

OCTOBER 2018

MUNICIPALITY OF NORTH COWICHAN PARKS & RECREATION

RECREATION/FITNESS PROGRAMS

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Youth Yoga

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
Oct 19th to Nov 16th 336
5 sessions/\$37.50

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 to 5pm
Oct 19th to Nov 16th 342
5 sessions/\$40

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
Oct 19th to Nov 16th 339
5 sessions/\$40

General Courses

Aquatic Kiddie Capers (3 to 5yrs)

Cowichan Aquatic Centre

This instructor led playtime in the pool will cover a water safety skill each day, play fun aquatic games and practice Red Cross Preschool Swimming skills. This un-parented class combines a swim lesson component and structured dry play time where your little one will have the opportunity for a craft session and explore learning. Children should be dropped off wearing a dry bathing suit.

Tuesdays 1pm to 2:30pm
Oct 16th to Nov 13th 493
5 sessions/\$37.50

Wizard's & Potions (6 to 13yrs)

Cowichan Aquatic Centre

Ghost and goblins unite, conjure up some magic with us as we celebrate all hallow eve with some great crafts, fun games, and of course candy. Night includes time for free swim in the pool.

Saturday 6pm to 8pm
Oct 20th 491
1 session/\$10.20

Surfing & Boogie Boarding (7 to 12yrs)

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
Oct 19th 496
1 session/\$16.07

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
Oct 14th to Nov 4th 513
4 sessions/\$22.71

Red Cross Babysitters Training

Fuller Lake Arena

All the essential skills you need to get a job as a certified babysitter. First-aid, emergencies and injury prevention, handling babies, and activities to play with children.

Friday 8:30am to 4:30pm
Oct 19th 424
1 session/\$58.75

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 Thursdays

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

Jr. NBA

Jr. NBA

Crofton Elementary School Gym

An entry-level basketball program for children 5 to 8 years old, that will build a community of league organizers, parents, coaches committed to minor basketball all the while providing a fun, active and healthy learning environment. Participants will receive a size-appropriate Spalding® Rookie Gear Basketball and NBA team branded T-shirt to keep when the program is finished.

Thursdays 6pm to 6:45pm
Oct 4th to Dec 6th 204
10 session/\$96

Yoga

Active Chair

Instructor: Viviana Ng

Active chair yoga to help you with your working body. Learn breathing techniques to calm the body during stressful times, as well as sitting forward folds, standing, neck, shoulders, hips, back and twists. Class is suitable for all ages, encouraged for office workers or desk workers.

Tuesdays 5pm to 5:45pm
 Oct 15th to Nov 4th 382
 4 sessions/\$34 + tax

Afternoon Flow Yoga

Instructor: Viviana Ng

Flow Yoga is beginner friendly and is an all levels class. This class is perfect to way to spend your afternoon. Inviting your body through moving and balancing postures to keep you active for the rest of your day!

Tuesdays 12:15pm to 1pm
 Oct 16th to Nov 13th 388
 5 sessions/\$42 + tax

Beginner Plus Yoga

Instructor: Mara Narbutas

Fuller Lake Arena

Experience the many benefits of yoga; decreased stress, increased awareness and mental focus, improved alignment, circulation and breathing. We will focus on a gentle, relaxing, slow paced yoga practice. Postures will be modified to accommodate mobility limitations and individual needs. No yoga experience necessary.

Tuesdays or Thursdays 4:30pm to 6pm
 Tues - Oct 23rd to Nov 27th 368
 Thurs - Oct 25th to Nov 29th 367
 6 sessions/\$63 + tax

Chair Yoga

Instructor: Vivianna Ng

A great way to relax from head to toe. Seated in a chair we will invite yoga postures such as twists, hip stretches, forward folds and breath work into this all levels class.

Fridays 12:15pm to 1:15pm
 Oct 19th to Nov 16th 345
 5 sessions/\$48 + tax

Couples Flow Yoga

Instructor: Viviana Ng

Enjoy a well deserved Yoga practice with your other half as you take turns learning some awesome massage moves to relieve tension and stress from your body allowing yourself to be completely relaxed.

Mondays 6pm to 7pm
 Oct 15th to Nov 2nd 351
 4 sessions/\$60 + tax (per couple)

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
 Oct 16th to Nov 13th 371
 5 sessions/\$30 + 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
 Oct 18th to Nov 15th 316
 sessions/\$44.50 + tax

Hip & Back Flow Yoga

Instructor: Viviana Ng

Geared towards massaging and releasing tension in all the fun areas, especially the hips and back! We will be flowing through a sequence of movements and strengthening our core and legs. This class is suitable for athletes and runners.

