

SUMMER 2018

MUNICIPALITY OF NORTH COWICHAN PARKS & RECREATION

DROP-IN FITNESS / SWIMMING / SKATING

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 |
| Multi-Day Pass | 3 Days | \$10.15 | \$13.50 | \$9.45 | \$6.75 | \$4.50 |
| | 5 Days | \$16.90 | \$22.50 | \$15.75 | \$11.25 | \$7.50 |
| Monthly Pass | 1 to 5 Months | \$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 | \$17.50 | \$113.85 |
| | 1 Year | \$517.50 | \$690 | \$583 | \$345 | \$227.70 |



North Cowichan Parks & Recreation
www.northcowichan.ca
parksrec@northcowichan.ca

Cowichan Aquatic Centre Fuller Lake Arena
 250.746.7665 - aquatics@northcowichan.ca 250.246.3811 - arena@northcowichan.ca

SWIMMING SCHEDULE

COWICHAN AQUATIC CENTRE

JULY 2ND TO AUGUST 17TH

| COWICHAN AQUATIC CENTRE July 2nd to August 17th | | | | | |
|--|--|--|--|-----------------------------|----------------|
| DAY | All Three Pools Open, Swim Lanes Available, Sauna & Steam Rooms On | Kids Fun Swim (slides, waves and a fun leader in the pool) | Family or Parent & Tot Swims | Diving Boards (1m &/ or 3m) | Fitness Centre |
| SUNDAY | 11am to 6pm | 1pm to 6pm | Family Swim 11am to 1pm | 11am to 6pm | 9am to 6pm |
| MONDAY | 6am to 9pm | 1pm to 9pm | | 1pm to 5pm & 8pm to 9pm | 6am to 9pm |
| TUESDAY | | 1pm to 4pm & 6pm to 9pm | | 1pm to 5pm & 7:30pm to 9pm | |
| WEDNESDAY | | 1pm to 9pm | | 1pm to 5pm & 8pm to 9pm | |
| THURSDAY | | 1pm to 4pm & 6pm to 9pm | | 1pm to 5pm & 7:30pm to 9pm | |
| FRIDAY | | 1pm to 9pm | | 1pm to 9pm | |
| SATURDAY | 7:30am to 6pm | 1pm to 6pm | Parent & Tot Swim 11am to 1pm (No slides or waves) | 1pm to 6pm | 7:30am to 6pm |

BC Summer Games - Closures

The Cowichan Aquatic Centre is being used for the BC Summer Games. The Competition Pool will be Closed to the public from 9am on Thursday July 19th until 12pm on Sunday July 22nd. The Wave Pool, Slides, Hot Tub, Sauna and Steam Room will be Closed to the public all day Friday July 20th until 12pm on Sunday July 22nd. The Fitness centre is open for its regular hours.

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CROFTON SCHEDULE

CROFTON OUTDOOR POOL

JUNE 29TH TO AUGUST 26TH

CROFTON OUTDOOR POOL June 29th to August 26th

| DAY | Everyone Welcome Swim | Youth Swim | Lengths Swimming | Co-Ed Aquafit |
|-----------|-------------------------|----------------------------------|------------------|---------------|
| SUNDAY | 1pm to 6pm | | | |
| MONDAY | 1pm to 5pm | | 9:30am to 11am | 5pm to 6pm |
| TUESDAY | | Youth Stroke & Skill 5pm to 6pm* | | 10am to 11am |
| WEDNESDAY | 1pm to 5pm & 6pm to 8pm | | 9:30am to 11am | 5pm to 6pm |
| THURSDAY | | | 5pm to 6pm | 10am to 11am |
| FRIDAY | 1pm to 6pm | 6pm to 8pm | 9:30am to 11am | |
| SATURDAY | 12pm to 6pm | | | |

***Tuesday 5pm to 6pm - Youth Lifesaving Drop-In Skill & Stroke**

| ADMISSION RATES | Adults (19 & Over) | Child (4 to 18) | Infant (Under 4) | Rentals |
|-----------------|--------------------|-----------------|------------------|---------------|
| SINGLE ENTRY | \$2.00 | \$1.00 | No Charge | \$50 per hour |
| 10 TRIP SWIPE | \$18.00 | \$9.00 | | |

FULLER LAKE PARK SCHEDULE

FULLER LAKE PARK

JUNE 30TH TO AUGUST 26TH

5

FULLER LAKE PARK

JUNE 30TH TO AUGUST 26TH

SUMMER LIFEGUARDING HOURS

WEDNESDAYS TO SUNDAYS

12NOON TO 6PM

PLUS MONDAY JULY 2ND & MONDAY AUGUST 6TH

12NOON TO 6PM

AN AMAZING PARK FEATURING A ROPED OFF SWIMMING AREA, LARGE GRASSY AREA, DOCK, SAND BEACH FRONT, PLAYGROUND, CHANGE ROOMS, OUTDOOR VOLLEYBALL COURT AND MORE.

LOCATED IN CHEMAINUS JUST OFF THE TRANS CANADA HIGHWAY
CLOSE TO FULLER LAKE ARENA.

