

## School's Out 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 17 and under must have a helmet with a full face cage. Shin guards are strongly recommended.

Friday | Feb 14 | 1:30 pm - 2:20 pm  
Regular rates apply | Rentals \$3.50

Monday | Apr 14 | 1:30 pm - 2:20 pm  
Regular rates apply | Rentals \$3.50

## 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 for students!

Monday | Apr 14 | 12:00 pm - 1:20 pm  
Admission \$2 for students | Rentals \$3.50

## Public Admission Rates

Public Skating

Adult (19+) \$ 5.00

Minor (3 - 18) \$ 3.50

Senior (55+) \$ 3.50

Family \*

(up to 2 adults & 3 minors) \$ 13.50

Family with Skate Rentals \$ 24.00

Parent & Tot Skate \$ 5.00

Hockey

Adult (19+) \$ 7.50

Senior (55+) \$ 6.00

Skate Sharpening \$ 6.00

Skate Rentals \$ 3.50

\* Family Rate is not available online, if you wish to register a family at the family rate please call the Cowichan Community Centre at 250.748.7529 during office hours.



## Lions Everyone Welcome Skate

In January and February, we will be offering FREE admission and rentals at our Saturday 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 pm - 2:20 pm  
FREE Admission & Rentals

## Everyone Welcome Skate

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

Monday - Thursday | Jan 6 - Apr 24  
12:00 - 1:00 pm

Wednesday Nights | Jan 8 - Apr 23  
6:30 - 7:50 pm

Friday Nights | Jan 17, 21, Mar 7, 21, Apr 4, 11  
6:30 - 7:50 pm

Saturdays/Sundays | Jan 4 - Apr 19  
1:00 pm - 2:20 pm

No session Jan 31, Feb 17 or during Cowichan Capitals Home Games  
Regular rates apply

*Watch for the Summer  
2025 Recreation Guide in your  
April 1 Citizen Newspaper*

## EVENTS

### Family Day Celebration

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

### Youth Week

Thursday - Wednesday  
May 1 - 7 | Free Admission

### Spring Break Public Skating Schedule

Monday	Mar 17	12:00 - 1:00 pm
Tuesday	Mar 18	12:00 - 1:00 pm
Wednesday	Mar 19	12:00 - 1:00 pm / 6:30 - 7:50 pm
Thursday	Mar 20	12:00 - 1:00 pm
Friday	Mar 21	12:00 - 1:00 pm
Saturday	Mar 22	1:00 - 2:20 pm
Sunday	Mar 23	1:00 - 2:20 pm
Monday	Mar 24	12:00 - 1:00 pm
Tuesday	Mar 25	12:00 - 1:00 pm
Wednesday	Mar 26	12:00 - 1:00 pm / 6:30 - 7:50 pm
Thursday	Mar 27	12:00 - 1:00 pm
Friday	Mar 28	12:00 - 1:00 pm
Saturday	Mar 29	1:00 - 2:20 pm
Sunday	Mar 30	1:00 - 2:20 pm

## COWICHAN COMMUNITY CENTRE

2687 James Street  
Duncan, BC  
V9L 2X5

📞 250.748.7529

✉️ tcentre@cvrd.bc.ca

🌐 www.cvrd.ca

📱 @cvrdrec



# COWICHAN COMMUNITY CENTRE



## ARENA PROGRAMS



📞 250.748.7529

🌐 www.cvrd.ca

### 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.

Mondays | 10:30 am - 11:50 am

Jan 6 - Apr 14

Registered Drop-in \$6.00 | 6 spots available

No session Feb 17

### Adult Drop-in Hockey | Ages 19+

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 24 players. Goalies (2) play for FREE!

Mondays | 9:15 pm - 10:35 pm

Jan 6 - Apr 14 | Registered Drop-in \$7.50

No Session Feb 17

### Pioneer Stick & Puck | Ages 50+

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 with non-contact and non-scrimmage play. Players must bring their own stick, gloves, and helmet.

Tuesdays/Fridays | 9:00 am - 10:20 am

Jan 7 - Apr 15 | Regular rates apply

No session Jan 31

### Pioneer Skate | Ages 50+

Bring all your friends and enjoy a relaxing skate while listening to some golden oldies. This program is designed for ages 50 or better and is a great way to stay in shape.

Thursdays | 9:00 am - 10:20 am

Jan 9 - Apr 24 | Regular rates apply

### Easy Pace Hockey

This program is for adults who are looking for lower intensity game situations. These friendly games cater to beginners, rusty players and players that want a less competitive pace. The activity will focus on games for exercise and building confidence. Players must have some experience skating as the activity will primarily involve no contact, low intensity games. Full gear is required.

Tuesdays | 10:30 am - 11:50 am

Jan 7 - Apr 15 | Registered Drop-in \$7.50

Max: 20

*\*Stay up to date on our programs by following us on Facebook and Instagram!*

**@cvrdrec**



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Tuesdays/Wednesdays | 3:30 pm - 4:20 pm

Jan 7 - Apr 23 | Regular rates apply

### 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 everyone wears helmets for this session. \$5 drop-in fee includes parent and child.

Wednesdays | 11:00 am - 11:50 am

Jan 8 - Apr 23

Drop-in \$5.00 includes Parent & Child

*Borrow a PLAY Kit from your local recreation centre and get active! Inside each kit is a diverse selection of equipment, information about physical literacy and structured activities that will allow your kids to play and develop fundamental movement skills to set them up to be active for their entire lives.*

**For more information email [playcowichan@gmail.com](mailto:playcowichan@gmail.com)**



### Active Communities 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 | 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

#### Ages 6 - 12

Fridays | 3:45 - 4:15 pm

Jan 10 - Feb 14 | 5/\$40 | Code: 87859

No session Jan 31

Feb 21 - Mar 21 | 5/\$40 | Code: 87860

Fridays | 4:20 - 4:50 pm

Jan 10 - Feb 14 | 5/\$40 | Code: 87861

No session Jan 31

Feb 21 - Mar 21 | 5/\$40 | Code: 87862