Online registration has never been easier!
victoria.ca/recreation
LIFE Program Improvements

Increasing access to recreation programs and services for individuals and families with low income.

PROGRAM HIGHLIGHTS:

- Eligible residents have unlimited access to City of Victoria recreation facilities
- Term increased from one to two years
- Two year cycle begins upon approval date, not limited to January application
- Pass recipients will receive two full years of credit on their accounts at the time of issue

For more information, or to apply:

victoria.ca/lifeprogram
250.361.0732
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Our Goal
The City of Victoria and the Community Centre Network’s main goal is to provide a safe and enjoyable atmosphere for all patrons. Staff go through criminal record checks and receive training in Child Protection Policies. We provide a high level of service by having well trained employees and an effective ratio of instructors to participants for all programs.

Your Personal Information: The personal information you provide during the registration process is collected and used under the authority of the Freedom of Information and Protection Privacy Act. The information is used only for the purpose of administering recreation and cultural programs, informing you of our services and benefits, and for statistical purposes. If you have questions about the collection, use or disclosure of your personal information, please contact Crystal Pool and Fitness Centre at 250.361.0732.

How To Register
For Crystal Pool and Fitness Centre programs:
• Online at victoria.ca/recreation
• By phone at 250.361.0732
• In person at 2275 Quadra St.

For Community Centre programs:
• See page 4 for Community Centre contact information
• Contact Community Centre where program is offered.

Refund Policy:
If you wish to withdraw from a program it must be done before the second class for a prorated refund or credits to be issued. After the second class, refunds or credits will only be issued for illness supported by a doctor’s note or compassionate reasons. One or two day programs and weekly camps require 72 hours notice before program start to request a refund or credit. Please note: Some aquatic leadership, outdoor recreation and bus trip programs are non-refundable. All credits will expire 12 months from the date of issue.

How to Use This Guide
The diagram below provides a breakdown of how programs and courses are listed in the Active Living Guide. All information you need to know for registration, location, dates, cost, course numbers etc., is highlighted in the sample below.

program area

HEALTH & WELLNESS

course name

Nordic Walking

course description

Learn this popular new way to fitness and improved balance. Strengthens core muscles as you walk, involves all major muscle groups and reduces stress on joints. A pair of specialized poles is provided, and class goes outside rain or shine so dress accordingly.

location

Fairfield New Horizons

<table>
<thead>
<tr>
<th>day</th>
<th>dates</th>
<th>time</th>
<th>cost</th>
</tr>
</thead>
<tbody>
<tr>
<td>Thu</td>
<td>Thursdays only</td>
<td>10:45–11:45 a.m.</td>
<td>6/$40</td>
</tr>
<tr>
<td>Wed</td>
<td>Wednesdays and Fridays</td>
<td>10:45–11:45 a.m.</td>
<td>6/$40</td>
</tr>
<tr>
<td>Thu</td>
<td>Thursdays only</td>
<td>10:45–11:45 a.m.</td>
<td>6/$40</td>
</tr>
</tbody>
</table>

6/$40 six classes for $40
$20 one class for $20
Accessibility and Inclusion

The City of Victoria is located on the homelands of the Songhees and Esquimalt People.

The City of Victoria is committed to providing accessible, inclusive, and meaningful recreation opportunities for everyone. This commitment is reflected through our programs and services, which aim to eliminate barriers and create a welcoming environment for all.

SUPPORT RESOURCES

The City supports residents with access to programs through a variety of services at our recreation facilities.

Leisure Involvement for Everyone (L.I.F.E.)

The LIFE program is designed to ensure recreation opportunities are affordable for all residents. The LIFE program provides a combination of annual visits and fee discounts to eligible individuals and families, which can be used toward programs and services in all City recreational facilities and ten neighbourhood centres. For more information, please visit: victoria.ca/lifeprogram

Crystal Pool and Fitness Centre Campership Program

The Victoria Campership Fund provides financial assistance to families with children aged 4 –14, who wish to participate in a week-long camp program. Applications are available at Crystal Pool and Fitness Centre and at victoria.ca/pool.

Canadian Tire Jumpstart Program

Jumpstart offers programs intended to enrich the lives of kids in need by assisting with registration costs for sport programs. Families with children aged 4 –18 interested in sport, dance, or other organized physical activities, may by eligible. For more information, please visit: jumpstart.canadiantire.ca

KidSport

KidSport Victoria is part of a national network of community based volunteer groups whose goal is to ensure that kids in financial need have access to the positive experience of sport and physical activity. Sport and physical activity provides a life-long opportunity for self-expression, goal setting, dedication, positive thinking and increased self-confidence for kids. For more information, please visit: kidsportcanada.ca.

Recreation Integration Victoria (R.I.V.)

Recreation Integration Victoria is a long-term local partner with a focus on providing people with disabilities equal opportunities to participate in recreation. RIV offers personalized assistance through two services:

- Leisure Assistance Program: Volunteer assistance for individuals living with disabilities in recreation programs (Ratio 1:1).
- Summer Inclusion Service: Specialized staff assistance for children and teens with disabilities in week-long summer camp programs (Ratio 1:1).

For more information, please visit: rivonline.org or call 250.361.0706

Supported Child Development Program

The Supported Child Development Program provides consultation, staffing supports, and staff training. In partnership with Island Health, staff can provide 1:1 assistance for children who require extra support to participate in summer camp programs. For more information, please visit: viha.ca

Inclusive Swimming Lessons

The City welcomes swimmers of all abilities. Individuals with special accommodations have several options available including: group lessons, adapted lessons, private lessons, and premium private lessons. One swimming instructor has experience with sign language, and many instructors have specialty training through the Canucks Autism Network. For more information contact Aquatic Coordinator – Kelly Graham kgraham@victoria.ca or 250.361.0712.

ADDITIONAL RESOURCES

Permission to Administer Medication

If a child requires medication to be administered during camp/program hours, staff are prepared to provide accommodations. A Permission to Administer Medication form will be required and can be found online at victoria.ca/poolforms.

