

NORTH COWICHAN PARKS & RECREATION
COWICHAN AQUATIC CENTRE | FULLER LAKE ARENA

Shutdown 2023

Drop-In Schedule

FITNESS | AQUATICS | ARENA



MUNICIPALITY OF

NORTH
Cowichan

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Change of Operating Hours ...

Cowichan Aquatic Centre Drop in Schedule

	SATURDAY JUNE 3RD	SUNDAY JUNE 4TH	SATURDAY JUNE 5TH - SUNDAY JUNE 18TH
RECEPTION/ REGISTRATION DESK.	7:30AM TO 6PM	9AM TO 6PM	<p>ALL AREAS CLOSED TO THE PUBLIC.</p> <p>WE WILL BE IN THE PROCESS OF HAVING FALL PROTECTION INSTALLED AND THE FOLLOWING AREAS CLEANED:</p> <ul style="list-style-type: none"> - FITNESS CENTRE AND ADJACENT ROOMS - HEATING, VENTILATING AND AIR CONDITIONING DUCTS AND BLOWERS - ALL POOLS DRAINED - ALL FITNESS EQUIPMENT - LIGHTS - REPAINTING SELECT AREAS
FITNESS CENTRE			
STEAM ROOM, SAUNA AND SWIRL POOL	7:30AM TO 4PM	CLOSED DUE TO SWIM MEET	
COMPETITIVE POOL (SWIM LANES AVAILABLE)			
WAVE POOL			
EVERYONE WELCOME (slides and waves)	1PM TO 4PM		
DIVING BOARDS (1m &/or 3m)			

	MONDAY JUNE 19TH	TUESDAY JUNE 20TH	WEDNESDAY JUNE 21ST	THURSDAY JUNE 22ND	FRIDAY JUNE 23RD	SATURDAY JUNE 24TH	SUNDAY JUNE 25TH	MONDAY JUNE 26TH	TUESDAY JUNE 27TH	WEDNESDAY JUNE 28TH	THURSDAY JUNE 29TH	FRIDAY JUNE 30TH	SATURDAY JULY 1ST	SUNDAY JULY 2ND	
RECEPTION/ REGISTRATION DESK.	6AM TO 6PM		CLOSED			6AM TO 6PM						CLOSED FOR CANADA DAY			
FITNESS CENTRE	6AM TO 6PM					6AM TO 6PM									
STEAM ROOM, SAUNA AND SWIRL POOL	<p>ALL AQUATIC AREAS CLOSED TO THE PUBLIC.</p> <p>WE WILL BE IN THE PROCESS OF HAVING FALL PROTECTION INSTALLED AND THIS AREA CLEANED</p> <p>WILL REOPEN JULY 3RD WITH SUMMER HOURS.</p>														
COMPETITIVE POOL (SWIM LANES AVAILABLE)															
WAVE POOL															
EVERYONE WELCOME (Competitive Pool only)															
DIVING BOARDS (1m &/or 3m)															

Drop in Fitness Schedule

JUNE 19TH TO 30TH	DRY LAND CLASSES (2ND FLOOR) @ COWICHAN AQUATIC CENTRE					
DAY / TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
4PM - 4:45PM		SPIN Crystal starts June 20th	SPIN Crystal starts June 21st	SPIN Jane starts June 22nd		

Register Fitness Schedule

JUNE 5TH TO 30TH	OUTDOOR FITNESS CLASSES @ COWICHAN SPORTSPLEX					
TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
9AM - 10AM		MORNING FIT Abby	MORNING FIT Paula	MORNING FIT Jane		
12PM - 1PM		LUNCH FIT Jan	LUNCH FIT Jane	LUNCH FIT Shannon		
7PM - 8PM			ZUMBA Aiyana			

Go for a Swim or Hit the Gym this July & August!

July 3rd to September 2nd	COWICHAN AQUATIC CENTRE				June 30th to August 27th	CROFTON OUTDOOR POOL					
	All Three Pools Open, Swim Lanes Available, Sauna & Steam Rooms on	Everyone Welcome Swim (slides, waves and a fun leader in the pool)	Diving Boards (1m &/or 3m)	Fitness Centre		Everyone Welcome Swim	Swim Lessons	Lengths Swimming	Co-Ed Aquafit		
SUNDAYS	11am - 6pm	Family Swim 11am - 1pm 1pm - 4pm		9am - 6pm	SUNDAY	12pm - 5pm					
MONDAY TO THURSDAY	6am - 8pm	1pm - 8pm	1pm - 3:30pm	6am - 8pm	MONDAY	1:30pm - 6:30pm	11am - 1pm	10am - 11am			
FRIDAYS			1pm - 3:30pm & 6:30pm - 8pm						TUESDAY	10am - 11am	10am - 11am
SATURDAYS	11am - 4pm	Parent & Tot Swim (no slides or waves) 11am - 1pm 1pm - 3:30pm		7:30am - 6pm	WEDNESDAY					10am - 11am	
								THURSDAY			10am - 11am
					FRIDAY	12pm - 5pm		5pm - 6pm			
					SATURDAY	12pm - 5pm					
Please note the Crofton Pool is available for rentals on Fridays, Saturdays and Sundays from 11am to 12noon & 5pm to 6pm											
ADMISSION RATES		Adults (19 & Over)		Infant (Under 4)	Rentals						
SINGLE ENTRY		\$2.00		No Charge	\$50 per hour						
10 TRIP SWIPE		\$18.00									
June 30th to August 27th						FULLER LAKE PARK					
						12NOON TO 6PM - EVERYDAY					
						An amazing park featuring a roped off swimming area, large grassy area, dock, sand beach front, playground, change rooms, outdoor volleyball court and more. Located in Chemainus just off the Trans Canada Highway close to Fuller Lake Arena.					
						IMPORTANT To book a Day Camp or other large group (10 people or more) into Fuller Lake please contact us at 250.246.3811 (M-F / 8:30am to 4pm)					

Sometimes stuff happens and our schedule changes. Find out first on Facebook or Twitter.

REMINDER: Closed August 7th for B.C. day

SUMMER 2023 SPECIAL EVENTS

Activity	Location	Date/Time
Splash into Summer	Cowichan Aquatic Centre	July 7th, 2023 6:30pm-8pm
Schools out for summer! Come join us in celebrating the beginning of the summer season with games and prizes.		
Poolside Pizza & Swimming Party	Cowichan Aquatic Centre	August 11th, 2023 6:30pm-8pm
Night full of games, crazy challenges, hula hoop competition, pineapple bowling, bad karaoke, dance off, limbo contest, trivia and more.		
Back to School Swim	Cowichan Aquatic Centre	September 8th, 2023 7pm-9pm
Summer is wrapping up and it's time to join in on some fun. Our leaders will have lots of great games and activities to cure the back to school blues.		

NORTH COWICHAN WANTS YOUR INPUT !!

Do you have a suggestion for a course or know of someone who would be interested in offering a course? We would like to hear from you! Please email your comments or suggestions to
arena@northcowichan.ca or
aquatics@northcowichan.ca