

School's Out Skate

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

Monday | Apr 15 | 12:00 p.m. - 1:00 p.m.
Admission \$2 | Rentals \$3.50

School's Out Family Stick & Puck Skate

This session is designed for those that are new to the game or who want to brush up on their hockey skills. The program is open to all ages. Children age 9 and under must be accompanied by an on-ice adult. This session is limited to 24 players. Scrimmages and games are not permitted. Helmets and gloves are mandatory; youth ages 17 and under must have a helmet with a full-face cage. Shin guards are strongly recommended.

Friday | Feb 16 | 1:30 p.m. - 2:20 p.m.
Regular rates apply

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 where families can spend some quality time together on the ice. We will also have crafts and cultural activities for all ages in the Multi-Purpose Hall. We will be providing floor hockey for the family and face painting. Panago Pizza will provide slices of pizza for the whole family. We gratefully acknowledge the financial support of the Province of British Columbia.

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

Spring Break Skating Schedule

Monday	Mar 11	12:00 - 1:20 p.m.
Tuesday	Mar 12	12:00 - 1:20 p.m.
Wednesday	Mar 13	12:00 - 1:20 p.m.
Wednesday	Mar 13	6:30 - 7:50 p.m.
Thursday	Mar 14	12:00 - 1:20 p.m.
Friday	Mar 15	12:00 - 1:20 p.m.
Saturday	Mar 16	1:00 - 2:20 p.m.
Sunday	Mar 17	1:00 - 2:20 p.m.
Monday	Mar 18	12:00 - 1:20 p.m.
Tuesday	Mar 19	12:00 - 1:20 p.m.
Wednesday	Mar 20	12:00 - 1:20 p.m.
Wednesday	Mar 20	6:30 - 7:50 p.m.
Thursday	Mar 21	12:00 - 1:20 p.m.
Friday	Mar 23	12:00 - 1:20 p.m.
Saturday	Mar 23	1:00 - 2:20 p.m.
Sunday	Mar 24	1:00 - 2:20 p.m.

Cowichan Community Centre

2687 James Street
Duncan, BC V9L 2X5
250.748.7529 | tcentre@cvrld.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.cvrld.ca

 @mycvrd

 facebook.com/cvrldrec



Arena Programs

COWICHAN
COMMUNITY CENTRE



cvrd.bc.ca

Pioneer Stick & Puck

Here is a great opportunity to work on some hockey skills, including puck handling, passing, and shooting. This program has the more mature crowd in mind (ages 50+) and is a great way to stay in shape in non-contact and non-scrimmage play. Players must bring their own stick, gloves, and helmet.

Tuesdays/Fridays | Jan 2 - Apr 23

9:00 a.m. - 10:20 a.m.

Regular rates apply

Parent & Tot (Preschool Ages)

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.

Family Stick & Puck

This session is designed for those that are new to the game or who want to brush up on their hockey skills. The program is open to all ages. Children age 9 and under must be accompanied by an on-ice adult. This session is limited to 24 players. Scrimmages and games are not permitted. Helmets and gloves are mandatory; youth ages 16 and under must have a helmet with a full face cage. Shin guards are strongly recommended.

Tuesdays/Wednesdays | Jan 2 - Apr 24

3:30 p.m. - 4:20 p.m.

Regular rates apply

Pioneer Skate

Bring all your friends and enjoy a relaxing skate while listening to some golden oldies. This program has the more mature crowd in mind (ages 50+) and is a great way to stay in shape.

Thursdays | Jan 4 - Apr 25 | 9:00 a.m. - 10:20 a.m.

Regular Rates apply

Everyone Welcome Skate

Bring Bring out your family and friends to enjoy skating and some quality time together! Helmets are strongly recommended for everyone.

Monday - Thursday | Jan 2 - Apr 25

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

Wednesday Nights | Jan 3- Apr 24

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

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

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

Saturdays/Sundays | Jan 6 - Apr 21

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

No session during Caps Games, Mar 31, Apr 1

Intro to Power Skate

This workshop is designed to introduce young skaters who demonstrate a passion for hockey to basic beginner power skating techniques, including speed, both forwards and backwards, strides, stops and edgework. Come try the drills and feel the potential through power skating. Participants must be able to skate equivalent to Skate 2 or above.

Sunday | Mar 17

Ages 6 - 9 | 2:30 p.m. - 3:00 p.m. | 1/\$17 | Code: 67659

Ages 10 - 12 | 3:15 p.m. - 3:45 p.m. | 1/\$17 | Code: 67660

Instructor: DelRae Olson

Adult Drop-in Hockey

Ages 19+

This recreational program is a great opportunity for players of all levels to play hockey. Full equipment and CSA approved helmets are required. No slap shots or hitting. Goalies play for FREE!

Mondays | Jan 8 - Apr 22 | 9:15 p.m. - 10:35 p.m.

Drop-in \$7.50

No session Feb 19, Apr 1

Adult 55+ Hockey

This recreational drop-in hockey program is a great opportunity for players of all levels to participate. Full gear and CSA approved helmets are required. No slap shots or hitting. Space is limited to 6 drop-in players. Goalies play for FREE - please call 250.748.7529 to register for the goalie list.

Mondays | Jan 8 - Apr 22 | 10:30 a.m. - 11:50 a.m.

Registered Drop-in \$5.25 | 6 spots available

No session Feb 19, Apr 1

Lions Everyone Welcome Skates

In January and February 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

Active Communities Learn to Skate Program

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

Ages 6 -12

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

Jan 5 - Feb 2 | 5/\$40 | Code: 66780

Feb 9 - Mar 8 | 5/\$40 | Code: 66781

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

Jan 5 - Feb 2 | 5/\$40 | Code: 66782

Feb 9 - Mar 8 | 5/\$40 | Code: 66783