Allergies

Please identify allergies on your registration profile and through the registration process for each program. The form for anaphylactic allergies can be found at victoria.ca/poolforms. Please submit information a minimum of one week prior to program start. A program leader will contact you. Please ask our reception team to connect you with a Recreation Programmer if you have any questions or concerns about participating in a program.

Environmental Sensitivity

The City recognizes that scented products can cause adverse reactions for some people. To keep the air healthy for everyone, Crystal Pool and Fitness Centre has a “Scent Aware” protocol. Consideration is given to scent sensitivity in the use of cleaning and disinfection products. Signs are posted that encourage participants to refrain from using scented products while in the building.

Crystal Pool and Fitness Centre Accessible Amenities

- 3 accessible parking spaces
- Power operated entrance doors and change room doors
- Lifts on staircases to change rooms and fitness centre
- Aquatic lift with access to leisure pool, main pool, and hot tub
- Accessible change room including shower with seat
- Accessible change stalls in change rooms
- Grab bars in change rooms and showers
- Accessible fitness equipment

To view photos of accessible amenities, please see the Leisure Access Victoria App (LAVA): rivlava.ca/crystal-pool-and-fitness-centre
How to Register for Community Centre Programs
To register for a Community Centre program, contact the individual Centre where your course is offered.

Community Centres

1. Crystal Pool and Fitness Centre
   2275 Quadra Street, Victoria, V8T 4C4
   T 250.361.0732
   victoria.ca/recreation

2. Save-On-Foods Memorial Centre Arena
   1925 Blanshard St, Victoria, BC V8T 4J2
   T 250.361.0711
   victoria.ca/recreation

3. Burnside Gorge Community Centre
   471 Cecelia Road, Victoria, V8T 4T4
   T 250.388.5251  F 250.388.5269
   burnsidgeorge.ca

4. Cook Street Village Activity Centre
   1–380 Cook Street, Victoria, V8V 3X7
   T 250.384.6542  F 250.384.7156
   cookstreetvillageactivitycentre.com

5. Fairfield Community Place
   1330 Fairfield Road, Victoria, V8S 5J1
   T 250.382.4604  F 250.382.4613
   fairfieldcommunity.ca

6. Fernwood Community Centre
   1240 Gladstone Avenue, Victoria, V8T 1G6
   T 250.381.1552  F 250.381.1509
   fernwoodnrg.ca

7. James Bay Community School Centre
   140 Oswego Street, Victoria, V8V 2B1
   T 250.389.1470  F 250.383.7152
   jamesbaycentre.ca

8. James Bay New Horizons Activity Centre
   234 Menzies Street, Victoria, V8V 2G7
   T 250.386.3035  F 250.386.3045
   jamesbaynewhorizons.ca

9. Oaklands Community Centre and Neighbourhood House
   2827 Belmont, Victoria, V8R 4B2
   T 250.370.9101  F 250.370.9102
   oaklandscommunitycentre.com

10. Quadra Village Community Centre and Neighbourhood Gym
    901 Kings Road, Victoria, V8T 1W5
    T 250.388.7696  F 250.388.7607
    quadravillagecc.com

11. Victoria West Community Centre
    521 Craigflower Road, Victoria, V9A 6Z5
    T 250.590.8922
    victoriawest.ca

12. Silver Threads Centre
    2340 Richmond Road, Victoria, V8R 4R9
    T 250.388.4268
    silverthreads.ca
SPECIAL EVENTS

Community Dinner and Games Night
Come join us for a community-centred evening the last Sunday of the month except July, August, and December. Meet your neighbours, share a meal, and have a laugh while playing cards and board games. All ages welcome.

Oaklands Community Centre By donation
Sun last Sunday of each month 4:30–6:30 p.m.
Fairfield Community Place By donation
Fri Ongoing 6:30–6:30 p.m.

Fall Fairfield
Fall Fairfield is an annual music, arts, and experiential festival in the heart of Fairfield. Fall Fairfield is a free, all-ages event, which brings together local businesses, artists, performers, and people across Victoria in celebration of Fairfield’s dynamic culture and the harvest season.

Oaklands Community Centre Free
Sat Sep 21 1–6 p.m.

Freebie Night for Community Groups
Are you looking for a space to hold your workshop, meeting, event, gathering, info session? If your event is public and free to attend, you can book a room with us on the last Monday of the month, 6–8 p.m. at no cost. Rooms are classroom size and can accommodate up to 35 people. Groups are able to make only one booking at a time and can be done for months in advance. You cannot make another booking until your current booking is done.

Oaklands Community Centre Free
Mon Last Monday of each month 7–9 p.m.

Gorge Waterway Clean Up
Make a difference in your community by helping to restore and rejuvenate the local waterfront. Join the many schools, businesses, dive teams and community members to collect garbage and debris from local shorelines and waters. Volunteers of all ages are welcome to join us in our mission. Meet at Selkirk Green Park on Waterfront Crescent.

Burnside Gorge Community Centre Free
Sat Sep 14 10 a.m. –12 p.m.

Oaklands Seniors’ Holiday Dinner
Kick off the holiday season with an evening of good food and great company at our annual traditional Christmas meal! Seats are limited so please register early.

Oaklands Community Centre $10
Sat Dec 7 6–9 p.m.

Oaklands West Coast Winter Market
Join us at the Oaklands Community Centre and Oaklands Elementary Gym for a showcase of over 50 vendors from all over Greater Victoria including farmers, artisans, gourmet food producers, baked goods, potters, knitters, crafters, handmade body products, jewelry, live music, a beer garden, and more.

Oaklands Community Centre By donation
Sat Nov 30 10 a.m.–4 p.m.

Oktoberfest
This festival celebrates all the favourite traditions of Munich and Bavaria, Germany, including beer, music, food and community! Your ticket includes a beer from Hoyne Brewing Company, a traditional Bavarian meal, and both traditional and modern live music. To purchase a ticket call us at 250.370.9101 or visit our website to purchase online.

Oaklands Community Centre $25
Sat Oct 19 6–9 p.m.

