

Back of glossy cover Ad space to be
sold by the Gazette

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Numbers to Note

Recreation

To book ice time arena/curling	749-6742
To register for programs	745-3712
To book bowling alley or halls	745-3712
Youbou Lanes	745-3431

Area F Director

Joe Allan 749-6585

Area I Director

Brooke Hodson 745-3838

Town of Lake Cowichan

Jack Peake 749-6681

Recycling (all areas) 746-2540

Transit (all areas) 746-9899

E.S.S. 746-2560
(Emergency Social Services)

CVRD main office - Duncan 746-2500

Arena office Lake Cowichan 749-6742

Arena fax # 749-6341

Arena e-mail clsa@cvrd.bc.ca

Youbou hall office 745-3712

Youbou hall fax # 745-3716

Youbou e-mail youbou@cvrd.bc.ca

Cowichan Lake Recreation Commission Members



Chair:

Sheila McFarlane

Joe Allan

Dave Darling

Brooke Hodson

Larry Olson

Jack Peake

Bill Peters

Ray Wear

Rocky Wise Sr.

REGISTRATION

Please pre-register **one week prior to course dates** to avoid cancellations.

Thank You.

Playbook edited by:

Linda Backlund

Front Cover

Photo:

Sheena Hiles



Playbook printing and advertising by: the Lake Cowichan Gazette.

Local Clubs & Organizations

- Bridge 749-0121
- Chamber of Commerce 749-7792
- Community Internet & E-mail Access 749-4889
- Community Services 749-6822
- Cowichan Lady of the Lake Society 749-3726
- Cowichan Lake District Seniors Ass. 749-6121
- Cowichan Lake District Skating Club 715-7819
- Cowichan Valley Classical Finger-style Guitar Group 749-3261
- Cowichan Valley Minor Lacrosse Ass. 746-6086
- Fibromyalgia Self Help Group 749-6080
- Girl Guides & Brownies 749-6192
- Great Lake Walk Soc. 749-6067
- Healthy Beginnings 709-3050
- Honeymoon Bay Community Society 749-4700
- Hospital Auxiliary (Cowichan Lake Area) 749-6938
- Health Unit 749-6878
- Kaatza Art Group 749-0251
- Kaatza Lakeside Players Society 749-6754
- Lake Bloomers 749-0154
- Lake Cowichan & Dist. Minor Hockey 749-0122
- Library 749-3431
- Lions Club 749-3345
- Little League and Babe Ruth Baseball 749-3285
- 'Piecemakers' C.L Area Quilters 749-1601
- Royal Canadian Legion Branch #210 749-6041
- Scouts Canada 749-0164
- Tourist Info Centre 749-3244

Our Facilities

Honeymoon Bay Hall

- Gymnasium/ stage
- Dining room
- Kitchen (propane stove)
- Brand new washroom facility
- Portable sound system

10022 Park Drive, Honeymoon Bay



Mesachie Lake Hall

- Dining room
- Kitchen
- Gymnasium
- Stage

9315

South Shore Rd.
Mesachie Lake



Centennial Hall

- Upper hall capacity 250
- Stage
- Sound system
- Lower hall capacity 150
- Tables and chairs
- Complete professional kitchen

309 South Shore Road, Lake Cowichan



Curling Lounge

- 4 sheets of curling ice
- 3 tier viewing
- Licensed facility
- Seats 125 people
- Catering & bar services

311 South
Shore Road
Lake
Cowichan



Youbou Community Hall

- Gymnasium capacity 300
- Stage
- Catering and bar services
- Play school room
- Upper banquet hall 210
- Kitchen
- Tables and chairs
- Portable sound system

8550 Hemlock Street, Youbou
745-3712



Cowichan Lake Sports Arena

- NHL sized ice surface
- Meeting rooms
- Catering and bar services

311 South Shore Road, Box 777,
Lake
Cowichan,
B.C.
V0R 2G0



749-6742

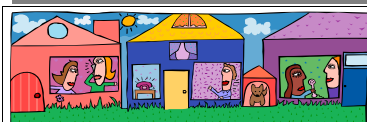


To book halls and/or ball-fields:
Call 745-3712

To book ice and/or curling:
Call 749-6742

To book Youbou Lanes:
Call 745-3431 or 745-3712

Birthday or any party bookings:
Call 745-3712



RECREATION BUILDS STRONG FAMILIES AND HEALTHY COMMUNITIES.

