**Awesome Programs for Autumn!!!**

Look for Vancouver Island University joining our supplement this winter

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**Registration Info**

Register for programs occurring at the Island Savings Centre at their front counter or by phoning 250.748.7529

For Fuller Lake Arena or Cowichan Aquatic Centre Programs, register at either facility, online:

www.northcowichan.ca

or by phoning

250.246.3811 / 250.746.7665

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**Current Programs**

Registration starts for all programs in person, or over the phone,

**Monday, August 8th**

Online registration for Fuller Lake & Cowichan Aquatic Centre Programs starts on

**Monday, August 8th**
Junior Sporthall (16 months to 2yrs)
A perfect introduction to Sporthall. Children and parents participate in sports, creative games, songs, rhymes, stories, ball time and much more! Children will be introduced to a different sport each week. Parents are encouraged to participate with their child and challenge them according to their skill level.

- Saturdays 9am to 9:45am
- Sep 10th to Oct 22nd (No class Oct 8th) 6 sessions/$30
- Island Savings Centre Code: ISC-15668
- Oct 29th to Dec 10th 7 sessions/$30
- Island Savings Centre Code: ISC-15669

Lil’ Sports Maniacs (2 to 4yrs)
Does your little one have an extreme amount of energy in the morning? We have just the solution! Join us each session for endless sports and fun as we bring out our preschool sports equipment for your little ones to burn off some energy with.

- Parent Participation is required.
- Mon to Fri 9:30am to 11am
- Sep 19th to Dec 12th (No class Oct 12th) 12 sessions/$54
- Island Savings Centre Code: ISC-15667

Motoring Munchkins (1 to 2yrs)
Instructor: Kim Magnus
Movement Exploration, learn how to balance and play co-operatively with interactive games and activities.

- Parent Participation is required.
- Wednesdays 9:15am to 9:45am
- Sep 21st to Oct 12th 4 sessions/$32
- Cowichan Aquatic Centre Code: CAC-11078
- Oct 21st to Nov 18th 4 sessions/$32
- Cowichan Aquatic Centre Code: CAC-11081
- Nov 16th to Dec 7th 4 sessions/$32
- Cowichan Aquatic Centre Code: CAC-11082

Parent & Tot Sporthall (2 to 3yrs)
Designed to guide parents and their children into the introductory skills of 7 different ball sports. Parents are instructed on how to correctly assist their children in learning the skills of Hockey, Soccer, Tennis, Baseball, Golf, Volleyball and Basketball. Games and skills are taught in a fun and creative manner by using story lines to encourage participation. Grandparents and caregivers are also welcome to bring children to programs.

- Saturdays 9:45am to 10:30am
- Sep 10th to Oct 22nd (No class Oct 8th) 6 sessions/$50
- Island Savings Centre Code: ISC-15670
- Oct 29th to Dec 10th 7 sessions/$51
- Island Savings Centre Code: ISC-15671

Power Play Level 1 (2 to 3yrs)
Instructor: Rachel Peppler
Paper plate skating, small tram jumping, hoop space ship and more. Your child will enjoy a variety of games, activities and movement exploration. Unparented.

- Fridays 10:15am to 10:45am
- Sep 13th to Oct 7th 4 sessions/$35
- Cowichan Aquatic Centre Code: CAC-11103
- Oct 14th to Nov 4th 4 sessions/$35
- Cowichan Aquatic Centre Code: CAC-11109
- Nov 18th to Dec 9th 4 sessions/$35
- Cowichan Aquatic Centre Code: CAC-11100

Step up Stepping (2 to 4yrs)
Is your little one leer a bit too young for preschool but you want them to take that next step? Children will learn the basics of preschool during this classroom based program. With the main focus on children being with just the instructor for crafts, free time, stories, and parachute play. Parent Participation required.

- Tuesdays/Thursdays 11am to 12noon
- Sep 13th to Sep 22nd 4 sessions/$45
- Cowichan Aquatic Centre Code: CAC-11107
- Oct 14th to Oct 28th 4 sessions/$45
- Cowichan Aquatic Centre Code: CAC-11115
- Nov 21st to Nov 28th 4 sessions/$45
- Cowichan Aquatic Centre Code: CAC-11118
- Dec 5th to Dec 9th 4 sessions/$45
- Cowichan Aquatic Centre Code: CAC-11113

Yogi Bears (2 to 5yrs)
Instructor: Gwen Siciliano
Learn songs that identify compassion, patience and forgiveness through Yogi Bear Gwen. Combines music, art, storytelling, dance, breathing along with guided relaxation. Unparented.

- Mondays 10:15am to 11am
- Sep 12th to Oct 3rd 4 sessions/$25
- Cowichan Aquatic Centre Code: CAC-11079
- Oct 17th to Nov 7th 4 sessions/$25
- Cowichan Aquatic Centre Code: CAC-11071
- Nov 14th to Dec 5th 4 sessions/$25
- Cowichan Aquatic Centre Code: CAC-11074
- Dec 12th to Dec 26th 4 sessions/$25
- Cowichan Aquatic Centre Code: CAC-11075

Ballet (6 to 10yrs)
An introduction to ballet in a fun environment. Children will develop balance and coordination while learning dance steps and movement.

- Tuesdays 5:15pm to 5:55pm
- Sep 13th to Nov 1st 8 sessions/$56
- Fuller Lake Arena Code: FLA-10597

Child Beginner Guitar (7 to 10yrs)
Learn basic strumming and chords and then learn to play some songs. The class size is limited to ensure everyone receives proper teaching and enjoys the experience. You must have your own guitar.

- Tuesdays 6pm to 6:30pm
- Sep 14th to Oct 26th (No class Sep 28th) 6 sessions/$59
- Fuller Lake Arena Code: FLA-10595
- Nov 2nd to Dec 14th (No class Nov 9th) 6 sessions/$59
- Fuller Lake Arena Code: FLA-10596

Hip Hop Dance (6 to 10yrs)
Hip Hop, Pop and Lock learn to dance the street style. Students will find their groove in a fun and energetic class. We will take you through the basic steps of hip hop. It is a great cardio workout in a fun environment. Professionals from the Heritage Academy of Performing Arts teach the class.

- Tuesdays 4:30pm to 5:10pm
- Sep 5th to Nov 1st 4 sessions/$36
- Fuller Lake Arena Code: FLA-10594

Hip Hop Dance & Jazz
A fun 10 week program for those with dance experience and those without. You will learn the basics of jazz and hip hop and put together choreographed dances. Please wear sweatpants and yoga/dance pants and a tank top or t-shirt. Hair must be up and all classes may be done in bare feet but if you have dance shoes or indoor runners feel free to wear them.

- Tuesdays 3:30pm to 4:30pm
- Oct 4th to Dec 6th 10 sessions/364
- Island Savings Centre Code: ISC-15820

DANCE & MUSIC

Balancing Buddies (3 to 5yrs)
Instructor: Kim Magnus
You and your child will get active together as we help incorporate play into your daily routine. Explore hula hoop, body pretzels, streamer actions and balance activities. Parent participation is required.

- Wednesdays 9am to 10:30am
- Sep 21st to Oct 12th 4 sessions/$25
- Cowichan Aquatic Centre Code: CAC-11086
- Oct 19th to Nov 6th 4 sessions/$25
- Cowichan Aquatic Centre Code: CAC-11089
- Nov 16th to Dec 5th 4 sessions/$25
- Cowichan Aquatic Centre Code: CAC-11090

Multi-Sportball (4 to 7yrs)
Multi-Sport programs focus on skill development in 7 popular sports: Soccer, Hockey, Baseball, Basketball, Tennis, Volleyball, and Golf. Participants learn, rehearse, and refine sports skills in a positive, encouraging, and non-competitive atmosphere.

- Saturdays 10:30am to 11:30am
- Sep 10th to Oct 22nd (No class Oct 8th) 6 sessions/$90
- Island Savings Centre Code: ISC-15672
- Oct 29th to Dec 10th 7 sessions/$105
- Island Savings Centre Code: ISC-15673

Parent & Tot Skating Lessons (2 to 5yrs)
Program is designed to introduce preschool aged children to ice-skating. Parents participate with their children on the ice. Our instructors will teach the basic skating skills, using a variety of games and activities.

- Maximum 2 tots to 1 parent.
- Mondays 1pm to 1:30pm
- Sep 12th to Oct 24th (No class Oct 10th) 6 sessions/$35
- Island Savings Centre Code: ISC-15792
- Oct 31st to Dec 11th 6 sessions/$35
- Island Savings Centre Code: ISC-15793
- Nov 1st to Dec 10th 10am to 10:30am
- Island Savings Centre Code: ISC-15679
- Dec 26th to Nov 30th 6 sessions/$35
- Island Savings Centre Code: ISC-15795

Power Play Level 2 (4 to 5yrs)
Instructor: Rachel Peppler
Paper plate skating, small tram jumping, hoop space ship and more. Your child will enjoy a variety of games, activities and movement exploration. Unparented.

- Fridays 10:45am to 11:30am
- Sep 14th to Oct 7th 4 sessions/$25
- Cowichan Aquatic Centre Code: CAC-11101
- Oct 14th to Nov 4th 4 sessions/$25
- Cowichan Aquatic Centre Code: CAC-11102
- Nov 18th to Dec 9th 4 sessions/$25
- Cowichan Aquatic Centre Code: CAC-11103

Pro Fun Days (5 to 10yrs)
SCHOOL IS OUT and the kids have no where to go!! We offer a full day of activities, games, and fun for your children while you’re at work or running around town.

- Monday 8:30am to 4pm
- Oct 3rd 1 session/ $30
- Cowichan Aquatic Centre Code: CAC-11170
- Oct 21st 8:30am to 4pm
- 1 session/ $30
- Cowichan Aquatic Centre Code: CAC-11171
- Nov 10th 8:30am to 4pm
- 1 session/ $30
- Cowichan Aquatic Centre Code: CAC-11172

Cowichan Aquatic Centre 250.746.7665
AQUATIC PROGRAMS

Beginner Red Cross Teen Swim Lessons

Mondays-Wednesdays
6:30pm to 7:15pm
Sep 12th to Sep 28th
Code: CAC-10610
Cowichan Aquatic Centre
6 sessions/$45

Cowichan Aquatic Centre
Oct 3rd to Oct 26th
7 sessions/$55.50
Code: CAC-10623

Oct 31st to Nov 23rd
8 sessions/$60
Code: CAC-10634

Cowichan Aquatic Centre
Nov 28th to Dec 14th
6 sessions/$45
Code: CAC-10625

Cowichan Aquatic Centre
Code:

Advanced Red Cross Teen Swim Lessons

Mondays-Wednesdays
7:15pm to 8pm
Sep 12th to Sep 28th
Code: CAC-10626
Cowichan Aquatic Centre
6 sessions/$45

Cowichan Aquatic Centre
Oct 3rd to Oct 26th
7 sessions/$55.50
Code: CAC-10637

Oct 31st to Nov 23rd
8 sessions/$60
Code: CAC-10638

Cowichan Aquatic Centre
Nov 28th to Dec 14th
6 sessions/$45
Code: CAC-10639

Canadian Swim Patrol

Finished Swim Kids, or just want something, but are too young for the Bronze courses? Try out this three-leveled introduction program to the world of lifeguarding. Have a great time while learning the three main modules, water proficiency, rescue, and first aid.

Saturdays
9:30am to 12noon
Sep 10th to Oct 15th
Code: CAC-11163
Cowichan Aquatic Centre
6 sessions/$60

Cowichan Aquatic Centre
Sat
9:30am to 12noon
Nov 5th to Dec 10th
6 sessions/$45
Code: CAC-11162

Saturday Snorkel

Explore the world of the sea from the safety of the pool. Let us explore with you the depth of the pool using mask, snorkel, and fins. The basic fit, care, breathing from your snorkel, and clearing your mask will be covered in this session:

Saturday
11am to 12noon
Sep 10th
Code: CAC-11163
Cowichan Aquatic Centre
1 session/$20

Cowichan Aquatic Centre
Nov 5th
11am to 12noon
1 session/$20
Code: CAC-11164

Event Swims

Friday Flicks

The Cowichan Aquatic Centre is pleased to present a new or classic movie on select Friday nights

- September 16th
- October 14th
- November 18th
- December 2nd

Cowichan Aquatic Centre
General admission

Games Night at CAC

Come for an hour or come for the whole evening for all types of water sports, activities, and games. Water Polo, volleyball, and basketball will be set up in the pool and the activity leaders will be on hand to pump up the fun.

Sundays
6pm to 9pm
Sep 18th
Oct 16th
Nov 20th
Cowichan Aquatic Centre
General admission

Glow in the Dark Swim

Break out all your GLOW sticks and necklaces and join us at the pool for a glowing hour of swimming. The lights will be off but the pool will be full of light. One free glow stick to each attendee.

