

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



WINTER 2022 Holiday Schedule

FITNESS | AQUATICS | SKATING



NORTH
Cowichan

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your recreation connection

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Go for a Swim or Skate

DAY		COWICHAN AQUATIC CENTRE				FULLER LAKE ARENA	
		Everyone Welcome			Fitness Centre	On The Ice	
		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)		Public Skating Sessions	Stick and Puck
SUNDAY	DEC 18TH	11am to 4pm	Family Swim - 11am to 1pm Everyone Welcome Swim - 1pm to 4pm		8:30am to 6pm	Winter Wonderland Skate 12:30pm -2:30pm & 3:30pm -5:30pm	
	DEC 25TH	WE WISH YOU A MERRY CHRISTMAS AND A HAPPY NEW YEAR. ALL FACILITIES ARE CLOSED ON BOTH DAYS					
	JAN 1ST						
MONDAY	DEC 19TH	6am to 9:30pm	1pm to 9:30pm		6am to 9:30pm	1:30pm to 2:45pm	11:00am – 12:30pm
	DEC 26TH	BOXING DAY - ALL FACILITIES ARE CLOSED					
TUESDAY	DEC 20TH	6am to 9:30pm	1pm to 9:30pm		6am to 9:30pm	No Skating	
	DEC 27TH		1pm to 9:30pm	1pm to 3:30pm			
WEDNESDAY	DEC 21ST	6am to 9:30pm	1pm to 9:30pm		6am to 9:30pm	1:30pm to 2:45pm	11:00am – 12:30pm
	DEC 28TH		1pm to 9:30pm	1pm to 3:30pm		2pm to 2:50pm Twoonie Skate	
THURSDAY	DEC 22ND	6am to 9:30pm	1pm to 9:30pm		6am to 9:30pm	No Skating	
	DEC 29TH		1pm to 9:30pm	1pm to 3:30pm			
FRIDAYS	DEC 23RD	6am to 9:30pm	1pm to 9:30pm		6am to 9:30pm	1:30pm to 2:45pm	11:00am – 12:30pm
	DEC 30TH		1pm to 9:30pm	1pm to 3:30pm		2pm to 2:50pm Twoonie Skate	
SATURDAYS	DEC 17TH	7:30am to 4pm	1pm to 4pm		7:30am to 6pm	Winter Wonderland Skate 12:30pm -2:30pm & 3:30pm -5:30pm	
	DEC 24TH	7:30am to 3:30pm	1pm to 3:30pm		7:30am to 3:30pm	No Skating	
	DEC 31ST				1pm to 3pm		



CHRISTMAS BREAK DROP IN EVENTS!

Underwater Santa

@ the Cowichan Aquatic Centre

Friday, Dec 9th 6pm to 9pm

Come make a new Christmas

tradition and get your picture taken with Santa & his elves underwater.

Regular Admission

Photos are taken for

20 minutes at 6pm, 7pm, 8pm and 8:45pm

Holiday Tea

@ the Cowichan Aquatic Centre

Wednesday, Dec 14th 10am to 1pm

The Cowichan Aquatic Centre wants 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

Dec 17th & 18th

12:30pm -2:30pm & 3:30pm -5:30pm

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

\$2 per person including skate rentals.

REGISTER @ www.reccowichan.ca



follow us @NorthCowichan

Find your fitness with us...