Featuring: THE HONEYMOON BAY COMMUNITY HALL

By Merna Moffat

“On January 7, 1948, the anticipated recreation hall in Honeymoon Bay was officially opened. Dancing was enjoyed by over 450 guests to the music of a Victoria orchestra.” (From the February 11, 1948 Lake Cowichan Bulletin)

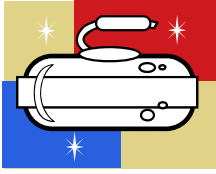


The hall featured extensive edge-grain fir flooring and fir paneling for the walls. A lobby coat check and water fountain, well-planned stage with dressing rooms and below stage, rest rooms with showers. Windows almost completely comprised the right wall overlooking the school and small church. Monthly dances, celebrations and sports, movies and plays and community meetings kept the hall in constant use. The kitchen area was built at a later date. George Jenkins was commissioned to paint the rafter murals. The community hall auxiliary raised funds and purchased the kitchen equipment. Sixteen-year-old Jann Friday (Drake) sewed the yards and yards of velvet into stage curtains. When the mill closed in 1981, the hall was turned over to the community. The Honeymoon Bay Improvement District took

over the operation of the town site services including the hall. With the assistance of a GO BC grant, a new metal roof was installed and the hall painted. The CVRD took over the hall maintenance, in the early 90's and a hall Commission was formed. In the mid '90s, Commission members took on the task of building new, bright and beautiful washrooms. In 1998, a small group of residents decided to reactivate the large community hall that was experiencing limited usage. The monthly publication of the Honeymoon Bay News was started and has continued to this day. A not-for-profit reporting society was formed to allow access to fund raising and grant opportunities. Applications were made and a Millennium Grant and a BC 2000 grant were obtained. These grants were used to create a Honeymoon Bay history wall, re-surface the gym floor, paint the main hall, create a Honeymoon Bay flag and the Millennium wall on the old bowling green shed, purchase Bingo equipment, tables, chairs, the copier and fax and put on events. The Society arranged to lease the hall from the CVRD in 1999. Soon after this, Industry Canada decided to encourage Internet access to all Canadians and helped to fund a CAP site (Computer Access Program) in the Honeymoon Bay Hall. In 2001, the hall became a heritage building. In January 2004, recreation services in the Cowichan Lake area were consolidated under one function called Cowichan Lake Recreation. Since that time, the local post office has been installed in the lobby of the hall. The Honeymoon Bay Community Society continues to operate their CAP site and coffee club on a daily basis from 8:30 – 11:30 a.m. Programs, special events and rental opportunities are offered to residents of the Cowichan Lake area. A huge thank you goes out to all of the volunteers in the community who have made the success of this hall a reality. Stop in for a visit and see the history presented here. Among interesting pictures of the past you will find a collection of Vince Allan paintings that were donated to the Society and which are on permanent display in the dining room of this facility – the hub of the community of Honeymoon Bay.



**Ads sold
by the Gazette**



...a cool place to curl

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday
For rental of the curling lounge call the arena 749-6742 Licensed Facility	One on One Contact: Arena 749-6742	Mixed Curling Contact: Michelle Weir 749-4714	Mens Curling Contact: Bill Peters 749-6560	Junior Curling Contact: Arena 749-6742	Open Mixed League Contact: Trish Mayea 749-4140
<i>For times and start dates call your League Coordinator or arena at 749-6742</i>					

Mid Season Free Curling Clinics



Saturdays,
January 13 & February 3, 2007
10 a.m. to noon



Bonspiel Events

Men's Bonspiel - January 25 - 28
One Day Ladies Spiel - February 17
Year End Shorty Spiel - March 10
Winter Wonderland Spiel - March 23 - 25
Summer Mixed Bonspiel - August 23 - 26

Cowichan Rocks!

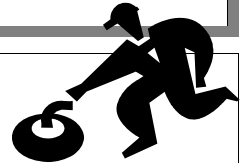
(6 - 16 yrs.)

Junior Curling

You can curl at any age, and now is a good time to start!

Sign up for a low fee and learn the basics of curling, get exercise, meet new friends and have tons of fun!

Thursdays,
February 1 - March 1, 2007, 3:15 - 4:30 p.m.
5 classes / \$25



'PLAYDOWNS'

'Cowichan Rocks' is very proud to be hosting the following Playdowns!