- Fridays: 7pm to 9pm
- Sep 7th
- Nov 4th
- Dec 9th

Cowichan Aquatic Centre
General admission

LIFEGUARDING

Synchro for Fun

Do you love the water, music, and to dance? Participants will learn skills from the Synchro Canada Star program and also invent their own routine to a theme.

Wednesday
6pm to 6:45pm
Sep 2nd to Oct 19th
Cowichan Aquatic Centre
6 sessions/$60
Code: CAC-11159

Stand-up Paddle Board

Stand-up paddling isn’t a skill; it’s an amazing experience. Whether you’re 7 or 79 years old, you’ll learn to stand-up paddle on your very first lesson regardless of your experience or ability.

Thursdays
5pm to 6pm
Sep 15th
1 session/$40
Cowichan Aquatic Centre
Code: CAC-11166

Cowichan Aquatic Centre
Oct 6th
1 session/$40
Code: CAC-11167

Cowichan Aquatic Centre
Nov 3rd
1 session/$40
Code: CAC-11168

Cowichan Aquatic Centre
Dec 1st
1 session/$40
Code: CAC-11169

Toonie Teen Nights (10 to 17yrs)

Bring your friends for the unique H2O experience at our special teen only nights! Enjoy exclusive use of the hot tub, water slides, plus water basketball and other great games.

Saturday
8:30pm to 9:30pm
Cowichan Aquatic Centre
Cowichan Aquatic Centre
Cowichan Aquatic Centre
Cowichan Aquatic Centre

Learn to Swim Lessons

Not sure where your child fits into Red Cross Preschool or School Aged Lessons? Then let us help. Our experienced staff will do an evaluation and figure out the appropriate level.

**Turn to page 8 for all of the swim lessons dates/times.

HOW TO REGISTER

For ISC (Island Savings Centre)

- In person at the centre or
- Online: www.northcowichan.ca

**Catch the Wave**

Friday, October 29th
7:30pm to 9pm
Cowichan Aquatic Centre
General admission

Fright Fest

IT’S BACK! Spine-chilling fun awaits all those who dare to experience Fright Fest at the Cowichan Aquatic Centre. This is more than just a haunted house—it’s a whole haunted pool.

Saturday, October 29th
7:30pm to 9pm
Cowichan Aquatic Centre
General admission

Bronze Star (11 to 13yrs+)

Sundays
11am to 2:30pm
Sep 18th to Oct 16th
5 sessions/$80
Cowichan Aquatic Centre
Code: CAC-10986

Cowichan Aquatic Centre
Nov 6th to Dec 4th
5 sessions/$80
Code: CAC-10999

Bronze Medallion (13yrs+)

Must have Bronze Star.

Sundays
11am to 4:30pm
Sep 18th to Oct 16th
5 sessions/$182
Cowichan Aquatic Centre
Code: CAC-10983

Cowichan Aquatic Centre
Nov 6th to Dec 4th
5 sessions/$182
Code: CAC-10996

Bronze Cross (13yrs+)

Must have Bronze Medallion.

Sundays
11am to 4:30pm
Sep 18th to Oct 16th
5 sessions/$150
Cowichan Aquatic Centre
Code: CAC-10997

Cowichan Aquatic Centre
Nov 6th to Dec 4th
5 sessions/$150
Code: CAC-11002

Bronze Medallion & Cross Combo (15yrs+)

Sundays
11am to 4:30pm
Sep 18th to Oct 16th
5 sessions/$300
Cowichan Aquatic Centre
Code: CAC-11003

Cowichan Aquatic Centre
Nov 6th to Dec 4th
5 sessions/$300
Code: CAC-11007

Lifeguard Fitness

This skill-based course is for development and improvement and we will make an assessment of your NLS fitness skills. Prerequisite(s): 14 years of age and holds a current Bronze Cross certification.

Thursdays
6pm to 8pm
Nov 17th to Dec 8th
4 sessions/$355
Cowichan Aquatic Centre
Code: CAC-11160

NLS Pool Option

Saturday, Sundays
10am to 7:30pm
Sep 17th to Oct 2nd
6 sessions/$375
Cowichan Aquatic Centre
Code: CAC-11222

Cowichan Aquatic Centre
Saturday to Thursday
10am to 7:30pm
5 sessions/$375
Code: CAC-10947

NLS Pool Option Recert

Must hold a NLS Pool Option within 7 years and a current CPR C within 1 year.

Saturday
10am to 6:30pm
Oct 29th
1 session/$100
Cowichan Aquatic Centre
Code: CAC-10948

NLS Waterpark

Must hold a current NLS Waterpark within 2 years and a current CPR C within 1 year.

Saturday-Sundays
10am to 6:30pm
Oct 8th, 9th & 16th
3 sessions/$225
Cowichan Aquatic Centre
Code: CAC-10949

NLS Waterpark Recert

Must have a NLS Waterpark within 7 years and a current CPR C within 1 year.

Sunday
9am to 5:30pm
Dec 16th
1 session/$100
Cowichan Aquatic Centre
Code: CAC-10950

Red Cross AWSI (15yrs+)

Saturday, Sundays
8:30am to 7pm
Oct 15th to Oct 23rd
4 sessions/$375
Cowichan Aquatic Centre
Code: CAC-10952

Red Cross WSI Course

Tuesday to Saturday
8:30am to 5pm
Dec 27th to Dec 31st
5 sessions/$375
Cowichan Aquatic Centre
Code: CAC-10954
**Youth Programs**

**Cheerleading Fitness (8 to 13yrs)**
Instructor: Kim Magnus
Have some fun and learn new skills, designed to get you cheerleading FIT!
- Mondays
  - 3:30pm to 4:15pm
  - Sep 12th to Oct 3rd
  - 4 sessions/$25
  - Cowichan Aquatic Centre
  - Code: CAC-11059
- Oct 17th to Nov 7th
  - 4 sessions/$25
  - Cowichan Aquatic Centre
  - Code: CAC-11062
- Nov 14th to Dec 5th
  - 4 sessions/$25
  - Cowichan Aquatic Centre
  - Code: CAC-11063

**Teen Buster Yoga (13+yrs)**
Instructor: Gwen Siciliano
Looking for tools to help manage your stress? Perfect for the adolescent, focusing on a playful, yet disciplined practice of relaxation through yoga. Don't think, just come and relax, listen and breathe.

**Youth Yoga (ages 8 to 12yrs)**
Instructor: Gwen Siciliano
Designed to help your child release energy and tension, develop strength and confidence, and become calmer and more peaceful. A thematic approach through role playing, storytelling, yoga games, posture, relaxation, visualization and more, while listening to great tunes.

**Teen Trippin Fit Camp**
Instructor: Monica Savory
Looking for a challenge? Endless...Cardio with Spin, TRX, & Bosu.

**Ballet (11 to 16yrs)**
Develop balance and coordination while learning dance steps and movement in this fun and energetic class.

**Hip Hop Dance & Jazz**
A fun, 10-week program for those with dance experience and those without. You will learn the basics of jazz and hip hop and put together choreographed dances. Please wear sweats or yoga dance pants and a tank top or t-shirt.

**Youth Beginner Guitar (11 to 15yrs)**
Instructor: Conor Searl
You will learn basic strumming and chords. You will also learn to play some songs. The class size is limited to ensure everyone receives proper teaching and enjoys the experience. You must have your own guitar.

**Sync & Cheer (8 to 13yrs)**
Instructor: Kim Magnus
Ready for a challenge? Synchronized swimming and cheerleading. Learn Synchro skills in the water, then take it to the land for cheerleading.

**CPR C Full Course**
Saturday
- 9am to 5:30pm
- Oct 15th
- Fuller Lake Arena
  - Code: FLA-10582
  - 1 session/$60

**CPR C Recert**
- Oct 12th to Nov 2nd
  - 4 sessions/$25
  - Cowichan Aquatic Centre
  - Code: CAC-11055

**Emergency 1st Aid**
Participants to a fun interactive learning environment. Candidates will learn techniques in basic first aid and CPR A & B.
- Tuesday/Thursday
  - 5:30pm to 9:30pm
  - Oct 18th & 20th
  - 2 sessions/$75
  - Cowichan Aquatic Centre
  - Code: CAC-11975

**Food Safe Course**
Looking for a job at a restaurant, in a coffee shop or at a grocery store? This industry recognized course is for you.
- Saturday
  - 9am to 5pm
  - Nov 5th
  - Fuller Lake Arena
  - Code: FLA-11200

**Home Alone (10 to 13 yrs)**
This popular and entertaining two-hour workshop is designed to prepare children to look after themselves. Important skills are learned through interactive lessons and role play.
- Thursday
  - 3pm to 5pm
  - Oct 15th
  - Island Savings Centre
  - Code: ISC-15683
- Tuesday
  - 3pm to 5pm
  - Dec 6th
  - 1 session/$20
  - Island Savings Centre
  - Code: ISC-15684

**Pool Operator Level 1 (14yrs+)**
- Saturdays
  - 9am to 5:30pm
  - Nov 5th to Nov 12th
  - 2 sessions/$200
  - Cowichan Aquatic Centre
  - Code: CAC-11976

**Red Cross Babysitters Training (11yrs)**
An excellent way to learn the roles and responsibilities of babysitting. Get training in skills including first-aid, handling emergencies, injury prevention, handling babies, age appropriate games and activities.
- Saturday
  - 9am to 7pm
  - Sep 24th
  - 1 session/$62
- Saturday
  - 9am to 5pm
  - Nov 5th
  - 2 sessions/$62
  - Cowichan Aquatic Centre
  - Code: CAC-11975

**Standard First Aid & CPR “C”**
This course provides comprehensive training covering all aspects of First Aid and CPR “C”:
- Saturday/Sunday
  - 8:30am to 5pm
  - Oct 22nd & 23rd
  - Fuller Lake Arena
  - Code: FLA-11873
  - 2 sessions/$149
- Saturday/Sunday
  - 8:30am to 5pm
  - Dec 10th & 11th
  - 2 sessions/$149
  - Cowichan Aquatic Centre
  - Code: CAC-11974

**Standard First Aid Recert**
- Saturday
  - 8:30am to 5pm
  - Oct 1st
  - 1 session/$90
  - Cowichan Aquatic Centre
  - Code: CAC-11969
**SKATING PROGRAMS**

**Cowichan Valley FREE Recreation Day**

What a great way to get back into skating! We’ve opened up our Sunday afternoon Public Skating session to everyone for FREE.

- **Sunday**
  - 7:15pm to 9:30pm
  - Island Savings Centre

- **Sep 25th**
  - 8:30pm to 10:00pm
  - Fuller Lake Arena

**Movie, Pizza & Skate Night**

Your ticket provides admittance into a BlueRay movie, 2 slices of pizza, popcorn, drinks and the Friday night skate at Fuller Lake.

- **Fridays**
  - 4:15pm to 8:15pm
  - Island Savings Centre
- **Sep 30th**
  - 1 session/$13
- **Oct 28th**
  - 1 session/$13
- **Fuller Lake Arena**
  - Code: FLA-10579
- **Fuller Lake Arena**
  - Code: FLA-10578

**Premiers Sports Award**

Learn to Skate Program

Specific attention will be paid to developing important recreational skating skills so that children may safely and confidently move on to other community programs. Children will progress through our ten-badge level program at their own pace. Our staff provides instruction to small groups of children based on their skating abilities. To ensure safety, helmets are mandatory for this session. A limited number of skates are available at no charge from our skate shop. *Children must be 4 years or older, and must be able to stand unassisted on the ice.*

**SUN** to **page 9** for all of the skate lessons dates/times

**CanSkate Learn to Skate Registration**

The CanSkate program at Fuller Lake Arena is run by the Fuller Lake Skating Club.

- Register on September 7th
  - 6pm to 9pm
- **Fuller Lake Arena**

- **Contact:** 250.748.2559
- www.fullerlakeskatingclub.org

**CVMHA Referess’s Clinic**

Clinic for Levels I to IV. Must be 13 years old to attend.

- **For more information contact cvmha@shaw.ca.**
- **Sunday**
  - Sep 25th
  - 8am to 4pm

**EVENT SKATES**

**School’s Out Skates**

Come out for a skate every Pro D-Day in our regular noon skate is extended a half-hour!

- **Friday Oct 21st**
  - 12noon to 1:30pm
  - Island Savings Centre

**Teen Skates at the ISC (13 to 18yrs)**

- Must show ID
- **Sep 30th**
  - 7:30pm to 8:50pm
- **Oct 28th**
  - 7:30pm to 8:50pm
- **Nov 25th**
  - 7:30pm to 8:50pm
- **Dec 16th**
  - 7:30pm to 8:50pm

**Thanksgiving Skate**

- **Monday**
  - 12:30pm to 1:50pm
- **Oct 10th**
  - Island Savings Centre
  - Weekend admission rates apply

**Remembrance Day Skate**

- **Friday**
  - 12:30pm to 1:50pm
- **Nov 11th**
  - Island Savings Centre
  - Weekend admission rates apply

**SPORTS & GENERAL PROGRAMS**

**Badminton Level 1 (13yrs+)**

Come see why this is one of the most popular sports in the world. Your certified coach will teach you skills and scoring to enjoy the great game of badminton.

