

# WINTER 2022 Facility Schedules

FITNESS | AQUATICS | ARENA



follow us @NorthCowichan

follow us @NorthCowichan www.northcowichan.ca/recreation

## Go for a Swim!

January 3rd until further notice	COWICHAN AQUATIC CENTRE				
	Aquatic Centre				Fitness Centre <b>CLOSED UNTIL JAN 19TH</b>
	All Three Pools Open, Swim Lanes Available, Sauna & Steam Rooms	Leisure Swim (No music or features)	Everyone Welcome Swim (slides, waves)	Diving Boards (1m &/or 3m)	
SUNDAY	11:00am-6:00pm		11:00am-3:00pm	11:00am - 3:00pm	
MONDAY	6:00am-8:00pm	6:00-8:30am	6:30pm-8:00pm		
TUESDAY	6:00am-8:00pm	6:00-8:30am	6:30pm-8:00pm		
WEDNESDAY	6:00am-8:00pm	6:00-8:30am	6:30pm-8:00pm		
THURSDAY	6:00am-8:00pm	6:00-8:30am	6:30pm-8:00pm		
FRIDAY	6:00am-9:30pm	6:00-8:30am	3:30pm-9:30pm	6:30 - 9:30pm	
SATURDAY	7:30am-3:30pm		12:00pm-3:30pm	12:00 - 3:30pm	

**\*Full pool closure on January 28th-30th & March 5th(12pm onward), & 6th for regional swim meets**

PLEASE NOTE:  
The aquatic and fitness operating hours at the Cowichan Aquatic Centre differ on most days. A change room will be available for fitness centre patrons during all operating hours.  
As we recruit and train aquatic staff, our hours may adjust. Check back with reception or our website for updates.

## Upcoming Activities

Activity	Location	Date/Time
Tropical Night	COWICHAN AQUATIC CENTRE	January 21st 2022 7:00pm-9:00pm
Join us for a Limbo contest, pin the coconut on the palm tree, hula hoops and more!		
Teen Skate	FULLER LAKE ARENA	January 28th 2022 8:15pm-9:00pm
A skate just for youth! Admission includes skating, skate rental, a slice of pizza and a chance to win prizes!		
Family Day Swim	COWICHAN AQUATIC CENTRE	February 21st 2022 10:00am-12:00pm & 1:00pm-3:00pm
Bring your family and join us for a fun swim on Family Day. \$2 per person		
Family Day Skate	FULLER LAKE ARENA	February 21st 2022 10:00am-12:00pm & 1:00pm-3:00pm
Bring your family and join us for a fun skate on Family Day. \$2 per person		
Super Hero Night	COWICHAN AQUATIC CENTRE	February 25th 2022 7:00pm-9:00pm
Come dressed as your favorite superhero and join our leaders for some fun hero themed games.		
Teen Skate	FULLER LAKE ARENA	February 25th 2022 8:15pm-9:00pm
A skate just for youth! Admission includes skating, skate rental, a slice of pizza and a chance to win prizes!		
Easter Egg Hunt	FULLER LAKE PARK	April 16th 2022 10:00am Start
The Easter Bunny is coming and wants you to find all the treats he's hidden		
Underwater Easter Egg Hunt	COWICHAN AQUATIC CENTRE	April 17th 2022 11:00am Start
Come search for some easter eggs underwater and meet the Easter bunny		
Spring Splash	COWICHAN AQUATIC CENTRE	May 27th 2022 7:00pm-9:00pm
Come splash into spring for a night full of games and prizes		

FULLER LAKE ARENA 250.246.3811 | arena@northcowichan.ca

COWICHAN AQUATIC CENTRE 250.746.7665 | aquatics@northcowichan.ca

REGISTER @ www.reccowichan.ca

## Go for a Skate!

January 4th to March 24th	FULLER LAKE ARENA			
	Public Skating	Drop-In Hockey	Adult Lap Skate	Parent & Tot Skate
SUNDAY	3:15-4:00pm <b>Twoonie Skate</b>			
MONDAY / WEDNESDAY			1:00-2:00pm	9:00-10:00am
TUESDAY / THURSDAY		50+ 9:30-11:00am		
FRIDAY	7:00pm-8:00pm <b>Twoonie Skate</b>		11:00am-12:00pm	
SKATE RENTALS	\$2/pair	SKATE SHARPENING	\$5/pair	
<b>*No public skates on February 18th &amp; 20th, March 18th &amp; 20th</b>				