Vancouver Island Regional
Juvenile Championships
February 9 - 11, 2007

Provincial Juvenile Championships
March 16 - 18, 2007






Curling Birthday Party Packages

Yes, we do Curling birthday parties. Ask today for a brochure with all the info!



Arena Programs

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday
Public Skating 3:30 to 4:50 p.m. <i>Begins January 7</i>	Day Time Skating 11:00 a.m. to 1:00 p.m. <i>Begins January 8</i>	Day Time Skating 11:00 a.m. to 1:00 p.m.	Day Time Skating 11:00 a.m. to 1:00 p.m.	Day Time Skating 11:00 a.m. to 1:00 p.m.	Day Time Skating 11:00 a.m. to 1:00 p.m.
Drop in Hockey 9:30 to 10:50 p.m. <i>Begins January 7</i>	Free Public Skating 4:30 - 5:50 p.m. <i>Begins January 8</i>		Drop in Hockey 6:30 - 7:50 a.m. <i>Begins January 10</i>		Public Skating 6:30 - 7:50 p.m. <i>Begins January 12</i>
Schedule runs: January 7 to March 12, 2007	Rates: Daytime Session: Adults \$2 / 12 & under \$1 Evening & Weekend Sessions: Adults \$3 / Teens \$2.50 / 12 & under \$2 / Family \$7 Drop in Hockey: \$5 Skate Rental: \$1.50 Skate Sharpening: \$5				



Holiday Skating

Winter Wonderland Skate

December 23, 2007

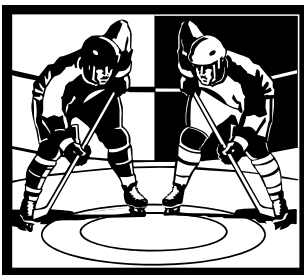
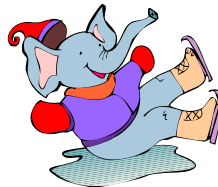
For all ages, a great family event! \$2.50 each
 Fire on ice, toboggan run, hot chocolate and Santa too!
 6:00 p.m. - 7:50 pm / Cowichan Lake Sports Arena

FREE Public Skating

December 27, 28, 29 and 30th, 1:00 - 2:20 p.m.
 December 31st, 2:30 - 3:50 p.m.

Public Skating

January 2 - 5, 2007
 1:00 - 2:20 p.m.
 Friday, January 5, 2007
 6:30 - 7:50 p.m.



Drop in Hockey

January 2, 3, 4, 5, 2007
 2:30 - 3:50 p.m. (6-10 yrs.)
 4:00 - 5:20 p.m. (11-16 yrs.)

*To book ice for your party,
 please call the arena.*

Minor Hockey Jamboree

January 20, 2007



Figure Skating Ice Show

March 2, 2007

Birthday Party Packages

Yes, we do skating birthday parties. Ask today for a brochure with all the info!



No School Day Skate

February 9 and March 16, 2007

Loonie Skate

11:00 a.m. - 1:00 p.m.

Drop-In Hockey

1:10 - 2:25 p.m. (5 - 12 years)
 2:35 - 3:50 p.m. (13+ years)



To book ice throughout the year, please call 749-6742.

League Bowling & Open Bowling Schedule

Sunday	Monday	Tuesday	Check out our SPRING BOWLING LEAGUES below. Come on out and join us for a fun night or two!	Thursday	Friday	Saturday
Mixed 10-pin 7:00 p.m. Guaranteed Begins Jan. 7 Min #8 \$10/night	Mixed 10-pin 7:00 p.m. Guaranteed Begins Jan. 8 Min #8 \$8.25/night	\$3.50 / adult \$2.50 / child \$1 adult shoe 50¢ child shoe 			Ladies 10-pin 6:45 p.m. Guaranteed & Sanctioned Begins Jan. 11 \$10/night	Family Bowling 6:30 - 9 p.m. Begins Jan. 12 \$2.50 child \$3.50 adult Per game

Great fun for everyone! Spares always welcome! Join today!

Family Nights (Fridays):



January 5, February 2,
March 2, 2007
6:30 - 9:30 p.m.



Adult Nights (Saturdays):

January 27, February 24, March 24, 2007
7:30 - 10:30 p.m.
Licensed!

All games \$1.00 / Shoe rentals extra

All games \$1.00 / Shoe rentals extra

Rentals at Youbou Lanes

Youbou Lanes is available for private rentals. We are a licensed facility. Let us do a party for your anniversary, birthday, family reunion, retirement party, office party or get-together.

