

Guidelines

The Cowichan Aquatic Centre is gradually reopening under the COVID-19 Safety Plan, based on the Lifesaving Society BC/Yukon: Guidelines for reopening BC's Pools and Waterfronts and the Health Authority Guidelines for Swimming Pools during COVID-19. The Cowichan Aquatic Centre will be operating at reduced capacity and limited hours to allow for physical distancing measures and cleaning.

PRE-REGISTRATION IS REQUIRED FOR ALL PROGRAMS

RESERVE YOUR TIME: www.reccowichan.ca | 250.746.7665

- Mask are now mandatory in all common public indoor spaces - exceptions include children under two years of age, or persons with underlying medical conditions or disability which inhibits their ability to wear a face covering.
- Arrive no more than 5 minutes prior to the start of your program, and leave the facility as quickly as possible following your session, staying no longer than 10 minutes.
- Follow directional signage throughout the facility.
- Come swim or workout ready, and bring as few possessions as possible! Change rooms are only available for pool patrons after their program.
- Patrons in need of physical assistance should receive help from a caregiver.
- COVID-19 screening will occur prior to entry. Use of the facility is prohibited to people showing signs of illness.

WEIGHT ROOM GUIDELINES

- The Cowichan Aquatic Centre weight room is restricted to ages 16 years and older. Youth ages 13-15 may attend if they have completed the youth orientation and are accompanied by an adult.
- Weight room users need to wipe down equipment before and after use.
- Change rooms and showers are unavailable for weight room patrons.
- Some fitness equipment may be unavailable.

AQUATIC GUIDELINES

- A clean bin will be provided to store your personal items at your reserved lane/space.
- No pool equipment will be available for use. Please bring your own water bottle, kickboard, and goggles.
- You must remain in your assigned lane/space until the end of your session/class, unless otherwise directed.
- Face coverings and masks that cover your nose and mouth may not be worn in the pool.
- At the end of your swim session, exit the water following directional signage to the appropriate change room. Showers are limited to a quick rinse only. All personal grooming, including hair washing must be done at home.
- Drop your bin in the bin-drop as you exit the building.

COWICHAN AQUATIC CENTRE 250.746.7665 | aquatics@northcowichan.ca

REGISTER @ www.reccowichan.ca

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NORTH COWICHAN PARKS & RECREATION
COWICHAN AQUATIC CENTRE

FALL 2020 Aquatic Centre Guide & Schedule



MUNICIPALITY OF
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	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
6:00-7:00am		LS	LS	LS	LS	LS	
7:10-8:10am		LS	LS	LS	LS	LS	
7:30-8:30am							LS
8:20-9:20am		LS	LS	LS	LS	LS	
8:40-9:40am							LS
9:00-11:00am	ST						
9:30-10:30am		AF	AF	AF	AF	AF	
9:50am-12:50pm							ST
10:40-11:40am		WW	WW	WW	WW	WW	
11:10am-12:10pm	LS						
11:50am-12:50pm		LS	LS	LS	LS	LS	
12:20-1:20pm	LS						
1:00-2:00pm		Pool closed for cleaning					FPS
1:30-2:30pm	LS						
2:00-3:00pm		LS	LS	AF	LS	LS	AF
2:20-3:20pm							FPS
2:40-3:40pm	FPS						
3:10-4:10pm		LS	LS	LS	LS	LS	
4:20-6:50pm		ST	ST	ST	ST	ST	
7:00-8:00pm		LS	LS	AF	LS	LS	AF

	MON-FRI	SATURDAY	SUNDAY
6:10-7:25am	WR		
7:35-8:50am	WR		
7:40-8:55am		WR	
9:00-10:15am	WR		
9:05-10:20am		WR	WR
10:25-11:40am	WR		
10:30-11:45am		WR	WR
11:50-1:05pm	WR		
11:55-1:10pm		WR	WR
1:15-2:30pm	WR		
1:20-2:35pm		WR	WR
2:40-3:55pm	WR		
2:45-4:00pm			WR
4:05-5:20pm	WR		
5:30-6:45pm	WR		
6:50-8:05pm	WR		

■ AquaFit (AF)

Cardio, tone and strengthen your body without impact! A fun, moderate to intense workout focusing on the total body. This class takes place in the competition pool.

■ Water Walking (WW)

Ideal for anyone suffering from joint pain. Gentle exercises to work your muscles, increase your range of motion and ease your pain. This class takes place in the competition pool.

■ Length Swim (LS)

Lap swimming sessions are 1 hour in length and limited to 2 people per single lane. The hot tub is open but limited to 4 people at a time and a maximum 5 minute duration.

■ Family Pod Swim (FPS)

Up to 6 members of the same family can enjoy the pool during our Family Pod Swims! Located in the competition pool, family pods will have their own limited, assigned space with no equipment. PFDs are available as needed.

■ Swim Team (ST)

No public swim programs are offered during these sessions.

■ Weight Room (WR)

Sessions are 1 hour and 15 minutes in length. The pool change rooms and deck area are not available for access. Please come workout ready!

* *At this time, only the cold pool is reopening. The warm pool remains closed.*



All drop-in sessions must be pre-booked AT LEAST one (1) day in advance.

Online at www.reccowichan.ca
or by Phone 250.746.7665