

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

AUTUMN 2022 Program Guide

FITNESS | AQUATICS | ARENA | GENERAL



NORTH
Cowichan

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your recreation connection

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What do you want to do? Get fit, learn how, discover something new...

Programs

Aquatic Kiddie Capers (3 to 5yrs)

COWICHAN AQUATIC CENTRE

Does your preschooler love the water? Aquatic Kiddie Capers - an instructor led playtime in the pool, followed by dry playtime to make crafts and explore learning. Come make new friends with us! Must be toilet trained.

WED | SEPT 7TH - OCT 5TH

10:30AM - 12PM

5 SESSIONS | \$42.50 | 48409

WED | OCT 12TH - NOV 9TH

10:30AM - 12PM

5 SESSIONS | \$42.50 | 48412

WED | NOV 16TH - DEC 14TH

10:30AM - 12PM

5 SESSIONS | \$42.50 | 48413

Story Time with Mr. Jack O'Lantern (2 to 5yrs)

COWICHAN AQUATIC CENTRE

Calling all ghosts, goblins, super heroes, witches, princesses and all! It's time to get out your Halloween costumes and head out to the Cowichan Aquatic Centre to enjoy some cookie decorating, a fun Halloween story, and create Halloween crafts. Adult supervision required.

SAT | OCT 22ND

10:30AM - 12:00 PM

1 SESSION | \$12 | 48410

Story Time With Mr. Claus (1.5 to 5yrs)

COWICHAN AQUATIC CENTRE

Bring your holiday cheer for a memorable morning of crafts and stories. Jolly Saint Nick will be there in his rocking chair ready to read you Christmas stories and find out what you want for Christmas.

SAT | DEC 10TH

10:30AM-12:00 PM

1 SESSION | \$12 | 48411

Surfing & Boogie Boarding Instruction

COWICHAN AQUATIC CENTRE

This workshop introduces basic skills and knowledge for participating in surfing activities including paddling techniques on boards, turning your board and body position.

SUN | SEP 18TH

3PM - 4:30PM

1 SESSION | \$18.50 | 49292

SUN | OCT 16TH

3PM - 4:30PM

1 SESSION | \$18.50 | 49293

SUN | NOV 20TH

3PM - 4:30PM

1 SESSION | \$18.50 | 49294



REGISTER @ www.reccowichan.ca



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Programs

Adult Inclusion (16yrs+)

COWICHAN AQUATIC CENTRE

Join our amazing leaders for 5 evenings that get you active and out of the house while meeting new people! Activities include game time in the gym, paddle boarding, kayaking, movies, and much more! Participants must have basic swimming abilities.

TUES | SEP 6TH - OCT 25TH

5:30PM - 7:30PM

8 SESSIONS | \$88+tax | 49224

TUES | NOV 1ST - DEC 6TH

5:30PM - 7:30PM

6 SESSIONS | \$66+tax | 49225

Pro D Day Camp

(6 to 10yrs)

COWICHAN AQUATIC CENTRE

School is out and the kids need a fun place to go! Join us for a full day of activities, games, and swimming. Our goal is to get your kids active, on the go, and enjoying a fun filled day!

MON | SEP 26TH

8:30AM - 4:00 PM

1 SESSION | \$40 | 49258

FRI | OCT 21ST

8:30AM - 4:00 PM

1 SESSION | \$40 | 49259

FRI | NOV 25TH

8:30AM - 4:00 PM

1 SESSION | \$40 | 49260

Saturday Arts and Crafts and Skate

FULLER LAKE ARENA

The Saturday Arts and Crafts class will explore a variety of art materials and creative ideas to excite the imagination. Registration includes Public Skate and rentals * Helmets recommended but not provided. Kids can also drop in to any class for a \$20 fee! Public Skate not included for Drop in

SAT | SEPT 10TH - OCT 22ND

1:30PM - 3:30PM

6 SESSIONS | \$120.00 | 48653

No Class Oct 8th

SAT | OCT 29TH - DEC 10TH

4:15PM - 5:15PM

6 SESSIONS | \$120.00 | 49303

No Class Nov 12th

Art and Skate Pro D Day (6 to 10yrs)