Option A - all occasions

Book 1 - 4 lanes for 1 - 4 hours
5 pin, 10 pin, Rock & Glow
Call for costs and more info.

Option B - Birthday Parties

Designed for children's parties. We supply hot dogs, chips, decorations. You supply the cake!
Up to 10 kids - \$85.00 / 11 - 20 kids - \$115.00
Extra food available at concession prices if requested.
Give us a call! 745-3712 or Tara at 745-3770



Spring Bowling Leagues

Men's 10-pin, Monday Nights
March 12 - May 7, 7:00 p.m.,
Min. 8

No Bowling March 19
Cost: \$60 for 8 weeks
licensed

Mixed 10-pin, Tuesday Nights
March 13 - May 8, 7:00 p.m., Min. 8

No Bowling March 20
Cost: \$60 for 8 weeks
licensed

Shorty 10-pin, Wednesday Nights
March 14 - April 11, 6:30 p.m., Min. 8
Come on out if you've never tried bowling OR want to practice more. For Youth/Adult/New/Experienced/Male/Female.

No Bowling March 21
Cost: \$20 for 4 weeks

No School Day Bowling **Pop, Shake & Rock!**

February 9 & March 16, 2007, 1:00 - 3:00 p.m.
Enjoy some popcorn, and an old fashioned milkshake and a game of rock and glow bowling. \$6/person

To register call: 745-3431 or 745-3712

Educational Programs

Food Safe Course - Level 1

Instructor: Gerald Loiselle

This course describes ways to avoid foodborne illness and workplace hazards. At the end of the course, workers will be able to handle food safely to prevent foodborne illness and work safely to prevent injury or disease. (8 hour course)

Please bring a lunch.

Saturday, February 10, 2007

9:00 a.m. - 5:00 p.m.

Lower Centennial Hall

1 class / \$60.00 Youth \$64.20 Adult



Food Safe Course - Level 2

Instructor: Gerald Loiselle

This course goes into more detail about foodborne illness, introduces Hazard Analysis Critical Control Point (HACCP), and ways to manage a safe workplace. (10 hour course)

Saturday & Sunday, March 10 & 11, 2007

9:00 a.m. - 2:00 p.m.

Lower Centennial Hall

2 classes / \$110.00 Youth \$115.00 Adult

(10 +yrs)

Boating Safety Course

Min # 7



Taught by Mount Brenton Power and Sail Squadron.

You receive life time certification.

Manual and test are provided.

Session 1: January 29, 31 & February 2, 2007

6:30 p.m. - 9:00 p.m. ea. night at **Youbou Hall**

3 classes / \$55.00 Youth and \$58.00 Adults

Session 2: March 26, 28 & 29, 2007

6:30 p.m. - 9:00 p.m. ea. night at the **Curling Lounge**

3 classes / \$55.00 Youth and \$58.00 Adults

(11 +yrs) **Babysitting Course** Min # 5

Get a certificate for babysitting and start to take care of family siblings and friends or neighbors' children.

Some First Aid included.

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

Youbou Hall

February 7 - March 28, 2007

(No class March 21st)

\$52.50 Youth



WHMIS Min # 10

Learn to read and recognize labels of hazardous materials so you know the proper handling techniques.

Saturday, March 3, 2007

9:00 a.m. - 1:00 p.m. at the

Lower Centennial Hall

1 class/\$63.00 Youth & \$67.00 Adult



Red Cross Emergency

First Aid Min # 8

Includes CPR - Level "C"

Saturday, March 10, 2007

9:00 a.m. - 5:00 p.m.

Upper Centennial Hall

\$79.00 Youth & \$85.00 Adults

Please bring a lunch.



Afterschool Club for Boys & Girls

Ages 5 - 10 Crafts, games, gym time & more.

Thursdays, 2:00 - 4:00 p.m.

Youbou Hall

January 11 - March 29, 2007

(None on March 22nd)

11 weeks/\$45 or \$4.25/drop in



Historian Club

Facilitator: Tara Daly

January 11 - March 29

Youbou Lanes

Pictures and stories are needed to enhance Youbou's historical collection. Bring memories and join Tara and the gang!

Thursdays, 10:00 a.m. - noon No fee!



