

SEPTEMBER 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

A fun and interactive class that facilitates individual development for each child. This class 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. Building on mental, physical and emotional well-being through creative movement and imagination.

Fridays 3pm to 3:45pm
Sep 14th to Oct 12th 27498
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
Sep 14th to Oct 12th 27500
5 sessions/\$40

Tween Yoga (7 to 13yrs)

Cowichan Aquatic Centre
Instructor: Lia McLeod

This class gives kids the opportunity to build on their physical fitness through yoga movement and breath. Centering on strength, coordination, flexibility and balance they learn to mindfully focus, slow down and connect with themselves and their bodies. This self awareness increases confidence and self-esteem contributing to a better understanding of themselves and the world around them.

Fridays 5:30pm to 6:30pm
Sep 14th to Oct 12th 27499
5 sessions/\$40

Aquatic 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
Sep 11th to Oct 9th 27484
5 sessions/\$37.50

Schools Back PJ Party (6 to 13yrs)

Cowichan Aquatic Centre

Gather up your friends, it's time to party! Come on down and join us for a fun filled night of swimming, and watching a hit movie on our projection screen. Best of all come dressed for comfort, PJ's or Sweats are a must! Movie title to be determined.

Saturday 6pm to 8pm
Sep 22nd 27483
1 session/\$16.07

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
Sep 21st 27485
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
Sep 16th to Oct 7th 27487
4 sessions/\$22.71

Dance Class - Fuller Lake Taught by Summit Dance

Ballet

Instructor: Summit Dance

The kids will learn ballet steps while having fun while being active.

3 to 5yrs
Saturdays 9am to 9:30am
Sep 22nd to Nov 10th 27503

6 to 9yrs
Saturdays 10:15am to 10:45am
Sep 22nd to Nov 10th 27505

Creative Ballet (1.5 to 3yrs)

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 (1.5 to 3yrs) 3:15pm to 3:45pm
Sep 20th to Nov 8th 27502

Hip-Hop/Jazz Combo

Instructor: Summit Dance

Learn hip hop movements to the beats of popular kids songs.

3 to 6yrs
Tuesdays 3pm to 3:30pm
Sep 18th to Nov 6th 27501

3 to 5yrs
Saturdays 9:35am to 10:05am
Sep 22nd to Nov 10th 27504

6 to 9yrs
Saturdays 10:50am to 11:20am
Sep 22nd to Nov 10th 27506

All dance is 8 classes for \$40

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.

Mondays 5pm to 5:45pm
 Sep 10th to Oct 1st 27508
 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
 Sep 11th to Oct 9th 27488
 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 - Sep 11th to Oct 16th 27494
 Thurs - Sep 13th to Oct 18th 27495
 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
 Sep 14th to Oct 12th 27478
 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 and feeling renewed for the rest of your afternoon! Promotes love and reconnecting with your other half.

Mondays 6pm to 7pm
 Sep 10th to Oct 1st 27479
 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
 Sep 11th to Oct 9th 27492
 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
 Sep 13th to Oct 11th 27461
 5 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
 Sep 12th to Oct 10th 27491
 5 sessions/\$42 + tax

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
 Sep 10th to Oct 29th 27463
 7 sessions/\$56 + tax

Somalates

Instructor: Viviana Ng

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
 Sep 11th to Oct 9th 27489
 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
 Sep 12th to Oct 10th 27480
 5 sessions/\$42 + tax

Spin Classes

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
 Sep 22nd to Oct 27th 27462
 6 sessions/\$25.50+ tax

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
 Sep 11th to Oct 4th 27469
 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
 Sep 25th to Oct 30th 27459
 6 sessions/\$25.50+ 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
 Sep 25th to Oct 30th 27472
 6 sessions/\$32.40+ Tax

Thursdays 1:15pm to 2:30pm
 Sep 27th to Nov 1st 27460
 6 sessions/\$32.40+ 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
 Sep 10th to Oct 15th 27387
 5 sessions/\$30 + tax

Adult General Programs

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

Sep 13th to Oct 11th

27486

5 sessions/\$50 + Tax

Adult Hip Hop

Instructor: Summit Dance

Fuller Lake Arena

Always wanted to learn to dance or ready to get back into dance, join us for this adult class at Fuller Lake Arena.

Tuesdays 5:45pm to 6:30pm

Sep 18th to Nov 6th

27507

8 sessions/\$89 + 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

Sep 17th to Oct 22nd

27496

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

Sep 20th to Oct 11th

27497

4 sessions/\$39 + 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

Sep 12th to Oct 10th

27473

5 sessions/\$50 + tax

General Fitness Programs

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

Sep 10th to Oct 29th

27474

7 sessions/\$42 + 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

Sep 13th to Oct 11th

27490

5 sessions/\$48 + 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



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

DATE	LOCATION	EVENT
SUNDAY SEPTEMBER 23RD	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 SEPTEMBER 28TH	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>		
SATURDAY SEPTEMBER 29TH	FULLER LAKE ARENA	50TH ANNIVERSARY CELEBRATIONS
<p>A DAY TO CELEBRATE FULLER LAKE'S 50TH ANNIVERSARY, WE WILL HAVE FIGURE SKATING AND MINOR HOCKEY CELEBRATING WITH US AS WELL AS WELL AS 2 FREE PUBLIC SKATES.</p> <p style="text-align: center;"> FREE PUBLIC SKATE 2PM TO 3:15PM FREE PUBLIC SKATE 5:30PM TO 6:45PM </p>		

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Welcome to Fuller Lake Arena celebrating 50 years.