FULLER LAKE ARENA

This camp will teach kids how to build their own Halloween mask or Cosplay character, using simple materials such as cardboard and tape. Students will learn about 3-D form and patterns, materials used for decoration and paint techniques. Kids will also have the opportunity to go out for a skate. *rentals included

MON | SEPT 26TH

9AM - 4PM

1 SESSION | \$45.00 | 48655



Yoga

Yoga for Kids

FULLER LAKE ARENA

Build on physical strength, coordination and balance while having fun! Kids gain confidence through yoga postures, breathing exercises and become mindful of ways to self regulate and relax.

MON | SEPT 12TH - OCT 31ST
4:15PM - 5:15PM
7 SESSIONS | \$56 | 46688

MON | NOV 7TH - DEC 12TH
4:15PM - 5:15PM
6 SESSIONS | \$48 | 46689

Yoga for Wholeness

COWICHAN AQUATIC CENTRE

Physical, mental, emotional and spiritual well-being can be supported by intentional communal yoga stretching, breathing and grounding. Led by a seasoned teacher with overlapping embodiment, meditation and community experience.

INSTRUCTOR: CHANTELL
THUR | SEPT 8TH - OCT 13TH
1:30PM - 2:45PM
6 SESSIONS | \$69.06+tax | 18880

THUR | OCT 27TH - DEC 1ST
1:30PM - 2:45PM
6 SESSIONS | \$69.06++tax | 49434



Yin & Yoga Nidra Meditation

COWICHAN AQUATIC CENTRE

Learn the steps to immerse yourself into the deepest form of meditation & work up to full practices by the end. Mentally restorative and incredibly beneficial for sleep-deprived individuals. Just 20 minutes of Yoga Nidra is equal to 2 hours of sleep for your body & mind

INSTRUCTOR: KRISTIN
TUES/THUR | SEPT 6TH - SEPT 29TH
7:15PM - 8:15PM
8 SESSIONS | \$55.25+tax | 49428

TUES/THUR | OCT 4TH - OCT 27TH
7:15PM - 8:15PM
8 SESSIONS | \$55.25+tax | 49429

TUES/THUR | NOV 1ST - NOV 29TH
7:15PM - 8:15PM
9 SESSIONS | \$62.15+tax | 49430

Yoga for Athletes

COWICHAN AQUATIC CENTRE

Target those most commonly weak muscles and strengthen stabilizers, along with some gentle stretching for those tight and seemingly inflexible bodies.

INSTRUCTOR: KRISTIN
WED | SEPT 7TH - SEPT 28TH
6:00PM - 7:00PM
4 SESSIONS | \$27.62+tax | 49431

WED | OCT 5TH - OCT 26TH
6:00PM - 7:00PM
4 SESSIONS | \$27.62+tax | 49432

WED | NOV 2ND - NOV 30TH
6:00PM - 7:00PM
5 SESSIONS | \$34.53+tax | 49433

Yoga for Joint Health

FULLER LAKE ARENA

This low intensity slow practice yoga class is great for joint and body rejuvenation. All levels welcome.

MON | SEPT 12TH - OCT 31ST
5:30PM - 6:30PM
7 SESSIONS | \$56 | 46680

MON | NOV 7TH - DEC 12TH
5:30PM - 6:30PM
6 SESSIONS | \$48 | 46690

Jointful Yoga

COWICHAN AQUATIC CENTRE

Great for joint health and joint renewal. Its slow, meditative and strengthening.

INSTRUCTOR: KATHY
MON | SEPT 12TH - SEPT 26TH
11:30AM - 12:30PM
3 SESSIONS | \$33.15+tax | 49356

MON | OCT 3RD - OCT 31ST
11:30AM - 12:30PM
4 SESSIONS | \$44.20+tax | 49357
No Class Oct 10th

MON | NOV 7TH - DEC 12TH
11:30AM - 12:30PM
6 SESSIONS | \$69.62+tax | 49369

Chair Yoga

COWICHAN AQUATIC CENTRE

A great way to relax from head to toe. Seated in a chair we will invite yoga postures such as twists, hip stretches, forward folds and breath work into this all levels class.