Basic Dog Obedience

Instructed by: Lynn Brooks

This course is open to ages 10+ as long as you can control your dog. Leash and collar is a must. Current inoculation certificate proof is required. Beginner & Brush up levels available.

Tuesdays, 7 - 9 p.m. / January 23 - March 13, 2007

8 classes/\$40 Youth & \$42 Adult **Centennial Hall**



Math 8 - 11 Drop-In

Instructed by: Linda Backlund

Wednesdays and Thursdays

January 10 - March 14 / 4:30 - 6:00 p.m.

Please call ahead to confirm your attendance.

Please bring calculators, pencils and text books.

Youbou Hall



Basic Carpentry for Women (16+ years)

NEW!

Instructor: Bonnie Hayward

Join us for a woodworking course designed to teach you how to use a jigsaw, handsaw, chop saw, sander, drill, tape measure, square and more. Learn cool techniques and tricks of the carpentry trade. Learn proper measuring skills, how to follow a detailed plan, how to make angle cuts, drill big holes, screw everything together and put on the finishing detail. At the end of the course you will take home your own Log Cabin Style Planter, Birdhouse, Platform Bird Feeder with uprights and a peaked roof and a Straight Backed Garden Chair. All supplies are included in the fee. You are asked to bring an electric or cordless drill, tape measure, handsaw, jigsaw, eye and ear protection if you have them already available to you.

Monday Nights, Feb. 5th – 26th, 2007
Lower Centennial Hall / 7 – 10 p.m. each night
 Limited space available: Maximum 6 people.
 Sign up early!
 Cost: \$250
 (includes: GST, all project supplies
 and you take home 4 projects built by you.)



Playschool Age 3 & 4

This community-run program follows the Preschool Recreation Program Standards of the British Columbia Recreation and Parks Association. Designed to provide safe, educational and varied play activities which are important and stimulating to the development of children.

Play time / Gym time / Project time / Snack time / Story time

Learn ABC's to 1,2,3's become kindergarten ready!

Learn valuable social skills! Instructed by: Terry Baird E.C.E.

Tuesday and Thursday, 9:00 a.m. - 11:30 a.m.
 Session #2 (12 weeks) - December 4 - March 8, 2007
 (Christmas Break December 22 - January 7)
 Session #3 (12 weeks) - March 26 - June 14, 2007

1 day/week - \$70.00 or 2 days/week - \$120.00 or \$9.00/drop in.

Youbou Hall

Monday and Wednesday will be added if there is an increase in registration.



Y.A.C. Computer Site



Programs available to you:

- Microsoft Office including Word, Publisher, Excel Access, PowerPoint, and Outlook Express.
- Create documents, brochures and posters.
- Online banking and accounting.
- Create your own resume.
- Save important resume information for easier updating.
- Check out employment opportunities on the Web.
- Check government websites.
- Sign up or change personal information.
- Receive and send e-mails.
- Chat with friends on MSN Messenger, AOL Messenger, and ICQ.

Open when office is open.
 \$2.00/hour & 25¢/print out

Youbou Hall

Fundamentals of Retirement Planning (A Malaspina College Course)

Cowichan Lake Recreation, in partnership with Malaspina College, is proud to bring you the following adult education program:

Increase your knowledge of, and level of confidence in, handling your financial affairs in this interactive course. This information-packed course will explore concepts and practices that prepare you for a comfortable retirement. Learn the fundamentals of retirement planning, how to generate a steady income, which investments are better suited to meet your needs and what government pensions are available. How to make the best use of your employer's retirement plan and how to protect your estate and minimize taxes are also covered. Grant Reid is a financial planner and will facilitate the course with local legal and accounting professionals.

LEFR 001 S07D01: 4 Sessions Tuesdays, Jan. 23 - Feb. 13, 2007 / 7 - 9:30 p.m. Instructor Grant Reid, RBC Dominion Securities
Centennial Hall / \$89 + GST / *To register for this course, please contact Malaspina College (250) 746-3519*



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by the
Gazette

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Recreational Activities

Yoga with Lura

Instructed by: Lura McCallum
 Wednesdays, March 28 - June 27, 2007
Palsson School Gym

Teen Yoga with Lura: A fun class especially for students to develop physical and mental strength, flexibility and balance. Through mindful yogic movements and focused breath work students awaken their unlimited potential for creative, imaginative and logical learning. Yoga develops whole brain thinking and teaches us to honour and respect our bodies and one another. This is a great class for students who are serious about their school work and also for sports conditioning.

