

Cowichan Community Centre Sports Programs

Call
250.748.7529
to register

To register please call the
Cowichan Community Centre at 250.748.7529.
For full camp listings please view our Fall Recreation Guide

Tide Soccer

Join our friends at Tide Soccer for this fun introduction to soccer for young children. 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 | Sept 25 - Nov 6
3:30 p.m. - 4:05 p.m.
7 Sessions \$42 | Code: 15917
Cowichan Community Centre

Ages 5 - 6

Wednesdays | Sept 25 - Nov 6
4:15 p.m. - 5:00 p.m.
7 Sessions \$49 | Code: 15918
Cowichan Community Centre

Intro to Lacrosse

Ages 6 - 8

This FREE program will offer a fun, non-contact introduction to lacrosse. Join our instructor, a veteran National Team player, for skill development, movement training, and plenty of game play. Please bring clean runners and a water bottle. Sticks are provided. Please note: this is a FREE program but registration is required.

Tuesdays | Sept 17 - Nov 5
4:00 p.m. - 5:00 p.m.
8 Sessions FREE | Code: 16435
Cowichan Community Centre
Instructor: Naomi Walser

Parent & Tot Skate

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 | Sept 11 - Dec 18
11:00 a.m. - 11:50 a.m.
Drop-in \$4
Cowichan Community Centre

Sports Sampler

Ages 6 - 8

This FREE 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. Teamwork and fair play will be encouraged at all times. Please note: this program is FREE but registration is required.

Thursdays | Sept 19 - Oct 24
4:00 p.m. - 5:00 p.m.
6 Sessions FREE | Code: 15910
Cowichan Community Centre

Thursdays | Nov 7 - Dec 19
4:00 p.m. - 5:00 p.m.
6 Sessions FREE | Code: 15911
Cowichan Community Centre
No session Nov 14

T-Bird Junior Hoops Kindergarten - Grade 1

This program gives young children a fun introduction to basketball. Coaches and players from Cowichan Secondary will help players build skills and learn the game in a fun, active, and healthy learning environment. Registration fee includes a T-Birds t-shirt.

Mondays | Sept 16 - Nov 4
3:30 p.m. - 4:15 p.m.
7 Sessions \$49 | Code: 16433
Cowichan Community Centre
No session Oct 14

Futsal

U10 - U12 (Born 2008 - 2010)

Essentially structured indoor soccer, futsal provides the ideal environment for developing ball skills, with particular emphasis on passing, dribbling, and close control. This FREE program is held in the gym so please bring indoor shoes.

Fridays | Oct 25 - Dec 13
4:30 p.m. - 5:45 p.m.
FREE Drop-in
Cowichan Community Centre
No session Nov 15

Learn to Skate

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 | Sept 13 - Oct 11
3:15 p.m. - 3:45 p.m. | Code: 11353
3:50 p.m. - 4:20 p.m. | Code: 11354

Fridays | Oct 18 - Nov 15
3:15 p.m. - 3:45 p.m. | Code: 14829
3:50 p.m. - 4:20 p.m. | Code: 14830
Cowichan Community Centre

Ages 6 - 12

Fridays | Sept 13 - Oct 11
3:15 p.m. - 3:45 p.m. | Code: 11355
3:50 p.m. - 4:20 p.m. | Code: 11356

Fridays | Oct 18 - Nov 15
3:15 p.m. - 3:45 p.m. | Code: 14831
3:50 p.m. - 4:20 p.m. | Code: 14832
Cowichan Community Centre

Youth Mountain Biking

Ages 10 - 14

Ride smoother, safer, and with more control with this program designed to progress young mountain bikers. Riders will learn and practice game changing skills such as body position and balance, braking and gearing techniques, cornering, terrain awareness, and pumping trail. They will also learn how to execute trail maneuvers like hops, drops, and roll downs. Our PMBIA certified coaches' number one priority is the safety of our students. We teach with a challenge by choice approach and strive to keep the learning fun and engaging!

Tuesdays | Sept 17 - Oct 22
4:00 p.m. - 6:00 p.m.
6 Sessions \$165 | Code: 16414
Mount Tzouhalem
Instructors: Nolan Riding

School's Out Skates

Come out with your friends and family and enjoy these special School's Out skating sessions. Admission is only a toonie!

Monday | Sept 23 | 12:00 p.m. - 1:20 p.m.
Monday | Oct 14 | 12:00 p.m. - 1:20 p.m.
Friday | Oct 25 | 12:00 p.m. - 1:20 p.m.
Admission \$2 | Rentals \$3
Cowichan Community Centre

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reccowichan.ca



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Dance Sampler

Ages 5 - 7

Students will love dancing to current music in this fun and exciting class that covers a variety of dance styles. Join our instructor from Carlson's School of Dance for this new class.

