

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



SPRING 2023 Program Guide

FITNESS | AQUATICS | ARENA | GENERAL



NORTH
Cowichan

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Programs

Aquatic Kiddie Capers (3 to 5yrs)

COWICHAN AQUATIC CENTRE

Does your preschooler love the water? Aquatic Kiddie Capers - an instructor led playtime in the pool, followed by dry playtime to make crafts and explore learning. Come make new friends with us! Must be toilet trained.

WED | MAR 29TH - APR 26TH
11AM - 12:30PM

5 SESSIONS | \$42.50 | 52560

WED | MAY 3RD - MAY 31ST
11AM - 12:30PM

5 SESSIONS | \$42.50 | 52562

Surfing & Boogie Boarding Instruction

COWICHAN AQUATIC CENTRE

This workshop introduces basic skills and knowledge for participating in surfing activities including paddling techniques on boards, turning your board and body position.

SUN | MAR 26TH
3PM - 4:30PM

1 SESSION | \$18.50 | 49299

SUN | APR 23RD
3PM - 4:30PM

1 SESSION | \$18.50 | 49300

SUN | MAY 21ST
3PM - 4:30PM

1 SESSION | \$18.50 | 49301

After School Splash

COWICHAN AQUATIC CENTRE

Does your kid love the water? Cowichan Aquatic Centre offers After School Splash - an instructor led swimming lesson in the pool, followed by dry playtime to make crafts and explore learning. Come make new friends with us!

TUES | APR 4TH - MAY 30TH
3:30PM - 5PM

1 SESSION | \$18.50 | 56858

Intro to Sports

Build self-esteem and confidence with creative and noncompetitive skill development in a variety of sports and games. Including Soccer, Basketball, Pickleball and more!

AGES 3 - 5

THUR | APR 20TH - MAY 25TH
3:30PM - 4PM

6 SESSIONS | \$30 | 54917

THUR | JUN 1ST - JUL 6TH
3:30PM - 4PM

6 SESSIONS | \$30 | 55358

AGES 5 - 8

THUR | APR 20TH - MAY 25TH
4:05PM - 4:50PM

6 SESSIONS | \$30 | 54918

THUR | JUN 1ST - JUL 6TH
4:05PM - 4:50PM

6 SESSIONS | \$30 | 55360

AGES 9 - 12

THUR | APR 20TH - MAY 25TH
5PM - 6PM

6 SESSIONS | \$30 | 55357

THUR | JUN 1ST - JUL 6TH
5PM - 6PM

6 SESSIONS | \$30 | 55363

Pajama Pool Party (6 to 10yrs)

COWICHAN AQUATIC CENTRE

Looking for something to do on a Saturday afternoon? Join our Recreation Leader for an afternoon of games, crafts and swimming. Don't forget to wear your PJ's and pack a lunch.

SAT | APR 1ST
12PM - 3PM

1 SESSION | \$20 | 54521

SAT | MAY 6TH
12PM - 3PM

1 SESSION | \$20 | 54523

SAT | MAY 27TH
12PM - 3PM

1 SESSION | \$20 | 54524

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Ball Hockey

Kids will get a fun and safe workout playing ball hockey. This is non contact with no slap shots, our coaches will ensure fair play and equal playing time. Regular hockey sticks are permitted. Must wear helmets with a cage, gloves, and athletic cups recommended.

AGES 5 - 8

TUES | APR 18TH - MAY 23RD
4:30PM - 5:15PM

6 SESSIONS | \$30 | 55366

TUES | MAY 30TH - JUL 4TH
4:30PM - 5:15PM

6 SESSIONS | \$30 | 55366

AGES 9 - 12

TUES | APR 18TH - MAY 23RD
5:30PM - 6:30PM

6 SESSIONS | \$30 | 55367

TUES | MAY 30TH - JUL 4TH
5:30PM - 6:30PM

6 SESSIONS | \$30 | 55370

AGES 13 - 18

TUES | APR 18TH - MAY 23RD
6:30PM - 7:30PM

6 SESSIONS | \$30 | 55371

TUES | MAY 30TH - JUL 4TH
6:30PM - 7:30PM

6 SESSIONS | \$30 | 55372

Red Cross Babysitters Training (11 to 16yrs)

FULLER LAKE ARENA

All the essential skills you need to get a job as a certified babysitter. First-aid, emergencies and injury prevention, handling babies, and activities to play with children.

