

Drop-In Programs



[Multi-Activity Social Rec Night](#)

All Ages

Fridays | Mar 22 - June 28

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

Drop-in \$3 per person, per visit

Curling Rink & Lounge

[Drop-in Fitness with Spin, Elliptical & Weights](#)

Ages 16+

Mar 18 - Sept 14

Mondays - Fridays | 6:00 a.m. - 8:00 p.m.*

Saturdays | 8:00 a.m. - 12:00 p.m.*

Closed Sundays and May 20, July 1, Aug 5,
Sept 2

Drop-in \$5 per person, per visit

Cowichan Lake Curling Rink

*Hours are subject to change due to
scheduled fitness classes and facility
availability.

[Acoustic Jam](#)

Tuesdays | May 14, 28, Jun 11, 25

7:00 p.m. start | No cover charge

Cowichan Lake Sports Arena

[Open Bowling](#)

Family Open Bowling

Fridays | Jan 11 - June 28

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

Loonie Night | May 3, June 7

No bowling Apr 19

Adult Open Bowling

Saturdays | Jan 5 - June 22

7:30 p.m. - 10:30 p.m.

Toonie Night | May 18, June 15

\$3.75 adults / \$2.50 children

Shoe rentals \$1

Youbou Lanes

[Youbou Drop-In Gym](#)

Fridays | Jan 11 - June 28

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

Drop-in \$2 per person

Youbou Hall

No session Apr 19

Schedules

[Pickleball Schedule](#)

[Bowling Schedule](#)

[Arena Schedule](#)

[Swim Lessons](#)

[Free Parks Program](#)