Good Food Box Program
Good Food Box is a project of Fernwood Neighbourhood Resource Group, a non-profit organization based in Fernwood, Victoria. Good Food Box is an alternative food distribution system for sustainably grown fruits and vegetables. We purchase only the highest quality produce and ensure variety, freshness, and, above all, affordability. We prioritize locally grown produce with a focus on seasonal harvest. Good Food Boxes are available in a variety of sizes and are delivered to your neighbourhood or home. For more information and to view the order/pick up schedule visit, thegoodfoodbox.ca.

Fernwood Community Centre
From $10 to $20 depending of the type of the ordered box
Wed Sep 5–Apr 3 10 a.m.–6 p.m.
Admission Rates and General Information

<table>
<thead>
<tr>
<th>Admission</th>
<th>Single</th>
<th>10 punch</th>
<th>1 Month</th>
<th>3 Month</th>
<th>Silver Annual</th>
<th>Gold Annual</th>
</tr>
</thead>
<tbody>
<tr>
<td>Adult (18–59)</td>
<td>$5.80</td>
<td>$52.05</td>
<td>$57.80</td>
<td>$130</td>
<td>$348.20</td>
<td>$379.25</td>
</tr>
<tr>
<td>Senior (60 plus)*</td>
<td>$4.55</td>
<td>$40.75</td>
<td>$45.25</td>
<td>$101.75</td>
<td>$268.75</td>
<td>$292.75</td>
</tr>
<tr>
<td>Youth (13–17)</td>
<td>$3.50</td>
<td>$31.35</td>
<td>$34.80</td>
<td>$78.35</td>
<td>N/A</td>
<td>$226.30</td>
</tr>
<tr>
<td>Child (6–12)**</td>
<td>$3</td>
<td>$26.95</td>
<td>$29.95</td>
<td>$67.25</td>
<td>N/A</td>
<td>$191.90</td>
</tr>
<tr>
<td>Preschool (0–5)</td>
<td>FREE</td>
<td>FREE</td>
<td>FREE</td>
<td>FREE</td>
<td>FREE</td>
<td>FREE</td>
</tr>
<tr>
<td>Family***</td>
<td>$11.70</td>
<td>$104.10</td>
<td>N/A</td>
<td>N/A</td>
<td>N/A</td>
<td>N/A</td>
</tr>
<tr>
<td>Corporate Wellness (5 or more employees)</td>
<td>N/A</td>
<td>N/A</td>
<td>N/A</td>
<td>N/A</td>
<td>N/A</td>
<td>$284.45</td>
</tr>
</tbody>
</table>

Greater Victoria Regional Pass $492 (including GST) includes access to all municipal recreation centres in Greater Victoria.

Note: Drop-in admissions and all passes and punch cards have tax included in fee. All programs will have applicable taxes added at the time of purchase. Registered programs for children 14 years and under will continue to be exempt from GST.

*Post-secondary students with proof of registration will pay this fee.
**Children 6 years of age and younger must be accompanied into the pool (at arms reach at all times) by an adult (16 years or older).
***Family: 2 adults and up to 3 children/youth, or 1 adult and up to 4 children/youth. Monthly payment plans are available for annual passes. A $25 fee will apply to all cancelled annual passes.

CRYSTAL POOL PASSES: Full access to the pool, weight room and cardio areas and access to any of our drop-in fitness and aquafit classes.

<table>
<thead>
<tr>
<th>GOLD</th>
<th>SILVER</th>
</tr>
</thead>
<tbody>
<tr>
<td>All hours of operation</td>
<td>M–F: 9 a.m.–4 p.m. and 7–11 p.m.</td>
</tr>
</tbody>
</table>

Crystal Pool and Fitness Centre Hours

Annual Maintenance Closure: Aug 31 – Sep 29

Effective September 30, 2019 – March 31, 2020

<table>
<thead>
<tr>
<th>Day</th>
<th>Time</th>
<th>Last Entry Time</th>
</tr>
</thead>
<tbody>
<tr>
<td>Monday – Thursday</td>
<td>5:30 a.m.–11 p.m.</td>
<td>(last entry at 10:30 p.m.)</td>
</tr>
<tr>
<td>Friday</td>
<td>5:30 a.m.–10 p.m.</td>
<td>(last entry at 9:30 p.m.)</td>
</tr>
<tr>
<td>Saturday</td>
<td>6 a.m.–6 p.m.</td>
<td>(last entry at 5:30 p.m.)</td>
</tr>
<tr>
<td>Sunday</td>
<td>8:30 a.m.–6 p.m.</td>
<td>(last entry at 5:30 p.m.)</td>
</tr>
</tbody>
</table>

Statutory Holiday Hours

<table>
<thead>
<tr>
<th>Day</th>
<th>Time</th>
</tr>
</thead>
<tbody>
<tr>
<td>Monday, October 14</td>
<td>10 a.m.–4 p.m.</td>
</tr>
<tr>
<td>Monday, November 11</td>
<td>Closed</td>
</tr>
<tr>
<td>Wednesday, December 25</td>
<td>Closed</td>
</tr>
<tr>
<td>Thursday, December 26</td>
<td>Closed</td>
</tr>
<tr>
<td>Wednesday, January 1</td>
<td>10 a.m.–4 p.m.</td>
</tr>
<tr>
<td>Monday, February 17</td>
<td>10 a.m.–4 p.m.</td>
</tr>
</tbody>
</table>

Statutory Holiday Hours
Adapted Aquatics Swim Lessons
Adapted Aquatics classes are specifically for children / youth with disabilities who struggle in our regular Red Cross Swim Program. Our Adapted Aquatics instructors work with caregivers in the water to help children learn to swim and be water safe. This class requires a caregiver to be available in the water during lessons. A participant information form will be sent out in advance to gather information on the swimmer so that we can tailor a plan for their needs.

Block Private Lessons
If the swimmer will do best with one-to-one support, we recommend private lessons. Private lessons can be tailored to the needs of the individual. The 1:1 ratio ensures the swimmer is the sole focus of the instructor, so this option is best if the participant does not understand water safety or just needs that extra bit of attention. Participants register for the entire set of swim lessons and receive a discounted rate.