- **Fridays**
  - 7pm to 9pm
  - Island Savings Centre
- **Sep 9th to Oct 14th**
  - 6 sessions/$54
- **Fridays**
  - 7pm to 9pm
  - Code: FLA-1055
- **Oct 28th to Dec 9th**
  - 6 sessions/$54
- **Code:** FLA-1055

**Drop-In Lacrosse Co-ed (7 to 14yrs)**

- This recreational non-contact program is for both men and women who want to practice their box lacrosse skills through friendly scrimmage games. Come enjoy our national game!! Helmets, stick and gloves are required.
  - **Wednesdays**
    - 7pm to 8:30pm
- **Sep 21st to Nov 30th (No session Nov 9th)**
  - Drop-in $4
  - Island Savings Centre

**Youth Empowerment (10 to 14yrs)**

Guided meditations, tips and techniques to increase one’s self-awareness and promote healthy self esteem.

- **Saturday**
  - 10am to 3pm
  - Oct 1st
  - 1 session/$20
  - Island Savings Centre
  - Code: ISC-15687

**Fire Up the Fun Fridays:**

- **After School Clayworks (6 to 12yrs)**
  - **Instructor:** Tara Friest
  - In these fun after-school classes, students will use handbuilding techniques to create dazzling clay projects. A great class for beginners! A $20 supply fee is payable to instructor or first day of class for clay and firing. This is an off-site program.
    - **Fridays**
      - 3:30pm to 4:30pm
- **Sep 30th to Sep 30th (No session Nov 9th)**
  - 4 sessions/$56
  - Island Savings Centre
  - Code: ISC-15678
  - **Fridays**
    - 3:30pm to 4:30pm
  - **Oct 7th to Oct 28th**
    - 4 sessions/$56
  - Island Savings Centre
  - Code: ISC-15672
  - **Fridays**
    - 3:30pm to 4:30pm
  - **Nov 4th to Dec 2nd (No class Nov 11th)**
    - 4 sessions/$56
  - Island Savings Centre
  - Code: ISC-15680

**Hockey gear has changed through the years, and so has communications!**

**Level One - S.N.A.G. - Start at Golf**

- **Instructor:** Dave Campbell
  - The purpose of level one is to introduce the game of golf in a fun, simple way and to develop the motor skills necessary to play the game. Our goal is to have the children playing a modified golf course by the end of the lessons. Basically, the students are taught how to hold the golf club symmetrically, aim at their targets and swing freely in balance using the S.N.A.G. golf equipment.
    - **Saturdays**
      - 1:30pm to 2:30pm
      - Oct 8th to Oct 28th
      - 4 sessions/$52
      - Island Savings Centre
      - Code: ISC-15674
    - **Saturdays**
      - 1:30pm to 2:30pm
      - Nov 5th to Nov 26th
      - 4 sessions/$52
      - Island Savings Centre
      - Code: ISC-15675
    - **Saturdays**
      - 4:15pm to 5:15pm
      - Nov 10th to Dec 1st
      - 4 sessions/$52
      - Island Savings Centre
      - Code: ISC-15676

**Musical Theatre (15yrs+)**

Want to sing but feel awkward with dance? This class will introduce teens to styles and steps commonly used in musical theatre, as well as help you get more comfortable with auditions!

- **Sat 10am to 12noon**
  - Oct 1st to Nov 26th (No Class Oct 8th)
  - 8 sessions/$100
  - Island Savings Centre
  - Code: ISC-15728
### Youth Outreach Autumn Drop-in Schedule

<table>
<thead>
<tr>
<th></th>
<th>MON</th>
<th>TUE</th>
<th>WED</th>
<th>THU</th>
<th>FRI</th>
<th>SAT</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Youth Corner</strong></td>
<td>3pm to 6pm</td>
<td>3pm to 6pm</td>
<td>3pm to 10pm</td>
<td>5pm to 9pm</td>
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<tr>
<td>(Island Savings Centre)</td>
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<tr>
<td><strong>Cowichan Neighbourhood</strong></td>
<td>3pm to 5:30pm</td>
<td>3pm to 9:30pm</td>
<td>3pm to 5:30pm &amp; 7pm to 11pm</td>
<td>7pm to 10pm</td>
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<tr>
<td><strong>(Old Fire Hall)</strong></td>
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<tr>
<td><strong>Crofton Youth Drop-In</strong></td>
<td></td>
<td>7pm to 9pm</td>
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<tr>
<td><strong>Crofton Sports Drop-In</strong></td>
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<td>7pm to 8pm</td>
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<tr>
<td><strong>Chemainus Sports</strong></td>
<td>8:15pm to 9:15pm</td>
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<tr>
<td><strong>Drop-in Zone - 12 to 18 years</strong></td>
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<tr>
<td><strong>Breakout Recreation</strong></td>
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**Youth Outreach Autumn Drop-in Schedule**

- **Youth Corner Drop-in Centre**
  - Weekdays 7pm to 9pm
  - Free
- **Cowichan Neighbourhood House**
  - Tuesdays 7pm to 9pm
  - Free
- **Fire Hall Fridays (12 to 18yrs)**
  - Every week there is something new happening at the Old Chemainus Fire Hall! Pool tournaments, swim nights, baking competitions, and dodge ball are just a few of the fun activities that happen every Friday night!
- **Duncan Youth Dances (10 to 13yrs)**
  - Don’t be disappointed, get your tickets early as the dances are selling out fast!! Must show student ID or proof of age. The DJ is awesome and will play all your requests. A concession will be open and coat check available. For more info call Denise at 250.746.0417.
  - Friday 7pm to 10pm
  - Oct 14th Island Savings Centre
  - $8 per ticket
  - Island Savings Centre
  - $8 per ticket
- **Rock the Hall (12 to 18 years)**
  - This is your chance to showcase your talents! Whether you juggle, sing, play the trumpet or just want to cheer on your friends, join us for a night of performance and fun! This open mic night only happens a couple times a year so get in on the fun while you can!
  - Friday 8pm to 10pm
  - Sep 14th Cowichan Neighbourhood House
- **Teen Skates at the ISC (13 to 18yrs)**
  - Must show ID
  - Friday Sep 30th 7:30pm to 8:50pm
  - Friday Oct 28th 7:30pm to 8:50pm
  - Friday Nov 25th 7:30pm to 8:50pm
  - Friday Dec 16th 7:30pm to 8:30pm
  - Island Savings Centre
  - Regular admission rates apply
  - Friday Sep 23rd
  - Cowichan Neighbourhood House
- **We Are Youth (WAY) Leadership Group (12 to 18yrs)**
  - Got some great ideas to share? Want to meet new people and learn some new skills? Join WAY leadership and help plan fun activities and events for youth in our community! WAY meets the second Friday of every month for dinner and discussion!
  - Friday 5:30pm to 7pm
  - Cowichan Neighbourhood House
- **Youth Drop-in at FLA**
  - Check out Youth Drop-in after the Friday night skate at Fuller Lake Arena. Come play PS3 on the projector screen, listen to music, play games, and eat popcorn!
  - Fridays 6pm to 10pm
  - Sep 10th
  - Oct 22nd
  - Nov 18th
  - Fuller Lake Arena
- **Youth Corner-Drop-In Centre**
  - Teens, this is your place to hang out! Come see friends, play pool, video games or just chill. Find out what else is going on in the Valley while you’re here, or sign up for special game nights, cooking nights or whatever else.
  - Island Savings Centre

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**Youth Outreach**

- **Breakout Recreation (14 to 18yrs)**
  - A neutral place for youth to hangout, shoot hoops, play soccer, play Mission Impossible or invent an entirely new game. This is an opportunity for free play as well as some organized activities in a supervised venue.
  - Wednesdays 6pm to 9pm
  - Sep 14th to Dec 7th
  - Free
- **Cowichan Middle School at the Gym Doors**

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**Chemainus Sports Drop-In**

- The popular sports drop-in program that has been running in Crofton for the last 2 years is coming to Chemainus. Grab your friends, stop by the gym and we will play whatever sports you want to play.
  - Tuesdays 8:15pm to 9:15pm
  - Sep 6th to Dec 6th
  - Chemainus Elementary School Gym

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**Crofton Youth Drop-In**

- Check out Youth Drop-in at the Crofton Community Centre every Thursday night. Come play PS3, play ping pong, listen to music, or just chill with your friends!
  - Thursdays 7pm to 9pm
  - Sep 8th to Dec 8th
  - Free
- **Crofton Community Centre**

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**Fire Hall Fridays (12 to 18yrs)**

- Every week there is something new happening at the Old Chemainus Fire Hall! Pool tournaments, swim nights, baking competitions, and dodge ball are just a few of the fun activities that happen every Friday night!
  - Fridays 7pm to 11pm
  - Cowichan Neighbourhood House

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**Quamichan Middle School**

- Youth Drop-In after the Friday night skate at Fuller Lake Arena. Come play PS3 on the projector screen, listen to music, play games, and eat popcorn!
  - Fridays 7pm to 9pm
  - Sep 23rd
  - Oct 22nd
  - Nov 18th
  - Fuller Lake Arena

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**Youth Corner-Drop-In Centre**

- Teens, this is your place to hang out! Come see friends, play pool, video games or just chill. Find out what else is going on in the Valley while you’re here, or sign up for special game nights, cooking nights or whatever else.
  - Island Savings Centre

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**Youth Outreach Team**

- Denise
  - 250.746.0417
daubeley@cvrd.bc.ca
- Laura
  - 250.246.4217
  - youthoutreach@northcowichan.ca

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**Proud Supporters of the CVRD Youth Outreach Program**

- **Co-op Peninsula Co-op**
  - 1007 Canada Avenue
  - Duncan
- **Quamichan Co-op**
  - 805 Deloume Road
  - Mill Bay

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**Moving Ahead by Giving Back**

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**Fuller Lake Arena 250.246.3811**
## Cowichan Aquatic Centre Facility Schedule

<table>
<thead>
<tr>
<th>DAY</th>
<th>Start</th>
<th>End</th>
<th>Pools Available</th>
<th>Specialty Swims</th>
<th>Days</th>
<th>Website</th>
<th>Phone</th>
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<tbody>
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<td>SUNDAYS</td>
<td>11am</td>
<td>9:30pm</td>
<td>All Three Pools</td>
<td>Kids Fun Swim</td>
<td>11am</td>
<td><a href="http://www.cowichan.com">www.cowichan.com</a></td>
<td>250.746.7665</td>
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<tr>
<td>MONDAYS</td>
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<td>Diving Boards</td>
<td>11am</td>
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<tr>
<td>TUESDAYS</td>
<td>6am</td>
<td>9:30pm</td>
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<td>11am</td>
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<tr>
<td>THURSDAYS</td>
<td>6am</td>
<td>9:30pm</td>
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<td></td>
<td>11am</td>
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<tr>
<td>FRIDAYS</td>
<td>7:30am</td>
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<td></td>
<td>11am</td>
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<tr>
<td>SATURDAYS</td>
<td>7:30am</td>
<td>9:30pm</td>
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<td></td>
<td>11am</td>
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</table>

**Stat Holiday Hours**
Monday October 10th - All Areas 1pm to 6pm
Friday November 11th - All Areas 1pm to 6pm

## Cowichan Arena Admission Rates

<table>
<thead>
<tr>
<th>Category</th>
<th>Age</th>
<th>Weekday Individual Admission</th>
<th>Evening/Weekend Individual Admission</th>
</tr>
</thead>
<tbody>
<tr>
<td>Toddler</td>
<td>Under 2yrs</td>
<td>No Charge</td>
<td>No Charge</td>
</tr>
<tr>
<td>Preschool/Child</td>
<td>2yrs to 12yrs</td>
<td>$2.25</td>
<td>$2.75</td>
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<tr>
<td>Youth or Student</td>
<td>13yrs to 18yrs or valid id</td>
<td>$3.00</td>
<td>$3.50</td>
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<tr>
<td>Adult</td>
<td>19yrs to 54yrs</td>
<td>$5.00</td>
<td>$5.50</td>
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<tr>
<td>55 Plus</td>
<td>55yrs and over</td>
<td>$3.50</td>
<td>$4.00</td>
</tr>
<tr>
<td>Parent &amp; Tot</td>
<td>Per twosome</td>
<td>$5.00</td>
<td></td>
</tr>
<tr>
<td>Family</td>
<td>Up to 5 in family</td>
<td>$10.00</td>
<td></td>
</tr>
<tr>
<td>Drop-In Hockey</td>
<td>18yrs+</td>
<td>$5.00</td>
<td></td>
</tr>
<tr>
<td>Skate Rentals</td>
<td>All ages</td>
<td>$2.50</td>
<td></td>
</tr>
</tbody>
</table>

