

## Arena

### Active Communities Learn to Skate Program

**Ages 4 - 12**

This program is for children and youth who want to improve their skating in a fun and motivating way. The 10-level incentive program has been streamlined and designed so that any participant can have their accomplishments transferred to other Active Communities Programs. Skate rentals are included. All children must bring and wear a helmet and gloves. Prerequisite: Children must be comfortable on the ice without their parents.

Ages 4 - 5

Fridays | 3:45 p.m. - 4:15 p.m.

Jan 5 - Feb 2 | 5/\$40 | Code: 66776

Feb 9 - Mar 8 | 5/\$40 | Code: 66777

Fridays | 4:20 p.m. - 4:50 p.m.

Jan 5 - Feb 2 | 5/\$40 | Code: 66778

Feb 9 - Mar 8 | 5/\$40 | Code: 66779

### Parent & Tot Skate

**Ages 4 - 6**

This is a great opportunity to introduce your toddler to ice skating. Parents participate with their children on the ice and have access to our playschool equipment. Our experienced instructor will also be on the ice offering tips and informal instruction to those looking to build skills or just get more comfortable on the ice. We recommend that all children wear helmets for this session.

Wednesdays | Jan 3 - Apr 24 | 11:00 a.m. - 11:50 a.m.



### Everyone Welcome Skate

Bring out your family and friends to enjoy some quality time and great music! Shiny hockey may be offered at our supervisor's discretion. Players must bring their own stick, gloves, and helmet and youth 16 and under must have a CSA approved helmet with cage. Orange pucks provided.

Monday - Thursday | Jan 2 - Apr 25

12:00 p.m. - 1:00 p.m.

Wednesday Nights | Jan 3 - Apr 24

6:30 p.m. - 7:50 p.m.

Friday Nights | Jan 12, 19, 26, Feb 2, Feb 23, Mar 1, 15, Apr 5, 12, 19

6:30 p.m. - 7:50 p.m.

Saturday/Sunday | Jan 6 - Apr 21

1:00 p.m. - 2:20 p.m.

No session during Caps Games, Mar 31, Apr 1

### Lions Everyone Welcome Skate

We will be offering FREE admission and rentals at four of our Everyone Welcome Skates. These special skating sessions are generously sponsored by the Duncan Lions Club.

Saturdays | Jan 6 & 20, Feb 10 & 24

1:00 p.m. - 2:20 p.m.

FREE Admission & Rentals

### Private Skating Lessons

These lessons are intended for those with little or no skating skills who want to learn the basics and become more comfortable on the ice. Rentals included. All participants must bring and wear a helmet.

#### Private Lessons

30 minutes \$30 | 45 minutes \$40

#### Semi Private Lessons

Price per person based on 2 or more

30 minutes \$25 | 45 minutes \$30

COWICHAN VALLEY REGIONAL DISTRICT  
January - April 2024  
**Winter & Spring  
Recreation Guide**  
Cowichan Community Centre  
Cowichan Lake Recreation  
Kerry Park Recreation Centre  
Shawnigan Lake Community Centre  
Registration Starts December 11 at 9:00 a.m.  
Online Registration | reccowichan.ca  
CVRDREC

### Cowichan Community Centre

2687 James Street

Duncan, BC V9L 2X5

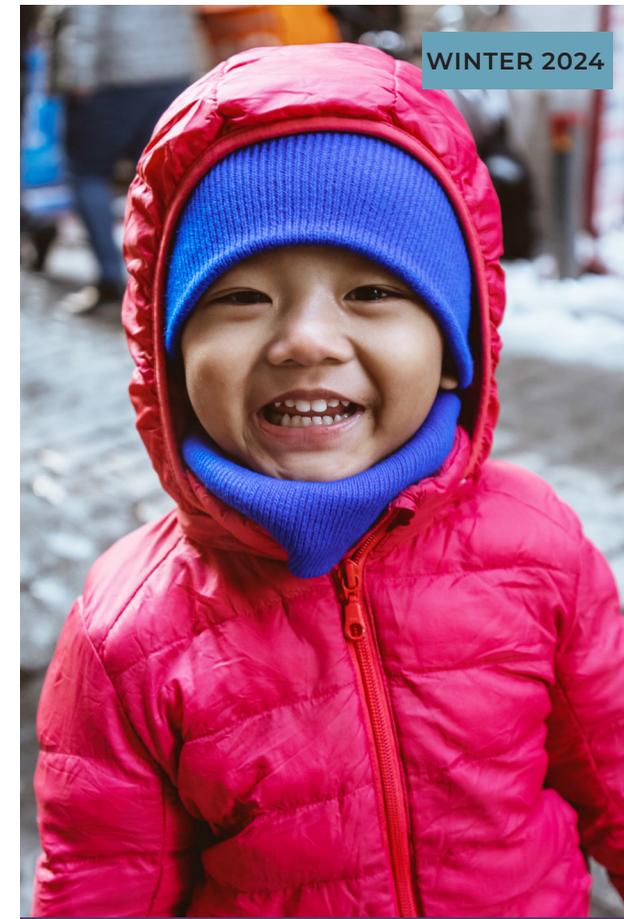
250.748.7529 | tcentre@cvrd.bc.ca

#### ONLINE REGISTRATION:

To use online registration you will need login information, and a credit card. Please contact your local recreation centre to set up your family's account. You can access online registration from our website [www.cvrd.ca](http://www.cvrd.ca)

 @mycvrd

 [facebook.com/cvrdrec](https://facebook.com/cvrdrec)



WINTER 2024

## Early Years

## COWICHAN COMMUNITY CENTRE



[cvrd.ca](http://cvrd.ca)

## Dance & Movement

### KinderGym

#### Ages 1 - 5

Does your little one have an extreme amount of energy in the morning? We have just the solution! Join us for endless fun as we bring out our preschool equipment for your little ones to burn off some energy. The emphasis is on fun and letting your child explore and improve their motor skills! Parent participation required. Free on your birthday!

