

JANUARY 2019

MUNICIPALITY OF NORTH COWICHAN PARKS & RECREATION

RECREATION/FITNESS PROGRAMS

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General Programs

Aquatic Kiddie Capers (3 to 5yrs)

Cowichan Aquatic Centre
Does your preschoolers love the water and can't see to get enough of it! This un-parented instructor lead playtime in the pool will cover a water safety skill each day, play fun aquatic games and practice Red Cross Preschool Swimming skills. Children should be dropped off wearing a dry bathing suit.

Tuesdays 10:30am to 12:00pm
Jan 8th to Jan 29th 8919
4 sessions/\$36.00

Thursdays 10:30am to 12:00pm
Jan 3rd to Jan 31st 8914
5 sessions/\$42.50

Ballet

Fuller Lake Arena
Instructor: Summit Dance
The kids will learn ballet steps while having fun and active.

3 to 5yrs
Saturdays 9am to 9:30am
Jan 12th to Mar 2nd 6469
8 sessions/\$40

6 to 9yrs
Saturdays 10:15am to 10:45am
Jan 12th to Mar 2nd 6466
8 sessions/\$40

Creative Ballet (1.5 to 3yrs)

Fuller Lake Arena
Instructor: Summit Dance
Bring the little ones to this fun and entertaining dance class, they will learn some basic steps and have a great time.

Thursdays 3:15pm to 3:45pm
Jan 17th to Mar 7th 6468
8 sessions/\$40

Hip-Hop/Jazz Combo

Fuller Lake Arena
Instructor: Summit Dance
Learn hip hop movements to the beats of popular kid's songs.

3 to 6yrs
Tuesdays 3pm to 3:30pm
Jan 15th to Mar 5th (no class Feb 19th) 6473
7 sessions/\$36

3 to 5yrs
Saturdays 9:35am to 10:05am
Jan 12th to Mar 2nd 6472
8 sessions/\$40

6 to 9yrs
Saturdays 10:50am to 11:20am
Jan 12th to Mar 2nd 6467
8 sessions/\$40

Drop-In Basketball (16yrs+)

Crofton Elementary School Gym
Grab your shoes and join this fun drop-in basketball game, each week teams will be formed from everyone that shows up.

7pm to 9pm (Jan 30th 6:30pm to 8pm)
Wednesdays
\$2 drop-in fee

Surfing & Boogie Boarding (6-10 yrs)

Cowichan Aquatic Centre
Surfs up with this introduction to basic surfing and boogie boarding skills including paddling techniques on boards, turning your board and body position.

Friday 4pm to 6pm
Jan 25th 8925
1 sessop/\$16.07

Inclusion Night at the CAC (16yrs+)

Cowichan Aquatic Centre
Get out and get active with 5 evenings that give you the chance to get active & meet new people.

Thursdays 5:30pm to 7:30pm
Jan 3rd to Jan 31st 8934
5 sessions/\$50
\$52.50

Adult Hip Hop

Fuller Lake Arena
Summit Dance will get you sweating and having fun as you learn the dance moves to get into the hip hop state of mind.

Tuesdays 5:45pm to 6:30pm
Jan 15th to Mar 12th 6465
8 sessions/\$79 + tax

Snorkeling for Fun (7 to 12yrs)

Cowichan Aquatic Centre
Learn basic snorkeling techniques and enjoy an underwater adventure each week. Fins and snorkels provided, please bring your own mask or goggles.

Sundays 11am to 11:30am
Jan 6th to Feb 3rd 8927
5 sessions/\$28.38

Pro D Day Camp (6 to 10yrs)

Cowichan Aquatic Centre
School's out and the kids have no where to go, we have the solution! A day full of activities, games, and fun for your children. Our goal is to get your kids active, and enjoy everything we do.

Friday 8:30am to 4pm
Jan 18th 8939
\$40

Youth No Charge Options

Project Breakfast (Grades 8-12)

Chemainus Secondary School
Start Monday morning off with a boost with our tasty and nutritious breakfast! With local businesses & organizations, we're providing student breakfast every Monday morning.

Mondays 8am to 8:40am

Community Youth Room (Grades 8-12)

Chemainus Secondary Room 118
A safe space for students to hang out before school and at lunch. Play pool or foosball, grab a snack, or get information on youth services in our community.

Mondays to Fridays

Girl Code (Grades 8-12)

Chemainus Secondary School Room 118
Safe and encouraging place to make new friends, share experiences, and just plain hang out. This lunchtime group, where girls get together and try new things. Bring your lunch and spend some time with the girls.

Tuesdays 11:33am to 12:18pm



Child/Youth Yoga Classes

Om Baby!

Instructor: Chantell Foss
For Mothers with newborn babies to pre walking age. Practice with personal attention, time for social connection and relaxation. Welcoming space for babies and all their needs. Beginners warmly welcomed.