## Island Savings Centre 250.748.7529

<table>
<thead>
<tr>
<th>Day</th>
<th>Start</th>
<th>End</th>
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</thead>
<tbody>
<tr>
<td>SUNDAYS</td>
<td>1:15pm</td>
<td>2:35pm</td>
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<tr>
<td>MONDAYS</td>
<td>10:00pm</td>
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<td>TUESDAYS</td>
<td>12noon to 12:50pm</td>
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<tr>
<td>WEDNESDAYS</td>
<td>6:30pm to 8pm</td>
<td>9:15am to 10:30am</td>
</tr>
<tr>
<td>THURSDAYS</td>
<td>1:15pm to 2:35pm</td>
<td>9:15am to 10:30am</td>
</tr>
<tr>
<td>FRIDAYS</td>
<td>12noon to 12:50pm</td>
<td>1pm to 2pm</td>
</tr>
<tr>
<td>SATURDAYS</td>
<td>1:15pm</td>
<td>2:35pm</td>
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</tbody>
</table>

*No Public Skates Sep 28th, Nov 2nd, Nov 23rd or Dec 14th due to Cowichan Valley Capitals games*

## Fuller Lake Arena Admission Rates

<table>
<thead>
<tr>
<th>Category</th>
<th>Age</th>
<th>Individual Admission</th>
</tr>
</thead>
<tbody>
<tr>
<td>Preschool</td>
<td>Under 4yrs</td>
<td>No Charge</td>
</tr>
<tr>
<td>Child</td>
<td>4yrs to 12yrs</td>
<td>$2.75</td>
</tr>
<tr>
<td>Youth or Student</td>
<td>13yrs to 18yrs</td>
<td>$3.50</td>
</tr>
<tr>
<td>Adult</td>
<td>19yrs and over</td>
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<tr>
<td>Parent &amp; Tot</td>
<td>Per twosome</td>
<td>$5.00</td>
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<td>Family</td>
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<tr>
<td>Drop-In Hockey</td>
<td>18yrs+</td>
<td>$5.00</td>
</tr>
<tr>
<td>Skate Rentals</td>
<td>All ages</td>
<td>$2.00</td>
</tr>
</tbody>
</table>

**Access Cards**
If you live within the boundaries of North Cowichan, City of Duncan or outside the boundaries of the CVRD, Access Cards are issued at no charge.
If you live within the boundaries of the CVRD but not in the City of Duncan or North Cowichan, Access cards are $200 for an individual or $350 for a household. Cards are valid for the calendar year only (Jan to Dec).
### Lesson Set Dates & Costs

<table>
<thead>
<tr>
<th>Lesson Set #</th>
<th>Day(s) of the Week</th>
<th># of Sessions</th>
<th>Lesson Set Dates &amp; Costs</th>
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<tbody>
<tr>
<td>1</td>
<td>Mon/Wed Tue/Thu</td>
<td>5</td>
<td>$25 $37.50</td>
</tr>
<tr>
<td>Oct 12th to 20th  (6 sessions)</td>
<td>Sep</td>
<td>30 Min.</td>
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<td></td>
<td>Tue/Thu</td>
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<td>2</td>
<td>Mon/Wed Tue/Thu</td>
<td>6</td>
<td>$30 $45</td>
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<tr>
<td>Oct 13th to 20th (6 sessions)</td>
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<td>Tue/Thu</td>
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<td>3</td>
<td>Mon/Wed Tue/Thu</td>
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<td>Oct 14th to 20th (6 sessions)</td>
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<td>4</td>
<td>Mon/Wed Tue/Thu</td>
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<tr>
<td>Oct 15th to 20th (6 sessions)</td>
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<td>Tue/Thu</td>
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<td>Sun</td>
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### Preschool Lesson Start Times

(all classes are 30 minutes in duration)

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<thead>
<tr>
<th>Level</th>
<th>Mon/Wed</th>
<th>Tue/Thu</th>
<th>Thu</th>
<th>Sat</th>
<th>Sun</th>
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<tbody>
<tr>
<td>Starfish &amp; Duck</td>
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<td>Crocodile</td>
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<td>Whale &amp; Marlin</td>
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<td>Swim Kids 1 &amp; 2</td>
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<td>10781/</td>
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<tr>
<td>Swim Kids 5 &amp; 6</td>
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<tr>
<td>Swim Kids 7, 8, 9, &amp; 10</td>
<td>10830/</td>
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<tr>
<td>Springboard Diving</td>
<td>10845/</td>
<td>10846/</td>
<td>10847/</td>
<td>10848/</td>
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</tr>
</tbody>
</table>
Premiers Sports Award Learn to Skate Program
Specific attention will be paid to developing important recreational skating skills so that children may safely and confidently move on to other community programs. Children will progress through our ten badge level program at their own pace. Our staff provides instruction to small groups of children based on their skating abilities. Note: Students may require more than one lesson set to complete all the required skills within a level. To ensure safety, helmets are mandatory for this session. A limited number of skates are available at no charge from our skate shop.

**Children must be 4 years or older, and must be able to stand unassisted on the ice.**

### Pre School Levels 4 to 5yrs

<table>
<thead>
<tr>
<th>Level</th>
<th>Lessons</th>
</tr>
</thead>
<tbody>
<tr>
<td>#1 Magenta</td>
<td>Become comfortable on the ice, and learn simple steps.</td>
</tr>
<tr>
<td>#2 Silver</td>
<td>Learn balance, side stepping and gliding.</td>
</tr>
<tr>
<td>#3 Teal</td>
<td>Continue gliding, balance, and will be introduced to stopping.</td>
</tr>
<tr>
<td>#4 Purple</td>
<td>Increase balance, gliding, continue stopping, and be introduced to backward skating.</td>
</tr>
</tbody>
</table>

### School Age Levels 6 to 15yrs

<table>
<thead>
<tr>
<th>Level</th>
<th>Lessons</th>
</tr>
</thead>
<tbody>
<tr>
<td>#1 Red</td>
<td>Comfortable falling down, standing up, balancing and skating forwards.</td>
</tr>
<tr>
<td>#2 Orange</td>
<td>Increase gliding, backwards skating and stopping.</td>
</tr>
<tr>
<td>#3 Gold</td>
<td>Continue turns and backwards skating and learn forward double sculling.</td>
</tr>
<tr>
<td>#4 Yellow</td>
<td>Learn backward double sculling, forward circle thrusts, two-foot turns and stops.</td>
</tr>
<tr>
<td>#5 Green</td>
<td>Learn backward crossovers, turns, backward circle thrusts and stops.</td>
</tr>
<tr>
<td>#6 Blue</td>
<td>Backward crossovers, turns, skating in a quick controlled manner and stops.</td>
</tr>
</tbody>
</table>

### Preschool Skating Lessons (Island Savings Centre)

<table>
<thead>
<tr>
<th>Levels</th>
<th>Mon - 1:30pm</th>
<th>Wed - 9:30am</th>
<th>Fri - 3:15pm</th>
</tr>
</thead>
<tbody>
<tr>
<td>#1 Magenta</td>
<td>15750</td>
<td>15754</td>
<td>15764</td>
</tr>
<tr>
<td>#2 Silver</td>
<td>15751</td>
<td>15755</td>
<td>15765</td>
</tr>
<tr>
<td>#3 Teal</td>
<td>15752</td>
<td>15756</td>
<td>15766</td>
</tr>
<tr>
<td>#4 Purple</td>
<td>15753</td>
<td>15757</td>
<td>15767</td>
</tr>
</tbody>
</table>

### Preschool Skating Lessons (Fuller Lake Arena)

<table>
<thead>
<tr>
<th>Levels</th>
<th>Tue - 3:50pm</th>
</tr>
</thead>
<tbody>
<tr>
<td>#1 Magenta</td>
<td>11202</td>
</tr>
<tr>
<td>#2 Silver</td>
<td>11202</td>
</tr>
<tr>
<td>#3 Teal</td>
<td>11202</td>
</tr>
<tr>
<td>#4 Purple</td>
<td>11202</td>
</tr>
</tbody>
</table>

Fuller Lake Arena takes bulk registrations and then places your child in the appropriate group during the first session.

### School Age Levels (Island Savings Centre)

<table>
<thead>
<tr>
<th>Levels</th>
<th>Fri - 3:15pm</th>
<th>Fri - 3:50pm</th>
</tr>
</thead>
<tbody>
<tr>
<td>#1 Red</td>
<td>15740</td>
<td>15754</td>
</tr>
<tr>
<td>#2 Orange</td>
<td>15741</td>
<td>15754</td>
</tr>
<tr>
<td>#3 Gold</td>
<td>15749</td>
<td>15791</td>
</tr>
<tr>
<td>#4 Yellow</td>
<td>15787</td>
<td>15771</td>
</tr>
<tr>
<td>#5 Green</td>
<td>15735</td>
<td>15736</td>
</tr>
<tr>
<td>#6 Blue</td>
<td>15746</td>
<td>15783</td>
</tr>
</tbody>
</table>

*No class Nov 11th*

### School Age Levels (Fuller Lake Arena)

<table>
<thead>
<tr>
<th>Levels</th>
<th>Tue - 3:50pm</th>
</tr>
</thead>
<tbody>
<tr>
<td>#1 Red</td>
<td>11204</td>
</tr>
<tr>
<td>#2 Orange</td>
<td>11204</td>
</tr>
<tr>
<td>#3 Gold</td>
<td>11204</td>
</tr>
<tr>
<td>#4 Yellow</td>
<td>11204</td>
</tr>
<tr>
<td>#5 Green</td>
<td>11204</td>
</tr>
<tr>
<td>#6 Blue</td>
<td>11204</td>
</tr>
</tbody>
</table>

Fuller Lake Arena takes bulk registrations and then places your child in the appropriate group during the first session.

For Adult Skate Lessons or Private Skate Lessons contact Jennifer Carmichael at the Island Savings Centre 250.746.0414
**Christmas Events**

**Winter Wonderland Skates**

**Fuller Lake Arena**

Circle your calendars, Friday December 16th! Fuller Lake offers our annual winter skate. We will have Christmas music, a special Christmas light extravaganza with our new LED lights, games, prizes, decorations and much more. Only $2 per person and that includes rentals. Come down anytime between 5:30pm to 8:30pm to hit the ice and enjoy some holiday spirit.

**Christmas Camps**

**Arctic Odyssey (6 to 10yrs)**

Join the adventure this holiday season with a wide range of activities such as skating, bowling, and other water-related games and activities. The fun starts here!

- Monday to Friday 8:30am to 4pm
- Dec 19th to Dec 23rd 5 sessions/$140
- Cowichan Aquatic Centre Code: CAC-11173

**Chef on the Run (11 to 14yrs)**

Thrifty's Foods is proud to offer this low cost program. This fun and energizing program features hands-on educational, nutritional snack preparation plus lots of physical activity! Be prepared to move and eat healthy! Participants customize their very own recipe book to take home at the end of the session. Program includes one snack per day.

- Monday to Friday 9am to 12noon
- Dec 19th to Dec 23rd 5 days/$25
- Island Savings Centre Code: ISC-15730

**Schools Out**

This camp offers a variety of games, arts and crafts, sports activities plus some of the usual favourites such as swimming, skating or bowling. Participants will enjoy the special games and crafts designed to let their imaginations run wild during this action packed week. Please bring a healthy snack, lunch and a drink. A limited number of drop-in spaces may be available daily.

- Monday to Friday 8:30am to 3:30pm
- Dec 19th to Dec 23rd 5 days/$140
- Island Savings Centre Code: ISC-15677

**Christmas At The CAC**

The place to be this holiday season is the Cowichan Aquatic Centre's winter wonderland. Kids can get their pictures taken with Santa. So make sure you make some time for us this holiday season.

**Underwater Santa**

Are you tired of those same old Santa pictures? Well so is the big guy! Come on down to the Cowichan Aquatic Centre to get your picture taken with Santa.

- December 23rd
- 1pm to 5pm
- Photos to be taken at 1pm, 2pm, 3pm, and 4pm for 20 minutes

**Breakfast with Santa**

On a brief visit from the North Pole, Santa has decided to stop at the CAC for breakfast before his long journey. Following the breakfast, enjoy a swim with Santa and play fun games with his elves.

- December 23
- 10am to 11:30 am
- Swim from 12noon to 1pm

**32nd Annual Christmas Chaos**


- Thursday to Sunday Nov 10th to Nov 13th
- Thu/Fri 12noon to 8pm
- Sat/Sun 10am to 5pm
- Island Savings Centre

**Winter Wonderland At The CAC**

The Cowichan Arena will be decorated with a festive spirit. There will be holiday music and treats for everyone! On the ice you can enjoy a snow slide, music and FREE hot chocolate. Santa will be taking some time out of his busy schedule to join us for our holiday festivities and decorate your own gingerbread man.