Premium Private Lessons
For those who can’t commit to a set of swimming lessons, need the flexibility of cancelling with 24 hours’ notice for a full refund, or just want to see if swimming is a fit then premium privates are a great option. You can book 1 or more lessons at a time through the Aquatic Programmer (250.361.0714).

Did you know?
- Crystal Pool has a full set of visual aids and can incorporate things like visual schedules, first-then boards, choice boards, and countdown strips into lessons.
- One of the swimming instructors on staff studies sign language at UVic and is able to use a combination of sign language and picture symbols to teach people with hearing impairment.
- Many Crystal Pool instructors have done training with the Canucks Autism Network on strategies for including children with Autism in community recreation.

We are committed to providing access to swimmers of all abilities. If you have any questions or just need some help deciding on the right fit for lessons please call Aquatic Coordinator Kelly Graham at kgraham@victoria.ca.
### Leisure
At this time space is available in the main pool for leisure activities. Specified Adult Leisure swims are for adults (16yrs+) only.

#### Everyone Welcome Swim
At this time we have something for everyone! Ride the waterslide, shoot some hoops, relax in the sauna or steam room, play in the small pools, or swim lengths. Diving boards are available on weekends.

#### Family Swim
This is an ideal time for the family to get together and enjoy the shallow end of the main pool, basketball net, and the tot’s pools. The rectangle tots pool may be shared with programs during lesson and club times. One adult must accompany children in the water.

#### Parent & Tot
Children (5yrs and under) are welcome in tots pools when accompanied by an adult.

### Clubs
During this time clubs will be using up to 8 lanes in the main pool. Lanes that are not in use by clubs may be available for public swimming.

#### School Lessons
During this time school groups will be using the tots’ pools and up to 2 lanes in the main pool for swim lessons and free time.

#### Lessons
During this time Crystal Pool Community Lessons will have reserved space in the main pool and in the tot's rectangle pool. Participants registered in swim lessons may practice or play on the same day they are registered in the shallow end of the main pool or the triangle pool during lesson times. Children must be accompanied in the water by one paying adult ($2 admission).

### Notes:
At all swim times we provide adult leisure access to the sauna, steam room, and hot tub.
Tots pools (warm children’s pools) are closed to children between 1–3:30 p.m. Monday–Thursday. Families are welcome in the main pool leisure space during this time.

### Looking for Length Swimming?

<table>
<thead>
<tr>
<th><strong>Lengths</strong></th>
<th><strong>Everyone Welcome Swim</strong></th>
<th><strong>Lengths &amp; Clubs</strong></th>
</tr>
</thead>
<tbody>
<tr>
<td>A minimum of 3 lanes will be available for public length swimming during this time.</td>
<td>A minimum of 2 lanes will be available for public length swimming during this time.</td>
<td>Many lanes may be in use by swim clubs, however, a minimum of 2 lanes will be available for public length swimming during this time.</td>
</tr>
</tbody>
</table>

### Fall 2019 + Winter 2020 Special Events

#### Warm up your winter break at Crystal Pool!
Daily 1–3:30 p.m.  
December 21, 2019 – January 5, 2020

#### Spring Break Spectacular Fun Swims
Join us for special fun swims during Spring Break  
Daily 1–3:30 p.m.  
March 14 – March 29, 2020

#### SD 61 Non-Instructional Days
Join us for special fun swims 1–3:30 p.m.  
October 25, November 22, February 14

#### WIBIT Weekends
Balance, run, climb and slide on our GIANT WIBIT Inflatable! The WIBIT will be out on the last weekend of every month. Saturday and Sunday 1:15 – 3 p.m.  
Please note during WIBIT swims the diving boards are not available.  
Looking for WIBIT on a special day? Ask about our WIBIT birthday parties or about adding WIBIT to your group booking. Email Aquatic Leader at ltee@victoria.ca.
<table>
<thead>
<tr>
<th>MONDAY</th>
<th>TUESDAY</th>
<th>WEDNESDAY</th>
<th>THURSDAY</th>
<th>FRIDAY</th>
<th>SATURDAY</th>
<th>SUNDAY</th>
</tr>
</thead>
<tbody>
<tr>
<td>50M Lengths and Adult Leisure (Clubs 6–9 a.m.)</td>
<td>50M Lengths and Adult Leisure (Clubs 6–9 a.m.)</td>
<td>50M Lengths and Adult Leisure (Clubs 6–9 a.m.)</td>
<td>50M Lengths and Adult Leisure (Clubs 6–9 a.m.)</td>
<td>50M Lengths and Adult Leisure and Clubs</td>
<td>50M Lengths and Adult Leisure and Clubs</td>
<td>Available for Rentals</td>
</tr>
<tr>
<td>5:30 – 9 a.m.</td>
<td>5:30 – 9 a.m.</td>
<td>5:30 – 9 a.m.</td>
<td>5:30 – 9 a.m.</td>
<td>6 – 9 a.m.</td>
<td></td>
<td>6:30 – 8:30 a.m.</td>
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<tr>
<td>9 – 11 a.m.</td>
<td>9 – 11 a.m.</td>
<td>9 – 11 a.m.</td>
<td>9 – 11 a.m.</td>
<td>9 – 11 a.m.</td>
<td></td>
<td>8:30 – 11 a.m.</td>
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<tr>
<td>11 a.m. – 1 p.m.</td>
<td>11 a.m. – 1 p.m.</td>
<td>11 a.m. – 1 p.m.</td>
<td>11 a.m. – 1 p.m.</td>
<td>11 a.m. – 1 p.m.</td>
<td>11 a.m. – 1 p.m.</td>
<td></td>
</tr>
<tr>
<td>50M Lengths and Leisure Tot pools closed</td>
<td>50M Lengths and Leisure Tot pools closed</td>
<td>50M Lengths and Leisure Tot pools closed</td>
<td>50M Lengths and Leisure Tot pools closed</td>
<td>50M Lengths and Leisure and Clubs and Family</td>
<td>50M Lengths and Leisure and Clubs and Family</td>
<td>50M Lengths and Leisure and Clubs and Family</td>
</tr>
<tr>
<td>1 – 3:30 p.m.</td>
<td>1 – 3:30 p.m.</td>
<td>1 – 3:30 p.m.</td>
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<td>3:30 – 6 p.m.</td>
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<tr>
<td>5 – 7 p.m.</td>
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<td>5 – 7 p.m.</td>
</tr>
<tr>
<td>25M Everyone Welcome Swim and Clubs Youth $1, Adult $2</td>
<td>Clubs and Adult Leisure</td>
<td>25M Everyone Welcome Swim and Clubs Youth $1, Adult $2</td>
<td>Clubs and Adult Leisure</td>
<td>25M Everyone Welcome Swim and Clubs Youth $1, Adult $2</td>
<td>25M Everyone Welcome Swim and Clubs Youth $1, Adult $2</td>
<td>Available for Rentals at 6:30 p.m.</td>
</tr>
<tr>
<td>7 – 9 p.m.</td>
<td>7:30 – 9 p.m.</td>
<td>7 – 9 p.m.</td>
<td>7:30 – 9 p.m.</td>
<td>7 – 8:30 p.m.</td>
<td></td>
<td>Available for Rentals at 6:30 p.m.</td>
</tr>
<tr>
<td>9 – 11 p.m. $2</td>
<td>9 – 11 p.m. $2</td>
<td>9 – 11 p.m. $2</td>
<td>9 – 11 p.m. $2</td>
<td>9:30 – 10 p.m. $2</td>
<td>Everyone Welcome Swim</td>
<td></td>
</tr>
</tbody>
</table>

