



## Arena Drop-in Programs

Effective September - December 31, 2017

Arena is closed Dec 24, 25, 26, and Jan 1.

Visit our skate shop for all your rental and skate sharpening needs!

Program	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Daytime Skate</b> Sept 11 - Dec 29	11:00 a.m. - 12:50 p.m. Closed Sept 4, Dec 25, Jan 1	11:00 a.m. - 12:50 p.m. Closed Dec 26	11:00 a.m. - 12:50 p.m.	11:00 a.m. - 12:50 p.m.	11:00 a.m. - 12:50 p.m.
<b>Public Skate</b> Sept 11 - Dec 29	Free Skate 3:30 p.m. - 4:50 p.m. Closed Sept 4, Dec 25, Jan 1				6:30 p.m. - 7:50 p.m.
<b>Drop-in Hockey</b> Ages 6 - 10	1:00 p.m. - 2:05 p.m. Sept 25, Oct 9, Nov 13 & 27				1:00 p.m. - 2:05 p.m. Oct 20
<b>Drop-in Hockey</b> Ages 11 - 15	2:15 p.m. - 3:20 p.m. Sept 25, Oct 9, Nov 13 & 27				2:15 p.m. - 3:20 p.m. Oct 20
<b>Drop-in Hockey</b> Ages 16+ Sept 5 - Dec 28		9:00 p.m. - 10:20 p.m. Begins Sept 5 Closed Dec 26		9:00 p.m. - 10:20 p.m. Begins Sept 7	

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

### Admission Fees:

<b>Daytime Skate</b>	
12 & under	\$1.50
Adults	\$2.75

<b>Drop-in Hockey</b>	
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!

Thursdays | Sept 21 - Oct 26  
7:00 p.m. - 7:50 p.m.  
6 Sessions \$45 | Code: 30006  
**Cowichan Lake Sports Arena**

Thursdays | Nov 9 - Dec 14  
7:00 p.m. - 7:50 p.m.  
6 Sessions \$45 | Code: 30007  
**Cowichan Lake Sports Arena**

### Active Communities Learn to Skate Program



#### Ages 1.5 - 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.

**Tiny Tots (Ages 1.5 - 5 years)**  
Wednesdays | Oct 11 - Nov 8  
3:15 p.m. - 3:45 p.m.  
5 Sessions \$40 | Code: 30008  
**Cowichan Lake Sports Arena**

**Ages 6 - 12**  
Wednesdays | Oct 11 - Nov 8  
4:00 p.m. - 4:30 p.m.  
5 Sessions \$40 | Code: 30009  
**Cowichan Lake Sports Arena**



## On Ice Events

### 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 | Sept 25, Oct 9, Nov 13 & 27  
Friday | Oct 20  
1:00 p.m. - 2:05 p.m.  
\$5.50 per skater | Goalies FREE  
**Cowichan Lake Sports Arena**

**Ages 11 - 15**  
Mondays | Sept 25, Oct 9, Nov 13 & 27  
Friday | Oct 20  
2:15 p.m. - 3:20 p.m.  
\$5.50 per skater | Goalies FREE  
**Cowichan Lake Sports Arena**

### Free Recreation Day

**All Ages**  
Come out for an evening of free public skating or free bowling. Bring your family and friends out to enjoy this free evening of activity. Something for everyone!

Friday | Sept 22  
6:30 p.m. - 7:50 p.m.  
FREE Skating Admission and Rentals  
**Cowichan Lake Sports Arena**

Friday | Sept 22  
6:30 p.m. - close  
FREE Bowling and Shoe Rentals  
**CLR - Youbou Bowling Alley**

### Jersey Day Free Skate

#### All Ages

Join us in supporting sport in Canada by wearing your favourite jersey to our National Jersey Day free skate. Admission is free for everyone in a jersey!

Friday | Nov 17  
11:00 a.m. - 12:50 p.m.  
FREE Admission with Jersey  
**Cowichan Lake Sports Arena**

### Winter Wonderland

#### All Ages

Come out and enjoy the festivities at our annual Winter Wonderland. Witness our arena transformed into a festive wonderland showcasing a toboggan run, fire on ice, skating, shinny hockey, hot chocolate, and a visit from Santa himself!

Saturday | Dec 23  
6:00 p.m. - 8:00 p.m.  
\$3.50 per person or \$12 per family  
**Cowichan Lake Sports Arena**

### 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, hot chocolate, and a balloon drop at 6:45 p.m. Fun for the whole family! Register at the arena by December 28. Skate rentals included.

Sunday | Dec 31  
5:00 p.m. - 7:00 p.m.  
\$10 per family | Code: 30010  
**Cowichan Lake Sports Arena**