4 - 5 p.m. for 14 weeks / \$140.00 Youth

Chair Yoga with Lura: The ancient yogi's said, "You are as your spine is flexible," and "Breath is life, he who breathes will only half live." Yoga integrates body, mind and spirit restoring harmony, balance, strength and well being. Classes are beneficial for seniors, those with back, hip and or knee problems and other health related issues.

5:15 - 6:15 p.m. for 14 weeks / \$140.00 Youth & \$149.00 Adult

Yoga with Lura: Dissolve your stress, rejuvenate your body and mind and rediscover your center of inner beauty, strength and calm with yoga. Classes consist of a subtle blend of hatha yoga, soma yoga, acuyoga, chakra yoga and Pilates yoga. Yoga is a gift from the ancient Yogi's, it has survived for over 5000 years and today all stretches and rehabilitation exercises are yoga based. 6:30 - 8:00 p.m. for 14 weeks \$140.00 Youth & \$149 Adult or \$13 for drop-in

Kundalini Yoga

NEW!

Instructed by: Ad Sach
 Mondays, December 4, 11, 18, 2006 / **Lower Centennial Hall**
 Mondays, January 8 - March 26, 2007 / **Palsson School Gym**
 (No class on March 19, 2007)

6:30 - 8:00 p.m.

Introductory price: \$75.00 Youth & \$80.00 Adult

Welcome to Kundalini Yoga. This type of yoga is different to other types of yoga that you may have experienced before. The focus is more internal, and the only person you have to compare yourself with is YOU. To achieve this we usually practice with our eyes closed; this helps you to internalize the process. All breathing is done through the nose, unless otherwise specified. Before every class we "tune in". The words to the Adi Mantra are as follows:

ONG Namō Guru Dev Namō

We repeat this three times. You will become familiar with the tune through practice. With every exercise you can silently repeat the mantra Sat Nam. Inhale with the word sat, exhale the word nam. Sat Nam is an affirmation of truth and identity. At the end of every class we sing "Long Time Sun". May the long time sun shine upon you, all love surround you, and the pure light within you guide your way on.



Yoga Workshop

Instructed by: Cathy Golder
 Thursday, January 25, 2007
 6:00 - 8:30 p.m.

Palsson School Gym
 \$30.00 Youth & \$32.00 Adults

This workshop includes a clear background on Yoga and its different styles and teaches you stretches, breathing practices and deep relaxation skills.

Ballet and Jazz Dance

Instructed by: Rikki-Lee Bronson
 Thursdays, January 11 - March 15, 2007
AB Greenwell School
 Professional instruction to get you movin'.
 Have fun and learn some new moves that you can take to the dance floor!



Ballet

3:15 - 4:00 p.m. (5 - 7 years)
 \$50 Youth

Jazz Dance

(With a Hip Hop Twist)
 4:15 - 5:15 p.m. (7 - 10 yrs.)

5:15 - 6:15 p.m. (11+ yrs.)
 10 classes: \$62.50 Youth & \$66.85 Adult



Belly Dancing Mini Workshops Min # 10

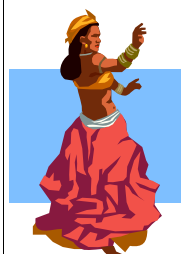
NEW!

Instructed by: Angelina Peterson
 January 20, February 10, March 3 and March 17, 2007

1:00 - 3:00 p.m. **Upper Centennial Hall**

These "danceshops" will introduce you to the fundamentals of Belly Dance. Basic movements, spicy rhythms, zils and veils will all be explored. This ancient dance form will increase your strength, flexibility and body awareness. Join in for a fun fitness program that will energize, de-stress and connect you with your unique feminine beauty. Classes suitable for women ages 13 and up. No dance experience necessary. Be prepared to dance in bare feet - noisy jewelry and hip adornments encouraged. Please bring a water bottle and dress in comfortable clothing.

Come to all four workshops for: \$94 Youth & \$99 Adults
 or book each workshop one at a time for:
 \$30 Youth & \$32 Adults



Lake Cowichan Chito-Ryu Karate (7+ yrs.)

Chief Instructor: Fernando Correia

January 9 - April 5, 2007

(No class March 20th or 22nd)

AB Greenwell School Gym

Fun for all ages. Learn self defense techniques, develop confidence, self discipline, stress relief. Great exercise, Increase flexibility, muscle tone and form good posture.



