

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

SPRING 2019 Facility Schedules

FITNESS | AQUATICS | ARENA



MUNICIPALITY OF
NORTH
Cowichan

reccowichan
your recreation connection

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Find your fitness with us... wet, dry, fast or slow...



CHILDMINDING FOR 5YRS & UNDER

Mon to Fri: 8:30AM - 11:30AM

Mon & Wed Evenings: 5PM - 7PM

FREE SERVICE TO FACILITY USERS

COWICHAN AQUATIC CENTRE													
DRY LAND CLASSES (2ND FLOOR)							WATER FITNESS CLASSES						
DAY / TIME	MON	TUE	WED	THU	FRI	SAT	DAY / TIME	MON	TUE	WED	THU	FRI	SAT
EARLY MORNING	6AM - 7AM	Sunrise Fit Camp <i>Advanced</i>	Core Fit <i>Moderate</i>	Sunrise Fit Camp <i>Advanced</i>	Core Fit <i>Moderate</i>	Sunrise Fit Camp <i>Advanced</i>	7:30AM - 8:30AM	Aqua Yoga <i>Novice</i>		Aqua Yoga <i>Novice</i>			
	6:15AM - 7:15AM			Spin <i>Advanced</i>			7:30AM - 9AM						Adult Swim <i>Novice</i>
	7:30AM - 8:30AM	Tone & Tighten <i>Moderate</i>		Tone & Tighten <i>Moderate</i>		Tone & Tighten <i>Moderate</i>	8AM - 8:30AM		Aqua Spin <i>Moderate</i>		Aqua Spin <i>Moderate</i>		
MORNING	9AM - 10AM	Back 2 Basics Fit Camp <i>Advanced</i>	Cardio Fit Camp <i>Advanced</i>	After Burn <i>Advanced</i>	Total Training <i>Advanced</i>	60 Minutes <i>Advanced</i>	8:30AM - 9:30AM		Aqua Core <i>Moderate</i>		Aqua Core <i>Moderate</i>		
		Spin <i>Advanced</i>				Spin <i>Advanced</i>							
		Yoga <i>Moderate</i>		Yoga <i>Moderate</i>		Yoga <i>Moderate</i>							
	9AM - 10:15AM						Step It Up <i>Moderate</i>	9AM - 10AM	Aqua Cardio Combo <i>Moderate</i>		Aqua Cardio Combo <i>Moderate</i>		Aqua Cardio Combo <i>Moderate</i>
	9:30AM - 10:30AM						Yoga <i>Moderate</i>						
	10:05AM - 10:35AM		AB Attack <i>Novice</i>	AB Attack <i>Novice</i>	AB Attack <i>Novice</i>								
	10:15AM - 11:15AM	Spin <i>Advanced</i>		Spin <i>Advanced</i>		Spin <i>Advanced</i>							
	10:30AM - 11:45AM					5 Rhythms Dance <i>Moderate</i>							
11:30AM - 12NOON	TRX <i>Moderate</i>	Spin <i>Moderate</i>	TRX <i>Moderate</i>	Spin <i>Moderate</i>	TRX <i>Moderate</i>								
12:10PM - 12:50PM		TRX Lunch <i>Moderate</i>		TRX Lunch <i>Moderate</i>									
12:15PM - 1:15PM	Lunch Crunch <i>Advanced</i>		Lunch Crunch <i>Advanced</i>		Lunch Crunch <i>Advanced</i>								
AFTERNOON	12:30PM - 3:30PM		Take Heart in the Gym		Take Heart in the Gym		2PM - 2:45PM		Aqua 55+ <i>Moderate</i>		Aqua 55+ <i>Moderate</i>		
	1PM - 1:45PM		Stretch 'N Tone <i>Moderate</i>		Stretch 'N Tone <i>Moderate</i>								
	4PM - 4:30PM		Spin <i>Advanced</i>		Spin <i>Advanced</i>		2PM - 3PM	Aqua Core <i>Moderate</i>		Aqua Core <i>Moderate</i>			
	4:30PM - 5:15PM		Align 'N Define <i>Moderate</i>		Align 'N Define <i>Moderate</i>								
AFTER WORK	5:30PM - 6:30PM	Maximum Monday <i>Advanced</i>	Body Shock <i>Advanced</i>	Strength & Cardio Fit Camp <i>Advanced</i>	PM Boot Camp <i>Advanced</i>		5:30PM - 6:30PM			Aqua Gut Buster <i>Moderate</i>		Aqua Gut Buster <i>Moderate</i>	
	7PM - 8PM						7PM - 8:30PM	Adult Swim <i>Novice</i>		Adult Swim <i>Novice</i>			