MON | APR 17TH
9AM - 4PM

1 SESSION | \$60 | 49271

FRI | MAY 5TH
9AM - 4PM

1 SESSION | \$60 | 49272

Multi Sport Ages

(13 to 18yrs)

FULLER LAKE ARENA

Play more then one sport to be a better healthier athlete. Come out and play a different sport or minor game every week. Learn new skills and gain physical literacy.

THUR | APR 20TH - MAY 25TH
6PM - 7PM

6 SESSIONS | \$30 | 54916

THUR | JUN 1ST - JUL 6TH
6PM - 7PM

6 SESSIONS | \$30 | 55365

Ball Hockey Co-Ed Adult (17yrs+)

FULLER LAKE ARENA

You will get a fun and safe workout playing ball hockey. This is non contact with no slap shots, our coaches will ensure fair play and equal playing time. Regular hockey sticks are permitted. Must wear helmets with a cage, gloves, and athletic cups recommended.

TUES | APR 18TH - MAY 23RD
7:45PM - 8:45PM

6 SESSIONS | \$30 | 55373

TUES | MAY 30TH - JUL 4TH
7:45PM - 8:45PM

6 SESSIONS | \$30 | 55374

Adult Inclusion (16yrs+)

COWICHAN AQUATIC CENTRE

Join our amazing leaders that will get you active and out of the house while meeting new people! Activities include game time in the gym, outtrips, movies, and much more! Participants must have basic swimming abilities.

WED | MAR 29TH - MAY 3RD
5:30PM - 7:30PM

6 SESSIONS | \$66+tax | 54109

WED | MAY 10TH - MAY 31ST
5:30PM - 7:30PM

4 SESSIONS | \$44+tax | 55353

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Adult General

Kettle to Pedal

COWICHAN AQUATIC CENTRE

Love spin? Love Kettle Bells? Now both in one class! Spin hard, swing strong. Join Morne for this challenging and motivating class.

INSTRUCTOR: MORNE
THUR | MAR 16TH - APR 6TH
6:30PM - 7:30PM
4 SESSIONS | \$32.23+tax | 54866

THUR | APR 13TH - MAY 4TH
6:30PM - 7:30PM
4 SESSIONS | \$32.23+tax | 54867

THUR | MAY 11TH - JUN 1ST
6:30PM - 7:30PM
4 SESSIONS | \$32.24+tax | 54869

WOW Women on Weights

COWICHAN AQUATIC CENTRE

This is a program that is designed to engage and teach women of all ages and abilities the importance of exercise, specifically weight and resistance training. The goal is to have you feeling stronger and more confident in a gym setting.

INSTRUCTOR: JANE
SAT | MAR 25TH - APR 29TH
10:45AM - 11:45AM
5 SESSIONS | \$36.08+tax | 54754
NO CLASS APR 8TH

SAT | MAY 6TH - JUN 3RD
10:45AM - 11:45AM
4 SESSIONS | \$28.88+tax | 54755
NO CLASS MAY 20TH

Shoulders Workshop

COWICHAN AQUATIC CENTRE

Are your shoulders holding you back, aching, sore, limited mobility? Join Jan to discover ways to strengthen your upper body and improve your mobility and feel better. This has a classroom and active component.

INSTRUCTOR: JAN
FRI | APR 21ST
6PM - 7:30PM
1 SESSIONS | \$15.91+tax | 55769

Silver Strength

COWICHAN AQUATIC CENTRE

New to fitness and weights? Not sure what it is all about or how to even begin? Join Wendy in this 45 min introduction class, where she will show you where to start, how to use weights, explain the lingo and get you comfortable in the gym setting.

