

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

SUMMER 2019 Facility Schedules

FITNESS | AQUATICS | ARENA



MUNICIPALITY OF
NORTH
Cowichan

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your recreation connection

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Find your fitness with us... wet, dry, fast or slow...

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	
EARLY MORNING	6AM - 7AM	Sunrise Fit Camp <i>Advanced</i>	Core Fit <i>Moderate</i>	Sunrise Fit Camp <i>Advanced</i>	Core Fit <i>Moderate</i>	Sunrise Fit Camp <i>Advanced</i>	7:30AM - 8:30AM	Aqua Yoga <i>Novice</i>		Aqua Yoga <i>Novice</i>			Aqua Yoga <i>Novice</i>	
							7:30AM - 9AM						Adult Swim <i>Novice</i>	
	6:15AM - 7:15AM			Spin <i>Advanced</i>				7:30AM - 8AM		Aqua Spin <i>Moderate</i>		Aqua Spin <i>Moderate</i>		
MORNING	7:30AM - 8:30AM	Tone & Tighten <i>Moderate</i>		Tone & Tighten <i>Moderate</i>		Tone & Tighten <i>Moderate</i>	8AM - 9AM							
	9AM - 10AM	Back 2 Basics Fit Camp <i>Advanced</i>	Cardio Fit Camp <i>Advanced</i>	After Burn <i>Advanced</i>	Total Training <i>Advanced</i>	60 Minutes <i>Advanced</i>				Aqua Core <i>Moderate</i>		Aqua Core <i>Moderate</i>		
		Yoga <i>Moderate</i>		Yoga <i>Moderate</i>		Yoga <i>Moderate</i>								
	9AM - 10:15AM													
	10:05AM - 10:35AM		AB Attack <i>Novice</i>	AB Attack <i>Novice</i>	AB Attack <i>Novice</i>			9AM - 10AM			Aqua Cardio Combo <i>Moderate</i>		Aqua Cardio Combo <i>Moderate</i>	
10:15AM - 11:15AM	Spin <i>Advanced</i>		Spin <i>Advanced</i>		Spin <i>Advanced</i>									
LUNCH	11:30AM - 12NOON	TRX <i>Moderate</i>	Spin <i>Moderate</i>	TRX <i>Moderate</i>	Spin <i>Moderate</i>	TRX <i>Moderate</i>	11:30AM - 12NOON							
	12:10PM - 12:50PM		TRX Lunch <i>Moderate</i>		TRX Lunch <i>Moderate</i>					Aqua Spin <i>Moderate</i>		Aqua Spin <i>Moderate</i>		
	12:15PM - 1:15PM	Lunch Crunch <i>Advanced</i>		Lunch Crunch <i>Advanced</i>		Lunch Crunch <i>Advanced</i>		12:10PM - 12:50PM		Aqua Power Fit <i>Moderate</i>	Aqua Power Fit <i>Moderate</i>	Aqua Power Fit <i>Moderate</i>	Aqua Power Fit <i>Moderate</i>	Aqua Power Fit <i>Moderate</i>
AFTERNOON	12:30PM - 3:30PM		Take Heart in the Gym		Take Heart in the Gym		2PM - 2:45PM							
	1PM - 1:45PM		Stretch 'N Tone <i>Moderate</i>		Stretch 'N Tone <i>Moderate</i>									
	4PM - 4:30PM						2PM - 3PM							
AFTER WORK	5:30PM - 6:30PM		Body Shock <i>Advanced</i>	Strength & Cardio Fit Camp <i>Advanced</i>	PM Boot Camp <i>Advanced</i>		7PM - 8:30PM			Adult Swim <i>Novice</i>				

REHABILITATION WATER CLASSES						
TIME	MON	TUE	WED	THU	FRI	SAT
10AM - 10:30AM			Arthritic Water Orientation			
10:30AM - 11:15AM	Aqua Therapy		Aqua Therapy		Aqua Therapy	
11AM - 12NOON		Land Joint Wellness		Land Joint Wellness		
11:15AM - 12 NOON	Recon		Recon		Recon	

Go for a Swim or Hit the Gym!

June 29th to August 16th	COWICHAN AQUATIC CENTRE			
	Everyone Welcome			Fitness Centre
	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	11am - 6pm	Family Swim 11am - 1pm Kids Fun Swim 1pm - 6pm	11am - 6pm	9am - 6pm
MONDAYS & WEDNESDAYS	6am - 9pm	1pm - 9pm	1pm - 5pm	6am - 9pm
TUESDAYS & THURSDAYS		1pm - 4pm & 6pm - 9pm	1pm - 4pm	
FRIDAYS		1pm - 9pm	1pm - 9pm	
SATURDAYS	7:30am - 6pm	Parent & Tot Swim 11am - 1pm (no slides or waves) 1pm - 6pm	1pm - 6pm	7:30am - 6pm

June 28th to August 25th	CROFTON OUTDOOR POOL			
	Everyone Welcome Swim	Youth Swim	Lengths Swimming	Co-Ed Aquafit
SUNDAY	1pm - 6pm			
MONDAY			5pm - 6pm	9:30am - 10:30am
TUESDAY	1pm - 5pm	Youth Stroke & Skill 5pm - 6pm*	9:30am - 11am	
WEDNESDAY	1pm - 5pm & 6pm - 8pm		9:30am - 11am & 5pm - 6pm	
THURSDAY			5pm - 6pm	9:30am - 10:30am
FRIDAY	1pm - 6pm			
SATURDAY	12pm - 6pm	6pm - 8pm	9:30am - 11am	
*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

**JUNE 29TH TO AUGUST 25TH
SUMMER LIFEGUARDING HOURS
12NOON TO 6PM - EVERYDAY**

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

Fuller Lake Arena Dry Land Drop-In Classes

FULLER LAKE ARENA						
TIME	MON	TUE	WED	THU	FRI	SAT
9:30AM - 10:30AM	Definition	Functional Fit			Cardio & Reps	
10:30AM - 2:30PM	Open Fitness Room					
2PM - 4PM			Take Heart in the Gym		Take Heart in the Gym	



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

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