INSTRUCTOR: KATHY
MON | SEPT 12TH - SEPT 26TH
12:45PM - 1:30PM
3 SESSIONS | \$33.15+tax | 49373

MON | OCT 3RD - OCT 31ST
12:45PM - 1:30PM
4 SESSIONS | \$44.20+tax | 49375
No Class Oct 10th

MON | NOV 7TH - DEC 12TH
12:45PM - 1:30PM
6 SESSIONS | \$66.29+tax | 49377

Parented Classes

Parent & Baby Yoga Hangout

COWICHAN AQUATIC CENTRE

Parents with children who are not yet proficient walkers, are invited to a truly baby-friendly, parent-loving zone. We'll use yoga stretches, strengthening methods, meditative invitations and social connection time to support you in this important moment of your lives.

INSTRUCTOR: CHANTELL
TUES | SEPT 6TH - OCT 18TH
1:30PM - 2:45PM
7 SESSIONS | \$80.57+tax | 49436

TUES | NOV 1ST - NOV 29TH
1:30PM - 2:45PM
5 SESSIONS | \$57.35+tax | 49438

Youth No Charge Options

Project Breakfast (Gr 7 to 12)

CHEMAINUS SECONDARY SCHOOL

Join us for a tasty and nutritious breakfast on us every Monday morning! Open to all youth at Chemainus Secondary. Breakfast is provided in a grab n' go style, so stop by on your way to class
MONDAYS | 8AM - 8:40AM

Community Youth Room (Gr 7 to 12)

CHEMAINUS SECONDARY SCHOOL ROOM 118

A safe and welcoming drop-in space for youth at Chemainus Secondary, open before school and at lunch. Shoot some pool, play Nintendo Switch or grab a snack and hang out with your friends. Our leaders organize monthly games, activities, and tournaments.

MONDAYS - FRIDAYS
8AM-8:40AM & 11:33AM-12:18AM

Adult General

Core Fit

COWICHAN AQUATIC CENTRE

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.

INSTRUCTOR: DAMARIS

TUES/THUR | SEPT 6TH - SEPT 29TH

6AM - 7AM

8 SESSIONS | \$66.29+tax | 49423

TUES/THUR | OCT 4TH - OCT 27TH

6AM - 7AM

8 SESSIONS | \$66.29+tax | 49424

TUES/THUR | NOV 1ST - NOV 29TH

6AM - 7AM

9 SESSIONS | \$74.58+tax | 49425

Afternoon Fit

COWICHAN AQUATIC CENTRE

This high energy total body class will have you ready for anything and everything!!

INSTRUCTOR: TRACEY

MON/WED | SEPT 7TH - SEPT 28TH

2PM - 3PM

7 SESSIONS | \$58.01+tax | 49414

MON/WED | OCT 3RD - OCT 31ST

2PM - 3PM

8 SESSIONS | \$66.29+tax | 49415

No Class Oct 10th

MON/WED | NOV 2ND - NOV 30TH

2PM - 3PM

9 SESSIONS | \$74.58+tax | 49416

Osteofit

COWICHAN AQUATIC CENTRE

Osteofit classes offer a combination of exercise and education in a supportive group environment. It is safe and gentle enough not to cause pain or injury, even if you're not used to exercise. Osteofit is safe for individuals who have had spinal or other fractures or who have broken their hip or other bones.

INSTRUCTOR: WENDY

WED | SEPT 21ST - OCT 26TH

11:15AM - 12PM

6 SESSIONS | \$45.58+tax | 49452

WED | NOV 2ND - DEC 7TH

11:15AM - 12PM

6 SESSIONS | \$45.58+tax | 49453

Silver Strength

COWICHAN AQUATIC CENTRE

New to Fitness and Weights? Not sure what it is all about or how to even begin? Join Wendy in this 45 min introduction class, where she will show you where to start, how to use weights, explain the lingo and get you comfortable in the gym setting.

