

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 | 8:15 pm - 9:15 pm

Oct 6 - Nov 24 | Registered Drop-in \$4.25

No session Nov 17

Building on the Basics - Pickleball Ages 16+

This beginner program will build on the starter skills covered in our Learn to Play Pickleball lessons by offering more advanced instruction. Registration is also open to those who have not completed Learn to Play, but basic skills and game knowledge are required.

Saturday | Oct 26 | 10:00 am - 12:00 pm

1/\$30 | Code: 80214

Instructor: Ken Holman

Saturday | Nov 23 | 10:00 am - 12:00 pm

1/\$30 | Code: 80215

Instructor: Ken Holman



EVENTS

Cultural Connections Activity Night

Come 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. Join us for this great opportunity to meet new people and build community while trying out new and familiar activities including origami, Chinese calligraphy, henna, cultural music, dancing, and more!

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

FREE Admission

Duncan Dazzle Pickleball Tournament | Ages 19+

The Cowichan Community Centre is excited to host our annual Duncan Dazzle again this year! The object of this doubles tournament is to promote pickleball at all levels and to showcase this wonderful sport. A maximum of 48 entries will be allowed. Event includes lunch and a beverage. Player registration will take place 8:45 am - 9:15 am with game play starting at 9:30 am. Registration deadline is Monday, Oct 28.

Saturday | Nov 30 | 8:45 am - 4:00 pm

Female Group | 1/\$30 | Code: 80216

Male Group | 1/\$30 | Code: 80217

EVENTS

Winter Wonderland Skate

Bring the whole family to this fun, festive-themed skate. Our arena will be filled with lights, decorations, and holiday music. We'll have arts and crafts for the kids and tons of exciting activities on the ice, including our always popular crazy carpet slide. Please note each skate session has a limited capacity and will be on a first come first served basis.

Sunday | Dec 15

12:30 pm - 2:00 pm & 3:00 pm - 4:30 pm

FREE Admission

New Year's Eve Family Celebration

Join us again this year as we bring in the New Year, family style, at the Cowichan Community Centre. Our early countdown will take place just before 4:00 pm, complete with noise makers, and the always popular balloon drop! Each skating session has limited capacity and will be on a first come, first served basis.

Tuesday | Dec 31 | 12:00 pm - 4:00 pm

Gym Activities | 12:00 pm - 4:00 pm

Skate 1 | 12:00 pm - 1:00 pm

Skate 2 | 2:30 pm - 3:30 pm

FREE Admission

COWICHAN COMMUNITY CENTRE



ADULT SPORTS

COWICHAN COMMUNITY CENTRE

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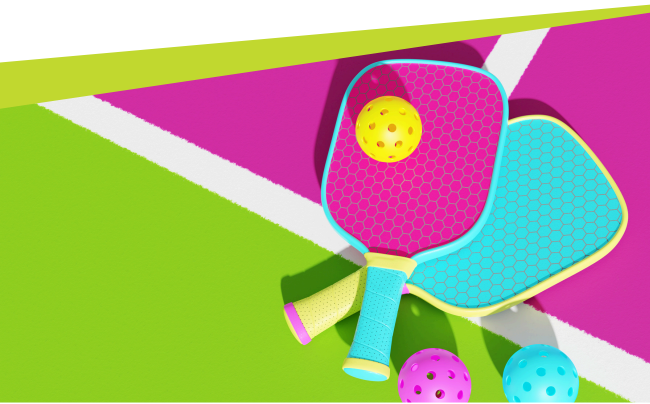
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Lacrosse | Ages 15+

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 | 8:30 pm - 10:00 pm
Sept 11 - Dec 18
Registered Drop-in \$4.25
No session Nov 13

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 | 8:45 pm - 10:15 pm
Sept 16 - Dec 16
Registered Drop-in \$4.25
No session Sept 30, Oct 14, Nov 11

Wednesdays | 7:00 pm - 8:30 pm
Sept 18 - Dec 18
Registered Drop-in \$4.25
No session Nov 13

Basketball Drop-in | Ages 17+

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 | 6:00 pm - 8:00 pm
Sept 22 - Dec 15
Registered Drop-in \$4.25
No session Nov 17

Mountain Biking Foundations for Women

Ages 15+

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.

Wednesdays | 4:30 pm - 6:30 pm
Sept 18 - Oct 9 | 4/\$209 | Code: 80206
Instructors: Nolan Riding
Mount Tzouhalem - Kaspera Parking Lot

Disc Golf Clinic | Ages 15+

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

Weds | Jan 3 - Apr 10 | 8:30 pm - 10:00 pm
Drop-in \$4.25 | No session Feb 14, Mar 13

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 | 6:00 pm - 8:00 pm
Sept 22 - Dec 15
Registered Drop-in \$4.25
No session Nov 17

Learn to Play Pickleball

Ages 16+

Pickleball is a fun combination of badminton, tennis, and table tennis that continues to grow in popularity. In this class you will learn the basic rules of the game and the skills to take your game to the next level.

Saturday | Sept 28 | 10:00 am - 12:00 pm
1/\$30 | Code: 80211
Instructor: Ken Holman

Saturday | Oct 12 | 10:00 am - 12:00 pm
1/\$30 | Code: 80212
Instructor: Ken Holman

Saturday | Nov 2 | 10:00 am - 12:00 pm
1/\$30 | Code: 80213
Instructor: Ken Holman

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

@cvrdrec



Recreation Pickleball | 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/Weds/Thurs | 10:30 am - 12:30 pm
Oct 1 - Dec 19
Registered Drop-in \$4.25
No session Nov 12, 13, 14

Evening Rec Pickleball | Ages 16+

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 is highly recommended as space is limited.

Thursdays | 6:00 pm - 7:45 pm
Oct 3 - Nov 7 | Registered Drop-in \$4.25

