



Tide Soccer | Ages 3.5 - 6

Join our friends from 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 includes a Tide Soccer training shirt.

Ages 3.5 - 4

Wednesdays | 3:30 pm - 4:05 pm
Sept 11 - Oct 16 | 5/\$55 | Code: 80051
Oct 30 - Dec 11 | 5/\$55 | Code: 80104
No session Sept 25, Nov 13 & 20

Ages 5 - 6

Wednesdays | 4:15 pm - 5:00 pm
Sept 11 - Oct 16 | 5/\$65 | Code: 80053
Oct 30 - Dec 11 | 5/\$65 | Code: 80105
No session Sept 25, Nov 13 & 20

Little Athletes | Ages 4 - 6

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

Mondays | 3:30 pm - 4:15 pm
Oct 21 - Dec 2 | 6/\$36 | Code: 80107
No session Nov 11

EVENTS

Welcome Back to KinderGym Ages 1 - 5

Let's start out the fall season with this KinderGym social! Meet other families, snack together and join us for FREE endless fun as we try out some new and familiar preschool equipment for your little ones.

Wednesday | Sept 4 | 9:30 am - 11:00 am
FREE | Pre-registration recommended
Code: 79141

Cultural Connections Activity Night

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.

Friday | Oct 25 | 4:00 pm - 6:00 pm
FREE Admission

COWICHAN COMMUNITY CENTRE



EARLY YEARS

COWICHAN COMMUNITY CENTRE

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MOVEMENT

Baby & Me Dance

Ages 4 - 12 months

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.

Fridays | 9:15 am - 9:45 am
Oct 4 - Nov 29 | 8/\$68 | Code: 79675
Instructor: Ricki-Lee Allison
No session Oct 25

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 am - 10:30 am
Oct 4 - Nov 29 | 8/\$68 | Code: 79677
Instructor: Ricki-Lee Allison
No session Oct 25

Ages 3 - 5

Fridays | 10:30 am - 11:00 am
Oct 4 - Nov 29 | 8/\$68 | Code: 79678
Instructor: Ricki-Lee Allison
No session Oct 25



KinderGym | Ages 1 - 5

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.

Mondays/Wednesdays
9:30 am - 11:00 am
Sept 4 - Dec 18
10 Visits \$40 or Registered Drop-in \$5
Pre-registration recommended Code: 79141
No session Sept 30, Oct 14, Nov 11

Preschool Yoga | Ages 3 - 5

This fun, interactive class introduces children to yoga through stories, songs, and games. Yoga helps develop motor skills, balance, coordination, concentration, focus and more. Children will experience the benefits of yoga in a creative and playful way.

Tuesdays | 10:15 am - 10:45 am
Sept 24 - Oct 22 | 5/\$40 | Code: 78987
Nov 5 - Dec 3 | 5/\$40 | Code: 78988
Instructor: Sadie Bartram

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. It will stimulate mind/body/spirit through diverse activities. Ask about our sibling discount of 25%.

Thursdays | 9:30 am - 10:20 am
Sept 12 - Oct 31 | 6/\$90 | Code: 79853
Nov 7 - Dec 19 | 6/\$90 | Code: 79855
Registered Drop-in \$17
Instructor: Orith Horwitz
No Session Oct 17 & 24, Nov 14

SKATING

Parent & Tot Skate

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 everyone wears helmets for this session.

Wednesdays | 11:00 am - 11:50 am
Sept 11 - Dec 18
Drop-in \$5 | includes Parent & Child

Active Communities Learn to Skate Program

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 pm - 4:15 pm
Sept 13 - Oct 11 | 5/\$40 | Code: 79442
Oct 18 - Nov 15 | 5/\$40 | Code: 79443
Nov 22 - Dec 20 | 5/\$40 | Code: 79444

Fridays | 4:20 pm - 4:50 pm
Sept 13 - Oct 11 | 5/\$40 | Code: 79445
Oct 18 - Nov 15 | 5/\$40 | Code: 79446
Nov 22 - Dec 20 | 5/\$40 | Code: 79447