

Pickleball - Recreation

Ages 18+

Pickleball is a fun combination of badminton, tennis, and table tennis that continues to grow in popularity. It is played on a badminton-sized court with a light weight paddle and a plastic perforated ball. This enjoyable activity is accessible to a wide range of players and accommodates participants at every fitness level. Pre-registration opens 7 days in advance and is highly recommended as space is limited.

Tues/Wed/Thurs | Jan 7 - Mar 13
10:30 am - 12:30 pm
Drop-in \$4.25
No session Mar 6, 18, 19, 20

Fridays | Jan 17 - Mar 28
8:00 - 10:00 pm
Registered Drop-in \$4.25
No session Jan 24 & 31

Spring Break Pickleball

Monday - Friday | Mar 24 - 28
11:30 am - 1:30 pm
Drop-in \$4.25

Tues/Wed/Thurs | Apr 1 - 30
10:30 am - 12:30 pm
Drop-in \$4.25



Pickleball - Learn to Play

Ages 16+

Pickleball Pickleball is a fun combination of badminton, tennis, and table tennis that continues to grow in popularity. In this 2-hour clinic you will learn the basic rules and skills of the game.

Saturday | Jan 18
10:00 am - 12:00 pm
1/\$30 | Code: 88277
Instructor: Ken Holman

Saturday | Feb 8
10:00 am - 12:00 pm
1/\$30 | Code: 88278
Instructor: Ken Holman

Pickleball - Building on the Basics

Ages 16+

This In this 2-hour clinic you will build on the basic skills of pickleball with the objective of taking your game to the next level. Basic skills and game knowledge are required.

Saturday | Feb 15
10:00 am - 12:00 pm
1/\$30 | Code: 88279
Instructor: Ken Holman

Stroke & Play Pickleball - Novice

Designed for novice players (up to 3.0 rating) looking for some instruction (approx. 30 minutes) followed by game play.

Saturday | Feb 22
10:00 am - 12:00 pm
1/\$30 | Code: 88280
Instructor: Ken Holman

Saturday | Mar 1
10:00 am - 12:00 pm
1/\$30 | Code: 88281
Instructor: Ken Holman

Stroke & Play Pickleball - Intermediate

Designed for intermediate players (3.0+ rating) looking for some instruction (approx. 30 minutes) followed by game play.

Saturday | Mar 8
10:00 am - 12:00 pm
1/\$30 | Code: 88282
Instructor: Ken Holman

COWICHAN COMMUNITY CENTRE



ADULT SPORTS

COWICHAN COMMUNITY CENTRE

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Ball Hockey Drop-in

Ages 16+

This recreational program will give players a chance to get in a fun workout playing ball hockey. All levels of skill are welcome to attend. There will be no slap shots or hitting, and our supervisor will encourage fair play and equal playing time. Regular hockey sticks are permitted. Helmets, gloves, and athletic cups are recommended.

Sundays | Jan 5 - Apr 27

6:00 - 8:00 pm

Drop-in \$4.25

No session Apr 20

Volleyball

Ages 15+

Here's an opportunity for recreational players to have a little friendly competition. All levels and knowledge of the game are welcome. Pre-registration is highly recommended. Space is limited so be sure to arrive early!

Mondays | Jan 6 - Mar 10

8:45 pm - 10:15 pm

Drop-in \$4.25

No session Feb 17

Wednesdays | Jan 8 - Apr 30

7:00 - 8:30 pm

Drop-in \$4.25

Lacrosse

Ages 15+

This recreational non-contact program is for men and women who want to practice their box lacrosse skills through friendly scrimmage games. Come enjoy our national sport! Helmet, stick, gloves, and elbow pads are required.

Wednesdays | Jan 8 - Apr 9

8:30 - 10:00 pm

Drop-in \$4.25

Drop-in Hoops - Adult Basketball

Ages 17+

Looking to hoop it up this winter? Come join us for some drop-in scrimmage play. This basketball program is open to anyone ages 17+ looking to get active.

Mondays | Jan 8 - Apr 14

7:00 - 8:30 pm

Registered Drop-in \$4.25

No session Feb 17

Rec Dodgeball | Ages 19+

This co-ed sport will test your endurance, stamina and skill at dodging, ducking, diving and dipping. It is a great way to keep in shape and have a blast doing it! Teams of 5 people face off against each other once a week for all-out dodgeball supremacy and to laugh their butts off!

Sundays | Jan 12 - Feb 23

8:15 - 9:15 pm

Registered Drop-in \$4.25

The "Ultimate" Clinic Frisbee

Ages 16+

Do you love playing frisbee? Do you enjoy team sports? Come give Ultimate a try. We'll meet together and learn the basics of this exciting, fast game that caters to all levels of ability.

Wednesday | Feb 12

6:00 - 8:00 pm

1/\$20 | Code: 88169

Instructors: Kristi and Dwight

Cowichan Sportsplex

Disc Golf Clinic

Ages 16+

Try something new outdoors! Similar to traditional golf, The HUB disc golf course is a tonal course, which makes an audible 'ding' sound when hitting the hole post. Join us to build some new skills, meet great people and play outside!

Saturday | Mar 8

1:00 - 2:30 pm

1/\$10 | Code: 88168

Instructors: Kristi and Dwight

Cowichan Station at the HUB

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Instagram!

@cvrdrec



Women's Mountain Biking Clinic Beginner | Ages 18+

This fun and challenging program is specifically designed to progress new female riders. The focus will be on introducing the fundamental skills of mountain biking, such as body position, braking and gearing, balance and coordination, on-trail awareness, cornering, and climbing and descending.

Thursdays | Apr 3 - 24

5:00 - 7:00 pm

4/\$204 | Code: 88163

Instructor: Nolan Riding

**Mount Tzouhalem - Kaspas Road
Parking Lot**

Intro to Gravel Riding

Have you wondered what this is all about? "Gravel riding" tends to describe riding on unpaved roads and trails (often compared somewhere between road cycling and mountain biking) and can encompass all types of terrain, from gravel to wooded singletrack and everything in between. Join our instructor as they share some basic tips and maintenance for your bike and introduces you to this adventure opportunity that's right here in our backyard.

Saturday | Apr 5

9:30 am - 12:00 pm

1/\$50 | Code: 88166

Instructor: Dirt Groms Cycling

Glenora Trails Head Park