**Sunday December 18th**

- 1pm to 2:30pm
- 3pm to 4:30pm
- $4 Entry / $2 Skate Rentals

**Christmas Chaos 2011**


- Thursday to Sunday Nov 10th to Nov 13th
- Thu/Fri 12noon to 8pm
- Sat/Sun 10am to 5pm
- Island Savings Centre

**Christmas Events**

**ISLAND SAVINGS CENTRE**

**Winter Wonderland At The CAC**

**Fuller Lake Arena**

Circle your calenders, Friday December 16th!

**ISLAND SAVINGS CENTRE**

The Cowichan Arena offers our annual winter skate. We will have Christmas music, a special Christmas light extravaganza with our new LED lights, games, prizes, decorations and much more. Only $2 per person and that includes rentals. Come down anytime between 5:30pm to 8:30pm to hit the ice and enjoy some holiday spirit.

**Friday December 16th**

5:30pm to 8:30pm

$2 Entry / No Charge For Skate Rentals
## Christmas Events

### Christmas Schedules

<table>
<thead>
<tr>
<th>Facility</th>
<th>Fuller Lake Arena</th>
<th>Island Savings Centre</th>
<th>Cowichan Aquatic Centre</th>
</tr>
</thead>
<tbody>
<tr>
<td>Contact</td>
<td>Phone: 250.246.3811</td>
<td>Phone: 250.748.7529</td>
<td>Phone: 250.746.7665</td>
</tr>
<tr>
<td>Sessions</td>
<td></td>
<td></td>
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<tr>
<td>Public Skating</td>
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<td></td>
<td></td>
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<tr>
<td>Sessions</td>
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</tr>
<tr>
<td><strong>Friday Dec 16th</strong></td>
<td>Winter Wonderland</td>
<td>Teen Skate</td>
<td>All Three Pools</td>
</tr>
<tr>
<td></td>
<td>5:30pm to 8:30pm</td>
<td>7:30pm to 8:30pm</td>
<td>Open, Swim Lanes Available,</td>
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<td></td>
<td></td>
<td></td>
<td>Sauna &amp; Steam Rooms On</td>
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<tr>
<td><strong>Saturday Dec 17th</strong></td>
<td>1:15pm to 2:45pm</td>
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<tr>
<td><strong>Sunday Dec 18th</strong></td>
<td>2:15pm to 3:45pm</td>
<td>Winter Wonderland</td>
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<tr>
<td><strong>Monday Dec 19th</strong></td>
<td>1:15pm to 2:30pm</td>
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<td><strong>Tuesday Dec 20th</strong></td>
<td>1:15pm to 2:30pm</td>
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<td><strong>Wednesday Dec 21st</strong></td>
<td>12:30pm to 1:50pm</td>
<td>12:30pm to 1:50pm</td>
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<td></td>
<td>6:30pm to 8pm</td>
<td>6:30pm to 8pm</td>
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<tr>
<td><strong>Thursday Dec 22nd</strong></td>
<td>1:15pm to 2:30pm</td>
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<tr>
<td><strong>Friday Dec 23rd</strong></td>
<td>12:30pm to 1:50pm</td>
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<tr>
<td><strong>Saturday Dec 24th</strong></td>
<td>Closed</td>
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<td><strong>Sunday Dec 25th</strong></td>
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<td><strong>Monday Dec 26th</strong></td>
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<td><strong>Tuesday Dec 27th</strong></td>
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<tr>
<td><strong>Wednesday Dec 28th</strong></td>
<td>1:15pm to 2:30pm</td>
<td>12:30pm to 1:50pm</td>
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<td>6:30pm to 7:30pm</td>
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<tr>
<td><strong>Thursday Dec 29th</strong></td>
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<td>12:30pm to 1:50pm</td>
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<td>6:30pm to 7:30pm</td>
<td></td>
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<tr>
<td><strong>Friday Dec 30th</strong></td>
<td>1:15pm to 2:30pm</td>
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<td></td>
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<tr>
<td><strong>Saturday Dec 31st</strong></td>
<td>12:30pm to 1:50pm</td>
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</tr>
<tr>
<td><strong>Sunday Jan 1st</strong></td>
<td>Closed</td>
<td>Closed</td>
<td></td>
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</tbody>
</table>

**Weekend admission rates apply**

**All Three Pools**

**Kids Fun Swim** (slides, waves and a fun leader in the pool)

**Diving Boards** (1m & 3m)

**Family Swim**

### Christmas Supplement

**Coming November 2011**

The Christmas Supplement will feature all of the information on Christmas camps, Winter Wonderland Skates at the Island Savings Centre and Fuller Lake Arena, Swim with Santa, Under Water Santa and all of the dates and times for the 12 Days of Fitness event at the Cowichan Aquatic Centres gym.
Adult & 50 Plus Programs

ARTS & PHOTOGRAPHY

Abstracts in Acrylics
Instructor: Norma Jackson
This workshop looks at various styles and methods of painting abstract in acrylics. Participants will be led through exploratory exercises in 3 different abstract styles and learn to express emotional levels in their work. The purpose of this workshop is to learn the tools and have fun experimenting to find the direction you want your abstracts to go.
Friday to Sunday
9am to 4pm
Nov 18th to Nov 20th
3 sessions/$165
Island Savings Centre
Code: ISC-15704

Acrylic Foundations
Instructor: Norma Jackson
Whether new or experienced in acrylic painting, this workshop has something for everyone. A step-by-step approach with the goal of completing an image of one’s choice, activities will include: painting on a large canvas; basic colour theory and mixing; value study; an overview of acrylic mediums.
Friday to Sunday
9am to 4pm
Oct 21st to Oct 23rd
3 sessions/$165
Island Savings Centre
Code: ISC-15702

Beginner Watercolours
Instructor: Rebecca Barnaud
This course is for those with limited or no experience with watercolours. Discover the unique delight and challenge of using this medium. Through colour mixing and paint application you will be introduced to the variety and possibilities of watercolours.
Thursdays
6:30pm to 9:30pm
Sep 29th to Nov 17th
8 sessions/$132
Island Savings Centre
Code: ISC-15690

Christmas Chaos 2011 – 32nd Annual
Cowichan Valley’s GIANT Christmas Arts & Crafts Fair featuring over 90 tables of beautiful, handcrafted goods. An event for the whole family; raffle baskets, kids area and concession. Limited tables available for vendors. Free Admission. Wheelchair Accessible.
Saturday
9am to 5:30pm
Nov 5th
1 session/ $90
Fuller Lake Arena
Code: FLA-10582

Portraiture Foundations
Instructor: Norma Jackson
This workshop includes basic facial proportions and bone structure, painting mouth and eyes, light and shadow to dramatize features, skin tones and painting a portrait of choice. Some knowledge/expertise in painting with acrylics is a prerequisite of this workshop.
Friday to Sunday
9am to 4pm
Nov 4th to Nov 6th
3 sessions/$165
Island Savings Centre
Code: ISC-15703

Put Heart into Your Art
Instructor: Rebecca Hazell
The best art comes from the heart. Once you’ve learned technique, it’s time to apply what you know to what you love. Through art and awareness exercises, you can deepen your connection between your art and what you love to portray.
Wednesdays
9am to 12pm
Oct 5th to Oct 26th
4 sessions/$40
Island Savings Centre
Code: ISC-15700

Stained Glass - Beginners Course
Instructor: Donna Doherty
Choose from a selection of patterns to create an 11” by 16” panel. All tools will be supplied. Fee due at first class of $35 to cover glass and supplies required.
Wednesdays
6:30pm to 9:30pm
Oct 19th to Nov 9th
4 sessions/$98
Island Savings Centre
Code: ISC-15693

Stained Glass - Xmas Tree Ornaments
Instructor: Donna Doherty
Learn how to make Xmas ornaments in Stained Glass utilizing the “Tiffany” copper foil technique. Choose from a selection of patterns to create some unique ornaments to add extra sparkle to your tree. Based on a beginner’s skill level. All tools will be supplied. Fee due at first class of $15 to cover Glass and supplies required.
Mondays
6:30pm to 9:30pm
Nov 21st to Nov 28th
2 sessions/$46
Island Savings Centre
Code: ISC-15694

Stained Glass - Beveled Box
Instructor: Donna Doherty
Learn how to assemble a 3” x 6” Beveled box with a hinged lid. Foiling and soldering will be the two functions and manual. Please bring digital camera and tools to cover bevels and supplies.
Saturday
9:30am to 3:30pm
Oct 29th
1 session/$46
Island Savings Centre
Code: ISC-15692

Put Heart into Your Art
Instructor: Rebecca Hazell
The best art comes from the heart. Once you’ve learned technique, it’s time to apply what you know to what you love. Through art and awareness exercises, you can deepen your connection between your art and what you love to portray.
Wednesdays
9am to 12pm
Oct 5th to Oct 26th
4 sessions/$40
Island Savings Centre
Code: ISC-15700

Pencil Drawing
Instructor: Bernice Sutton
Trust an ordinary pencil to bring enjoyment in creating a landscape of swirling skies, rugged mountains and wind swept trees! Thumbnail sketches of still life will also give the advantage of later paintings, whether in acrylic, watercolor or other medium. Bring 4B, 6B & 8B pencils, Sketch pad (9 x 12), & white eraser.
Fridays
9am to 12noon
Oct 7th to 26th
4 sessions/$60
Island Savings Centre
Code: ISC-15691

Lifesaving Boat Exams
This course provides comprehensive training covering all aspects of first aid and CPR “C”.
Saturday
8:30am to 3pm
Oct 23rd & 25th
2 sessions/$119
Fuller Lake Arena
Code: FLA-10583

Emergency 1st Aid - Child Care
For parents, grandparents, babysitters and others who care for infants or children. This courses stresses accident prevention and teaches the following first aid skills: preventing childhood emergencies, first aid for shock, stopped breathing, choking, CPR for infants and children, wounds, bleeding, burns, and seizures.
Saturday
11am to 5:30pm
Nov 27th
1 session/$90
Fuller Lake Arena
Code: FLA-10583

Standard 1st Aid & CPR “C”
This course provides comprehensive training covering all aspects of first aid and CPR “C”.
Saturday/Sunday
8:30am to 3pm
Oct 22nd & 23rd
2 sessions/$119
Fuller Lake Arena
Code: FLA-10583

Cowichan Aquatic Centre

Training

CPR C Full Course
Saturday
9am to 5:30pm
Oct 1st
Fuller Lake Arena
Code: FLA-10582

Education Assessments
This is a quick look at your basic swimming skills if you want to work with Special Needs or with the School District 79 swimming programs.
*No access card required
Friday
3:30pm to 5:30pm
Sep 23rd
Cowichan Aquatic Centre
Code: CAC-10983

Food Safe Course
Looking for a job at a restaurant, in a coffee shop or at a grocery store? Then this industry recognized course is for you.
Saturday
9am to 5pm
Nov 5th
1 session/ $74
Fuller Lake Arena
Code: FLA-11200

Pool Operator Level 1
Saturdays
9am to 5:30pm
Nov 5th & Nov 12th
2 sessions/ $200
Cowichan Aquatic Centre
Code: CAC-10976

(beginning)

Arts & Photography

Pencil Drawing
Instructor: Bernice Sutton
Trust an ordinary pencil to bring enjoyment in creating a landscape of swirling skies, rugged mountains and wind swept trees! Thumbnail sketches of still life will also give the advantage of later paintings, whether in acrylic, watercolor or other medium. Bring 4B, 6B & 8B pencils, Sketch pad (9 x 12), & white eraser.
Fridays
9am to 12noon
Oct 7th to 26th
4 sessions/$60
Island Savings Centre
Code: ISC-15691

If you are interested in participating in any of these programs, please contact the Cowichan Aquatic Centre at 250.246.3811.
Sports

Drop-In Hockey (16+yrs)
Rec hockey is back! Non-competitive, non-contact scrimmage games provide a great way to exercise and practice your skills. Supply your own protective equipment and helmets are mandatory.

Tuesdays 10pm to 11:30pm
Cowichan Aquatic Centre
Drop-in $7

Badminton Level 1
Come see why this is one of the most popular sports in the world. Your certified coach will teach you the skills and scoring to enjoy the great game of badminton.