INSTRUCTOR: WENDY

WED | SEPT 21ST - OCT 26TH

10:15AM - 11AM

6 SESSIONS | \$45.58+tax | 49450

WED | NOV 2ND - DEC 7TH

10:15AM - 11AM

6 SESSIONS | \$45.58+tax | 49451



Dance Fit Fun

COWICHAN AQUATIC CENTRE

Come join Dance Fit Fun this fall to get your groove back! This is a class for every body. Any age, size, shape, fitness level... Anyone can come and enjoy an hour of dancing, laughing, and sweating! The moves are easy and fun, and the workout is shaped to meet your needs. Let's shake and sweat and get back into feeling good about ourselves!

INSTRUCTOR: SALLY

MON | SEPT 12TH - OCT 31TH

5PM - 6:15PM

6 SESSIONS | \$48.06+tax | 49628

No Class Sept 26th & Oct 10th

MON | NOV 7TH - DEC 12TH

5PM - 6:15PM

6 SESSIONS | \$48.06+tax | 49630

Spin Classes

Seniors Spin

COWICHAN AQUATIC CENTRE

Did you know that spin classes are a fun way to boost your cardio without extreme impact on your back, legs, and joints? Kate will show you how to set up your bike. Variety of hand and body positions and drills that will challenge each individual.

INSTRUCTOR: KATE

TUES | OCT 4TH - OCT 25TH

9:30AM - 10:15AM

4 SESSIONS | \$28.82+tax | 49381

TUES | NOV 1ST - NOV 29TH

9:30AM - 10:15AM

5 SESSIONS | \$36.02+tax | 49382

SAT | OCT 8TH - OCT 29TH

10:15AM - 11AM

4 SESSIONS | \$28.82+tax | 49386

SAT | NOV 5TH - NOV 26TH

10:15AM - 11AM

4 SESSIONS | \$28.82+tax | 49387

Seniors Spin, Strength and Flexibility

COWICHAN AQUATIC CENTRE

Increasing your muscle strength and endurance makes it easier for you to perform daily tasks and helps you maintain your balance. Never done any strength training before? Don't worry - beginners are always welcome and we have different levels for all abilities.

INSTRUCTOR: KATE

TUES | OCT 4TH - OCT 25TH

1:15PM - 2:30PM

4 SESSIONS | \$28.82+tax | 49489

TUES | NOV 1ST - NOV 29TH

1:15PM - 2:30PM

5 SESSIONS | \$36.02+tax | 49389

THUR | OCT 6TH - OCT 27TH

1:15PM - 2:30PM

4 SESSIONS | \$28.82+tax | 49390

THUR | NOV 3RD - NOV 24TH

1:15PM - 2:30PM

4 SESSIONS | \$28.82+tax | 49392

Spin

COWICHAN AQUATIC CENTRE

Did you know that spin classes are a fun way to boost your cardio without extreme impact on your back, legs, and joints? Spin classes can be a great way to get a vigorous workout especially during the off-season. Participants determine their own levels of exertion.

INSTRUCTOR: DAMARIS

MON/WED | SEPT 7TH - SEPT 28TH

5PM - 6PM

7 SESSIONS | \$61.87+tax | 49420

MON/WED | OCT 3RD - OCT 31ST

5PM - 6PM

8 SESSIONS | \$70.71+tax | 49421

MON/WED | NOV 2ND - NOV 30TH

5PM - 6PM

9 SESSIONS | \$79.55+tax | 49422

Specialty Classes

Red Cross Babysitters Training

FULLER LAKE ARENA

All the essential skills you need to get a job as a certified babysitter. First-aid, emergencies and injury prevention, handling babies, and activities to play with children.

FRI | OCT 21ST
9AM - 4:00 PM
1 SESSION | \$60 | 49267

FRI | NOV 25TH
9AM - 4:00 PM
1 SESSION | \$60 | 49270

Pizza, Movie & Skate Night

FULLER LAKE ARENA

Join us for a night of fun. We will watch a movie on the big screen in the AB room while eating pizza, then head out on the ice for the Friday night skate. Rentals are included.