INSTRUCTOR: WENDY
WED | MAR 15TH - APR 19TH
11AM - 12PM
6 SESSIONS | \$45.57+tax | 52735

WED | APR 26TH - MAY 31ST
11AM - 12PM
6 SESSIONS | \$45.60 +tax | 54745

Serious Strength

COWICHAN AQUATIC CENTRE

Join Abby a qualified Personal Trainer and learn how to build lean muscle and burn fat without jumping. She will show you proper form & technique with free weights to help with your fitness goals. Small group size to allow for more personalized training.

INSTRUCTOR: ABBY
TUES | MAR 28TH - APR 25TH
7:30AM - 8:30AM
5 SESSIONS | \$51.80+tax | 55670

TUES | MAY 2ND - MAY 30TH
7:30AM - 8:30AM
5 SESSIONS | \$51.80+tax | 55680

THUR | MAR 30TH - APR 27TH
7:30AM - 8:30AM
5 SESSIONS | \$51.80+tax | 55679

THUR | MAY 4TH - JUN 1ST
7:30AM - 8:30AM
5 SESSIONS | \$51.80+tax | 55681

TRX

COWICHAN AQUATIC CENTRE

TRX uses suspension straps and your body weight to create an overall full-body training session. TRX is great for beginners to the most experienced. Get Strong, Get Sweaty, Get Results!

INSTRUCTOR: DAWN
TUES | MAR 28TH - APR 25TH
6PM - 6:45PM
5 SESSIONS | \$42.43+tax | 55154

TUES | MAY 2ND - MAY 30TH
6PM - 6:45PM
5 SESSIONS | \$42.43+tax | 54870

Afternoon Fit

COWICHAN AQUATIC CENTRE

This high energy total body class will have you ready for anything and everything!!

INSTRUCTOR: TRACEY/SHERRY
MON/WED | MAR 6TH - MAR 15TH
2PM - 3PM
4 SESSIONS | \$30.28+tax | 52722

MON | MAR 20TH - APR 24TH
2:30PM - 3:30PM
5 SESSIONS | \$37.85+tax | 56036
NO CLASS APR 10TH

Intro to Kettle Bells

COWICHAN AQUATIC CENTRE

Kettlebells are great tools for developing strength, power, core stability and endurance. Using a kettlebell can seem difficult at first, however, once you know how to use them properly, it will enhance and add variety to your workout. Join Katrina, a Kettle Bell specialist to learn the fundamental moves, to get you on your swinging journey

INSTRUCTOR: KATRINA
WED | MAR 29TH - APR 26TH
6:30PM - 7:30PM
5 SESSIONS | \$43.75+tax | 56238

WED | MAY 3RD - MAY 31ST
6:30PM - 7:30PM
5 SESSIONS | \$43.75+tax | 56244

Shoulders Workshop

COWICHAN AQUATIC CENTRE

Are your shoulders holding you back, aching, sore, limited mobility? Join Jan to discover ways to strengthen your upper body and improve your mobility and feel better. This has a classroom and active component.

INSTRUCTOR: JAN
FRI | APR 21ST
6PM - 7:30PM
1 SESSIONS | \$15.91+tax | 55769



Core Health Workshop

COWICHAN AQUATIC CENTRE

What is pelvic health? You hear about your core all the time, but what is it and what does it do. Jan will provide ideas and exercises to help strengthen and support these muscles that give us our main support and help make ever day life easier and more enjoyable. There is a classroom and active portion to the workshop.

INSTRUCTOR: JAN
FRI | MAY 5TH
6PM - 7:30PM
1 SESSIONS | \$15.91+tax | 55770

Learn To Sessions

COWICHAN AQUATIC CENTRE

These sessions are led by a certified instructor and will help you learn & understand some of the basic moves and equipment in the gym. From either already using the equipment or the exercises in your routines or to just starting out, there is something for everyone that will kick start your fitness. Please note this is a registered drop in program so regular admission applies.