Wednesdays 5:15pm to 6pm
 Oct 17th to Nov 14th 385
 5 sessions/\$42 + 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 7:30pm to 8:30pm
 Oct 15th to Nov 26th 399
 6 sessions/\$51 + tax

Fridays 12pm to 1pm
 Oct 19th to Nov 16th 401
 5 sessions/\$42 + Tax

Somalates

Instructor: Viviana Ng

Sensory Inventory Body Awareness is an all levels class. Suitable for injuries and relieving stress or tension. Combining Somatic Yoga and Pilates by inviting your brain to reconnect with how your muscles move. This class starts out slow and gentle as we make our way into strengthening pilates exercises working your core and legs.

Tuesdays 1:15pm to 2:15pm
 Oct 16th to Nov 13th 376
 5 sessions/\$48 + Tax

Yogalates

Instructor: Viviana Ng

The best of both worlds! A fun fusion of yoga flow movements and strengthening pilates exercises all in one class.

Wednesdays 6:15pm to 7pm
 Oct 17th to Nov 14th 356

Fridays 1:30pm to 2:15pm
 Oct 17th to Nov 14th 359

5 sessions/\$42 + tax

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
 Oct 9th to Nov 1st 329
 8 sessions/\$36+ tax

Spin - FLA

Instructor: Rachel Bodger

Spin classes are back!! You can sweat it out in this energetic class. We have limited bikes so sign up soon.

Mondays 6:30pm to 7:15pm
 Oct 22nd to Nov 26th 27386
 5 sessions/\$30 + 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



Adult General Programs

Creating Bath Bombs

Fuller Lake Arena

Create your own home made bath bombs and bath soaks. Learn about nature's beauty products and how to make your own easy products.

Make and take home your products from class

Tuesday 6:30pm to 7:30pm
Oct 9th 197
1 session/\$19 + 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
Oct 18th to Nov 15th 934
5 sessions/\$50 + 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
Oct 2nd to Oct 23rd 481

Tuesdays 8:30am to 9:30am
Oct 30th to Nov 20th 483

Tuesdays 5:45pm to 6:45pm
Oct 2nd to Oct 23rd 482

Tuesdays 5:45pm to 6:45pm
Oct 30th to Nov 20th 484

4 sessions/\$38 + 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
Oct 2nd to Oct 23rd 472

Tuesdays 9:35am to 10:35am
Oct 30th to Nov 20th 474

Thursdays 8:15am to 9:15am
Oct 4th to Oct 25th 473

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 9:30am to 10:30am
Oct 4th to Oct 25th 478

4 sessions/\$38 + tax

Pilates Mat

Instructor: Viviana Ng

Enrich your core, and posture using true traditional Pilates strength and flexibility exercises. With the addition of props you will receive maximum toning benefit.

Thursdays 5pm to 6pm
Oct 18th to Nov 15th 379

5 sessions/\$48 + tax

Parented Classes

Aqua Flow Baby

Instructor: Viviana Ng

Enjoy 30 mins of Aqua Yoga with your baby in the warm pool. You will engage and connect with your baby as we invite breathing exercises and yoga flow movements into your morning routine.

Mondays 10am to 10:30am
Oct 29th to Nov 26th 391
5 sessions/\$33.75 + tax

Baby & Momma Yogalates

Instructor: Viviana Ng

Need a bumping workout with your baby? This 1 hour and 15 mins class is geared towards your baby hanging out and engaging in activities while you have an energizing workout combining yoga movements with pilates exercises.

Thursdays 3pm to 4:15pm
Oct 18th to Nov 15th 395
5 sessions/\$48.75 + tax

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
Oct 17th to Nov 14th 348
5 sessions/\$50 + tax

Fuller Lake Drop-In

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

DATE	LOCATION	EVENT
SUNDAY OCTOBER 14TH	FULLER LAKE ARENA	50TH ANNIVERSARY PUBLIC SKATE
<p>TO CELEBRATE THE 50TH ANNIVERSARY OF FULLER LAKE ARENA WE ARE OFFERING OUR PUBLIC SKATES FOR 50 YEAR OLD PRICES!</p> <p style="text-align: center;"> PRESCHOOLER - \$0.15 CHILD - \$0.25 YOUTH/STUDENT - \$0.35 ADULTS/55+ - \$0.60 RENTALS - \$0.05 SUNDAY - 3:15PM TO 4PM </p>		
FRIDAY OCTOBER 26TH	FULLER LAKE ARENA	TEEN SKATE (12 TO 18YRS) 8PM TO 9:10PM
<p>A SPECIAL SKATE FOR KIDS AGED 12 TO 18 YEARS OLD, FOR YOUR \$5 YOU WILL GET RENTAL SKATES, SKATING ADMISSION AND WE WILL BE ORDERING PIZZA FOR EVERYONE TO SNACK ON.</p> <p style="text-align: center;"> 8PM TO 9:10PM \$5 </p>		



Welcome to Fuller Lake Arena celebrating 50 years.

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