

# SPRING BREAK 2019

MUNICIPALITY OF NORTH COWICHAN PARKS & RECREATION

DROP-IN FITNESS / SWIMMING / SKATING

[WWW.NORTHCOWICHAN.CA](http://WWW.NORTHCOWICHAN.CA)



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# ADMISSIONS

## COWICHAN AQUATIC CENTRE & FULLER LAKE ARENA INDIVIDUAL ADMISSIONS, PASSES AND SWIPE CARDS

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	1 month	\$51.75/month	\$69/month	\$48.25/month	\$34.50/month	\$22.75/month
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



North Cowichan Parks & Recreation  
[www.northcowichan.ca](http://www.northcowichan.ca)  
[parksrec@northcowichan.ca](mailto:parksrec@northcowichan.ca)

Cowichan Aquatic Centre      Fuller Lake Arena  
 250.746.7665 - [aquatics@northcowichan.ca](mailto:aquatics@northcowichan.ca)    250.246.3811 - [arena@northcowichan.ca](mailto:arena@northcowichan.ca)

# SCHEDULES

## COWICHAN AQUATIC CENTRE/FULLER LAKE ARENA

MARCH 9TH TO MARCH 24TH

### COWICHAN AQUATIC CENTRE & FULLER LAKE ARENA

DAY		COWICHAN AQUATIC CENTRE				FULLER LAKE ARENA
		EVERYONE WELCOME			Fitness Centre	Public Skates
		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	March 10th	11AM TO 6PM	FAMILY SWIM 11AM TO 1PM	1PM TO 6PM	9AM TO 6PM	TOONIE SKATE 3:15PM TO 4PM
	March 17th		KIDS FUN SWIM 1PM TO 6PM			NO SKATES
	March 24th					
MONDAYS	March 11th	6AM TO 9:30PM	1PM TO 9:30PM	1PM TO 4PM	6AM TO 9:30PM	BOOTS & BLADES 9AM TO 10AM ADULT LAP 12:45PM TO 1:45PM TOONIE SKATE 2PM TO 3PM
	March 18th					
TUESDAYS	March 12th	6AM TO 9:30PM	1PM TO 9:30PM	1PM TO 4PM & 8PM TO 9:30PM	6AM TO 9:30PM	NO SKATES
	March 19th					
WEDNESDAYS	March 13th	6AM TO 9:30PM	1PM TO 9:30PM	1PM TO 4PM	6AM TO 9:30PM	BOOTS & BLADES 9AM TO 10AM TOONIE SKATE 2PM TO 3PM
	March 20th					
THURSDAYS	March 14th	6AM TO 9:30PM	1PM TO 9:30PM	1PM TO 4PM & 8PM TO 9:30PM	6AM TO 9:30PM	NO SKATES
	March 21st					
FRIDAYS	March 15th	6AM TO 9:30PM	1PM TO 9:30PM	1PM TO 4PM	6AM TO 9:30PM	NO SKATES
	March 22nd					
SATURDAYS	March 9th	7:30AM TO 9:30PM	1PM TO 9:30PM	1PM TO 9:30PM	7:30AM TO 9:30PM	NO SKATES
	March 16th					
	March 23rd					



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Fuller Lake Arena

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# DROP-IN FITNESS

COWICHAN AQUATIC CENTRE/FULLER LAKE ARENA

MARCH 11TH TO MARCH 24TH

## LAND BASED DROP-IN CLASSES

CLASS TIME	MON	TUE	WED	THU	FRI	SAT
6AM TO 7AM	SUNRISE FIT CAMP		SUNRISE FIT CAMP		SUNRISE FIT CAMP	
6:15AM TO 7:15AM			SPIN			
7:30AM TO 8:30AM	TONE & TIGHTEN		TONE & TIGHTEN		TONE & TIGHTEN	
9AM TO 10AM	BACK 2 BASICS FIT CAMP	CARDIO FIT CAMP	AFTER BURN	TOTAL TRAINING	60 MINUTES	STEP IT UP 9am to 10:15am
	MORNING YOGA		MORNING YOGA		MORNING YOGA	
	SPIN				SPIN	
10:05AM TO 10:35AM		AB ATTACK	AB ATTACK	AB ATTACK		
10:15AM TO 11:15AM	SPIN		SPIN		SPIN	
10:30AM TO 12PM					5 RHYTHMS	
11:30AM TO 12NOON	TRX	SPIN	TRX	SPIN	TRX	
12:10PM TO 12:50PM		TRX LUNCH		TRX LUNCH		
12:15PM TO 1:15PM	LUNCH CRUNCH		LUNCH CRUNCH		LUNCH CRUNCH	
			NOON YOGA			
1PM TO 1:45PM		STRETCH 'N TONE		STRETCH 'N TONE		
4PM TO 4:30PM		SPIN		SPIN		
4:30PM TO 5:15PM		ALIGN & DEFINE		ALIGN & DEFINE		
5:30PM TO 6:30PM	MAXIMUM MONDAY	BODY SHOCK	STRENGTH & CARDIO FIT CAMP	CARDIO CHISEL		

