

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


SPRING 2023 Drop-In Schedule

FITNESS | AQUATICS



NORTH
Cowichan

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your recreation connection

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Go for a Swim

MARCH 26TH - JUNE 3RD	COWICHAN AQUATIC CENTRE			
	Everyone Welcome			Fitness Centre
	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)	
SUNDAYS	11AM - 4PM	Family Swim 11AM - 1PM	11AM - 4PM	8:30AM - 6PM
		1PM - 4PM		
MONDAYS & WEDNESDAYS	6AM - 9:30PM	6:30PM - 9:30PM		6AM - 9:30PM
TUESDAYS & THURSDAYS			8PM - 9:30PM	
FRIDAYS	6AM - 6:30PM	3:30PM - 6:30PM		
SATURDAYS	7:30AM - 4PM	Parent & Tot Swim 11AM - 1PM (no slides or waves)	1PM - 4PM	7:30AM - 6PM
		1PM - 4PM		

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

REGISTER @ www.reccowichan.ca



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At the Arena

		FULLER LAKE ARENA	
MARCH 26TH - JUNE 3RD	Fitness Centre		
MONDAYS	8:30AM - 3:30PM		
TUESDAYS			
WEDNESDAYS			
THURSDAYS			
FRIDAYS	12:30PM - 3:30PM		

YOGA DROP-IN RATE \$10

*We are closed on all statutory holidays.

FULLER LAKE ARENA DRY LAND DROP - IN CLASSES

TIME	MON	TUE	WED	THUR
9AM - 10AM		Definition Cardio		Definition Cardio
10:15AM - 11:15AM		Gentle Fit		Gentle Fit
5:30PM - 6:30PM	Yoga For Joint Health with Kathy White			



Find your fitness with us...



CHILDREN'S PROGRAMMING FOR 5YRS & UNDER
Mon to Fri: 8:30AM - 11:30AM
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
6AM - 7AM	Boot Camp Sherry	Core Fit Damaris	Boot Camp Sherry	Core Fit Damaris			8:15AM - 8:45AM		Aqua Spin Damaris/ Dawn		Aqua Spin Damaris		
7:15AM - 8:45AM		Sensory Friendly No music & lowered lights		Sensory Friendly No music & lowered lights			9AM - 10AM	Aqua Burn Dawn	Water Fit Dawn/ Crystal	Aqua Burn Paula	Water Fit Crystal	Aqua Burn Dawn	
7:30AM - 8:15AM	Tone & Tighten Dawn		Tone & Tighten Abby		Tone & Tighten Dawn		10AM - 10:30AM	Arthritic Flow Dawn				Arthritic Flow Dawn	
8:15AM - 9AM						Spin Morne	10:30AM - 11:15AM	Aqua Therapy Dawn		Aqua Therapy Paula		Aqua Therapy Dawn	
8:45AM - 10AM						Step & Strength Karen	11:15AM - 12PM	Reconditioning Dawn				Reconditioning Dawn	
9AM - 10AM	Muscle Hustle Jane	Full Body Fit Kerry	Total Body	Throwback Thursday Paula	Muscle Hustle Jane	Yoga, Core & More Jane Starts April 15th	11:30AM - 12PM		Aqua Spin Dawn/ Crystal		Aqua Spin Paula		
		Yoga Chantell	Deep Stretch Abby	Yoga Chantell	Deep Stretch Jan		12:10PM - 12:55PM	Aqua Lunch Dawn	Aqua Lunch Dawn/ Crystal		Aqua Lunch Crystal	Aqua Lunch Dawn	
10AM - 11AM	Weight Room Attendant	Weight Room Attendant		Weight Room Attendant	Weight Room Attendant		2PM - 2:45PM		Water Fit Dawn		Water Fit Crystal		
							FULLER LAKE ARENA DRY LAND DROP - IN CLASSES						
10:10AM - 10:40AM						Ab Fab Karen	TIME	MON	TUE	WED	THUR	FRI	SAT
10:15AM - 10:45AM		Ab Attack Kerry	Butts & Abs Jane	Ab Attack Paula			9AM - 10AM		Definition Cardio		Definition Cardio		
10:15AM - 11AM			Spin Jane/Crystal		Spin Jane		10:15AM - 11:15AM		Gentle Fit		Gentle Fit		
10:15AM - 11:15AM	Spin Jane						5:30PM - 6:30PM	Yoga For Joint Health with Kathy White					
10:30AM - 11:30AM		Joint Wellness Chantell		Joint Wellness Chantell			FULLER LAKE YOGA DROP-IN RATE \$10 *We are closed on all statutory holidays.						
11:15AM - 12PM					Stretch & Strength Jane		PLEASE NOTE ALL FITNESS CLASSES BELOW ARE NOT INCLUDED IN THE GENERAL ADMISSION RATE OR MONTHLY PASSES. YOU WILL NEED TO REGISTER TO PARTICIPATE.						
11:30AM - 12PM	TRX Shannon	TRX Shannon	TRX Paula	TRX Shannon									
11:30AM - 12:30PM	Jointfull Yoga Kathy Starts April 17th												
12PM - 1PM		5Rhythms Chantell		Noon Yoga Chantell			REGISTERED FITNESS CLASSES - DRYLAND						
12:15PM - 1PM		Power Lunch Shannon		Power Lunch Shannon			DAY / TIME	MON	TUE	WED	THU	FRI	SAT
12:15PM - 1:15PM	Lunch Crunch Shannon		Lunch Crunch Paula		Lunch Crunch Shannon/ Paula		7:30AM - 8:30AM		Serious Strength Abby		Serious Strength Abby		
1PM - 2PM	Weight Room Attendant	Weight Room Attendant		Weight Room Attendant			10:15AM - 11AM						Senior Spin Kate
							10:45AM - 11:45AM						WOW Jane
1:15PM - 1:45PM	Stretch Shannon	Tone & Tighten Shannon	Stretch Paula	Tone & Tighten Shannon	Stretch Shannon/ Paula		11AM - 12PM			Silver Strength Wendy			
3PM - 5PM	Weight Room Attendant	Weight Room	Weight Room Attendant	Weight Room Attendant	Weight Room		11:15AM - 12PM		Senior Spin Kate				
4PM - 4:45PM		Spin Dawn		Spin Gia			1:15PM - 2:15PM						
5PM - 5:30PM				Express Strength 30 Gia			2PM - 3:15PM		Senior Spin & Strength Jan		Senior Spin & Strength Jan		
5PM - 6PM		Cardio Fit Gia					3:30PM - 4:30PM		Paddle Fitness Jan		Paddle Fitness Jan	Up Your Game for Teens Billie	
5:15PM - 6PM			Butts & Abs Jane				5PM - 6PM	Spin Damaris		Spin Damaris			
5:30PM - 6PM				Cardio Fit Express 30 Gia			6PM - 6:45PM		TRX Dawn				
6PM - 8PM					Sensory Friendly No music & lowered lights		6:30PM - 7:30PM			Intro to Kettle Bells Katrina	Kettle to Pedal Morne'		
6:15PM - 7:15PM	Full Body Strength Gia		After Burn Jane				6:30PM - 8PM	Warm Yoga 26x2 Kristy					