CHILDMINDING FOR 5YRS & UNDER

Mon to Fri: CLOSED - Will reopen January 2nd

FREE SERVICE TO FACILITY USERS

COWICHAN AQUATIC CENTRE DRY LAND CLASSES										
DAY / TIME	MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAYS	
	DEC 19TH	DEC 26TH	DEC 20TH	DEC 27TH	DEC 21ST	DEC 28TH	DEC 22ND	DEC 29TH	DEC 23RD	DEC 30TH
6AM - 7AM	Boot Camp		Core Fit		Boot Camp		Core Fit			
7:30AM - 8:15AM	Tone & Tighten				Power Yoga				Tone & Tighten	
8:45AM - 10AM					Deep Stretch Hatha					
9AM - 10AM	Muscle Hustle		Full Body Fit		Total Body Conditioning		Throwback Thursday		Muscle Hustle	
10AM - 11AM			Yoga				Yoga			
10:15AM - 11AM			Weight Room Attendant				Weight Room Attendant			
10:15AM - 10:45AM			Ab Attack		Butts & Abs		Ab Attack			
10:15AM - 11AM									Spin	
10:15AM - 11:15AM	Spin									
10:30AM - 11:30AM			Joint Wellness				Joint Wellness			
11:15AM - 12PM									Strength & Stretch	
11:30AM - 12PM	TRX				TRX					
12PM - 1PM			Yoga				Yoga			
12:15PM - 1:00PM			Spin into Lunch				Total TRX			
12:15PM - 1:15PM	Lunch Crunch				Lunch Crunch				Lunch Crunch	
1PM - 2PM	Weight Room Attendant		Weight Room Attendant		Weight Room Attendant		Weight Room Attendant		Weight Room Attendant	
1:15PM - 1:45PM	Stretch				Stretch				Stretch	
3PM - 5PM			Weight Room Attendant		Weight Room Attendant		Weight Room Attendant			
5PM - 6PM			Cardio Fit				Cardio Fit			
5:15PM - 5:45PM					TRX					
6PM - 7PM	Full Body Strength				Afterburn					
7:15PM - 8:15PM					Yin Deep Stretch					

COWICHAN AQUATIC CENTRE AQUATIC FITNESS CLASSES										
DAY / TIME	MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY	
	DEC 19TH	DEC 26TH	DEC 20TH	DEC 27TH	DEC 21ST	DEC 28TH	DEC 22ND	DEC 29TH	DEC 23RD	DEC 30TH
9AM - 10AM	Aqua Burn				Aqua Burn				Aqua Burn	
10AM - 10:30AM	Arthritic Flow								Arthritic Flow	
10:30AM - 11:15AM	Aqua Therapy				Aqua Therapy				Aqua Therapy	
11:15AM - 12PM	Reconditioning								Reconditioning	
11:30AM - 12PM			Aqua Spin				Aqua Spin			
12:10PM - 12:55PM	Aqua Lunch		Aqua Lunch		Aqua Lunch		Aqua Lunch		Aqua Lunch	



12 DAYS OF FITNESS

Worried those seasonal festivities will interfere with your daily workout during the holidays? Let us inspire you to get a jump on your fitness this season with our "12 DAYS OF FITNESS"

HERE'S HOW IT WORKS

- 1. Sign up at reception and receive your card.*
- 2. Attend 12 fitness classes between December 9th - 22nd. Cards will be validated at each class.*
- 3. Submit completed cards by 5pm on Dec 22nd to reception.*

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

REGISTER @ www.reccowichan.ca



follow us @NorthCowichan

CHRISTMAS BREAK REGISTER PROGRAM AND EVENTS!

BREAKFAST WITH SANTA SWIM

COWICHAN AQUATIC CENTRE

He's making a list, checking it twice, gonna find out who's naughty or nice. Santa Claus is coming to the Cowichan Aquatic Centre for a visit, dip in the pool, and of course, breakfast! Stay after breakfast for a photo and swim with his elves and the big jolly guy himself.

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

\$5 PREPURCHASE TICKETS OR \$7 AT THE DOOR

SATURDAY | DECEMBER 17TH | 10AM TO 1PM

STORY TIME WITH MR. CLAUS (18MONTH - 5YRS)

COWICHAN AQUATIC CENTRE

Bring your holiday cheer for a memorable morning of crafts and stories. Jolly Saint Nick will be there in his rocking chair ready to read you Christmas stories and find out what you want for Christmas.

SATURDAY | DEC 10TH

10:30AM TO 12PM

1 SESSION | \$12 | 48411

HOLLY HOUSE (6 - 13YRS)

COWICHAN AQUATIC CENTRE

Gingerbread, icing, and candy! Do we really need to say anymore? Spend a night decorating your own gingerbread creation, and enjoy it all Christmas long. Night includes snack, games, free swim session, & of course, gingerbread fun!

FRIDAY | DEC 2ND

4:30PM TO 8:30PM

1 SESSION | \$20.20 | 50956

FULLER LAKE ARENA 250.246.3811 | arena@northcowichan.ca

COWICHAN AQUATIC CENTRE 250.746.7665 | aquatics@northcowichan.ca

REGISTER @ www.reccowichan.ca



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