IMPORTANT

To book a Day Camp or other large group (10 people or more) into Fuller Lake please contact us at 250.246.3811 (M-F / 8:30am to 4pm)

OPEN ON CANADA DAY AND BC DAY



DROP-IN FITNESS - MORNING CLASSES

COWICHAN AQUATIC CENTRE
JULY 2ND TO AUGUST 17TH

| DRY LAND FITNESS CLASSES (2ND FLOOR) | | | | | | | WATER FITNESS CLASSES | | | | | | | |
|--------------------------------------|-------------------|------------------------|-----------------|------------------|------------------|------------------|---------------------------|-------------------|-----------|-------------------|-----------|--------------------|------------------|-------------|
| CLASS TIME | MON | TUE | WED | THU | FRI | SAT | MON | TUES | WED | THU | FRI | SAT | CLASS TIME | |
| EARLY MORNING | 6AM TO 7AM | SUNRISE FIT CAMP | CORE FIT | SUNRISE FIT CAMP | CORE FIT | SUNRISE FIT CAMP | | | | | | | EARLY MORNING | |
| | | Advanced | Novice | Advanced | Novice | Advanced | | | | | | | | |
| | 6:15AM TO 7:15AM | | | SPIN | | | | | | | | | | |
| 7:30AM TO 8:30AM | TONE & TIGHTEN | | TONE & TIGHTEN | | TONE & TIGHTEN | | AQUA YOGA | | AQUA YOGA | | | ADULT SWIM (TIL 9) | 7:30AM TO 8:30AM | |
| | Moderate | | Moderate | | Moderate | | Novice | | Novice | | | Novice | | |
| MID-MORNING | 9AM TO 10AM | BACK 2 BASICS FIT CAMP | CARDIO FIT CAMP | 60 MINUTES | TABATTA THURSDAY | AFTER BURN | | | AQUA SPIN | | AQUA SPIN | | 7:30AM TO 8AM | |
| | | Advanced | Advanced | Advanced | Advanced | Advanced | | | Moderate | | Moderate | | | |
| | | | | | | | STEP IT UP 9am to 10:15am | | | AQUA CORE | | AQUA CORE | | 8AM TO 9AM |
| | | | | | | Moderate | | | Moderate | | | Moderate | | |
| | | YOGA | | YOGA | | YOGA | | AQUA CARDIO COMBO | | AQUA CARDIO COMBO | | AQUA CARDIO COMBO | | 9AM TO 10AM |
| | | Moderate | | Moderate | | Moderate | | Moderate | | Moderate | | Moderate | | |
| | 9:30AM TO 10:30AM | | | | | | YOGA | | | | | | | |
| | | | | | | Moderate | | | | | | | | |
| 10:05AM TO 10:35AM | | AB ATTACK | | AB ATTACK | | | | | | | | | | |
| | | Novice | | Novice | | | | | | | | | | |
| 10:15AM TO 11:15AM | SPIN | | SPIN | | SPIN | | | | | | | | | |
| | Advanced | | Advanced | | Advanced | | | | | | | | | |

Take Heart in the Gym
Tuesdays 10:30am to 12pm & 1pm to 3pm
Fridays 10:30am to 1pm



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DROP-IN FITNESS - LUNCH & AFTERNOON

COWICHAN AQUATIC CENTRE
JULY 2ND TO AUGUST 17TH

| DRY LAND FITNESS CLASSES (2ND FLOOR) | | | | | | | WATER FITNESS CLASSES | | | | | | |
|--|--------------------|----------------------------|-----------------------------|--|-----------------------------|-------------------------------------|----------------------------|----------------------------|----------------------------|----------------------------|----------------------------|-----|--------------------|
| CLASS TIME | MON | TUE | WED | THU | FRI | SAT | MON | TUES | WED | THU | FRI | SAT | CLASS TIME |
| | Advanced | | Advanced | | Advanced | | | | | | | | |
| LUNCH | 11:30AM TO 12NOON | TRX Moderate | SPIN Moderate | TRX Moderate | SPIN Moderate | TRX Moderate | | AQUA SPIN Moderate | | AQUA SPIN Moderate | | | 11:30AM TO 12NOON |
| | 12:10PM TO 12:50PM | | TRX LUNCH Moderate | | TRX LUNCH Moderate | | AQUA POWER FIT Moderate | AQUA POWER FIT Moderate | AQUA POWER FIT Moderate | AQUA POWER FIT Moderate | AQUA POWER FIT Moderate | | 12:10PM TO 12:50PM |
| | 12:15PM TO 1:15PM | LUNCH CRUNCH Advanced | | LUNCH CRUNCH Advanced | | LUNCH CRUNCH Advanced | | | | | | | |
| | | | NOON YOGA Moderate | | | | | | | | | | |
| AFTERNOON | 1PM TO 1:45PM | | STRETCH 'N TONE Moderate | | STRETCH 'N TONE Moderate | | ADULT SWIM Novice | | | | | | 7PM TO 8:30PM |
| | 3:45PM TO 4:25PM | | | | | | | | | | | | |
| | 4:30PM 5:10PM | | ALIGN & DEFINE Moderate | | ALIGN & DEFINE Moderate | FOUNDATION CORE Moderate | | | | | | | |
| | 5:30PM TO 6:30PM | MAXIMUM MONDAY Advanced | COMBUSTION Advanced | STRENGTH & CARDIO FIT CAMP Advanced | RIPPED Advanced | STRENGTH & CONDITIONING Advanced | | | | | | | |
| | | | | | | | | | | | | | |
| Take Heart in the Gym Tuesdays 10:30am to 12pm & 1pm to 3pm Fridays 10:30am to 1pm | | | | | | | | | | | | | |



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DROP-IN FITNESS - FULLER LAKE & REHAB

FULLER LAKE ARENA & COWICHAN AQUATIC CENTRE

JULY 2ND TO AUGUST 17TH

FULLER LAKE ARENA DROP-IN CLASSES

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

REHABILITATIVE DROP-IN CLASSES - CAC

| 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 | | MOVE IN BALANCE |
| 11:15AM TO 12NOON | RECON | | RECON | | RECON | |