

# WINTER 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

250.746.7665 - [aquatics@northcowichan.ca](mailto:aquatics@northcowichan.ca)

Fuller Lake Arena

250.246.3811 - [arena@northcowichan.ca](mailto:arena@northcowichan.ca)

# SWIMMING SCHEDULE

COWICHAN AQUATIC CENTRE

## COWICHAN AQUATIC CENTRE

JANUARY 7TH TO MARCH 8TH

DAY	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 to 6pm	Family Swim 11am to 1pm  1pm to 6pm (No waves 4pm to 6pm)	11:30am to 3:30pm	9am to 6pm
MONDAYS & WEDNESDAYS	6am to 9:30pm	6:30pm to 9:30pm		6am to 9:30pm
TUESDAYS & THURSDAYS		6pm to 9:30pm	8pm to 9:30pm	
FRIDAYS		3pm to 9:30pm	7pm to 9:30pm	
SATURDAYS	7:30am to 9:30pm	Parent & Tot Swim 11am to 1pm (No slides or waves) 1pm to 9:30pm	1pm to 9:30pm	7:30am to 9:30pm

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# SKATING/FITNESS SCHEDULE

FULLER LAKE ARENA

## FULLER LAKE ARENA

JANUARY 7TH TO MARCH 8TH

DAY	Parent & Tot Skate	Adult Lap Skate	Public Skating	Adult Drop-In Hockey	50+ Drop-In Hockey
SUNDAYS			3:15pm to 4pm <b>Twoonie Skate</b>		
MONDAYS	9am to 10am	12:45pm to 1:45pm	2pm to 3:10pm		
TUESDAYS & THURSDAYS				11:30am to 1pm	9:30am to 11am
WEDNESDAYS	9am to 10am				
FRIDAYS		12:45pm to 1:45pm	6:30pm to 7:50pm		
SKATE RENTALS	\$2/pair		SKATE SHARPENING	\$5/pair	
<b>*No public skates on February 18th</b>					

## FULLER LAKE ARENA DROP-IN CLASSES

Start Jan 4th

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

# DROP-IN FITNESS - MORNING/LUNCH CLASSES

COWICHAN AQUATIC CENTRE

JANUARY 7TH TO MARCH 8TH

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	Moderate	Advanced	Moderate	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 9am)	7:30AM TO 8:30AM		
	Moderate		Moderate		Moderate		Novice		Novice			Novice			
MORNING	9AM TO 10AM	BACK 2 BASICS FIT CAMP	CARDIO FIT CAMP	AFTER BURN	TOTAL TRAINING	60 MINUTES	STEP IT UP 9am to 10:15am						AQUA CORE	8AM TO 9AM	
		Advanced	Advanced	Advanced	Advanced	Advanced	Moderate						Moderate		
	SPIN					SPIN								MORNING	
	Advanced					Advanced									
	YOGA		YOGA		YOGA	ACRO YOGA 9:30am to 10:30am		AQUA CORE		AQUA CORE					8:30AM TO 9:30AM
	Moderate		Moderate		Moderate	Moderate		Moderate		Moderate					9AM TO 10AM
10:05AM TO 10:35AM		AB ATTACK	AB ATTACK	AB ATTACK	5RHYTHMS DANCE 10:30AM TO 11:45AM										
10:15AM TO 11:15AM	SPIN		SPIN		SPIN										
LUNCH	11:30AM TO 12NOON	TRX	SPIN	TRX	SPIN	TRX								11:30AM TO 12NOON	
		Moderate	Moderate	Moderate	Moderate	Moderate									
	12:10PM TO 12:50PM		TRX LUNCH		TRX LUNCH			AQUA POWER FIT	AQUA POWER FIT	AQUA POWER FIT	AQUA POWER FIT	AQUA POWER FIT		12:10PM TO 12:50PM	
12:15PM TO 1:15PM	LUNCH CRUNCH		LUNCH CRUNCH		LUNCH CRUNCH								LUNCH		
	Advanced		Advanced		Advanced										
			NOON YOGA												
			Moderate												

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# DROP-IN FITNESS - AFTERNOON

COWICHAN AQUATIC CENTRE

JANUARY 7TH TO MARCH 8TH

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
AFTERNOON	1PM TO 1:45PM	STRETCH 'N TONE		STRETCH 'N TONE				AQUA 55+		AQUA 55+			2PM TO 2:45PM
		Moderate		Moderate				Moderate		Moderate			
	4PM TO 4:30PM	SPIN		SPIN				AQUA CORE		AQUA CORE			2PM TO 3PM
Advanced		Advanced				Moderate		Moderate					
4:30PM TO 5:15PM	ALIGN & DEFINE		ALIGN & DEFINE										
	Moderate		Moderate										
AFTER WORK							AQUA RUMBA		AQUA RUMBA				5:30PM TO 6:30PM
							Moderate		Moderate				
	5:30PM TO 6:30PM	MAXIMUM MONDAY	BODY SHOCK	STRENGTH & CARDIO FIT CAMP	PM BOOT CAMP			ADULT SWIM		ADULT SWIM			7PM TO 8:30PM
	Advanced	Advanced	Advanced	Advanced			Novice		Novice				
<p><b>Take Heart in the Gym</b>  <b>Tuesdays - 12:30pm to 3:30pm</b>  <b>Thursdays - 12:30pm to 3:30pm</b></p>													



## REHABILITATIVE DROP-IN CLASSES - CAC

Start Jan 7th

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	

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