Please Note: Lifeguards may require up to 15 minutes to change the lane rope configuration at the beginning and end of each swim. Last entry into the facility is 30 minutes prior to closing; all patrons must exit facility within 30 minutes after closing. Patrons must be out of the change rooms 20 minutes after closing. Lifeguards will enter the change rooms and do a safety sweep at that time.
**FALL 2019/WINTER 2020 LESSONS – WEEKDAYS**

<table>
<thead>
<tr>
<th>COST</th>
<th>Monday (p.m.)</th>
<th>Tuesday (p.m.)</th>
<th>Wednesday (p.m.)</th>
<th>Thursday (p.m.)</th>
</tr>
</thead>
<tbody>
<tr>
<td>30 Minute Lessons</td>
<td>3:30 p.m.</td>
<td>3:30 p.m.</td>
<td>3:30 p.m.</td>
<td>3:30 p.m.</td>
</tr>
<tr>
<td>$4.95/lesson</td>
<td>4 p.m.</td>
<td>4 p.m.</td>
<td>4 p.m.</td>
<td>5 p.m.</td>
</tr>
<tr>
<td>45 Minute Lessons</td>
<td>4:30 p.m.</td>
<td>5:30 p.m.</td>
<td>6:30 p.m.</td>
<td>5:30 p.m.</td>
</tr>
<tr>
<td>$5.95/lesson</td>
<td>5 p.m.</td>
<td>6 p.m.</td>
<td>7 p.m.</td>
<td>6:30 p.m.</td>
</tr>
</tbody>
</table>

* GST will be added to all Adult/Senior classes.

<table>
<thead>
<tr>
<th>Parented Preschool Program</th>
<th>October 3 – December 19 (11 lessons: No class Oct 31)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Parented Preschool Program 3-6 years</td>
<td>September 30 – December 16 (10 lessons: No class Oct 14, Nov 11)</td>
</tr>
<tr>
<td>Parented Preschool Program</td>
<td>October 2 – December 18 (12 lessons)</td>
</tr>
<tr>
<td>Parented Preschool Program</td>
<td>January 8 – March 11 (10 lessons)</td>
</tr>
</tbody>
</table>

**Red Cross Swim**

**Parented Programs (4–36 months)**

Crystal Pool offers flexible lessons for infants. Register for one of our Starfish or Duck classes and come to that level any day or time that we offer it throughout that lesson set. You will receive an updated lesson schedule on the first week of lessons. We understand that your schedule sometimes changes, so come for a class when it works best for you!

**Starfish (4–12 months)**
This level is an orientation to water for babies and their parent/caregiver. Babies experience buoyancy and movement through songs and play in the water and parent/caregivers learn basic first aid and age-specific water safety.

**Duck (12–24 months)**
Toddlers learn how to use floating objects for support and explore different water movements through games, songs and active water play. The parent/caregiver also learns age-specific water safety.

**Sea Turtle (24–36 months)**
In this transition level, parents participate in the first 4 classes while swimmers gradually transition to being on their own with an instructor. Swimmers learn through fun games and songs how to kick with a buoyant object and how to perform basic floats, glides and kicks. Please note that we do not offer flexible lessons for Sea Turtle.

**Preschool (3–6 years)**

**Sea Otter**
Using games and activities, swimmers learn to open their eyes under water, further develop basic floats and glides, and swim one metre. They also learn age-appropriate water safety skills. All skills are assisted by the instructor.

**Salamander**
Swimmers enter this level when they have successfully completed Sea Otter. Using games and activities, swimmers learn to float and glide and front swim on their own! They will also learn how to use a Personal Flotation Device (PFD) and to swim only when an adult is present.
### Swim Kids (6–13 years)

**Kids 1**
Swimmers receive an orientation to water and the pool area and work on submersion, floating, gliding and kicking all on their own. Distance Swim 5 metres.

**Kids 2**
Swimmers work on propulsion skills to move through the water and to remain at the surface. Swimmers learn deep-water activities and proper use of a Personal Flotation Device (PFD). Distance Swim 10 metres.

**Kids 3**
Swimmers learn a front glide/side glide combo to prepare them for front crawl. They are introduced to diving and learn how to make wise choices about where and when to swim. Distance Swim 15 metres.

**Kids 4**
Swimmers learn front crawl and back swim with shoulder roll. Swimmers work on kneeling dives, surface support and understanding their own limits in the water. Distance Swim 25 metres.