SQUAT
FRI | MAR 31ST | 6:15PM - 7PM | 55480

TRX
FRI | APR 14TH | 6:15PM - 7PM | 55482

KETTLE BELLS
FRI | APR 28TH | 6:15PM - 7PM | 55489

BANDS, BALLS, & BOSU'S
FRI | MAY 12TH | 6:15PM - 7PM | 55491

STRETCH
FRI | MAY 26TH | 6:15PM - 7PM | 55494

Paddle Fitness

COWICHAN AQUATIC CENTRE

Looking to maintain or improve your paddling in the off season? Strength training, if done properly, will help you paddle faster and longer. It also protects you from injury, allows you to get more out of yourself or just enjoy the journey more by not being as fatigued by the demands of paddling. Good for anyone who enjoys a sport with paddles.

INSTRUCTOR: JAN
THUR | MAR 2ND - APR 13TH
3:30PM - 4:30PM
7 SESSIONS | \$54.11+tax | 54809

TUES | MAR 7TH - APR 11TH
3:30PM - 4:30PM
6 SESSIONS | \$46.38+tax | 54808

Spin Classes

Spin

COWICHAN AQUATIC CENTRE

Did you know that spin classes are a fun way to boost your cardio without extreme impact on your back, legs, and joints? Spin classes can be a great way to get a vigorous workout especially during the off-season. Participants determine their own levels of exertion.

INSTRUCTOR: DAMARIS

MON/WED | MAR 1ST - MAR 29TH
5PM - 6PM

9 SESSIONS | \$79.56+tax | 52703

MON/WED | APR 3RD - APR 26TH
5PM - 6PM

7 SESSIONS | \$61.88+tax | 54767

NO CLASS APR 10TH

MON/WED | MAY 1ST - MAY 31ST
5PM - 6PM

9 SESSIONS | \$79.56+tax | 54768

NO CLASS MAY 22ND

Seniors Spin

COWICHAN AQUATIC CENTRE

Did 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.

INSTRUCTOR: KATE

TUES | MAR 7TH - MAR 28TH
11:15AM - 12:00PM

4 SESSIONS | \$29.40+tax | 52707

TUES | APR 4TH - APR 25TH
11:15AM - 12:00PM

4 SESSIONS | \$29.40+tax | 54761

TUES | MAY 2ND - MAY 30TH
11:15AM - 12:00PM

5 SESSIONS | \$36.75+tax | 54762

SAT | MAR 11TH - MAR 25TH
10:15AM - 11AM

3 SESSIONS | \$22.06+tax | 52709

SAT | APR 1ST - APR 29TH
10:15AM - 11AM

4 SESSIONS | \$29.40+tax | 54758

NO CLASS APR 8TH

SAT | MAY 6TH - JUN 3RD
10:15AM - 11AM

4 SESSIONS | \$29.40+tax | 54760

NO CLASS MAY 20TH

Seniors Spin & Strength Warm Yoga 26x2

COWICHAN AQUATIC CENTRE

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.

INSTRUCTOR: JAN

TUES | MAR 7TH - MAR 28TH
2PM - 3:15PM

4 SESSIONS | \$28.64+tax | 52712

TUES | APR 4TH - APR 25TH
2PM - 3:15PM

4 SESSIONS | \$28.64+tax | 54763

TUES | MAY 2ND - MAY 30TH
2PM - 3:15PM

5 SESSIONS | \$35.80+tax | 54764

THUR | MAR 2ND - MAR 30TH
2PM - 3:15PM

5 SESSIONS | \$35.80+tax | 52719

THUR | APR 6TH - APR 27TH
2PM - 3:15PM

4 SESSIONS | \$28.64+tax | 54765

THUR | MAY 4TH - JUN 1ST
2PM - 3:15PM

5 SESSIONS | \$35.80+tax | 54766

Yoga

Yoga for Kids (6 to 12yrs)

FULLER LAKE ARENA

Build on physical strength, coordination and balance while having fun! Kids gain confidence through yoga postures, breathing exercises and become mindful of ways to self regulate and relax.