Please note: Take Heart is in the Gym  
Tuesdays & Thursdays 12:30pm to 3:30pm

## WATER BASED DROP-IN CLASSES

CLASS TIME	MON	TUE	WED	THU	FRI	SAT
7:30AM TO 8:30AM	AQUA YOGA		AQUA YOGA			ADULT SWIM 7:30AM TO 9AM
8AM TO 8:30AM		AQUA SPIN FIT		AQUA SPIN FIT		
8:30AM TO 9:30AM		AQUA CORE		AQUA CORE		
9AM TO 10AM	AQUA CARDIO COMBO		AQUA CARDIO COMBO		AQUA CARDIO COMBO	
11:30AM TO 12NOON		AQUA SPIN FIT		AQUA SPIN FIT		
12:10PM TO 12:50PM	AQUA POWER FIT	AQUA POWER FIT	AQUA POWER FIT	AQUA POWER FIT	AQUA POWER FIT	
7PM TO 8:30PM	ADULT SWIM		ADULT SWIM			

## REHABILITATIVE DROP-IN CLASSES

CLASS TIME	MON	TUE	WED	THU	FRI	SAT
10AM TO 10:30AM			ARTHRITIC WATER ORIENTATION			
10:30AM TO 11:15AM	AQUA THERAPY		AQUA THERAPY		AQUA THERAPY	
11AM TO 12NOON		LAND JOINT WELLNESS		LAND JOINT WELLNESS		LAND JOINT WELLNESS
11:15AM TO 12NOON	RECON		RECON		RECON	

## FULLER LAKE ARENA DROP-IN CLASSES

CLASS TIME	MON	TUE	WED	THU	FRI	SAT
9:30AM TO 10:30AM	DEFINITION	FUNCTIONAL FIT			CARDIO & REPS	

# SPRING BREAK CAMPS & LESSONS

COWICHAN AQUATIC CENTRE

MARCH 11TH TO MARCH 22ND

## Spring Break Camps

Beat those boredom blues with swimming, arts & crafts and special out trips each week. The Centre's leaders provide a safe environment where campers can explore their swimming abilities and make some new friends.

### Aqua Odyssey

(6 to 10yrs)  
8:30am  
to 4pm

### Aquatic Kiddie Capers

(3 to 5yrs)  
8:30am  
to 11:30am

Monday March 11th to  
Friday March 15th 2019

\$162.50  
#8943

\$76.50  
#12109

Monday March 18th to  
Friday March 22nd 2019

\$162.50  
#8944

\$76.50  
#12110

## RED CROSS LEARN TO SWIM LESSONS

Monday to Friday

Set #1 March 11th to March 15th

Set #2 March 18th to March 22nd

## PARENT & TOT / PRESCHOOL LESSONS

30 MINUTE LESSONS / \$28.75 FOR 5 CLASSES

Level	MONDAY TO FRIDAY
Starfish	9:30am to 10am
Duck/Seaturtle	9:30am to 10am
Sea Otter	9am to 9:30am 10am to 10:30am
Salamander	9am to 9:30am 10am to 10:30am
Sunfish	Set #1 - 10am to 10:30am Set #2 - 10:30am to 11am
Crocodile/Whale	Set #1 - 10am to 10:30am Set #2 - 10:30am to 11am

## SCHOOL AGED LESSONS

30 MINUTE LESSONS / \$28.75 FOR 5 CLASSES

45 MINUTE LESSONS / \$43.25 FOR 5 CLASSES

LEVEL	MONDAY TO FRIDAY
Swim Kids 1	9am to 9:30am
Swim Kids 2	9am to 9:30am
Swim Kids 3	9:30am to 10am 10am to 10:30am
Swim Kids 4	9:30am to 10am 10am to 10:30am
Swim Kids 5 & 6	9am to 9:45am
Swim Kids 7,8, 9 & 10	9:45am to 10:30am



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