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**Sunfish**
Swimmers enter this level when they have successfully completed Salamander. Using games and activities, swimmers learn to side glide, and increase the distance on their glides and swims. Safety skills include deep-water skills!

**Crocodile**
Swimmers enter this level when they have successfully completed Sunfish. Through games and other fun activities, swimmers learn to dolphin kick and increase their swimming distance to 10 metres. Safety skills include recognizing when a swimmer needs help.

**Whale**
Swimmers enter this level when they have successfully completed Crocodile. Through fun activities, swimmers work on developing their flutter kick and perform a distance swim of 15 metres. Safety skills include identifying safe swimming areas, throwing assists and sitting dives.
**FALL 2019/WINTER 2020 LESSONS – WEEKEND**

**COST**

| 30 Minute Lessons | $4.95/lesson |
| 45 Minute Lessons | $5.95/lesson |

*HST will be added to all adult/senior classes.

<table>
<thead>
<tr>
<th>Saturday (a.m.)</th>
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<th>Sunday (a.m.)</th>
<th>Sunday (p.m.)</th>
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<tbody>
<tr>
<td>October 5 – December 14</td>
<td>October 5 – December 14</td>
<td>October 6 – December 15</td>
<td>October 6 – December 15</td>
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<tr>
<td>(10 lessons: No class Oct 12)</td>
<td>(10 lessons: No class Oct 12)</td>
<td>(10 lessons: No class Oct 13)</td>
<td>(10 lessons: No class Oct 13)</td>
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<tr>
<td>January 11 – March 7</td>
<td>January 11 – March 7</td>
<td>January 12 – March 8</td>
<td>January 12 – March 8</td>
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<tr>
<td>(8 lessons: No class Feb 15)</td>
<td>(8 lessons: No class Feb 15)</td>
<td>(8 lessons: No class Feb 16)</td>
<td>(8 lessons: No class Feb 16)</td>
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<th>9 a.m.</th>
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<th>10:30 a.m.</th>
<th>11 a.m.</th>
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<th>10:30 a.m.</th>
<th>11 a.m.</th>
<th>11:30 a.m.</th>
<th>3:30 p.m.</th>
<th>4 p.m.</th>
<th>4:30 p.m.</th>
<th>5 p.m.</th>
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**Parented Program**

- **Preschool Program**
  - 30 Minute Classes
    - Starfish
    - Duck
    - Sea Turtle
    - Sea Otter
    - Salamander
    - Sunfish
    - Crocodile
    - Whale

**Preschool Program 3-5 years**

- **30 Minute Classes**
  - SK 1
  - SK 2
  - SK 3
  - SK 4

**School Aged Program 6-13 years**

- **45 Minute Classes**
  - SK 5 & 6
  - SK 7 & 8
  - SK 9 & 10

**Terms**

- **Adults**
  - **Seniors**
  - **Beginner**
  - **Intermediate**
  - **Advanced**

**Block Private Lessons Available**

| X | X | X | X | X | X | X | X | X | X |

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**Kids 5**

This level introduces the back crawl, sculling skills, whip kick on the back, stride dives and treading water. An introduction to safe boating skills is also included. Distance Swim 50 metres.

**Kids 6**

Swimmers refine front crawl with a focus on hand entry, a back crawl with a focus on arm positions and body roll. They also learn elementary backstroke and tread water for 90 seconds. Distance Swim 75 metres.

**Kids 7**

This level builds skills in front and back crawl and elementary back stroke. Swimmers learn whip kick on their front, reach assists, stride entry, and airway/breathing obstructions. Distance Swim 150 metres.

**Kids 8**

Swimmers are introduced to breast stroke and feet-first surface dives. Swimmers learn rescue breathing, shallow dives and how to survive an unexpected fall into water. Distance Swim 300 metres.

**Kids 9**

Swimmers refine their front crawl, back crawl, elementary back stroke and breast stroke. They also learn about wise choices, peer influences and self-rescue from ice. Distance Swim 400 metres.

**Kids 10**

This level is a final assessment of the strokes for technique and distance. Swimmers learn about sun safety, rescue of others from ice, and head-first and feet-first surface dives. Distance Swim 500 metres.
Aquatic Programs

Private Lessons
For those looking to accelerate progress through swim levels, or get one-on-one attention for a certain skill, private lessons are just the thing you need! Crystal Pool offers two options for private lessons:

1. Block Private Lessons
Book the same day/time with a consistent instructor for all the weeks in a lesson set. Check out our lesson grid on pg. [insert]. All available Block Private options are marked with an X at the bottom of our swim lesson grid. Please note you must register for all the dates in the lesson set to qualify for the Block Private rate.

- 30 Min $18 per lesson
- 45 Min $27 per lesson

To register call Crystal Pool Reception: 250.361.0732

2. Premium Private Lessons
For flexibility in the number of lessons, a specific time, or favourite instructor we can help you with Premium Private lessons. Our Aquatic Programmer will work with caregivers in the water to help children learn to swim and be water-safe. A ratio of 1 instructor to 3 children (max) allows the lessons to be tailored to the needs and goals of each child.

Crystal Pool and Fitness Centre

<table>
<thead>
<tr>
<th>Code</th>
<th>Days</th>
<th>Dates</th>
<th>Time</th>
<th>Rate</th>
</tr>
</thead>
<tbody>
<tr>
<td>10694</td>
<td>Thu</td>
<td>Oct 3–Dec 19</td>
<td>4–4:45 p.m.</td>
<td>11/$65.45</td>
</tr>
<tr>
<td>10695</td>
<td>Thu</td>
<td>Jan 9–Mar 12</td>
<td>4–4:45 p.m.</td>
<td>10/$59.50</td>
</tr>
</tbody>
</table>

CHILD/TEEN

Adapted Aquatics (3–13 yrs)
An affordable alternative for children with unique physical or education needs who struggle in our regular Red Cross Swim Program. Our Adapted Aquatics Instructors work with caregivers in the water to help children learn to swim and be water-safe. A ratio of 1 instructor to 3 children (max) allows the lessons to be tailored to the needs and goals of each child.

