



### 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 - 4:05 pm  
Jan 22 - Mar 5 | 6/\$66 | Code: 88065  
Apr 16 - May 28 | 6/\$66 | Code: 88068  
No session Feb 12, May 7

#### Ages 5 - 6

Wednesdays | 4:15 - 5:00 pm  
Jan 22 - Mar 5 | 6/\$78 | Code: 88067  
Apr 16 - May 28 | 6/\$78 | Code: 88098  
No session Feb 12, May 7

### 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 - 4:15 pm  
Jan 27 - Mar 10 | 6/\$42 | Code: 88102  
Apr 14 - June 2 | 6/\$42 | Code: 88119  
No session Feb 17, Apr 21, May 19

## EVENTS

### Lions Everyone Welcome Skates

We will be offering FREE admission and rentals at 8 of our Everyone Welcome Skates. These special skating sessions are generously sponsored by the Duncan Lions Club.

Saturdays | Jan 4, 11, 18, 25, Feb 8, 15, 17, 22  
1:00 - 2:20 pm

### Family Day Celebration

Join us for a FREE Family Day Celebration. We will host two skating sessions. We will also have crafts and activities for all ages in the Multi-Purpose Hall and will be joined by the Caleb Kroffat Memorial CPR training team. Stay tuned for more details. This event is generously sponsored by BCRPA & CUPE 358.

Monday | Feb 17 | 12:00 - 3:00 pm  
Skate | 12:00 - 1:00 pm | Code: 88370  
Skate | 2:00 - 3:00 pm | Code: 88371  
Gym Activities | 12:00 - 3:00 pm | Drop-in  
FREE Admission

## COWICHAN COMMUNITY CENTRE

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# COWICHAN COMMUNITY CENTRE



## EARLY YEARS



📞 250.748.7529  
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# MOVEMENT

## Baby & Me Dance

### Ages 5 - 12 months

Learn how dance, music, and play can nurture early development, while strengthening the caregiver-baby bond!

Fridays | 9:15 - 9:45 am

Jan 10 - Feb 28 | 8/\$68 | Code: 88012

Apr 4 - May 30 | 8/\$68 | Code: 88013

Instructor: Ricki-Lee Allison

No session Apr 18

## Intro to Dance | Ages 1.5 - 5

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 - 10:30 am

Jan 10 - Feb 28 | 8/\$68 | Code: 88014

Apr 4 - May 30 | 8/\$68 | Code: 88015

Instructor: Ricki-Lee Allison

No session Apr 18

### Ages 3 - 5

Fridays | 10:30 - 11:00 am

Jan 10 - Feb 28 | 8/\$68 | Code: 88018

Apr 4 - May 30 | 8/\$68 | Code: 88019

Instructor: Ricki-Lee Allison

No session Apr 18



## 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 | Jan 6 - June 25

9:30 - 11:00 am

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

Pre-registration recommended | Code: 87514

No session Feb 17, Apr 21, May 19

## 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 - 10:45 am

Jan 28 - Mar 4 | 5/\$40 | Code: 87609

Apr 8 - May 6 | 5/\$40 | Code: 87610

Instructor: Sadie Bartram

No session Feb 18

# 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 - 10:20 am

Jan 16 - Mar 13 | 9/\$135 | Code: 88046

Apr 3 - May 22 | 8/\$120 | Code: 88048

Registered Drop-in \$18

Instructor: Orith Horwitz

# 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 | Jan 8 - Apr 23 | 11:00 - 11:50 am

Drop-in \$5 | includes Parent & Child

## Active Communities Learn to Skate Program

This program is for children 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 - 4:15 pm

Jan 10 - Feb 14 | 5/\$40 | Code: 87853

No session Jan 31

Feb 21 - Mar 21 | 5/\$40 | Code: 87854

Fridays | 4:20 - 4:50 pm

Jan 10 - Feb 14 | 5/\$40 | Code: 87855

No session Jan 31

Feb 21 - Mar 21 | 5/\$40 | Code: 87856