



## Arena Drop-in Programs

Visit our skate shop for all your rental and skate sharpening needs!  
 Skate rentals: \$2.75 per pair | Skate sharpening: \$5.50 per pair

Program	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Daytime Skate</b>	11:00 am - 12:50 pm	11:00 am - 12:50 pm	11:00 am - 12:50 pm	11:00 am - 12:50 pm	11:00 am - 12:50 pm
<b>Public Skate</b>	Free Skate 3:30 pm - 4:50 pm Jan 2 - May 8				6:30 pm - 7:50 pm Jan 6 - May 12
<b>Drop-in Hockey</b> Ages 6 - 10	1:00 pm - 2:05 pm Mar 13 & 20		1:00 pm - 2:05 pm Mar 15 & 22		1:00 pm - 2:05 pm Mar 17 & 24, Apr 7, 14 & May 5
<b>Drop-in Hockey</b> Ages 11 - 15	2:15 pm - 3:20 pm Mar 13 & 20		2:15 pm - 3:20 pm Mar 15 & 22		2:15 pm - 3:20 pm Mar 17 & 24, Apr 7, 14 & May 5
<b>Drop-in Hockey</b> Ages 16+		9:00 pm - 10:20 pm Jan 3 - Mar 7 8:00 pm - 9:20 pm Mar 14 - May 9		9:00 pm - 10:20 pm Jan 5 - Mar 9 8:00 pm - 9:20 pm Mar 16 - May 11	

**All activities are subject to change due to ice availability.**

### Admission Fees:

#### Daytime Skate

12 & under \$1.50  
 Adults 13+ \$2.75

#### Drop-in Hockey

Skater \$5.50  
 Goalie FREE

#### Friday Public Skate

Children \$3.00  
 Teens \$3.75  
 Adults \$5.00  
 Seniors \$4.00  
 Family \$12.00

#### Skate Shop

Skate rentals \$2.75  
 Skate sharpening \$5.50

### Arena Rules:

Please help us maintain a safe environment by following these rules:

1. No food or beverages allowed on the ice.
2. Helmets are recommended but not provided.
3. Respect all skaters on and off the ice.
4. Alcohol is not permitted without a permit.
5. Full gear required for drop-in hockey (no contact).

Wear your helmet to public skating 9 times and get the 10th skate for free!



## On Ice Programs

### Hockey Skills and Drills

**Ages 8 - 12**

Open to boys and girls, this program is designed to improve your skating, passing, shooting, and stick handling. Class size is limited to 20 participants. Register early!

Mondays | Jan 9 - 30

7:00 pm - 7:50 pm

4 Sessions \$30 | Code: 7512

**Cowichan Lake Sports Arena**

Thursdays | Mar 30 - May 11

7:00 pm - 7:50 pm

7 Sessions \$52.50 | Code: 7513

**Cowichan Lake Sports Arena**

### Active Communities Learn to Skate Program



**Ages 4 - 12**

The Cowichan Lake Recreation Active Communities Learn to Skate Program is for children and youth who want to improve their skating in a fun and motivating way. The 11-level program has been streamlined and designed so that any participant can have their accomplishments transferred to other Active Communities Programs. Our Skate Team Leader is on and off the ice during all lesson times to answer questions about your child's progress, as well as to ensure an optimal skater to instructor ratio. Rentals are included; helmets are mandatory. Children must be 4+ years and able to stand unassisted on the ice.

Wednesdays | Feb 8 - Mar 8

4:00 pm - 4:30 pm

5 Sessions \$38 | Code: 7533

**Cowichan Lake Sports Arena**

## On Ice Events

### New Year's Eve Family Event

**All Ages**

Bring your family out on New Year's Eve for a great time at Cowichan Lake Sports Arena. Ticket price includes family skating, crafts, sports, games, movie, hot chocolate, and more. Fun for the whole family!

Saturday | Dec 31

5:00 pm - 8:00 pm

\$10 per family | Code: 6891

**Cowichan Lake Sports Arena**

### Family Day Free Skate

**All Ages**

Come out for a free Family Day skate with free skate rentals!

Monday | Feb 13

3:30 pm - 4:50 pm

FREE Admission

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### St. Patrick's Day Toonie Skate

**All Ages**

Grab your friends and family, throw on something green and come on down for a fun St. Patrick's Day skate party! Skate rentals extra.

Friday | Mar 17

6:30 pm - 7:50 pm

\$2 per person

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### School's Out Drop-in Hockey

When school is out you know where to go! Grab your gear and head to the arena for some fun drop-in hockey. Two age groups are available.

**Ages 6 - 10**

Mondays | Mar 13 & 20

Wednesdays | Mar 15 & 22

Fridays | Mar 17 & 24, Apr 7 & 14, May 5

1:00 pm - 2:05 pm

\$5.50 per skater | Goalies FREE

**Cowichan Lake Sports Arena**

**Ages 11 - 15**

Mondays | Mar 13 & 20

Wednesdays | Mar 15 & 22

Fridays | Mar 17 & 24, Apr 7 & 14, May 5

2:15 pm - 3:20 pm

\$5.50 per skater | Goalies FREE

**Cowichan Lake Sports Arena**

### Easter Egg Hunt & Free Skate

**All Ages**

Join us for a free Easter egg hunt followed by a free public skate. Easter egg hunt begins at 2:30 pm followed by the free public skate. Skate rentals extra.

Monday | Apr 17

2:30 pm Easter Egg Hunt

3:30 pm Free Skate

FREE Admission

**Cowichan Lake Sports Arena**

### Spring Break Skating

See schedule on page 7.