Crystal Pool and Fitness Centre

<table>
<thead>
<tr>
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<th>Days</th>
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<tbody>
<tr>
<td>10766</td>
<td>Fri</td>
<td>Oct 4–Dec 13</td>
<td>6:45–7:45 p.m.</td>
<td>11/$110</td>
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<tr>
<td>10767</td>
<td>Fri</td>
<td>Jan 10–Mar 13</td>
<td>6:45–7:45 p.m.</td>
<td>10/$100</td>
</tr>
</tbody>
</table>

Minipolo (7–10 yrs)
Taught by competitive water polo coaches. Each session has a dryland component, Powerswimming™, ball handling, shooting techniques, and a scrimmage. Upon successful completion, participants enter age group competitive water polo. Prerequisite: 7–10 years old and the ability to swim in deep water.

Crystal Pool and Fitness Centre

<table>
<thead>
<tr>
<th>Code</th>
<th>Days</th>
<th>Dates</th>
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<th>Rate</th>
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<tbody>
<tr>
<td>10779</td>
<td>Fri</td>
<td>Oct 11–Dec 13</td>
<td>6:30–8:30 p.m.</td>
<td>10/$150</td>
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<tr>
<td>10780</td>
<td>Fri</td>
<td>Jan 10–Mar 13</td>
<td>6:30–8:30 p.m.</td>
<td>10/$150</td>
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</table>

Junior Lifeguard Club (JLC) (9–13 yrs)
The Junior Lifeguard Club (JLC) offers serious fun for kids 9 years and up who can swim at least 25m. JLC is designed to let kids participate in activities similar to those of real lifeguards in a safe, fun and controlled setting. Kids complete challenges, earn badges, and learn skills that prepare them for their Bronze courses, which are the first step in becoming a lifeguard!

Crystal Pool and Fitness Centre

<table>
<thead>
<tr>
<th>Code</th>
<th>Days</th>
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<tbody>
<tr>
<td>10779</td>
<td>Fri</td>
<td>Oct 11–Dec 13</td>
<td>6:30–8:30 p.m.</td>
<td>10/$150</td>
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<tr>
<td>10780</td>
<td>Fri</td>
<td>Jan 10–Mar 13</td>
<td>6:30–8:30 p.m.</td>
<td>10/$150</td>
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</table>

Tyee Programs
Registration for Tyee programs must be done by phone 250.361.0732, or in person (at the front desk of Crystal Pool) as swimmers receive a discount when registering for multiple days.

Tyee Jr. Wavemakers (3–5 yrs)
Practice 1–3x/week.
1x week $10.75/class, 2x week $10/class, 3x week $9.25/class
Focuses on foundational swimming and physical literacy skills in the water. Skills include body position, flutter and dolphin kick, streamline position, breath control, and having fun and making friends in the water! Swimmers entering Jr. Wavemakers must be comfortable away from their caregiver for 45 mins and be willing to put their face in the water to participate in the group.

Crystal Pool and Fitness Centre

<table>
<thead>
<tr>
<th>Code</th>
<th>Days</th>
<th>Dates</th>
<th>Time</th>
<th>Rate</th>
</tr>
</thead>
<tbody>
<tr>
<td>10968</td>
<td>Mon</td>
<td>Sep 30–Dec 16</td>
<td>4:30–5:15 p.m.</td>
<td>10/$59.50</td>
</tr>
<tr>
<td>10969</td>
<td>Wed</td>
<td>Oct 2–Dec 18</td>
<td>4:30–5:15 p.m.</td>
<td>10/$59.50</td>
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<tr>
<td>10970</td>
<td>Fri</td>
<td>Oct 4–Dec 20</td>
<td>4:30–5:15 p.m.</td>
<td>10/$59.50</td>
</tr>
<tr>
<td>10971</td>
<td>Mon</td>
<td>Jan 13–Mar 16</td>
<td>4:30–5:15 p.m.</td>
<td>10/$59.50</td>
</tr>
<tr>
<td>10974</td>
<td>Wed</td>
<td>Jan 15–Mar 18</td>
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<td>10/$59.50</td>
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<tr>
<td>10973</td>
<td>Fri</td>
<td>Jan 17–Mar 20</td>
<td>4:30–5:15 p.m.</td>
<td>10/$59.50</td>
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</tbody>
</table>

Tyee Wavemakers (5–7 yrs)
Practice 1–3x/week.
1x week $10.75/class, 2x week $10/class, 3x week $9.25/class
Focuses on foundational swimming and physical literacy skills in the water. Skills include flutter and dolphin kick on all sides, streamline, body position, and breath control. Swimmers entering Wavemakers must be able to swim 5m unassisted in the big pool and perform flutter kick on their front and back.

Crystal Pool and Fitness Centre

<table>
<thead>
<tr>
<th>Code</th>
<th>Days</th>
<th>Dates</th>
<th>Time</th>
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<tbody>
<tr>
<td>10975</td>
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<td>Sep 30–Dec 16</td>
<td>4:30–5:15 p.m.</td>
<td>10/$59.50</td>
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<tr>
<td>10976</td>
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<td>10/$59.50</td>
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<tr>
<td>10978</td>
<td>Fri</td>
<td>Oct 4–Dec 20</td>
<td>4:30–5:15 p.m.</td>
<td>10/$59.50</td>
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<tr>
<td>10980</td>
<td>Wed</td>
<td>Jan 15–Mar 18</td>
<td>4:30–5:15 p.m.</td>
<td>10/$59.50</td>
</tr>
<tr>
<td>10979</td>
<td>Fri</td>
<td>Jan 17–Mar 20</td>
<td>4:30–5:15 p.m.</td>
<td>10/$59.50</td>
</tr>
</tbody>
</table>
**Aquatic Programs**

**Tyee Swim Skills (5–9 yrs)**
Practice 1-3x/week:
1x week $17.50/class, 2x week $12.75/class, 3x week $9.75/class
Builds on the basic skills taught in Wavemakers and teaches swimmers the 4 strokes (Butterfly, Backstroke, Breaststroke, and Freestyle). Endurance is developed by swimming lengths with a technical focus. Swimmers are encouraged to attend within-club swim meets to get a glimpse of competitive swimming, and to develop an enjoyment of racing.