Wednesdays 10:15am to 11:30am
Jan 9th to 30th 8760
4 sessions/\$42 + tax

Yogi Bears (3 to 5yrs)

Cowichan Aquatic Centre
Instructor: Lia McLeod
Encourages children to joyfully connect to and understand themselves through playful yoga inspired movement in songs, stories and games with an element of breath work to help learn to relax themselves.

Fridays 3pm to 3:45pm
Jan 11th to Feb 1st 8766
4 sessions/\$30

Tween Yoga (7 to 13yrs)

Cowichan Aquatic Centre
Instructor: Lia McLeod
Centering on strength, coordination, flexibility and balance they learn to mindfully focus, slow down and connect with themselves and their bodies.

Fridays 5:30pm to 6:30pm
Jan 11th to Feb 1st 8762
4 sessions/\$32

Stretch N Shine Kids (5 to 8yrs)

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

Fridays 4pm - 5pm
Jan 11th to Feb 1st 8764
4 sessions/\$32

DATE	LOCATION	EVENT
FRIDAY JAN 4TH, 2019	FULLER LAKE ARENA	TEEN SKATE
A skate with just your friends, for \$5 you get skating, skate rentals and a slice of pizza. EVENT RUNS 8PM TO 9:10PM \$5 ADMISSION APPLIES		
FRIDAY JAN 11TH, 2019	COWICHAN AQUATIC CENTRE	MOVIE NIGHT
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 will be Littlefoot EVENT RUNS 7PM TO 9:30PM GENERAL ADMISSION APPLIES		
FRIDAY JAN 18TH, 2019	COWICHAN AQUATIC CENTRE	PRO-D DAY SWIM
Need a plan for the next Pro-D day? We've got you covered. Come enjoy the waterslides, waves, and inflatables at one of our additional swim times your Next Pro D Day. EVENT RUNS 1PM TO 9:30PM GENERAL ADMISSION APPLIES		
FRIDAY JAN 26TH, 2019	COWICHAN AQUATIC CENTRE	ROCK 'N' POOL PARTY
Are you ready to Rock in the New Year? Come enjoy a night of music and dance where the lights are low, the waves are high, and the music is rocking. Enjoy watching music video on the big screen, and sing along. Activities will include Hula Hoop Contest, Rock Star Dress up, and a replay relay. EVENT RUNS 6:30PM TO 8:30PM \$12 PER PERSON		

GET FIT, LEARN HOW, DISCOVER SOMETHING NEW...

Spin Classes

Spin

Instructor: Damaris Barry
Spinning classes can be a great way to get a vigorous workout especially during the off-season. Participants determine their own levels of exertion. Necessary to bring with you a water bottle and small hand towel.

Tuesdays/Thursdays 5pm to 6pm
Jan 8th to Jan 8774
8 sessions/\$36+ tax

Seniors Indoor Cycling

Instructor: Kate Bond
Do 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.

Tuesdays 9:30am to 10:15am
Jan 8th to Feb 26th 7364
8 sessions/\$36+ tax

Seniors Spin, Strength & Flexibility Cycling

Instructor: Kate Bond
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

Tuesdays 1:15pm to 2:30pm
Jan 8th to Feb 26th 7367
8 sessions/\$43.20+ Tax

Thursdays 1:15pm to 2:30pm
Jan 10th to Feb 28th 7366
8 sessions/\$43.20+ Tax

Novice Spin

Instructor: Kate Bond
Intimidated by those cyclists' or spinners with padded shorts and special shoes? Get introduced to the intense cardio workout of spinning. You are literally in the driver's seat, setting the pace, and controlling your energy being used. If you need to alter the instructions to make it through the class, go ahead and decrease the tension.

Saturdays 10:15am to 11am
Jan 12th to Feb 23rd 7428
7 sessions/\$ 29.75+ tax

Wednesdays 5:15pm to 6pm
Jan 9th to Feb 27th 7379
8 sessions/\$34.25+ Tax

Mondays 5:15pm to 6pm
Jan 7th to Feb 25th 7370
7 sessions/\$29.75+ tax
No Class Feb 18th

Spin - FLA

Instructor: Rachel Bodger
Fuller Lake Arena
Spin classes are back!! You can sweat it out in this energetic class. We have limited bikes so sign up soon.

Mondays 6:15pm to 7pm
Jan 7th to Feb 4th 8673
6:30pm to 7:15pm
5 sessions/\$30+ tax

Saturdays 8am to 8:45am
Jan 12th to Feb 9th 8672
5 sessions/\$30+ tax

Yoga

Restorative Yoga

Instructor: Gwen Siciliano
Find your off button and hit your internal restore switch with us. Restorative yoga poses help you relax and rest deeply and completely. These are designed to safely open the deep connective tissue of the spine and legs.

Mondays 11:30am to 12:30pm
Jan 7th to Feb 25th 7429
8 sessions/\$56 + tax

Gentle Somatic Yoga

Instructor: Gwen Siciliano
Enjoy this unique and empowering class. Unwind from the stress and take a journey of self exploration.