follow us @NorthCowichan

# Cowichan Aquatic Centre

## Drop In Fitness Classes:

ALL DRYLAND FITNESS CLASSES WILL RESUME JAN 19

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
6:00-7:00am		Core Fit		Core Fit		
7:30-8:30am	Tone + Tighten				Tone + Tighten	
8:45-10:00am						Step + Strength
8:50-9:35am			Cardio + Tone			
9:40-10:10am			Balance + Stability			
9:45-10:15am	Core Blast					
10:15-11:00am			Spin			
10:20-10:50am						
10:30-11:15am	Stretch + Flex					
11:00am-12pm						
11:30am-12pm	TRX					
11:30am-12:30pm	Jointfull Yoga (starts Jan 10th)					
12:15-1:00pm	Lunch Crunch		Lunch Crunch			
12:15-12:45pm		TRX				
1:05-1:35pm	Stretch		Stretch			
4:00-4:45pm		Spin				
4:50-5:20pm		TRX				
5:00-6:00pm		Cardio Fit		Cardio Fit		
5:30-6:15pm		Spin				
5:30-6:30pm	Full Body Strength		Full Body Strength			
6:15-7:30pm				Stepping it Out		



AQUATIC CLASSES					
TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
9:00-10:00am	Aqua Fit	Aqua Fit	Aqua Fit	Aqua Fit	Aqua Fit
10:00-10:30am	Arthitic Flow				Arthitic Flow
10:30-11:15am	Aqua Therapy		Aqua Therapy		Aqua Therapy
11:15-11:45am		Aqua Spin		Aqua Spin	
11:15am-12:00pm	Reconditioning				Reconditioning
12:00-12:45pm		Aqua Fit		Aqua Fit	
12:10-12:50pm	Aqua Fit				Aqua Fit
2:00-2:45pm	Aqua Fit				
6:30-8:00pm	Adult Swim \$2 Charge		Adult Swim \$2 Charge		

All aquatic classes in light blue are held in the competition pool. All aquatic classes in dark blue are held in the leisure pool.



## Fuller Lake Arena

ALL DRYLAND FITNESS CLASSES WILL RESUME JAN 19

FULLER LAKE ARENA		
TIME	TUE	THU
9:00-10:00am		Cardio
10:15-11:15am		
<b>*No fitness classes on February 21st</b>		
<b>*Monday Yoga 5:30-6:30pm is now a registered program. Go to reccowichan.ca to register.</b>		

### Descriptions of Dry Land Drop In Classes

#### Cowichan Aquatic Center Fitness

**Ab Attack:** Amazing core and total body strengthening. Lots of variety and challenging progressions.

**Balance and Stability:** Want to improve your balance and coordination? In this class, we'll use specific exercises and activities meant to increase body & spatial awareness, joint stability, and overall coordination.

**Cardio and Tone:** Expect to sweat and feel the burn! This class will include a variety of aerobic and anaerobic exercises meant to get your heart pumping and muscles working.

**Core Blast:** Not just abs! 30 minutes of exercises to strengthen your whole core, including abdominals, obliques, hips, back, and glutes.

**Cardio Fit:** A combination of rhythmic aerobic exercise combined with strength training routines, with the goal of improving all elements of fitness including cardio vascular strength, muscular strength, and flexibility.

**Core Fit:** Exercises to strengthen your core muscles; abdominal, back, and pelvis. A blend of strength and stretch techniques will build your core, making it easier to participate in activities and everyday life.

**Full Body Strength:** Strength training routines that use light to moderate weights with lots of repetition, to give you a full body workout. It is suitable for all fitness levels since the participant is able to choose weights that are suitable to their own fitness level.

**Joint Wellness:** Gentle dryland exercise program that includes chair exercises, strength, mobility, balance and relaxation.

**Jointfull Yoga:** Great for joint health and joint renewal. It's slow, meditative, and strengthening.

**Lunch Crunch/Stretch:** Full body circuit training guaranteed to get the heart rate up for the midday sweat! Followed up by a half hour of stretching to release tensions from a fun workout.

**Spin:** Upbeat cardio class. A great way to challenge yourself through drills and skills. Look at cycling in a new light.

**Step and Strength:** An energizing start to your weekend, an hour and 15min cardio and strength intervals for an all over body workout. Followed with core and a great stretch!

**Stepping it Out:** In this 75 minute class, you will have cardio fun with some step choreography, interval strength challenges, and a great cool down and stretch to wind down your day.

**Stretch and Flex:** The goal of this class is to improve flexibility and range of motion, while promoting relaxation.

**Tone & Tighten:** Start your day with this full body tone and tighten class. Full of fun variations on classic exercises. Leave refreshed to take on the rest of your day!

**TRX:** Short on time? This class is for you! Core, endurance, and strength all in one. A form of suspension training that uses body weight exercises to develop strength, balance, flexibility, and core stability. It requires the use of the TRX Suspension Trainer, a performance training tool that leverages gravity and the user's body weight to complete the exercises.

#### Fuller Lake Arena Fitness

**Definition Cardio:** This motivating cardio class involves strength training, core toning, and a full body workout. Suitable for all fitness levels.

**Gentle Fit:** A group fitness class that combines cardio and strength intervals with emphasis on functional and/or integrated weight bearing techniques. This class is suitable for beginners and those returning to fitness.