

try it free

Tuesday, January 2 – Sunday, January 14, 2018

Make health and wellness your focus for 2018.

Join us Tuesday, January 2 – Sunday, January 14, 2018 for *Try it Free*, two weeks of free sample classes offered at the Crystal Pool and Fitness Centre, Save-On-Foods Memorial Centre, and participating community centres.

Crystal Pool and Fitness Centre

2275 Quadra Street | 250.361.0732 | victoria.ca

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|---|----|--------|----------------|
| Girls Group | F | Jan 5 | 6:30–8:30 p.m. |
| Tyee Wavemakers/ Jr. Wavemakers (3–7yrs) | F | Jan 5 | 4:30–5:15 p.m. |
| Tyee Swim Skills (5–9yrs) | F | Jan 5 | 4:20–5:30 p.m. |
| Tyee Freshmen (8–12yrs) | F | Jan 5 | 4:20–5:30 p.m. |
| Tyee Youth Swim & Fitness (13–18yrs) | F | Jan 5 | 5:30–7 p.m. |
| Baby & Me | M | Jan 8 | 3–4 p.m. |
| Belly Dance | Tu | Jan 9 | 7:30–8:30 p.m. |
| Yoga Core | Tu | Jan 9 | 7:15–8:15 p.m. |
| Gentle Hatha Yoga | W | Jan 10 | 5:30–6:30 p.m. |
| Yoga Flow | Th | Jan 11 | 7–8 p.m. |
| Junior Lifeguard Club | F | Jan 12 | 6:30–8:30 p.m. |
| Teen Swim | F | Jan 12 | 8:30–10 p.m. |

Save-On-Foods Memorial Centre

1925 Blanshard Street | 250.361.0732 | victoria.ca

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| Skating lessons | Su | Jan 7 | 10–10:30 a.m. 10:35–11:05 a.m. 11:10–11:40 a.m. |
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Burnside Gorge Community Centre

471 Cecelia Road | 250.388.5251 | burnsidegorge.ca

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| Strength, Conditioning and Balance 55+ | F | Jan 5 | 10–11 a.m. |
| Pre-natal Yoga | Tu | Jan 9 | 5:30–6:30 p.m. |
| West African Dance | Tu | Jan 9 | 6–7 p.m. |
| Beginner Spanish | Th | Jan 11 | 6:30–7:30 p.m. |
| Mom and Babe Fitcamp | Th | Jan 11 | 10–10:45 a.m. |

Cook Street Village Activity Centre

1–380 Cook Street | 250.384.6542 | cookstreetvillageactivitycentre.com

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|------------------------------------|----|--------|-----------------------|
| Progressive Bridge | Tu | Jan 2 | 12:30–3:45 p.m. |
| Stretch and Strength Fitness Class | W | Jan 3 | 9:30–10:30 a.m. |
| Canasta | Th | Jan 4 | 1–3:30 p.m. |
| Euchre | F | Jan 5 | 1–3:30 p.m. |
| Ping Pong | Sa | Jan 6 | 11:30 a.m.–1 p.m. |
| Line Dance | M | Jan 8 | 10:45 a.m.–12 p.m. |
| Groove | Tu | Jan 9 | 11:30 a.m.–12:15 p.m. |
| Friendly Bridge | W | Jan 10 | 9:15–11:30 a.m. |
| Fun and Fitness | Th | Jan 11 | 9–10 a.m. |
| Crokinole | F | Jan 12 | 11 a.m.–12:30 p.m. |
| Cribbage | Sa | Jan 13 | 1–3:30 p.m. |

more free stuff →



How to Register

To register for sample classes offered at the Crystal Pool and Fitness Centre and Save-On-Foods Memorial Centre, visit: victoria.ca/recreation for online registration or call **250.361.0732**.

Please contact a participating community centre directly to register for their *Try it Free* sample classes.

