5 SESSIONS | \$35.79+tax | 52719



WINTER 2023 SPECIAL EVENTS

Activity	Location	Date/Time
TROPICAL NIGHT PARTY	COWICHAN AQUATIC CENTRE	7PM - 9PM JANUARY 27TH
Tropical Night Party at the Cowichan Aquatic Centre. Join us for limbo contests, pin the coconut on the palm tree, hula hoops and more!		
SCHOOLS OUT SWIM	COWICHAN AQUATIC CENTRE	12PM - 3PM FEBRUARY 17TH
Need a plan for the next school closure? We've got you covered. Come enjoy the waterslides, waves, and inflatables at one of our additional swim times during your next school closure.		
SUPER HERO NIGHT	COWICHAN AQUATIC CENTRE	7PM - 9PM FEBRUARY 24TH
Come dressed as your favorite super hero, play fun games with our Activity Leaders and defeat the bad guys while the waves and slides are in full use.		
MOVIE NIGHT	COWICHAN AQUATIC CENTRE	7PM - 9PM JANUARY 6TH FEBRUARY 3RD MARCH 3RD
It is back, Movie Night at the Aquatic Centre! Come relax at the pool with a movie on the big screen! Slides and diving boards will be open too! Movie title will be released closer to event date.		
ROCK 'N' POOL PARTY	COWICHAN AQUATIC CENTRE	7PM TO 9 PM MARCH 31ST
Break out all your GLOW sticks and necklaces and join us at the pool. Come enjoy a night of music and dance where the lights are low, the waves are high, and the music is rocking.		
PIZZA, MOVIE & SKATE NIGHT REGISTRATION REQUIRED	FULLER LAKE ARENA	4:30PM - 8:05PM FEBRUARY 10TH - 50927 MARCH 10TH - 50928
Join us for a night of fun! We will watch a movie on the big screen in the AB room while eating pizza then head out on the ice for the Friday night skate.		
TEEN PIZZA, MOVIE & SKATE REGISTRATION REQUIRED	FULLER LAKE ARENA	4:30PM - 8:05PM JANUARY 13TH - 50926
Movie, and Skate. This event is just for youth (ages 12-18 years). We will watch movie on the big screen in the AB room while eating pizza, then head out on the ice for the Friday night public skate		
TEEN SKATE (12 TO 18 YEARS)	FULLER LAKE ARENA	8:20PM - 9:20PM JANUARY 27TH FEBRUARY 24TH
A skate just for youth! Admission includes skate rentals, a slice of pizza and a chance to win awesome prizes!		

FULLER LAKE ARENA 250.246.3811 | arena@northcowichan.ca

COWICHAN AQUATIC CENTRE 250.746.7665 | aquatics@northcowichan.ca

REGISTER @ www.reccowichan.ca



follow us @NorthCowichan

www.northcowichan.ca/recreation