

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


# WINTER 2023 Drop-In Schedule

FITNESS | AQUATICS | SKATING



**NORTH**  
Cowichan

rec**cowichan**  
*your recreation connection*

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# Go for a Swim

JANUARY 2ND - MARCH 11TH	COWICHAN AQUATIC CENTRE			
	Everyone Welcome			Fitness Centre
	All Three Pools Open, Swim Lanes Available, Sauna & Steam Rooms on	Everyone Welcome Swim (slides, waves and a fun leader in the pool)	Diving Boards (1m &/or 3m)	
SUNDAYS	11AM - 4PM	Family Swim 11AM - 1PM	11AM - 4PM	8:30AM - 6PM
		1PM - 4PM		
MONDAYS & WEDNESDAYS	6AM - 9:30PM	6:30PM - 9:30PM	8PM - 9:30PM	6AM - 9:30PM
TUESDAYS & THURSDAYS		6PM - 9:30PM		
FRIDAYS	6AM - 6:30PM	3PM - 6:30PM		
SATURDAYS	7:30AM - 4PM	Parent & Tot Swim 11AM - 1PM (no slides or waves)	1PM - 4PM	7:30AM - 6PM
		1PM - 4PM		

Sometimes stuff happens and our schedule changes.  
Find out first on Facebook or Twitter.



# Go for a Skate

JANUARY 2ND - MARCH 11TH	FULLER LAKE ARENA					
	On The Ice					Fitness Centre
	Parent & Tot Skate	Adult Lap Skate	Public Skating	Stick and Puck	50+ Drop-In Hockey	
SUNDAYS			3:15PM - 4:25PM			
MONDAYS	9AM - 10AM	11:30AM - 12:30PM				8:30AM - 3:30PM
TUESDAYS				1PM-2PM	9:30AM - 11AM	
WEDNESDAYS	9AM - 10AM	11:30AM - 12:30PM				
THURSDAYS		11:30AM - 12:30PM			9:30AM - 11AM	
FRIDAYS			6:50PM - 8:05PM			
SATURDAYS			12:20PM - 1:15PM			
<b>SKATE RENTALS \$2/Pair SKATE SHARPENING \$5/Pair</b>						
FULLER LAKE ARENA DRY LAND DROP - IN CLASSES						
TIME	MON	TUE	WED	THUR		
9AM - 10AM		Definition Cardio		Definition Cardio		
10:15AM - 11:15AM		Gentle Fit		Gentle Fit		
5:30PM - 6:30PM	Yoga For Joint Health with Kathy White					
<b>YOGA DROP-IN RATE \$10</b> *We are closed on all statutory holidays. Please Note - no skates on Feb 14, 17, 18, 19, and 20						

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REGISTER @ [www.reccowichan.ca](http://www.reccowichan.ca)



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# Find your fitness with us...



