

Child / Youth Programs



[Play & Learn](#)

Ages 3 - 4

Monday - Friday

9:00 a.m. - 11:00 a.m.

Session 2 | Dec 3 - Mar 8

Fees:

1 Day per week \$84 | 2 Days per week \$168

3 Days per week \$252 | 4 Days per week \$336

5 Days per week \$420

Drop-in \$10 per class

Cowichan Lake Sports Arena

Instructor: Tracey Johnson

[Akhanda Yoga](#)

Ages 15+

Mondays | Jan 7 - Feb 25

10:00 a.m. - 11:15 a.m.

7 Sessions \$70 | Code: 9310

Fridays | Jan 11 - Mar 1

10:00 a.m. - 11:15 a.m.

8 Sessions \$80 | Code: 9311

Cowichan Lake Sports Arena

Instructor: Lynelle Gold

No session Feb 18

[Taoist Tai Chi](#)

Ages 15+

Wednesdays | Jan 30 - Mar 6

2:00 p.m. - 3:00 p.m.

6 Sessions \$60 | Code: 6545

Upper Centennial Hall

Instructor: Brenda Morrison

[Dog Obedience](#)

All Ages

Beginner

Tuesdays | Jan 22 - Mar 12

6:30 p.m. - 7:30 p.m.

8 Sessions \$50 | Code: 5252

Brush-Up

Tuesdays | Jan 22 - Mar 12

7:30 p.m. - 8:30 p.m.

8 Sessions \$50 | Code: 5254

Lower Centennial Hall

Instructor: Lynn Brooks

[Jr. Curling - Learn to Curl](#)

Ages 7 - 15

Thursdays | Jan 31 - Feb 28

5:00 p.m. - 6:00 p.m.

5 Sessions \$30 | Code: 9811

Cowichan Lake Sports Arena

[Youbou Drop-In Gym](#)

Fridays | Jan 11 - June 28

6:30 p.m. - 8:30 p.m.

Drop-in \$2 per person

Youbou Hall

[Open Bowling](#)

Family Open Bowling

Fridays | Jan 11 - June 28

6:30 p.m. - 9:30 p.m.

Loonie Night | Feb 1, Mar 1, Apr 5,

May 3, June 7

No bowling Apr 19

[Animal Reduction Printmaking](#)

Ages 7+

Wednesdays | Feb 6 - 27

3:30 p.m. - 5:00 p.m.

4 Sessions \$60 | Code: 5427

Lake Cowichan School

Instructor: Aldea Wood

[BollyX](#)

Ages 13+

Wednesdays | Feb 20 - Mar 27

6:00 p.m. - 7:00 p.m.

6 Sessions \$60 | Code: 5419

Cowichan Lake Sports Arena

Instructor: Izmet Barranco

[Babysitting Basics](#)

Ages 11+

Saturdays | Feb 23

9:00 a.m. - 4:30 p.m.

1 Session \$70 | Code: 5422

Cowichan Lake Sports Arena

Instructor: Cowichan Valley Training Centre

[48th Annual Traditional Hockey School](#)

Brochure & Registration Form