Tuesdays & Thursdays from 7:00 - 8:15 p.m.

2 classes/week \$153.00 Youths & \$162.00 Adults

Family and 1 class/week rates available.
Additional annual Karate BC membership fees

Pickle Ball (Jr. / Sr.'s)

Facilitator: Bonnie Hayward

January 2 - March 29, 2007

Honeymoon Bay Hall

Players provide their own racquets, but there are a few extras for people who wish to come out and give it a try. Mild version of tennis, badminton, ping pong. On a small court, low activity, non-competitive. Tons of fun!

Check out www.pickleball.com

Tuesdays & Thursdays
from 9:00 a.m. - 11:00 a.m.

Cost: \$10.00 or \$2/visit

NEW!



NEW!

Ladies Only

Facilitator: Marion Bates

January 8 - March 28, Tuesdays, 1:00 - 3:00 p.m.

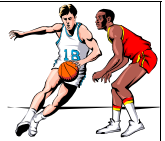
Honeymoon Bay Hall

Join the group of ladies and meet new friends, share craft ideas and work on projects together, while visiting over coffee.

All ladies welcome. No cost except coffee \$'s.

Open Gym

Would you and your friends like to play soccer, volleyball, ping pong, foosball, badminton, floor hockey, basketball, or to just go for a walk to music? Then give us a call and see if the hall is available for your enjoyment. **Monday - Friday Youbou Hall / \$2.00 per drop in fee.**



Adult Co-ed Volleyball (16 + yrs.)

January 9 - April 24, 2007

(No class on March 20, 2007) **LCSS Gym**

Work on your volleyball skills and play scrimmage games each week. Open to men and women

Tuesdays, 8:15 - 9:15 pm

\$2 drop in fee/visit or \$20 / 15 weeks

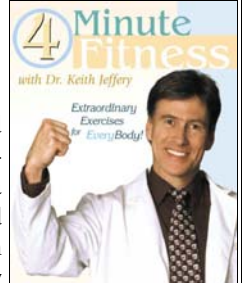


4 Minute Fitness Seminar

Instructor: Dr. Keith Jeffery

World Acclaimed Technique!

4 Minute Fitness™ is a short, easy and highly effective tool designed to improve your life! The seminar is really a lot of fun - interactive, energetic and filled with humour. Using secrets from tai chi, meditation and yoga, learn how to gently move every muscle and joint. Results include enhanced strength, flexibility and balance, reduced blood pressure, as well as increased energy, improved immune function, sleep and circulation. Then begin breathing life into every cell, creating vibrancy and a profound sense of relaxation. And finally, discover powerful mind techniques that can instantly increase the brain chemicals that add motivation, joy, love, and gratitude into any day, while at the same time reducing the devastating hormones that create stress, irritability, anxiety and worry. *It's more than movement* - it's 4 Minute Fitness™, one of the most powerful mind body techniques ever created. It is safe and gentle for anyone including people in wheelchairs. Join Dr. Keith (an enjoyable mix of Wayne Dyer, Deepak Chopra and Dr. Phil) for a fun, yet life changing evening. We are so sure you will love this technique that we offer a complete money back PLUS \$20 guarantee.



Parent & Tot Gymltime

January 9 - March 13 **Youbou Hall**

Enjoy the gym area with your toddler playing with bouncy balls, toys, mats, and having fun. Bring a friend & their young ones along! Parent supervised program.

Tuesdays, 9:30 - 11:00 a.m.

\$3.00/family



Mesachie Lake Hall

Drop-in Sports Activities (16 + yrs.)

Facilitated by: Carol Schlosser

Get active and join in on the fun with friends.

Tuesdays, \$2 drop in fee/visit

January 9 - March 27, 2007, 7:00 - 8:30 p.m.

(No drop-in March 20, 2007)

Monday, March 12, 2007 7:00 p.m. - 10:00 p.m.

Upper Centennial Hall \$32 / person

Ads sold
by the Gazette



New Year's Eve Adult Dance

with
Five piece band
"4 Wheel Drive"

An evening of celebration!
music, balloons,
hats, noisemakers and
hors d'oeuvres!