Thursdays | Sept 19 - Oct 24
3:15 p.m. - 3:45 p.m.
6 Sessions \$48 | Code: 16756
Cowichan Community Centre

Thursdays | Nov 7 - Dec 12
3:15 p.m. - 3:45 p.m.
6 Sessions \$48 | Code: 16757
Cowichan Community Centre

Intro to Classical Guitar

Ages 8 - 16

In this fun introductory class, students can expect to come away with a solid beginner's understanding of how to read guitar music/tablature, how to play and change chords, how to tune your instrument and change strings, and build a book of beginner songs to take with you. Students need to bring classical guitar, collapsible music stand and footstool, 1" binder, pencil and eraser, and a new set of strings. More info available at the Ticket Centre.

Saturdays | Sept 28 - Oct 26
10:00 a.m. - 11:30 a.m.
4 Sessions \$100 | Code: 16123
Cowichan Community Centre
No session Oct 12

Home Alone

Ages 9 - 12

Being home alone can be uncomfortable and unsafe for a child if they are not prepared. This course will provide your child with the basic skills to stay home alone safely (and enjoy it).

Thursday | Sept 19
3:30 p.m. - 5:30 p.m.
1 Session \$25 | Code: 17242
Cowichan Community Centre

Saturday | Dec 21
9:00 a.m. - 11:00 a.m.
1 Session \$25 | Code: 17244
Cowichan Community Centre

Cultural Connections

Activity Night

Come enjoy an exciting evening of games, music, crafts, and demonstrations as the Cowichan Intercultural Society partners with the Cowichan Community Centre for this fun-filled evening of cultural activities. Join us for this great opportunity to meet new people and build community, while trying out new and familiar activities including origami, Chinese calligraphy, face painting, cultural music, dancing, futsal, and more!

Friday | Oct 4
4:30 p.m. - 6:30 p.m.
FREE Admission
Cowichan Community Centre

Master Chef in the Making

Ages 8 - 14

Calling all kids who love to cook! Join our instructors for this hands-on class and learn delicious recipes, kitchen safety, cleanliness, and organization, recycling, reducing, and reusing. Each class you will create your own dishes and enjoy the taste of your success. You will also create your own recipe book so you can make the dishes at home. All ingredients and supplies provided.

Ages 6 - 8
Tuesdays | Oct 15 - Nov 5
3:30 p.m. - 5:30 p.m.
4 Sessions \$100 | Code: 19533
Cowichan Community Centre

Tuesdays | Nov 19 - Dec 10
3:30 p.m. - 5:30 p.m.
4 Sessions \$100 | Code: 19534
Cowichan Community Centre

Ages 9 - 14
Wednesdays | Oct 16 - Nov 6
3:30 p.m. - 5:30 p.m.
4 Sessions \$100 | Code: 19535
Cowichan Community Centre

Wednesdays | Nov 20 - Dec 11
3:30 p.m. - 5:30 p.m.
4 Sessions \$100 | Code: 19536
Cowichan Community Centre

Kid Zone

Ages 7 - 14

Parents: do you need a little extra time after school to run errands, or get a few things from the grocery store? Does your kiddo want to socialize or hang out with new friends? Come check out Kid Zone Drop-in Centre, staffed by friendly, child-centered people who will supervise fun and dynamic after school activities such as board games, pool tournaments, crafts and video gaming. Stop by and pick up our monthly calendar. Best of all, it's FREE!

Monday - Friday | Sept 3 - Dec 20
Monday 3:00 p.m. - 5:00 p.m.
Tuesday 3:00 p.m. - 5:00 p.m.
Wednesday 3:00 p.m. - 5:00 p.m.
Thursday 3:00 p.m. - 6:00 p.m.
Friday 3:00 p.m. - 6:00 p.m.
FREE Drop-in
Cowichan Community Centre

Kid Zone

School's Out Days

Ages 6 - 10

Ice Skating & Gymnastics

We will try ice skating and a gymnastics session led by one of the coaches at the Duncan Dynamics Gymnastics Club as well as enjoy other fun activities. Make sure to bring your water bottle, appropriate clothing and a helmet for skating.

Monday | Sept 23
8:30 a.m. - 4:00 p.m.
1 Day \$40 | Code: 15963
Cowichan Community Centre

Gymnastics & Bowling

Join us for a fun day filled with sports, games, activities and crafts. We will jump on trampolines and dive into the foam pit at the Duncan Dynamics Gymnastics Club, along with bowling at Duncan Lanes.

Friday | Oct 25
8:30 a.m. - 4:00 p.m.
1 Day \$40 | Code: 16810
Cowichan Community Centre

Ice Skating & Bowling

Join the Kid Zone group for a fun day filled with sports, games, activities and crafts, along with skating and bowling. Make sure to bring your water bottle, appropriate clothing and a helmet for skating!

Friday | Nov 29
8:30 a.m. - 4:00 p.m.
1 Day \$40 | Code: 16811
Cowichan Community Centre

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