

MARCH 2019

MUNICIPALITY OF NORTH COWICHAN PARKS & RECREATION

RECREATION/FITNESS PROGRAMS

WWW.NORTHCOWICHAN.CA



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General Programs

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

Wednesdays

\$2 drop-in fee

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 10:30am to 11:00am

Mar 31st to Apr 28th 8932

5 sessions/\$28.38

AquaSquirts

Cowichan Aquatic Centre

Looking for something for your preschooler this spring break! drop off your child for a morning of arts and crafts, structured play, and a pool adventure lead by our certified swim instructors. The kids will have a blast while you get in a work out, run errands or just take a well deserved break.

Monday to Friday 8:30am to 11:30am

March 11th to 15th 12109

March 18th to 22nd 12110

5 Sessions/\$76.50

AquaOdyssey

Cowichan Aquatic Centre

Beat those boredom blues in a safe environment where campers can confidently explore their swimming abilities and make some new friends. Activities include swimming, arts and crafts and special out trips each week.

Monday to Friday 8:30am to 4pm

March 11th to 15th 8943

March 18th to 22nd 8944

5 sessions/\$162.50

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

RED CROSS LEARN TO SWIM LESSONS

Set #1 March 11th to March 15th

Set #2 March 18th to March 22nd

PARENT & TOT / PRESCHOOL LESSONS

30 MINUTE LESSONS / \$28.75 FOR 5 CLASSES

Level	MONDAY TO FRIDAY
Starfish	9:30am to 10am
Duck/Seaturtle	9:30am to 10am
Sea Otter	9am to 9:30am 10am to 10:30am
Salamander	9am to 9:30am 10am to 10:30am
Sunfish	Set #1 - 10am to 10:30am Set #2 - 10:30am to 11am
Crocodile/Whale	Set #1 - 10am to 10:30am Set #2 - 10:30am to 11am

SCHOOL AGED LESSONS

30 MINUTE LESSONS / \$28.75 FOR 5 CLASSES

45 MINUTE LESSONS / \$43.25 FOR 5 CLASSES

LEVEL	MONDAY TO FRIDAY
Swim Kids 1	9am to 9:30am
Swim Kids 2	9am to 9:30am
Swim Kids 3	9:30am to 10am 10am to 10:30am
Swim Kids 4	9:30am to 10am 10am to 10:30am
Swim Kids 5 & 6	9am to 9:45am
Swim Kids 7, 8, 9 & 10	9:45am to 10:30am

Kids Springbreak Camp

March 11th to 15th and 18th to 22nd

HURRY, LIMITED SPACE AVAILABLE, CALL US NOW 250-746-7665

DATE	LOCATION	EVENT
FRIDAY MAR 8TH, 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 YOGI BEAR EVENT RUNS 7PM TO 9:30PM GENERAL ADMISSION APPLIES		
FRIDAY MAR 29TH, 2019	COWICHAN AQUATIC CENTRE	SUPER HERO NIGHT
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. EVENT RUNS 7PM TO 9:30PM GENERAL ADMISSION APPLIES		

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

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. It is necessary to bring with you a water bottle and small hand towel.

Tuesdays/Thursdays 5pm to 6pm
Mar 5th to 28th 8737
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
Mar 5th to Apr 23rd 7365
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
Mar 5th to Apr 23rd 7427
8 sessions/\$43.20+ Tax

Thursdays 1:15pm to 2:30pm
Mar 7th to Apr 25th 8713
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
Mar 2nd to Apr 20th 7371
8 sessions/\$34.25+ tax

Wednesdays 5:15pm to 6pm
Mar 6th to Apr 24th 7425
8 sessions/\$34.25+ Tax

Mondays 5:15pm to 6pm
Mar 4th to Apr 15th 7380
7 sessions/\$29.75+ tax

Yoga

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
Mar 6th to 27th 8741
4 sessions/\$42 + tax

Tween Yoga (7 to 13yrs)

Cowichan Aquatic Centre

Instructor: Lia McLeod

Centering on strength, coordination, flexibility and balance. Learn to mindfully focus, slow down and connect with yourself and your body.

Fridays 5:30pm to 6:30pm
Mar 29th to Apr 12th 8752
3 sessions/\$24

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
Mar 29th to Apr 12th 8748
3 sessions/\$22.50

Stretch N Shine Kids (5 to 8yrs)

Cowichan Aquatic Centre

Instructor: Lia McLeod

Build on physical strength, coordination, and 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
Mar 29th to Apr 12th 8754
3 sessions/\$24

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
Mar 4th to Apr 15th 7430
8 sessions/\$56 + tax

Gentle Somatic Yoga

Instructor: Gwen Siciliano

Enjoy this unique and empowering class. Unwind from stress and take a journey of self exploration.

Thursdays 6:30pm to 8pm
Mar 7th to 21st 7433
3 sessions/\$27 + 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
Mar 25th to Apr 15th 12171
4 sessions/\$34 + Tax

Fridays 12pm to 1pm
Mar 29th to Apr 26th 12172
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
Mar 19th to Apr 23rd 10451
5 sessions/\$35 + tax

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
Mar 19th to Apr 9th 8720
4 sessions/\$56 + tax

Tuesdays 5:45pm to 6:45pm
Mar 19th to Apr 9th 8723
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
Mar 19th to Apr 9th 8728
4 sessions/\$38 + tax

Thursday 8:30am to 9:30am
Mar 21st to Apr 11th 8729
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
Mar 21st to Apr 11th 8734
4 sessions/\$38 + 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