Fairfield Community Place

1330 Fairfield Road | 250.382.4604 | fairfieldcommunity.ca

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|----------------------------|----|--------|--------------------|
| Tai Chi for Beginners | W | Jan 3 | 10:30 – 11:30 a.m. |
| Yin Yoga | Th | Jan 4 | 5:15 – 6:30 p.m. |
| Gentle Yoga and Somatics | Th | Jan 4 | 6:45 – 7:45 p.m. |
| Wee Expressions (0 – 4yrs) | M | Jan 8 | 1:15 – 2 p.m. |
| Zumba | M | Jan 8 | 5:30 – 6:30 p.m. |
| Hand Drumming | Tu | Jan 9 | 7 – 8 p.m. |
| Zumba Toning | W | Jan 10 | 5:30 – 6:30 p.m. |
| Gentle Yogafit | W | Jan 10 | 6:30 – 7:30 p.m. |

James Bay Community Centre

140 Oswego Street | 250.389.1470 | jamesbaycentre.ca

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|------------------------------|----|--------|-------------------|
| Adult Ukulele | M | Jan 8 | 6 – 7 p.m. |
| Hatha Yoga | M | Jan 8 | 6:45 – 8 p.m. |
| Alive with Music (0 – 2yrs) | Tu | Jan 9 | 9:15 – 9:45am |
| Alive with Music (3 – 5yrs) | Tu | Jan 9 | 9:45 – 10:15 a.m. |
| Pound Fitness | Tu | Jan 9 | 7 – 8 p.m. |
| Jump Music (3 – 5yrs) | W | Jan 10 | 12:45 – 1:15 p.m. |
| Jump Music (0 – 2yrs) | W | Jan 10 | 1:15 – 1:45 p.m. |
| Zumba | Th | Jan 11 | 5:15 – 6:15 p.m. |
| Spanish Strength and Stretch | F | Jan 12 | 9 – 10 a.m. |
| Kinder Gym | Sa | Jan 13 | 9:30 – 11:30 a.m. |

James Bay New Horizons

234 Menzies Street | 250.386.3035 | jamesbaynewhorizons.ca

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|-------------------------------------|----|--------|-------------------|
| ASEL – Active Seniors Enjoying Life | Tu | Jan 2 | 10 – 11 a.m. |
| Favourite Book Club | Tu | Jan 2 | 2 – 4 p.m. |
| Zumba Gold | W | Jan 3 | 9:30 – 10:30 a.m. |
| Movie and Popcorn | W | Jan 3 | 2 – 4 p.m. |
| Be Alive! | Th | Jan 4 | 2 – 4 p.m. |
| Friday Forum | F | Jan 5 | 10 – 11 a.m. |
| Walking Group | M | Jan 8 | 10 a.m. – 12 p.m. |
| Friendship Tea | M | Jan 8 | 2 – 4 p.m. |
| Handicraft Group | Tu | Jan 9 | 1 – 3 p.m. |
| Current Events | W | Jan 10 | 10 – 11:30 a.m. |
| Texas Hold'em Poker | W | Jan 10 | 12:45 – 3:30 p.m. |
| ASEL – Active Seniors Enjoying Life | Th | Jan 11 | 9 – 10 a.m. |
| Line Dancing | Th | Jan 11 | 1 – 2 p.m. |
| Friday Forum | F | Jan 12 | 10 – 11 a.m. |
| Colouring with Friends | F | Jan 12 | 1 – 3 p.m. |

Oaklands Community Centre

1–2827 Belmont | 250.370.9101 | oaklandscommunitycentre.com

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|----------------------------------|----|--------|-------------------|
| Gentle Yoga | M | Jan 8 | 12:15 – 1:30 p.m. |
| Zumba | M | Jan 8 | 6:15 – 7:15 p.m. |
| Bedtime Yoga | M | Jan 8 | 7:45 – 9 p.m. |
| High Intensity Interval Training | Tu | Jan 9 | 6 – 7 p.m. |
| Pound – Rockout. Workout.® | Th | Jan 11 | 6 – 7 p.m. |

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