**CHILDREN'S PROGRAM FOR 5YRS & UNDER**

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

**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
6AM - 7AM	Boot Camp Sherry	Core Fit Damaris	Boot Camp Sherry	Core Fit Damaris			8:15AM - 8:45AM		Aqua Spin Sally		Aqua Spin Tracey		
7:15AM - 8:45AM		Sensory Friendly No music & lowered lights		Sensory Friendly No music & lowered lights			9AM - 10AM	Aqua Burn Dawn	Water Fit Sally	Aqua Burn Paula	Water Fit Tracey	Aqua Burn Dawn	
7:30AM - 8:15AM	Tone & Tighten Dawn		Tone & Tighten Kristin		Tone & Tighten Dawn		10AM - 10:30AM	Arthritic Flow Dawn				Arthritic Flow Dawn	
8:15AM - 9AM						Spin Morne	10:30AM - 11:15AM	Aqua Therapy Dawn		Aqua Therapy Paula		Aqua Therapy Dawn	
8:45AM - 10AM						Step & Strength Karen	11:15AM - 12PM	Reconditioning Dawn				Reconditioning Dawn	
9AM - 10AM	Muscle Hustle Jane	Full Body Fit Kerry	Total Body	Throwback Thursday Paula	Muscle Hustle Jane		11:30AM - 12PM		Aqua Spin Tracey		Aqua Spin Sally		
		Yoga Chantell Starts Jan 10	Deep Stretch Kristin	Yoga Chantell Starts Jan 12	Deep Stretch Kristin		12:10PM - 12:55PM	Aqua Lunch Dawn	Aqua Lunch Tracey	Aqua Lunch Crystal	Aqua Lunch Sally	Aqua Lunch Dawn	
						Yoga, Core & More Jane	2PM - 2:45PM		Water Fit Dawn		Water Fit Sally		
10AM - 11AM		Weight Room Attendant		Weight Room Attendant	Weight Room Attendant		<b>FULLER LAKE ARENA DRY LAND DROP - IN CLASSES</b>						
10:05AM - 10:35AM						Ab Fab Karen	TIME	MON	TUE	WED	THUR	FRI	SAT
10:15AM - 10:45AM		Ab Attack Tracey	Butts & Abs Jane	Ab Attack Tracey			9AM - 10AM		Definition Cardio		Definition Cardio		
10:15AM - 11AM			Spin Tracey		Spin Jane		10:15AM - 11:15AM		Gentle Fit		Gentle Fit		
10:15AM - 11:15AM	Spin Jane						5:30PM - 6:30PM	Yoga For Joint Health with Kathy White					
10:30AM - 11AM						Express Stretch 30 Jane	<b>FULLER LAKE YOGA DROP-IN RATE \$10</b> *We are closed on all statutory holidays.						
10:30AM - 11:30AM		Joint Wellness Chantell		Joint Wellness Chantell			 <p>PLEASE NOTE ALL FITNESS CLASSES BELOW ARE NOT INCLUDED IN THE GENERAL ADMISSION RATE OR MONTHLY PASSES. YOU WILL NEED TO REGISTER TO PARTICIPATE.</p>						
		Weight Room Attendant		Weight Room Attendant									
11:15AM - 12PM					Stretch & Strength Jane								
11:30AM - 12PM	TRX Tracey	TRX Shannon	TRX Tracey	TRX Shannon			<b>REGISTERED FITNESS CLASSES - DRYLAND</b>						
11:30AM - 12:30PM	Jointfull Yoga Kathy						DAY / TIME	MON	TUE	WED	THU	FRI	SAT
12PM - 1PM		5Rhythms Chantell Starts Jan 10		Noon Yoga Chantell Starts Jan 12			10:15AM - 11AM		Senior Spin Kate	Silver Strength Wendy			Senior Spin Kate
12:15PM - 1PM		Power Lunch Shannon		Power Lunch Shannon			11:15AM - 12PM			Gentle Strength Wendy			
12:15PM - 1:15PM	Lunch Crunch Tracey		Lunch Crunch Tracey		Lunch Crunch Tracey		11:30AM - 12:30PM						WOW Jane
1PM - 2PM	Weight Room Attendant	Weight Room Attendant		Weight Room Attendant	Weight Room Attendant		1:15PM - 2:15PM		Restorative Yoga Chantell		Restorative Yoga Chantell		
1:15PM - 1:45PM	Stretch Tracey	Dynamic Strength Training Shannon	Stretch Tracey	Dynamic Strength Training Shannon	Stretch Tracey		1:30PM - 2:45PM		Senior Spin & Strength Jan		Senior Spin & Strength Jan		
3PM - 5PM	Weight Room Attendant	Weight Room Attendant		Weight Room Attendant			2PM - 3PM	Afternoon Fit Tracey		Afternoon Fit Tracey			
4PM - 4:45PM		Spin Dawn		Spin Gia			3:15PM - 4:15PM		Paddle Fitness Jan		Paddle Fitness Jan		
5PM - 6PM		Cardio Fit Gia					5PM - 6PM	Spin Damaris		Spin Damaris			
5PM - 5:30PM				Express Strength 30 Gia			5PM - 6:15PM	Dance Fit Fun Sally		Dance Fit Fun Sally			
5:15PM - 5:45PM			Butts & Abs Jane				6:30PM - 7:30PM			Yoga for Athletes Kristin			
5:15PM - 6PM		Spin Dawn					6:30PM - 8PM	Starting Jan 16th Warm Yoga 26x2 Kristy		Starting Feb 15th Warm Yoga 26x2 Kristy			
5:30PM - 6PM				Cardio Fit Gia			7:15PM - 8:15PM		Yin & Yoga Nidra Meditation Kristin		Yin & Yoga Nidra Meditation Kristin		
6PM - 7PM	Full Body Strength Gia		After Burn Jane										
6PM - 8PM					Sensory Friendly No music & lowered lights								

# WINTER 2023 SPECIAL EVENTS

Activity	Location	Date/Time
TROPICAL NIGHT PARTY	COWICHAN AQUATIC CENTRE	4:30PM - 6:30PM 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	4:30PM - 6:30PM 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	4:30PM - 6:30PM 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	4:30PM - 6:30PM 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 MATINEE REGISTRATION REQUIRED	FULLER LAKE ARENA	12:20PM - 3:55PM JANUARY 14TH - 53646
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](http://www.reccowichan.ca)



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