

Rentals at The HUB

For classes, workshops, meetings, AGMs, banquets, weddings, screenings, concerts, plays, outdoor events, etc.,.

Local, affordable community rentals for one time /meetings events, monthly or weekly.

Ask about our regular renter discount & volunteer incentive program. The more you rent the more affordable it is The more you volunteer the more you can participate.

rentals@cowichanhub.ca

250.746.1794

Come build community!



Programming 2019

(January–July)

- *Health/Well Being*
- *Sports/Fitness*
- *Dance*
- *Community*
- *Leisure & Food*
- *Arts & Skills*
- *Music*
- *Kids*
- *Seniors*

*Something for everyone
in the community!*

programs@cowichanhub.ca

250-746-1794

cowichanhub.ca

***Programs subject to change. Please check with The HUB or email the program runner for times/day or check our website for monthly events & more; cowichanhub.ca**

Sports/Fitness

- Capoeira *hilary@fooelse.com*
- CV Zumba *bodyparts.fitness.firstaid@gmail.com*
- Jazzercise *jazzercisepamkrewda@gmail.com*
- Disc Golf *programs@cowichanhub.ca*
- Ball Hockey *programs@cowichanhub.ca*

Health/Well Being

- Hatha Yoga *paulinakee@gmail.com*
- Qigong *rivendellrhythm@shaw.ca*

Dance

- Warmland (Tap, Jazz, Ballet, Adult Contemporary) *warmlanddance@gmail.com*
- Sensitive Dance *jacksonpatrick0@gmail.com*
- Contact Improv Jam *jasper.sircus@gmail.com*
- Dance Temple Cowichan *ancientfutures@gmail.com*

Community

- Koksilah Watershed *jill@cowichanwatershedboard.ca*
- Dialogue by Design *programs@cowichanhub.ca*
- The Mankind Project *sturney1@telus.net*
- Women's Moon Lodge *kate@shecollective.ca*

Leisure & Food

- The HUB Friday Cafe (Weekly 11am – 2pm)

cafe@cowichanstation.org

- The HUB Film Club *hubfilmclub@gmail.com*
- Kid's Cafe High Tea *msnikkel@hotmail.com*

Arts & Skills

- Clay Hub Collective *theclayhubcollective@gmail.com*
- Cowichan Community Workshop *cowichancommunityworkshop@gmail.com*
- Cowichan Valley Rockhounds *judithmoss@uniserve.com*
- Acrylic Painting Workshop *stefanietravers777@gmail.com*

Music

- Jubilate Choir *annette.lampson@gmail.com*
- Anyone/Everyone Can Make Music! *mylistingsacount@hotmail.com*
- Music Together *marniemtvictoria@gmail.com*

Kids

- Rec & Roll *kids@cowichanstation.org*
- Kids Capoeira *hilary@fooelse.com*
- Beavers & Cubs *davidvan33540@gmail.com*
- Sparks, Brownies, Guides, Pathfinders *janicefrueh@hotmail.com*
- Kids Aikido *michaeltboulet@yahoo.ca*

Seniors

- Fresh Start Fitness *leah.mattin@gmail.com*
- Feldenkais *dfgrenier@shaw.ca*