Fridays 7pm to 9pm
Cowichan Aquatic Centre
Sep 9th to Oct 14th 6 sessions/$54
Crofton Elementary School Gym Code: FLA-10585
Fridays 7pm to 9pm
Cowichan Aquatic Centre
Oct 28th to Dec 9th 6 sessions/$54
Crofton Elementary School Gym Code: FLA-10585

Beginner Swim Lessons
Mondays/Wednesdays
Cowichan Aquatic Centre
Oct 3rd to Oct 26th
7 sessions/$52.50
Code: CAC-10606
Cowichan Aquatic Centre
Oct 31st to Nov 23rd
8 sessions/$60
Code: CAC-10607
Cowichan Aquatic Centre
Nov 28th to Dec 14th
6 sessions/$45
Code: CAC-10608
Cowichan Aquatic Centre
Advanced Swim Lessons
Mondays/Wednesdays
Cowichan Aquatic Centre
Oct 3rd to Oct 26th
7 sessions/$52.50
Code: CAC-10606
Cowichan Aquatic Centre
Oct 31st to Nov 23rd
8 sessions/$60
Code: CAC-10607
Cowichan Aquatic Centre
Nov 28th to Dec 14th
6 sessions/$45
Code: CAC-10639

Co-ed Hockey School
There are a limited number of spots in this program that will teach you the basic skills, fundamentals and positioning involved in hockey. The school is open to adults 18+ who are interested in learning or improving their skills. Full gear is required.

Mondays Nov 14th to Dec 19th
Cowichan Aquatic Centre
8.15pm to 9:15pm
6 sessions/$99
Code: FLA-10508
Fuller Lake Arena

Pickleball
This is a fun game that is played on a badminton court with the net lowered to 34 inches at the centre. It is played with a perforated plastic baseball and wood or composite paddles. Introduction to pickleball will take place during the first 2 weeks of drop-in.

Mondays
Cowichan Aquatic Centre
7pm to 9pm
Cowichan Aquatic Centre
Sep 28th to Nov 28th
Drop-in $3
Cowichan Aquatic Centre
Sat 12th to Nov 28th
Drop-in $3

Women’s Hockey School
Ladies this is for you, come to Fuller Lake Arena to learn how to play hockey. Learn the fundamentals and positioning involved in hockey. The school is open to women 18+ who are interested in learning or improving their skills. Full gear is required.

Mondays
Cowichan Aquatic Centre
8.15pm to 9.15pm
6 sessions/$99
Code: FLA-10508
Fuller Lake Arena

Dog Classes
Beginner Canine Freestyle
Teach your dog fun and fancy tricks, then put it all together with a heeling routine to music. Canine Freestyle is a great way to build a wonderful bond with your dog, have a great time, and is one of the few sports you can do without a lot of fancy and expensive equipment.

Thursdays 7:40pm to 8:40pm
Oct 8th to Nov 22nd
Cowichan Aquatic Centre
6 sessions/$169
Fuller Lake Arena
Code: FLA-10892

Puppy Class
Teach your puppy the basics - how to not jump on people, how to stop stealing food, how to come when called, plus some basic obedience skills. Our classes use a combination of positive reinforcement with operant conditioning.

Thursdays 7:40pm to 8:40pm
Fuller Lake Arena
4 sessions/$104
Code: FLA-10891

Recall Dog Class
The biggest issue dog owners have is when their dogs are not come when called. Recall class is an intensive, 4 week course that is guaranteed to get your dog to come under any circumstances, anywhere, with any distractions (provided you do the homework, of course)! The course is designed to be fun for both handler and dog.

Thursdays 6:30pm to 7:30pm
Cowichan Aquatic Centre
4 sessions/$119
Fuller Lake Arena
Code: FLA-10588
Fuller Lake Arena
Oct 6th to Oct 27th
4 sessions/$119
Fuller Lake Arena
Oct 8th to Nov 4th
4 sessions/$119
Fuller Lake Arena
Oct 3rd to Dec 1st
4 sessions/$119

Adult & 50+ Programs

How To Register
For ISC (Island Savings Centre)
In person at the centre or
Over the phone by calling
250.748.7529
For Fuller Lake or Cowichan Aquatic
In person at either centre,
online: www.northcowichan.ca
Or over the phone by calling
250.746.7665 or
250.246.3811

General Interest
Beginner Guitar
Join our talented and enthusiastic instructor Maggie for an introduction to six-string guitar. These group lessons are instructive, loads of fun and a great way to discover your hidden musical talents. The class size is limited to ensure everyone receives proper teaching and enjoys the experience. You must have your own guitar.

Wednesdays
Cowichan Aquatic Centre
Oct 26th to Nov 30th
5pm to 6:45pm
Fuller Lake Arena
6 sessions/$59
Code: FLA-10577

Big Game Calling
Here is an opportunity to learn how to get up close and personal with big game. Learn some of the secrets that make a difference. Johnny Mac has done shows for 8 years on this subject and has had great success in his adventures.

Saturday 9am to 11am
Island Savings Centre
1 session/$20
Code: ISC-15698

Feeding Raw Food to Dogs & Cats
Raw food can be more healthy than store bought. Get great tips on how to safely prepare raw food for your dogs and cats.

Saturday 10am to 12noon
Island Savings Centre
1 session/$25
Code: ISC-15729

Fighting the Flu
Worried about colds and flu this season? Wondering about the flu vaccine? This lecture will help you and your family prepare for the flu season so you can remain healthy all year long.

Friday 5:30pm to 7pm
Island Savings Centre
1 session/$21
Code: ISC-15806

Parent’s Unite Garage Sale
Take advantage of this great opportunity to get rid of that trunk load of toys, which your child no longer has an interest in, or to find a great deal on clothes and accessories for that welcome addition to a family. This is designed exclusively for children’s toys and clothing. There is room for up to 60 vendors in the Multi Purpose Hall. Vendors may set-up starting at 7:30 am.

Saturday 9am to 12noon
Fuller Lake Arena
1 table/$19
Code: FLA-10590

Picking Salad and Mushrooms
Join John McDowell as he takes you through the process of picking salad, and covers the basics of picking Chantrelle Mushrooms. From picking the right clothes and gear to bundling, John has you covered.

Saturday 12noon to 3:30pm
Fuller Lake Arena
1 session/$28
Island Savings Centre
Code: ISC-15826

Musical Theatre
Want to sing but feel ashamed to dance? This class will introduce teens to styles and customs commonly used in musical theatre as well as help you get more comfortable with auditions.

Saturdays 10am to 12noon
Oct 1st to Nov 26th
(Is Class Oct 8th)
8 sessions/$100
Island Savings Centre
Code: ISC-15728

Dance Class (4-5 yrs)

3-5 yrs

4-5 yrs

8-10 yrs

Music Classes

Singing Lessons

Voice Lessons

Singing Lessons

Piano Lessons

Drum Lessons
## General Fitness

### Agility Cross Training
Instructor: Monni Savory

Geared for those in sports or wanting to enhance their performance in sport. Agility, strength, drills, plyometric’s and more.

- **Wednesdays**: 3:15pm to 4pm
- **Sep 21st to Oct 12th**: 4 sessions/$25
- **Cowichan Aquatic Centre**

**Code**: CAC-11133

### Cowichan Boot Camp
Making this a full body and functional workout when on the use of arms and legs, in addition to the torso.

Instructor: Wilhelmina Toews

- **Conditioning Chair + Small Ball**
- **Classes will include stretching, core strength, body conditioning**

### Bellydance for Fun & Fitness
Instructor: Michelle Gunderson

Fun low impact class that will tone your thighs and help you gain confidence with some laughs along the way!

- **Instructor**
- **Introduction to the Boa**
- **Instructor:** Michelle Gunderson
- **IBD 6:30pm to 8:30pm**

### Cowichan Aquatic Centre

**Code**: CAC-11114

### Crofton Boot Camp
Instructor: Tami August

Get ready to challenge yourself. Pump it up and take your fitness to the next level. Drop-in $7

- **Sep 14th to Dec 14th**: 7pm to 8pm
- **Crofton Elementary School**

**Code**: FLA-10573

### Nutrition Sessions
Instructor: Andrea Jones

Andrea Jones is a nutritional consultant who has worked and studied in the wellness industry for the past five years. Andrea believes in nutrition as a crucial component of health and wellness.

#### Course
- **Nutrition for Weight Management**
- **Nutrition for Pregnant & Nursing Moms**
- **Nutrition for Weight Loss**

#### Day and Time
- **Sundays**: 6:30pm to 8:30pm
- **Mondays**: 1:30pm to 3:30pm
- **Mondays**: 7pm to 9pm

#### Date and Code
- **Sundays**:
  - **Sep 18th**: CAC-11149
  - **Oct 16th**: CAC-11150
  - **Nov 20th**: CAC-11151
  - **Dec 11th**: CAC-11152
- **Mondays**:
  - **Sep 26th**: CAC-11153
  - **Oct 24th**: CAC-11154
  - **Dec 12th**: CAC-11156
- **Mondays**
  - **Sep 21st**: CAC-11144
  - **Nov 25th**: CAC-11143
  - **Dec 14th**: CAC-11144

#### Sport Nutrition
Learn how the right foods can improve your game or work out and see how something as simple as eating right can be the difference between winning or losing.

#### Nutrition for Pregnant & Nursing Moms
Dedicated to achieving weight loss as a consequence of better nutrition and overall health.

#### Nutrition for Weight Loss
Dedicated to achieving weight loss as a consequence of better nutrition and overall health.

#### Sport Nutrition
Learn how the right foods can improve your game or work out and see how something as simple as eating right can be the difference between winning or losing.

#### Nutrition for Pregnant & Nursing Moms
Dedicated to achieving weight loss as a consequence of better nutrition and overall health.

### Intro to Boa-Mini Workshop
This mini workshop is a condensed version of the full introductory class. Learn to use props, struts, beaks, flacks and the daring use of twirling pasties. Please bring to class: a Boa, heels and long gloves.

- **Saturday**: 10am to 12noon
- **Oct 22nd**: 1 session/$35

### Island Savings Centre

**Code**: ISC-15727

### Parlay Hoop Dance Fitness
Instructor: Elizabeth Fraser

Hula Hooping is a fun way to bum 300 - 600 calories per hour. Great core workout for abs, back, hips legs and arms.

- **Mondays**: 6:30pm to 7:30pm
- **No sessions Oct 10th & 17th**
- **Island Savings Centre**

**Code**: ISC-15710

### Relaxation Awareness
Instructor: Amy Hansen

Relaxation awareness is designed to provide you with simple and effective tools to help bring calm and relaxation into your daily life.

- **Tuesdays**: 10:15am to 11:45am
- **Oct 18th to Nov 8th**: 4 sessions/$45

### Fuller Lake Arena

**Code**: FLA-10600

### Senior Fitness - Fuller Lake Arena
Fitness class designed to increase your fitness level and health. Everyone works at their own pace and can concentrate on specific concerns without being required to keep up. Drop in and give it a try.

- **Mondays/Fridays**: 10am to 11am
- **Sep 9th to Dec 19th**: 28 sessions/$106.40

### Full Boa Experience

- **Full Boa Experience**
- **IBD 10am to 12pm**
- **Nov 3rd to Dec 8th**
- **6 session/$60**

### Simple Meditations for Parents
Instructor: Carol Meeke

We’ll explore how the practice of simple meditation can enhance family relationships during all stages of family development and for all types of parenting.

- **Wednesdays**: 6pm to 8:30pm
- **Nov 15th to Dec 6th**: 4 sessions/$44

### Island Savings Centre

**Code**: ISC-15706

### Island Savings Centre

**Code**: ISC-15707
All Levels Slow Flow Yoga

Slow Flow Yoga is done in Lise’s original flowing Hatha style, just a wee bit slower to give more attention to breath and proper alignment. Start the week on the right foot (or left!) with a practice that is energizing, rejuvenating and relaxing. All levels and ages welcome.

Tuesdays
6pm to 7pm
Sep 6th to Oct 25th
8 sessions/$86

Island Savings Centre
Code: ISC-15714

Nov 1st to Dec 20th
8 sessions/$86

Island Savings Centre
Code: ISC-15715

Hatha Yoga - Fuller Lake Arena

Instructor: Malika Brown
A physical and mental exercise that harmoniously brings together the body and mind. Improve stamina, flexibility, strength, balance, posture, agility and grace.

Tuesdays
4:30pm to 6pm
Sep 20th to Oct 27th
6 sessions/$63

Fuller Lake Arena
Code: FLA-10564

Sep 22nd to Oct 27th
6 sessions/$63

Fuller Lake Arena
Code: FLA-10565

Tuesdays
4:30pm to 6pm
Nov 3rd to Dec 8th
6 sessions/$63

Fuller Lake Arena
Code: FLA-10567

Morning Yoga - Fuller Lake Arena

Instructor: Michelle Cabaj-Whitehead
Exploring breath and how it relates to movement, we will flow through fun and dynamic sequences that draw us out of our busy minds and into a playful and connected state of being. Experience of basic yoga postures and sun salutations recommended.