MON | APR 17TH - MAY 29TH
4PM - 5PM

6 SESSIONS | \$48 | 55331

NO CLASS MAY 22ND

Yoga for Joint Health

FULLER LAKE ARENA

This low intensity slow practice yoga class is great for joint and body rejuvenation. All levels welcome.

MON | APR 17TH - MAY 29TH
5:15PM - 6:15PM

6 SESSIONS | \$48 | 55330

COWICHAN AQUATIC CENTRE

Warm Yoga 26x2 consists of 26 asanas and 2 breathing exercises. The warmth and consistency of these postures takes you into moving meditation while strengthening, detoxifying and opening your entire body. Benefits include increased flexibility, strength, balance, improved circulation and reduced stress. This is designed for people of all levels.

INSTRUCTOR: KRISTY

MON | MAR 27TH - APR 24TH
6:30PM - 8PM

4 SESSIONS | \$41.43+tax | 54781

NO CLASS APR 10TH

MON | MAY 1ST - MAY 29TH
6:30PM - 8PM

4 SESSIONS | \$41.44+tax | 54782

NO CLASS MAY 22ND

Restorative Yoga

COWICHAN AQUATIC CENTRE

Gentle, slow moving, and powerful yoga that creates meaningful change. For those dealing with injury, illness or fatigue to those in intense athletic training, this prop-supported meditative practice uses unhurried, passive, on-the-floor stretches and relaxing positions to safely ease connective tissues, depressurize the whole body and nervous system, and train the mind to both calm down and focus up.

INSTRUCTOR: CHANTELL

TUES | MAR 7TH - MAR 28TH
1:15PM - 2:15PM

4 SESSIONS | \$35.36+tax | 52693

TUES | APR 4TH - APR 25TH
1:15PM - 2:15PM

4 SESSIONS | \$35.36+tax | 54769

TUES | MAY 2ND - MAY 30TH
1:15PM - 2:15PM

5 SESSIONS | \$44.20+tax | 54770



Youth No Charge Options

Open Gym

CROFTON ELEMENTARY SCHOOL

Get active with us on Tuesday nights at Crofton Elementary School gym! Floor hockey, basketball and minor games are just some of the awesome games our leaders will organize each week.

TUESDAYS MARCH 28TH - MAY 30TH
6PM-7PM: GRADES 4-6
7PM-8PM: GRADES 7-12

Community Youth Room (Gr 7 to 12)

CHEMAINUS SECONDARY SCHOOL ROOM 118

A safe and welcoming drop-in space for youth at Chemainus Secondary, open before school and at lunch. Shoot some pool, play Nintendo Switch or grab a snack and hang out with your friends. Our leaders organize monthly games, activities, and tournaments.

MONDAYS - FRIDAYS

8AM - 8:40AM & 11:33AM - 12:18PM

Youth Fitness Options

Up Your Game For Teens

COWICHAN AQUATIC CENTRE

Trying to reach a physical activity goal but you don't know how to get there or gain the confidence to try something new like a sport, hiking club, dance class, pull-up, squat, lunge or a deadlift, this will be a great starting point. You will learn from a qualified Personal Trainer fundamental movement skills, come, try & learn some cool new moves, tricks and tips to stay motivated and inspired for life

INSTRUCTOR: Billie

FRI | APR 14TH - MAY 5TH
3:30PM - 4:30PM

4 SESSIONS | \$35.36+tax | 55750

FRI | MAY 12TH - JUN 2ND
3:30PM - 4:30PM

4 SESSIONS | \$35.36+tax | 55751

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-9:30PM 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.		
TEENS AND WHEELS (12 TO 18 YEARS)	FULLER LAKE ARENA	7:15PM-8:30PM MAY 4TH MAY 18TH
Bring your blades, scooter, skateboard or longboard to Fuller Lake Arena. Enjoy a fun night with great music and have a chance to win prizes! Rentals are available and included in the cost. Helmets are recommended but not provided.		
TOONIE TEEN SWIM	COWICHAN AQUATIC CENTRE	1PM-6:30PM MAY 5
Celebrate BC Youth Week with us! Teens swim for just a toonie during our Everyone Welcome swim. Friday		
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	12PM-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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