Sunday,
December 31, 2006
Doors open at 9:00 p.m.
Licensed 'til 2:00 a.m.
Youbou Hall

Tickets:
\$15.00 each

Available at:
Youbou Market,
Shop and Save,
Cowichan Lake
Sports Arena
and
Youbou Hall



Spirit of BC Week 2007

3rd Annual Spirit of BC Week - February 9-17, 2007
Third Annual Spirit of BC Week returns to communities across British Columbia with a week of celebration and fun. Spirit of BC Week was created in 2005 to foster community spirit and excitement and celebrate the 5-year countdown to the 2010 Winter Olympic and Paralympic Games. To realize this success, over 90 Spirit of BC Community Committees have formed, like your committee in the Cowichan Valley, representing over 200 communities across the province, to build a local Spirit of BC Week program that generates energy and excitement for the spirit that is uniquely British Columbia.

In celebrating Spirit of BC Week Cowichan Lake Recreation offers the following activities:



Spirit of B.C. Skating Carnival

FREE Admission

February 9, 2007
6:30 - 7:50 p.m.

**Cowichan Lake
Sports Arena**

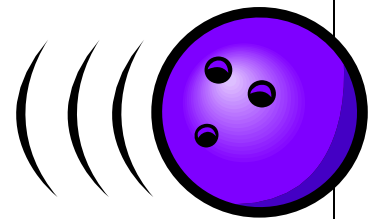
*In partnership with
"Success By 6", Cowichan Valley*

Spirit of B.C. Free Bowling

(5 pin or 10 pin)

February 16, 2007, 6:30 - 9:30 p.m.

Youbou Bowling Alley



BIRTHDAY PARTY PACKAGES

Available with Bowling, Skating, and Curling, or rent a space and do your own thing!

Pamphlets are available at the Arena and Youbou Offices.

For more information please call 749-6742 or 745-3712.

We can also **SUPERVISE, DECORATE, CATER OR BARTEND** for your big event!



Special Events



February 9, 2007
Spirit of B.C. Skating Carnival
FREE Admission
6:30 - 7:50 p.m.
Cowichan Lake Sports Arena

In partnership with "Success By 6", Cowichan Valley

No School Day Fun Crafts and Games with Vicki

Ages 5 - 10

February 9, 2007 and March 16, 2007

Spend the afternoon making crafts, playing games, and having fun! Lunch provided!
Noon - 2 p.m. at the **Youbou Hall** - \$5.00/person
Must pre-register 2 days prior to event date.

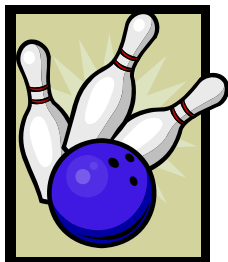


No School Day Bowling **Pop, Shake & Rock!**

February 9 and March 16, 2007

1:00 - 3:00 p.m.

Enjoy some popcorn, and an old fashioned milkshake and a game of rock and glow bowling. \$6/person



Fridays,
February 9, 2007 and
March 16, 2007

Loonie Skate
11:00 a.m. - 1:00 p.m.
\$1.00 each
Cowichan Lake
Sports Arena

Drop in Ice Hockey
5 - 12 yrs / 1:10 - 2:25 p.m.
13 + yrs / 2:35 - 3:50 p.m.
\$2.00 each
Cowichan Lake Sports Arena

Valentine's Dance For Kids
(5-10 yrs. old)

Wednesday,
February 14, 2006
2:15 - 4:30 p.m.
Youbou Hall



Valentines Afternoon Skate
Monday, February 12, 2007
4:30 - 5:50 p.m., FREE Admission
Cowichan Lake Sports Arena

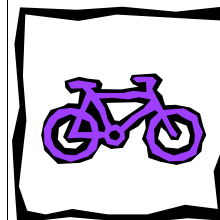
SNEAK PEEK TO SPRING BREAK

A Spring Break Brochure will be sent out through the schools at the end of February, 2007

Watch for more details!

Bike Smart Program

Facilitator: Julia Foster
Sponsored by Ministry of
Transportation and Highways
March 19, 20, 21, 2007



(Monday to
Wednesday)
10:00 a.m. - noon
*Must register by
Thursday,
March 15, 2007*
**Lower
Centennial Hall
and parking lot**

*6 - 10 year olds must be able
to ride a bike.*

Spring Bazaar

Sale of Misc. Goods

Saturday, May 12, 2007, 10:00 a.m. - 2:00 p.m.
Book your table now! Tables: \$12.00



Inside Back Glossy
Cover Ad
sold by Gazette

Johel
Bros
Ad - Glossy Pic