REHABILITATION WATER CLASSES						
TIME	MON	TUE	WED	THU	FRI	SAT
10AM - 10:30AM			Arthritic Water Orientation			
10:30AM - 11:15AM	Aqua Therapy		Aqua Therapy		Aqua Therapy	
11AM - 12NOON		Land Joint Wellness		Land Joint Wellness		Land Joint Wellness
11:15AM - 12 NOON	Recon		Recon		Recon	

REGISTER @ www.reccowichan.ca



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Go for a Swim or Hit the Gym!

MARCH 24TH TO JUNE 29TH	COWICHAN AQUATIC CENTRE			
	Everyone Welcome			Fitness Centre
	All Three Pools Open, Swim Lanes Available, Sauna & Steam Rooms on	Kids Fun Swim (slides, waves and a fun leader in the pool)	Diving Boards (1m &/or 3m)	
SUNDAYS	11AM - 6PM	Family Swim 11AM - 1PM Kids Fun Swim 1PM - 6PM (no waves 3:30pm - 6pm)	11:30AM - 3:30PM	9AM - 6PM
MONDAYS & WEDNESDAYS	6AM - 9:30PM	6:30PM - 9PM		6AM - 9:30PM
TUESDAYS & THURSDAYS		6PM - 9:30PM	8PM - 9:30PM	
FRIDAYS		3PM - 9:30PM	7PM - 9:30PM	
SATURDAYS	7:30AM - 9:30PM	Parent & Tot Swim 11AM - 1PM (no slides or waves) 1PM - 9:30PM	1PM - 9:30PM	7:30AM - 9:30PM

Fuller Lake Arena Dry Land Drop-In Classes

FULLER LAKE ARENA						
TIME	MON	TUE	WED	THU	FRI	SAT
9:30AM - 10:30AM	Definition	Functional Fit			Cardio & Reps	
10:30AM - 2:30PM	Open Fitness Room					
2PM - 4PM			Take Heart in the Gym		Take Heart in the Gym	

Admission Rates

INDIVIDUAL ADMISSIONS		COSTS				
Pass Name	Duration	55 Plus	Adult 19-54yrs	Youth or Student 13-18yrs	Child 6-12yrs	Preschool 2-5yrs
Single Trip	1 Time	\$4.60	\$6.10	\$4.35	\$3.05	\$2.05
10 Trip Swipe	10 Trips	\$41.50	\$55.00	\$39.00	\$27.50	\$18.50
Consecutive-Day Pass	3 Days	\$10.15	\$13.50	\$9.45	\$6.75	\$4.50
	4 Days	\$13.80	\$18.00	\$12.60	\$9.00	\$6.00
	5 Days	\$16.90	\$22.50	\$15.75	\$11.25	\$7.50
Monthly Pass	30 Days	\$51.75	\$69	\$48.25	\$34.50	\$22.75
Lifestyle Pass	1 Year	\$273.75	\$365	\$255.50	\$182.50	\$120.45
Gold Pass	6 Months	\$258.75	\$345	\$241.50	\$172.50	\$113.85
	1 Year	\$517.50	\$690	\$583	\$345	\$227.70

FULLER LAKE ARENA 250.246.3811 | arena@northcowichan.ca
 COWICHAN AQUATIC CENTRE 250.746.7665 | aquatics@northcowichan.ca
 REGISTER @ www.reccowichan.ca

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

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