Mondays/Wednesdays | Jan 8 - June 26

9:30 a.m. - 11:00 a.m.

10 Visits \$40 or Drop-in \$5

Pre-registration recommended | Code: 67454

No session Feb 19, Apr 1, May 20

### Yoga for Preschoolers

#### Ages 3 - 5

This fun, interactive class introduces children and their parent/guardian to yoga through stories, songs, and games. Yoga helps develop motor skills, balance, coordination, concentration/focus and more. Children and parents/guardians will learn creative, playful ways to practice yoga in class that they can also do together at home.

Tuesdays | 10:15 a.m. - 10:45 a.m.

Jan 30 - Feb 27 | 5/\$40 | Code: 67443

Apr 16 - May 14 | 5/\$40 | Code: 67444

Instructor: Sadie Bartram

### Baby & Me Dance

#### Ages 5 - 12 months

Come and learn how dance, music, and play can nurture early development while strengthening the caregiver-baby bond! Caregivers will delight in watching their little ones grow and learn while making friends and socializing with others.

Fridays | 9:15 a.m. - 9:45 a.m.

Jan 12 - Mar 1 | 8/\$68 | Code: 66796

Apr 12 - May 31 | 8/\$68 | Code: 66797

Instructor: Ricki-Lee Allison

### Intro to Dance

#### Ages 1.5 - 5

This class provides an opportunity for children to move and explore dance. This creative movement-based class will use fun, imaginative exercises and creative play to help build basic motor skills, coordination and provide a fun morning together.

Ages 1.5 - 3

Fridays | 10:00 a.m. - 10:30 a.m.

Jan 12 - Mar 1 | 8/\$68 | Code: 66800

Apr 12 - May 31 | 8/\$68 | Code: 66804

Instructor: Ricki-Lee Allison

Cowichan Community Centre

Ages 3 - 5

Fridays | 10:30 a.m. - 11:00 a.m.

Jan 12 - Mar 1 | 8/\$68 | Code: 66808

Apr 12 - May 31 | 8/\$68 | Code: 66809

Instructor: Ricki-Lee Allison

## Music

### Jump Into Music

#### Ages 6 months - 4 years

This one-of-a-kind music and movement program engages, educates and entertains parent and child on a musical journey around the world. A great way for families to bond while gaining exposure to musical rudiments and cultures. Register 1 week before the first session starts for a 10% early bird discount, or ask about our sibling discount of 25%.

Thursdays | 9:30 a.m. - 10:20 a.m.

Jan 18 - Feb 29 | 7/\$105 | Code: 67582

Apr 4 - May 30 | 9/\$135 | Code: 67584

Registered Drop-in \$17

Instructor: Orith Horwitz

## Sports

### Tide Soccer

#### Ages 3.5 - 6

Join our friends at Tide Soccer for this fun introduction to soccer. Each session will involve skill building, movement and agility development, and plenty of games and activities. This is an indoor program so please bring clean runners. Registration fee includes a Tide Soccer training shirt.

Ages 3.5 - 4

Wednesdays | Jan 24 - Feb 28 | 3:30 p.m. - 4:05 p.m.

6/\$66 | Code: 67661

Ages 5 - 6

Wednesdays | Jan 24 - Feb 28 | 4:15 p.m. - 5:00 p.m.

6/\$72 | Code: 67662

### Mini Sports Sampler

#### Ages 4 - 6

This program will give kids a chance to try a variety of sports and find out what they like! Sports will include basketball, floor hockey, soccer, Pickleball, lacrosse, and more. Our leaders will focus on developing sport-specific skills and basic movement skills, such as agility, balance, and speed.

Mondays | Mar 25 - May 6 | 3:30 p.m. - 4:15 p.m.

6/\$36 | Code: 67664

No session Apr 1



## Spring Break Mini Sports Camp

#### Ages 4 - 6

Join us for this action-packed multi-sport camp where we will introduce your child to a variety of sports. We will keep them moving and engaged with a different sport each day, such as basketball, floor hockey, and soccer. Our leader will focus on developing sport-specific skills and basic movement skills, such as agility, balance, and speed.

Monday - Friday | Mar 11 - 15 | 1:30 p.m. - 3:30 p.m.

5/\$75 | Code: 67665

CCC - MPH

Monday - Friday | Mar 18 - 22 | 9:00 a.m. - 11:00 a.m.

5/\$75 | Code: 67666

CCC - Heritage Hall

## Events

### Hockey Day in Cowichan

Join us for a family friendly activity day and celebration of Canada's official winter sport.

Saturday | January 20 | 10:00 a.m. - 2:00 p.m.

Gear it Up Hockey Session | 11:30 a.m. - 12:50 a.m.

Family Skate | 1:00 p.m. - 2:20 p.m.

Gym Activities | 10:00 a.m. - 2:00 p.m.

FREE Admission

### Family Day Celebration

The Cowichan Community Centre is partnering with Cowichan Tribes to offer this FREE Family Day Celebration. We will host two skating sessions and cultural activities, face painting and more for all ages in the Multi-Purpose Hall.

Monday | Feb 19 | 12:00 p.m. - 3:00 p.m.

FREE Admission

Family Skate | 12:00 p.m. - 1:00 p.m. | Code: 66579

Family Skate | 1:30 p.m. - 2:30 p.m. | Code: 66580

Gym Activities | 12:00 p.m. - 3:00 p.m. | Drop-in