Tuesdays
9:30am to 10:45am
Sep 20th to Nov 8th
8 sessions/$84

Fuller Lake Arena
Code: FLA-11201

Morning Yoga

Instructor: Aurael
Flow with your breath. Connect with your spirit. Move into your being. More yin than power yoga, these classes are great for all levels of yoga, offering a challenge to those experienced, yet accessible to the beginner. Flowing at times, we learn to be with our breath, our body, and our thoughts as we melt into the asanas.

Wednesdays
9am to 10:30am
Oct 5th to Nov 23rd
8 sessions/$80

Island Savings Centre
Code: ISC-15805

Vinyasa Flow

Instructor: Michelle Cabaj
Using the power of the breath and of the core, explore dynamic sequences that build heat in the body and cultivate strength, grace, power and focus. Experience of basic yoga postures and sun salutations recommended.

Wednesdays
5pm to 6pm
Sep 21st to Nov 9th
8 sessions/$80

Island Savings Centre
Code: ISC-15711

Level 1 Vinyasa Flow

Instructor: Green Siciliano
For those with little or no yoga experience. Class focuses on the yoga basics taught in a gentle supportive environment designed to give students a strong base. Modifications for postures will be given for tightness or injury concerns.

Tuesdays/Thursdays
5pm to 6:15pm
Sep 20th to Oct 13th
8 sessions/$86.00

Cowichan Aquatic Centre
Code: CAC-11044

Oct 18th to Nov 10th
8 sessions/$86.00

Cowichan Aquatic Centre
Code: CAC-11045

Nov 15th to Dec 8th
8 sessions/$86.00

Cowichan Aquatic Centre
Code: CAC-11046

Level 2 Ongoing Vinyasa Flow

Instructor: Gwen Siciliano
For those with yoga experience. Class builds upon personal stamina, flexibility, strength and balance in a calm, nurturing connected environment.

Tuesdays/Thursdays
6:30pm to 7:45pm
Sep 20th to Oct 13th
8 sessions/$86.00

Cowichan Aquatic Centre
Code: CAC-11047

Oct 18th to Nov 10th
8 sessions/$86.00

Cowichan Aquatic Centre
Code: CAC-11048

Nov 15th to Dec 8th
8 sessions/$86.00

Cowichan Aquatic Centre
Code: CAC-11049

Outdoor Fitness Equipment

Have you walked by the Outdoor Fitness equipment and wondered how to use it? We offer orientations that will familiarize you with the machines. These are free! All you need to do is show up.

Chesterfield Track
Thursday
Sep 22nd
9:30am to 10:30am

Wednesday
Oct 19th
2pm to 3pm

Monday
Nov 21st
11am to 12noon

Cheminus Elementary School
Thursday
Sep 22nd
11am to 12noon

Wednesday
Oct 19th
9:30am to 10:30am

Monday
Nov 21st
1:30pm to 2:30pm

Pilates Core Classic

Instructor: Lise Duncan
Where Mondays leave you hobbled down the stairs, Thursdays make you feel like you just grew an inch! This is classic Pilates Mat Work, guaranteed to give you longer, leaner, meaner muscles on a frame that is sound and solid. Beginners welcome, but must be injury-free for this multi-level group class.

Thursdays
6pm to 7pm
Sep 8th to Oct 27th
8 sessions/$86

Island Savings Centre
Code: ISC-15716

Nov 3rd to Dec 22nd
8 sessions/$86

Island Savings Centre
Code: ISC-15717

Pilates Fitness Fusion

Instructor: Lise Duncan
This hour is packed full of tried-and-true training to tighten and tone your whole body. Pilates exercises are highlighted with killer exercises for thighs, abs, and butt.

Let Lise’s twenty years teaching fitness help to get your body in the best shape possible. Beginners welcome; moderate fitness level required.

Mondays
6pm
Sep 12th to Oct 31st
7 sessions/$78

Island Savings Centre
Code: ISC-15712

Nov 7th to Dec 19th
7 sessions/$78

Island Savings Centre
Code: ISC-15713

Pilates Introduction

Instructor: Anne Kerwell
Learn the tools to use the core intelligently; lengthen, sculpt and tone the muscles that support and strengthen the spine.

Thursdays
8:45am to 9:45am
Sep 22nd to Oct 13th
4 sessions/$35

Cowichan Aquatic Centre
Code: CAC-11012

Oct 20th to Nov 10th
4 sessions/$35

Cowichan Aquatic Centre
Code: CAC-11008

Nov 17th to Dec 8th
4 sessions/$35

Cowichan Aquatic Centre
Code: CAC-11013

Pilates Mat

Instructor: Anne Kerwell
The Pilates approach develops maximum muscle strength while increasing flexibility. This session will enhance the basic movements and focus on correct techniques. 4 sessions/$35 also available.

Tuesdays/Thursdays
9:50am to 10:50am
Sep 22nd to Oct 13th
8 sessions/$86

Cowichan Aquatic Centre
Code: CAC-11008

Oct 20th to Nov 10th
8 sessions/$86

Cowichan Aquatic Centre
Code: CAC-11009

Nov 17th to Dec 7th
8 sessions/$86

Cowichan Aquatic Centre
Code: CAC-11010
### Drop-In Fitness

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<tr>
<th>Monday</th>
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<td>Stretch N Tone</td>
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<td>Aqua Yoga</td>
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<tr>
<td>9am to 10am</td>
<td>Cardio Core Circuit</td>
<td>Aqua Cardio Combo</td>
<td>Quick Kick Cardi</td>
<td>Russian Kettle Camp</td>
<td>Aqua Cardio Combo</td>
<td>Cardio Sport</td>
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### Childminding Service

FREE childminding service available exclusively at the Cowichan Aquatic Centre. Autumn 2011 Hours: Monday to Friday 8:45am to 11:30am; Mondays and Wednesdays 5pm to 6:30pm.

### Enhancing Fitness Programs

Got a plan that isn’t working? Enhance, reshape, remodel, rework it. Simply put we take a small group, revamp your personal plan, focus your target and get you motivated. All accomplished in 4 sessions. 4 sessions: $44.

<table>
<thead>
<tr>
<th>Day</th>
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<tbody>
<tr>
<td>Tuesdays w/ Sheri Berard</td>
<td>11am to 12noon</td>
<td>Sep 20th to Oct 11th</td>
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<tr>
<td>Thursdays w/ Rachel Dean-Zuback</td>
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<td>Sep 22nd to Oct 13th</td>
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<td>10:45pm to 11:45pm</td>
<td>Sep 17th to Oct 8th</td>
<td>CAC-11123</td>
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</table>

### Childminding Service Details

**Free Childminding Service** available exclusively at the Cowichan Aquatic Centre.

- **Autumn 2011 Hours:**
  - Monday to Friday: 8:45am to 11:30am
  - Mondays and Wednesdays: 5pm to 6:30pm

**Cowichan Aquatic Centre** 250.746.7665
Elder College, is a participatory day program for men and women 50 and better, offering interesting activities at a minimal cost. Programs and offerings presented below are generously available through our instructors and the Elder College Advisory Committee, whom we graciously thank. Programs are listed by date over the next three pages. Please note that there is a $5.00 annual fee for joining the Elder College program. Lastly, if you have a program that you would like to present, have questions or would like to voice concerns, please call Jennifer at 250.746.0414.

**Fall Prevention, Balance & Core**

**Stability**

Instructor Voice Avery

A progressive program in which individuals get exposed to the risks of falls in and outside of the home, and how to prevent them, using common sense tips and a progressive series of exercises to regain balance and core stability.

Tuesdays 5pm to 6pm
Sep 6th to Sep 20th 3 sessions/$30
Island Savings Centre Code: ISC-15605

**Carve an American Keystrel**

Instructor Ed Raffauf & LeRoy Lovely

A power carving course. We will take you through the roughing out, to texturing and painting. Includes making birds’ feet. Instructors will provide carving blank & eyes at cost of about $25.00 for each student.

Tuesdays 12noon to 4:30pm
Sep 6th to Dec 6th 14 sessions/$78
Island Savings Centre Code: ISC-15606

**Beginners Tai Chi**

Instructor Rebecca Luk

Learn basic positions, how to move and the first part of the set. Wear comfortable clothes.

Wednesdays 1pm to 1:30pm
Sep 14th to Nov 16th 10 sessions/$61
Island Savings Centre Code: ISC-15608

**Digital Camera Basics**

Instructor David Bedews

Understanding basic operation of a digital camera, what the symbols mean and how to use them to your advantage, a field trip and constructive criticism of the photos taken.

Tuesdays 10am to 12noon
Sep 20th to Oct 4th 3 sessions/$30
Island Savings Centre Code: ISC-15609

**Spanish for Beginners**

Instructor Blanca Stead

The essentials to acquire a basic vocabulary and tourist phrases to help you communicate with locals when traveling where Spanish is the main language.

Tuesdays 1:30pm to 3pm
Sep 20th to Nov 8th 8 sessions/$57
Island Savings Centre Code: ISC-15610

**Line Dancing**

Instructor Cliff Knowles

A great introduction to line dancing.

Wednesdays 2:45pm to 3:45pm
Sep 21st to Oct 26th 6 sessions/$42
Island Savings Centre Code: ISC-15611

**Hawk Migration from East Sooke Park**

Leader David Aldcroft

Hawks will be congregating in preparation for a favourable wind to cross the Strait of Juan de Fuca on their southerly migration. This is a joint outing with the Cowichan Valley Naturalists.

Saturday 10am to 4pm
Sep 24th 1 session/$12
Island Savings Centre Code: ISC-15612

**Walks in the Woods**

Leader Janis Feurer

6 easy walks at a relaxed pace, away from the noise of traffic. A different location each week. Led by members of the Cowichan Outdoor Group. Walks go rain or shine and are pee.

Wednesdays 9am to 11:30am
Sep 28th to Nov 2nd 6 sessions/$28
Island Savings Centre Code: ISC-15613

**Hiking the Cowichan Valley**

Leader Dave Rife

A series of 6 hikes which will include some steep areas and hills. Participants need to be reasonably fit. Time to enjoy the views, snacks and the company. Led by members of the Cowichan Outdoor Group.

Wednesdays 9am to 1pm
Sep 26th to Nov 2nd 6 sessions/$38
Island Savings Centre Code: ISC-15614

**Basics of Golf**

Instructor Dave Campbell, Pacific Golf Academy

Begin your journey of golf with the Basics of Golf: grip, stance, and the proper posture. A look at the short game will be explored working up to the larger swing. Some basic rules and etiquette will be looked at. Enjoy the game of lifetime with friends and family.

Thursdays 10am to 11am
Sep 29th to Oct 20th 4 sessions/$38
Island Savings Centre Code: ISC-15615

**St. Francis Xavier Church Tour**

Leader Pauline Hyde

In September, 2012, St. Francis Xavier Church and Cemetery in Mill Bay, will celebrate its 125th anniversary. It is the oldest building in Mill Bay and one of the oldest in the Cowichan Valley.

Monday 10am to 11am
Oct 3rd 1 session/$12
Island Savings Centre Code: ISC-15616

**Creating Your Photobook – Easier Than You Think**

Instructor Judith Green

Digital photographs or scanned images can easily be turned into bound photobooks. The course will show you how to upload your JPEG files from your computer to a photo book website, create layouts and customized backgrounds, and add text comments.

Mon 1pm to 4pm
Oct 3rd 1 session/$12
Island Savings Centre Code: ISC-15617

**Mess to Masterpiece**

Instructor Bev McLeod

Stuck with a painting that is going nowhere except the garbage can? Let’s think outside the box and see what we can do together. Bring 3 failed watercolours and spend the day recreating them into masterpieces.

Tuesday 10am to 4pm
Oct 4th 1 session/$12
Island Savings Centre Code: ISC-15618

**Province Farm: A History and Tour**

Presenter Jack Hunter

The history of the Farm and an informative walking tour.

Tuesday 9:30am to 12noon approx.
Oct 4th 1 session/$12
Island Savings Centre Code: ISC-15619

**Fold, Cut, Crease & Weave**

Instructor Alison Irwin

Playing with paper is still a thrill! Instructor shares a new technique, folding a booklet and then weaving its cover from strips of paper. Finished project: a small booklet, about 7” square, also suitable as a card for a special occasion. $5 to be paid to instructor for kit.

Wednesday 9am to 12noon
Oct 5th
Island Savings Centre Code: ISC-15620

**Glass Blowing**

Presenters Ann and Graham Fowle

A studio tour showing materials, processes and background into glass blowing, with a practical demonstration of blowing a red wine glass.

Thursday 1:30pm to 2:30pm
Oct 6th
Island Savings Centre Code: ISC-15621

**Traditional Chinese Mah Jongg**

Instructor Jodi Baker

Dust off those antique Mah Jongg sets and learn to play the classic Chinese tile game, Mah Jongg. The game, which is similar in nature to card games such as rummy, combines elements of strategy and luck. Both beginners and experienced players welcome.

