

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



SPRING BREAK 2023 Holiday Schedule

FITNESS | AQUATICS | SKATING



NORTH
Cowichan

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your recreation connection

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Go for a Swim!

DAY		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)	
SUNDAY	MAR 12TH	Closed due to swim meet			8:30am to 6pm
	MAR 19TH	11am to 4pm Family Swim - 11am to 1pm Everyone Welcome Swim - 1pm to 4pm			
MONDAY	MAR 13TH	6am to 9:30pm	1pm to 9:30pm		6am to 9:30pm
	MAR 20TH				
TUESDAY	MAR 14TH	6am to 9:30pm	1pm to 9:30pm	1pm to 5pm	6am to 9:30pm
	MAR 21ST				
WEDNESDAY	MAR 15TH	6am to 9:30pm	1pm to 9:30pm		6am to 9:30pm
	MAR 22ND				
THURSDAY	MAR 16TH	6am to 9:30pm	1pm to 9:30pm	1pm to 5pm	6am to 9:30pm
	MAR 23RD				
FRIDAY	MAR 17TH	6am to 6:30pm	1pm to 6:30pm		6am to 9:30pm
	MAR 24TH				
SATURDAY	MAR 18TH	7:30am to 4pm	1pm to 4pm		7:30am to 6pm
	MAR 25TH				

Go for a Skate!

DAY		FULLER LAKE ARENA			
		On The Ice			
		Parent & Tot Skate	Public Skating Sessions	Stick and Puck	50+ Drop-In Hockey
SUNDAY	MAR 12TH		No Skate		
	MAR 19TH				
MONDAY	MAR 13TH	9am to 10am	11:30am to 12:30pm	2:15pm to 3:15pm	
	MAR 20TH		11:30am to 1pm		
TUESDAY	MAR 14TH		12:30pm to 12:45pm	1pm to 2pm	9:30am to 11am
	MAR 21ST				
WEDNESDAY	MAR 15TH	No Skate	12:30pm to 1:45pm	2pm to 3pm	
	MAR 22ND				
THURSDAY	MAR 16TH		11:30am to 1pm	No Skate	9:30am to 11am
	MAR 23RD		12:30pm to 1:30pm		
FRIDAY	MAR 17TH		No Skate		
	MAR 24TH				
SATURDAY	MAR 18TH		No Skate		
	MAR 25TH				

Find your fitness with us...



CHILDMINDING FOR 5YRS & UNDER

Mon to Fri: CLOSED - Will reopen March 27TH

FREE SERVICE TO FACILITY USERS

COWICHAN AQUATIC CENTRE DRY LAND CLASSES												
DAY / TIME	MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY		SATURDAY	
	MAR 13TH	MAR 20TH	MAR 14TH	MAR 21ST	MAR 15TH	MAR 22ND	MAR 16TH	MAR 23RD	MAR 17TH	MAR 24TH	MAR 18TH	MAR 25TH
6AM - 7AM	Boot Camp				Boot Camp							
7:15AM - 8:45AM			Sensory Friendly <small>No music & lowered lights</small>				Sensory Friendly <small>No music & lowered lights</small>					
7:30AM - 8:15AM	Tone & Tighten				Tone & Tighten				Tone & Tighten			
8:15AM - 9AM											Spin	
8:45AM - 10AM											Step & Strength	
9AM - 10AM	Muscle Hustle		Full Body Fit		Total Body Conditioning		Throwback Thursday		Muscle Hustle			
					Deep Stretch				Deep Stretch			
10AM - 11AM	Weight Room Attendant		Weight Room Attendant				Weight Room Attendant		Weight Room Attendant			
10:10AM - 10:40AM											Ab Fab	
10:15AM - 10:45AM			Ab Attack		Butts & Abs		Ab Attack					
10:15AM - 11AM					Spin				Spin			
10:15AM - 11:15AM	Spin											
10:30AM - 11:30AM			Joint Wellness				Joint Wellness					
11:15AM - 12PM									Strength & Stretch			
11:30AM - 12PM	TRX		TRX		TRX		TRX					
12:15PM - 1:00PM			Power Lunch				Power Lunch					
12:15PM - 1:15PM	Lunch Crunch				Lunch Crunch				Lunch Crunch			
1PM - 2PM	Weight Room Attendant				Weight Room Attendant				Weight Room Attendant			
1:15PM - 1:45PM		Stretch				Stretch			Stretch			
3PM - 5PM	Weight Room Attendant		Weight Room Attendant		Weight Room Attendant		Weight Room Attendant					
4PM - 4:45PM			Spin				Spin					
5:15PM - 6PM			Spin									
6PM - 8PM									Sensory Friendly <small>No music & lowered lights</small>			
6:15PM - 7:15PM	Full Body Strength				After Burn							

COWICHAN AQUATIC CENTRE AQUATIC FITNESS CLASSES												
DAY / TIME	MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY		SATURDAY	
	MAR 13TH	MAR 20TH	MAR 14TH	MAR 21ST	MAR 15TH	MAR 22ND	MAR 16TH	MAR 23RD	MAR 17TH	MAR 24TH	MAR 18TH	MAR 25TH
8:15AM - 8:45AM			Aqua Spin									
9AM - 10AM	Aqua Burn		Water Fit		Aqua Burn				Aqua Burn			
10AM - 10:30AM	Arthritic Flow								Arthritic Flow			
10:30AM - 11:15AM	Aqua Therapy				Aqua Therapy				Aqua Therapy			
11:15AM - 12PM	Reconditioning								Reconditioning			
11:30AM - 12PM			Aqua Spin									
12:10PM - 12:55PM	Aqua Lunch		Aqua Lunch		Aqua Lunch				Aqua Lunch			



Aqua Squirts School Break Camps

@ Cowichan Aquatic Centre

Looking for some fun spring activities for your preschooler! Drop off your child for a morning of arts and crafts followed by a pool adventure. Each day is led by a certified swim instructor and includes a lesson.

8:30AM - 11:30AM

Ages 3- 5

MARCH 13TH - 17TH, 2023 \$80 (# 52852)

MARCH 20TH - 24TH \$80 (52853)

Art and Skate School Break Camps

@ Fuller Lake Arena

This camp will teach kids how to build their own mask or cosplay character, using simple materials such as cardboard and tape. Students will learn about 3-D form and patterns, materials used for decoration and paint techniques. Kids will also have the opportunity to go out for a skate. *rentals included*

MARCH 13TH - 17TH, 2023

8:30AM - 4PM

Ages 6 - 13

\$175 (#54324)

FULLER LAKE ARENA 250.246.3811 | arena@northcowichan.ca

COWICHAN AQUATIC CENTRE 250.746.7665 | aquatics@northcowichan.ca

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