Thursdays 6:30pm to 8pm
Jan 10th to January 31st 7431
4 sessions/\$36 + tax

Thursdays 6:30pm to 8pm
Feb 7th to Feb 28th 7432
4 sessions/\$36 + tax

Kaiut Yoga

Instructor: Kathy White
Fuller Lake Arena
"Yoga for everybody and every body". Kaiut yoga is for the joints, the class can increase mobility, flexibility and help address issues of chronic pain. For all levels of yoga experience.

Mondays 5:15pm to 6:15pm
Jan 7th to Jan 28th 8809

Fridays 12pm to 1pm
Jan 11th to Feb 1st 8808
4 sessions/\$34 + Tax



Flow Yoga

Instructor: Mara Narbutas
Fuller Lake Arena
Join us for a relaxing flow yoga class on your lunch time. Mara will lead the class and get you relaxed for the rest of the day.

Tuesdays 12pm to 1pm
Jan 8th to Feb 5th 8676
5 sessions/\$35 + tax

Beginner Plus Yoga

Fuller Lake Arena
Focus on a gentle, relaxing, slow paced yoga practice that will incorporate breathing practices to release stress and increase well-being. Postures will be modified to accommodate mobility limitations and individual needs. No yoga experience necessary.

Tuesdays 4:30pm to 6pm
Jan 8th to Feb 12th 8676
6 sessions/\$63+ tax

Thursdays 4:30pm to 6pm
Jan 10th to Feb 14th 8677
6 sessions/\$63+ tax

Speciality Fitness

Take Heart & Breathe Well

Have you had a cardiac event or respiratory disease, or know someone with risk factors? Our 12 week exercise program, closely supervised by our professional staff, provides rehabilitation. Call or email for more information
fitness@northcowichan.ca or 250-746-3306

Minds in Motion

Instructor: Gwen Siciliano
For people diagnosed with Alzheimer and related dementia. Enjoy light exercise conducted by a certified fitness instructor, followed by activities or games and social time in a relaxed atmosphere. In partnership with the Alzheimer's Association.

Mondays 1pm to 3pm
Jan 7th to Feb 11th 8758
7 classes/\$36 + tax

Inclusion Night at the CAC (16yrs+)

Cowichan Aquatic Centre
Get out and get active with 5 evenings that give you the chance to get active & meet new people.
Thursdays 5:30pm to 7:30pm
Jan 3rd to Jan 31st 8934
5 sessions/\$50
\$52.50

Adult Hip Hop

Fuller Lake Arena
Summit Dance will get you sweating and having fun as you learn the dance moves to get into the hip hop state of mind.
Tuesdays 5:45pm to 6:30pm
Jan 15th to Mar 12th 6465
8 sessions/\$79 + tax



Fuller Lake Fitness

Definition

Instructor: Lee Saunders
Fuller Lake Arena
This resistance training class will rev your metabolism using a variety of equipment while balancing muscle groups --the last half of class will focus on stretch and increasing flexibility

Mondays 9:30am to 10:30am
Drop in: \$6.10 Adult/ 55+ \$4.60

Functional Fit

Instructor: Lee Saunders
Fuller Lake Arena
Combines cardio and strength intervals with emphasis on functional and/or integrated weight bearing techniques. This class is suitable for beginners and those returning to fitness.

Tuesdays 9:30am to 10:30am
Drop in: \$6.10 Adult/ 55+ \$4.60

Cardio & Reps

Instructor: Lee Saunders
Fuller Lake Arena
Cardio and strength class that includes a 25 minute choreography based Hi/Lo cardio component followed by 25 minutes of strength and core exercises concluding with a full body stretch.

Fridays 9:30am to 10:30am
Drop in: \$6.10 Adult/ 55+ \$4.60

Pilates

Pilates on Springs

Instructor: Anne Kerswell
Enhance your core strength, increase reach and flexibility, sure footedness, agility and improved posture. With a spring loaded chair, resistance can be easily adjusted to meet your potential.

Tuesdays 8:30am to 9:30am
Jan 8th to 29th 7434
Tuesdays 5:45pm to 6:45pm
Jan 8th to 29th

4 sessions/\$56 + tax

Pilates Mat

Instructor: Anne Kerswell
Enrich your core and posture using true traditional Pilates strength and flexibility exercises. With the addition of props you will receive maximum toning benefit. A focused approach really makes you get the most out of each and every workout.

Tuesdays 9:35am to 10:35am
Jan 8th to 29th 8768

Thursday 8:30am to 9:30am
Jan 10th to 31st 8769
4 sessions/\$38 + tax

Pilates On the Ball

Instructor: Anne Kerswell
Enrich your core and posture using true traditional Pilates strength and flexibility exercises. With the addition of props you will receive maximum toning benefit. A focused approach really makes you get the most out of each and every workout.

Thursdays 9:35am to 10:35am
Jan 10th to 31st 8772
4 sessions/\$38 + tax

North Cowichan Parks & Recreation

www.northcowichan.ca
parksrec@northcowichan.ca

Cowichan Aquatic Centre

250.746.7665 - aquatics@northcowichan.ca

Fuller Lake Arena

250.246.3811 - arena@northcowichan.ca