Thursdays 10am to 12noon
Oct 6th to Oct 27th 4 sessions/$46
Island Savings Centre Code: ISC-15622

**Strategies for Transitions to Retirement**

Instructor Mary Gullinger

For people considering retirement or newly retired less than 3 years and provides opportunities for new and creative approaches to retirement and a forum for participation with people in a similar scenario.

Fridays 10am to 12noon
Oct 7th to Oct 14th 2 sessions/$20
Island Savings Centre Code: ISC-15623
Digital Cameras 101
Instructor Eric Marshall
Are you thinking of getting a digital camera? Do you have one and want to learn more about using it? Bring your questions, your camera and instruction manual. A discussion session for novices.
Friday 2pm to 4pm
Oct 7th 1 session/$12
Island Savings Centre Code: ISC-15624

Introduction to Classical Music Forms
Instructor Martha Fraser
Listen and learn to appreciate the symphonic, concerto, and opera musical forms to enhance your musical enjoyment.
Fridays 10am to 11:30am
Oct 7th to Oct 21st 3 sessions/$30
Island Savings Centre Code: ISC-15625

Windows 7
Instructor Rob C.W. Robinson
Learn all the basics you need to use a computer and use Windows 7. A laptop computer is required.
Tuesdays/Thursdays 10am to 12noon
Oct 11th to Oct 27th 6 sessions/$50
Island Savings Centre Code: ISC-15626

Animal Portraiture
Instructor Kaye Smillie
Shortcuts and helpful hints on the art of animal portraiture using pastels.
Tuesdays 9am to 11am
Oct 11th to Nov 1st 4 sessions/$40
Island Savings Centre Code: ISC-15628

Gentle Yoga
Instructor Shirley Mura
A gentle yet challenging class suitable for beginners as well as those with some Yoga experience. Will focus on balance, strength, and flexibility, using Yoga poses.
Tuesdays 9:30am to 11am
Oct 11th to Nov 29th 8 sessions/$57
Island Savings Centre Code: ISC-15629

Guitar Finger Picking Lessons
Instructor Graham Edwards
Level 1. Travis finger picking alternate-bass style. Style used by Paul Simon, James Taylor, Leo Kottke, John Reinson, & others. No finger picking experience required, but some chord playing ability.
Thursdays 1pm to 2:30pm
Oct 21st to Dec 16th (No class Nov 11th) 8 sessions/$60
Island Savings Centre Code: ISC-15630

Propaganda in the Movies
Instructor Jim Skinner
How governments and pressure groups have used the visual media to advance their agendas, in time of war, influence the public to support the allied cause and hate the enemy. Five films will be screened.
Tuesdays 1:30pm to 3:30pm
Oct 11th to Nov 8th 5 sessions/$40
Island Savings Centre Code: ISC-15633

Arm Chair Travel: Viking River Cruise from Odessa to Kiev, Ukraine
Instructor Mary Gallinger
Have you ever been curious about taking a river cruise in Europe? Well this is your chance to hear about my trip from Odessa along the Black Sea and up the Dniester River to Kiev Ukraine.
Friday 1:30pm to 3:30pm
Island Savings Centre Code: ISC-15634

Painted Prints
Instructor Bev McLeod
Participants will use several techniques to create water media monotypes. Learn to make original paintings as prints, using water based paints and inks and without a press.
Tuesdays 10am to 4pm
Oct 18th 1 session/$12
Island Savings Centre Code: ISC-15635

Poetry: A Workshop
Instructor Mary Beth Nelson
Try your hand at writing poetry. The workshop approach is a gentle way to experience the poem, reading, writing and sharing. For beginning and emerging poets.
Thursdays 1pm to 2:30pm
Oct 15th to Nov 10th 5 sessions/$40
Island Savings Centre Code: ISC-15636

Calligraphy to Bookhand
Instructor Betty Locke
Suitable to both beginners and those continuing their calligraphic study, Bookhand is a lovely, useable upright hand that is easy to learn. Included will be the “bone” alphabet, brush work and the “b” nib.
Thursdays 9am to 12noon
Oct 15th to Nov 17th 6 sessions/$50
Island Savings Centre Code: ISC-15637

Testamentary Trusts
Instructor Ray Sapergia
Learn about what a testamentary trust can do for you.
Wednesday 10am to 11am
Oct 12th 1 session/$12
Island Savings Centre Code: ISC-15638

4x4 Kumihimo (Japanese Braiding)
Instructor Alison Irwin
Weave a simple round braid on a special round card. The braid will be woven in four colours. All supplies included in the kit fee of $5
Wednesday 9am to 12noon
Oct 12th 1 session/$12
Island Savings Centre Code: ISC-15639

Your Garden in Fall
Instructor Bernie Dinter
Review of the preparation for winter to create winter interest.
Tuesday 10am to 11am
Oct 18th 1 session/$12
Island Savings Centre Code: ISC-15640

Clay Sculpting
Instructor Linda Richter
Techniques of hand building in clay to create sculptures for home and Garden. Cost of supplies and firing to be paid to the Instructor.
Tuesdays 1pm to 3pm
Oct 25th to Nov 22nd 5 sessions/$33
Island Savings Centre Code: ISC-15641

Elder College Singers
Instructor Mike Simkiss
Singing our old favorite songs led by the guitar. Beginners and experienced singers are all welcome. Includes Song Book.
Fridays 1pm to 2:30pm
Oct 21st to Dec 16th (No class Nov 11th) 8 sessions/$60
Island Savings Centre Code: ISC-15642

Learn to Play the Penny Whistle
Instructor Sheri Roberts
Learn to play songs on the penny whistle. Bring your own whistle in D tuning, if not bring what you have.
Saturday 10am to 12noon
Oct 22nd 1 session/$12
Island Savings Centre Code: ISC-15643

Planning for the Future and the Benefit of Self-Education
Instructor David Marr
If you are unable to name a Power of Attorney or Representative, the Public Guardian and Trustee of BC may need to take steps to manage your affairs. Learn about your options: www.trustee.bc.ca. OPEN TO ALL.
Wednesday 1:30pm to 3:30pm
Oct 26th 1 session/FREE
Island Savings Centre Code: ISC-15645
Island Savings Centre

Nov 2nd to Nov 23rd       4 sessions/$40
Wednesdays          1pm to 3pm
or 2007, selection of digital photo files, basic knowledge
Required: laptop computer with either PowerPoint 2003
creating a retrospective in pictures, print, and sound.
Instructor Doug Perkins

Power Point Pictorial Presentations
Instructor Doug Perkins
Learn how to create a presentation to honour someone,
creating a retrospective in pictures, print, and sound.
Required: laptop computer with either PowerPoint 2003
or 2007, selection of digital photo files, basic knowledge
of PowerPoint and file management techniques.
Wednesdays 1pm to 3pm
Nov 2nd to Nov 23rd 4 sessions/$40
Island Savings Centre Code: ISC-15651

Turning Points Shaping Our History
Instructor Nick Prowse
A layman’s look at some of the most decisive moments
in Twentieth Century history (1905 to1995)
Tuesdays 10am to 12noon
Nov 3rd to Nov 17th 3 sessions/$30
Island Savings Centre Code: ISC-15652

Arm Chair Travel: Costa Rica and
Panama: Ecotourism
Presenter Val George
Situated in one of the most biologically diverse regions
in the world, Costa Rica and Panama have been able to
develop ecotourism so that it is now a major contributor
to the economies of these countries.
Monday 1:30pm to 3pm
Nov 7th 1 session/$12
Island Savings Centre Code: ISC-15653

Christmas Cards
Instructor Laurel Taylor
Make four different Christmas Cards using different
stamping and paper crafting techniques
Tuesday 10am to 11:30am
Nov 8th 1 session/$12
Island Savings Centre Code: ISC-15654

Ergonomics for Computer Users at
Home and at Work
Instructor Brigitte Bauer
How to use your computer without common injuries
associated with prolonged sitting and keyboard tasks.
Thursday 11am to 12noon
Nov 10th 1 session/$12
Island Savings Centre Code: ISC-15655

An Introduction to Islam
Instructor Gwyneth Kingham
Examine Islam’s beginnings and its spread around the
world. We will also explore the difference between
Shia and Sunni sects, Islamic law schools, Sufism and
Wahhabism.
Mondays 10am to 12noon
Nov 14th to Nov 28th 3 sessions/$30
Island Savings Centre Code: ISC-15657

Armchair Travel to The Wells are doing
Well in Tanzania
Presenter Bob & Helen Nation
In 2010 we raised money from friends and neighbours
to bring clean drinking water to Kikombe village in
highland Tanzania, East Africa. Today we describe our
sixmonth visit this past winter to sink wells.
Tuesday 1:30pm to 3:30pm
Nov 15th 1 session/$12
Island Savings Centre Code: ISC-15658

Beginners Bridge
Instructor Carol Good
Card playing experience is helpful. Topics include
bridge basics, evaluating your hand, bidding and
response, declarer play, defensive play and a few basic
conventions.
Wednesdays/Fridays 1:30pm to 4pm
Nov 16th to Dec 2nd 6 sessions/$50
Island Savings Centre Code: ISC-15659

Accordian Photo Book
Instructor Laurel Taylor
Share your family photos in this attractive compact
photo book.
Thursday 10am to 11:30am
Nov 17th 1 session/$12
Island Savings Centre Code: ISC-15660

Making Cards with a Twist.
Instructor Linda Yayuch
Learn how to make flowers from wire, glue and fabric.
We will create Christmas cards from the poinsettia
flowers that we make in this class.
Friday 9am to 12noon
Nov 18th 1 session/$12
Island Savings Centre Code: ISC-15661

Gingerbread House
Instructor Maggie Shipley
We will be building a gingerbread house on a base of
gingerbread. $10.00 to be paid to the instructor to cover
basic costs.
Thursday 1:30pm to 4pm
Nov 24th to Dec 1st 2 sessions/$20
Island Savings Centre Code: ISC-15662

Creative Spirituality
Instructor June Maffin
Time to dust off the “I’m not creative” inner voice and
learn to zentangle, explore the relationship between
creativity and spirituality. $5.00 payable for materials.
Monday 10am to 3pm
Nov 28th 1 session/$12
Island Savings Centre Code: ISC-15663

Armchair Travel: Montreal and
Quebec City
Presenter Patricia M. Rankin
Photographic memories of a recent visit in early Spring
from a first-timer to Quebec.
Tuesday 1:30pm to 3:30pm
Nov 29th 1 session/$12
Island Savings Centre Code: ISC-15664

If it took a lifetime to accumulate your
nest egg, it’s worth protecting
Instructor Ray Saperia
Avoid making the government a beneficiary of your
estate. Preserve your wealth should a life altering event
occur. Avoid unnecessary family feuds over your estate.
Wednesday 10am to 11am
Nov 30th 1 session/$12
Island Savings Centre Code: ISC-15665

Armchair Travel: Sudan
Presenter Gwyneth Kingham
Come travel through the desert of north-eastern Sudan
following the Nile from Khartoum to the 3rd Cataract.
Thursday 1:30pm to 3:30pm
Dec 8th 1 session/$12
Island Savings Centre Code: ISC-15666

Island Savings Centre 250.748.7529

Find a Program That
Interests You???
To Register for any Elder College Program,
Contact the
Island Savings Centre
250.748.7529

Register at least 4 days
in advance to avoid disappointment.
Welcome VIU to Cowichan Place

On behalf of Vancouver Island University, Cowichan Campus, I welcome you to what promises to be an extremely engaging academic year. Whether you are interested in taking upgrading courses, pursuing a certificate or diploma program to transition directly into the workforce, taking the first step in pursuing a degree, or starting out with a continuing education course to advance your career, this campus is here to support you and your goals. For those of you who are new to VIU and the Cowichan Campus, welcome to our intimate learning community where the level of student-faculty interaction surpasses almost all other universities in Canada. It is a great honour for me to work in such a student-centred educational environment.

This is an exciting year for VIU and for the Cowichan Valley. In June 2011 we moved into our new LEED Gold®, environmentally sustainable, VIU at Cowichan Place campus. This new campus is the greenest building in the Cowichan Valley and provides opportunities for expanded program offerings, guest lectures, film series and other special events. New at the Cowichan Place campus is a green roof, a 120-seat lecture theatre, a vibrant café with big screen TV and a fireplace, a state of the art science lab and health lab, fully integrated A/V solutions in every instructional space, group study and quiet study areas, student access to over 100 computers, and an integrated learning commons, where students are able to access library, writing centre, learning centre and IT support services. I encourage you to come on campus and have a look for yourself.

This will be a year of celebration, and recognition of the long history that VIU has had with the communities we serve, and I invite you to be a part of the celebration.

Watch for details about our Grand Opening on September 22nd at 11am, followed by our 75th Anniversary celebration community BBQ at Noon.

- Maria Lauridsen
  Campus Principal