FRI | OCT 14T | 46783
FRI | NOV 4TH | 46784
FRI | DEC 9TH | 46785
4:30PM-8:05 PM
1 SESSION | \$11



Story Time with Mr. Jack O'Lantern

(2 to 5yrs)

COWICHAN AQUATIC CENTRE

Calling all ghosts, goblins, super heroes, witches, princesses and all! It's time to get out your Halloween costumes and head out to the Cowichan Aquatic Centre to enjoy some cookie decorating, a fun Halloween story, and create Halloween crafts. Adult supervision required.

SAT | OCT 22ND
10:30AM - 12:00 PM
1 SESSION | \$12 | 48410

Story Time With Mr. Claus (1.5 to 5yrs)

COWICHAN AQUATIC CENTRE

Bring your holiday cheer for a memorable morning of crafts and stories. Jolly Saint Nick will be there in his rocking Chair ready to read you Christmas stories and find out what you want for Christmas.

SAT | DEC 10TH
10:30AM-12:00 PM
1 SESSION | \$12 | 48411

REGISTER @ www.reccowichan.ca



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Special Events

| Activity | Location | Date/Time |
|--|-------------------------|---|
| GRANDPARENTS DAY | COWICHAN AQUATIC CENTRE | 1PM - 4PM SEPTEMBER 11TH |
| Come celebrate your grandparents at the Cowichan Aquatic Centre for grandparent's day! Fun, games, and a chance to take home a cool prize. | | |
| SCHOOLS OUT SWIM | COWICHAN AQUATIC CENTRE | 12PM - 3PM SEPTEMBER 26TH OCTOBER 21ST NOVEMBER 25TH |
| Need a plan for the next school closure? We've got you covered. Come enjoy the waterslides, waves, and inflatables at one of our additional swim times during your next school closure. | | |
| BEACH PARTY | COWICHAN AQUATIC CENTRE | 7PM - 9PM SEPTEMBER 23RD |
| Beach Party at the Cowichan Aquatic Centre. Join us for limbo contests, pin the coconut on the palm tree, hula hoops and more! | | |
| MOVIE NIGHT | COWICHAN AQUATIC CENTRE | 7PM - 9PM OCTOBER 20TH NOVEMBER 4TH |
| It is back, Movie night at the Aquatic Centre! Come relax at the pool with a movie on the big screen! Slides and diving boards will be open too! Movie title will be released closer to event date. | | |
| FRIGHT NIGHT | COWICHAN AQUATIC CENTRE | 7PM TO 9 PM OCTOBER 28TH 4PM TO 6PM & 7PM TO 9 PM OCTOBER 29TH |
| This is more than just a haunted house-it's a whole haunted pool with ghost and goblins ready to scare you at every turn. The facility will be closed from 3pm - 4pm and 6pm to 7pm on both days in preparation. | | |
| GLOW IN THE DARK SWIM | COWICHAN AQUATIC CENTRE | 7PM TO 9 PM NOVEMBER 18TH |
| Break out all your GLOW sticks and necklaces and join us at the pool for a glow in the dark swim. The lights will be off and the pool will be full of games and prizes. | | |
| Pro D camp | FULLER LAKE ARENA | 9AM - 4PM SEPTEMBER 26TH |
| Come join our fun camp leaders for a day of skating, crafts, games and more. | | |
| PIZZA, MOVIE & SKATE NIGHT | FULLER LAKE ARENA | 4:30PM - 8:05PM OCTOBER 14TH NOVEMBER 4TH |
| Join us for a night of fun! We will watch a movie on the big screen in the AB room while eating pizza then head out on the ice for the Friday night skate. | | |
| TEEN SKATE (12 TO 18 YEARS) | FULLER LAKE ARENA | 8:20PM - 9:20PM SEPTEMBER 23 OCTOBER 28 NOVEMBER 25 |
| A skate just for youth! Admission includes skate rentals, a slice of pizza and a chance to win awesome prizes! | | |

FULLER LAKE ARENA 250.246.3811 | arena@northcowichan.ca

COWICHAN AQUATIC CENTRE 250.746.7665 | aquatics@northcowichan.ca

REGISTER @ www.reccowichan.ca



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