SPRING 2023 SPECIAL EVENTS

Activity	Location	Date/Time
ROCK 'N' POOL PARTY	COWICHAN AQUATIC CENTRE	4:30PM - 6:30PM MARCH 31ST
Break out all your GLOW sticks and necklaces and join us at the pool. Come enjoy a night of music and dance where the lights are low, the waves are high, and the music is rocking.		
EASTER EGG HUNT	FULLER LAKE PARK	10:00AM START APRIL 8TH
The Easter Bunny is coming and wants you to find all the treats he's hidden.		
UNDERWATER EASTER EGG HUNT	COWICHAN AQUATIC CENTRE	11:00AM START APRIL 9TH
Come search for some Easter eggs underwater and meet the Easter Bunny.		
EARTH DAY	COWICHAN AQUATIC CENTRE	1PM-4PM APRIL 22ND
Celebrate Earth Day at the Cowichan Aquatic Centre! The fun leaders will be running tons of Earth loving games!		
80'S NIGHT	COWICHAN AQUATIC CENTRE	4:30PM-6:30PM APRIL 28TH
Come rock out to some 80's music, wear your favorite head band and fluorescent leg warmers and play some games with our leaders.		
MAY THE 4TH BE WITH YOU SWIM	COWICHAN AQUATIC CENTRE	6:30PM-9PM MAY 4TH
Join us for a night of Star Wars themed games and activities while we play one of the classic Star Wars movies on the big screen! Slides and diving boards will be open too.		
MOTHER'S DAY SWIM	COWICHAN AQUATIC CENTRE	1PM-4PM MAY 14TH
Bring your Mom to the pool and she gets in free! Come join us at the pool for a fun family swim, enjoy all the Cowichan Aquatic Centre has to offer.		
SPRING SPLASH	COWICHAN AQUATIC CENTRE	4:30PM-6:30PM MAY 26TH
Come splash into Spring for a night full of games and prizes!		
LAST SPLASH	COWICHAN AQUATIC CENTRE	1PM-4PM JUNE 3RD
Come splash before we close for our annual maintenance closure. A night full of games and prizes awaits you!		

FULLER LAKE ARENA 250.246.3811 | arena@northcowichan.ca

COWICHAN AQUATIC CENTRE 250.746.7665 | aquatics@northcowichan.ca

REGISTER @ www.reccowichan.ca



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