**Crystal Pool and Fitness Centre**
**Fall**
10983 Mon Sep 30–Dec 16 4:20–5:30 p.m.
No class: Oct 14, Nov 11
10985 Tue Oct 1–Dec 17 4:20–5:30 p.m.
10987 Wed Oct 2–Dec 18 4:20–5:30 p.m.
10988 Thu Oct 3–Dec 19 4:20–5:30 p.m.
10989 Fri Oct 4–Dec 20 4:20–5:30 p.m.

**Winter**
10991 Mon Jan 13–Mar 16 4:20–5:30 p.m.
No class: Feb 17
10992 Tue Jan 14–Mar 17 4:20–5:30 p.m.
10993 Wed Jan 15–Mar 18 4:20–5:30 p.m.
10994 Thu Jan 16–Mar 19 4:20–5:30 p.m.
10995 Fri Jan 17–Mar 20 4:20–5:30 p.m.

**Tyee Freshmen (8–12 yrs)**
Practice 2–3x/week:
2x week $12.75/class, 3x week $10/class
The last level in the Tyee Pre-Competitive program, Tyee Freshmen gets swimmers ready for swimming at a competitive level by continuing to build endurance and technique in all 4 strokes. The focus in this group is to refine the foundations of competitive swimming. Other swimming skills that are introduced at this level include reading a pace clock, dives, relay starts, and legal turns in the 4 strokes. Racing at within-club meets is encouraged.

**Crystal Pool and Fitness Centre**
**Fall**
10946 Mon Sep 30–Dec 16 5:30–7 p.m.
No class: Oct 14, Nov 11
10949 Wed Oct 2–Dec 18 4:20–5:30 p.m.
10953 Thu Oct 3–Dec 19 4:20–5:30 p.m.
10954 Fri Oct 4–Dec 20 4:20–5:30 p.m.

**Winter**
10965 Mon Jan 13–Mar 16 4:20–5:30 p.m.
No class: Feb 17
10959 Tue Jan 14–Mar 17 4:20–5:30 p.m.
10958 Wed Jan 15–Mar 18 4:20–5:30 p.m.
10957 Thu Jan 16–Mar 19 4:20–5:30 p.m.
10956 Fri Jan 17–Mar 20 4:20–5:30 p.m.

**Tyee Youth Swim & Fitness (11–17yrs)**
Practice 1-3x/week
1x week $15.75/class, 2x week $11.50/class, 3x week $8.75/class
Tyee Youth Swim and Fitness is perfect for youth who have completed our Pre-Competitive levels or Red Cross lessons but don’t want to be competitive. These practices are designed to continue building your fitness while working on stroke technique.

**Crystal Pool and Fitness Centre**
**Fall**
10962 Mon Sep 30–Dec 16 5:30–7 p.m.
No class: Oct 14, Nov 11
10966 Wed Oct 2–Dec 18 5:30–7 p.m.
10960 Fri Oct 4–Dec 20 5:30–7 p.m.

**Winter**
10964 Mon Jan 13–Mar 16 5:30–7 p.m.
No class: Feb 17
10967 Wed Jan 15–Mar 18 5:30–7 p.m.
10961 Fri Jan 17–Mar 20 5:30–7 p.m.
LEADERSHIP & TRAINING

Water Safety Instructor (WSI) Full Course (15yrs+)
Do you want to teach Red Cross Swimming Lessons? Take the complete Water Safety Instructor (WSI) course this fall to become a fully certified Red Cross WSI! This certification is required for swim instructor employment in aquatic facilities. Course includes a stroke screen, an online learning package, and practical experience teaching swim lessons. Everything you need to become a Red Cross WSI is included in this program, including the 8-hour teaching experience component required by the Red Cross. Pre-requisites: completion of Swim Kids Level 10 (or equivalent) and Emergency First Aid (or higher).

Crystal Pool and Fitness Centre
11235 Sat Oct 19–Nov 23 9 a.m.–4 p.m. 6/$425

Water Safety Instructor (WSI) Recert
Recently your instructing award at this clinic. You may recently certify with proof of certification since 1996. Please note: if you originally certified after November 2017 and this is your first recert, you must provide proof of completion of the three mandatory WSI – Online Professional Development Courses.

Crystal Pool and Fitness Centre
10806 Sat Mar 14 1–4 p.m. 1/$95

National Lifeguard (NL) Precert/Recert
Recently your lifeguard award at this clinic. Bring NL and CPR wallet cards to first class. 100% attendance is required.

Crystal Pool and Fitness Centre
10648 Fri, Sat Mar 6–7 Fri 5–9 p.m. & Sat 1–5 p.m. 2/$95

Bronze Medallion & CPR ‘B’
Gain an understanding of the lifesaving principles – judgement, knowledge, skill and fitness. Learn techniques for grappling rescues involving conscious and unconscious victims of various types. Develop stroke efficiency and endurance in a 500m timed swim. Pre-requisite: Bronze Star OR 13 years. Canadian Lifesaving Manual is an extra $40 (required).

Crystal Pool and Fitness Centre
10688 Mon–Fri Mar 16–20 1–5 p.m. 5/$145

Bronze Cross & CPR ‘C’
Develop proficiency at performing patient assessments, managing aquatic spinal injuries and preventing loss of life in a variety of aquatic emergencies, while building endurance and fitness training skills. Pre-requisite: Bronze Medallion.

Crystal Pool and Fitness Centre
10693 Mon–Fri Mar 23–27 12:30–5:30 p.m. 5/$145

Standard First Aid & CPR (Offsite)
This hands-on interactive 2-day course includes adult, child, infant CPR and choking procedures as well as emergency scene management, dealing with shock, spinal injuries, heart attack, angina, stroke, bleeding, broken bones, seizures, heat related illness, hypothermia, allergic reactions, poisons and burns. Participants will be certified in the use of an Automated External Defibrillator. Participants spend most of the course doing hands on first-aid and participating in first-aid scenarios.

Program offered by Alert First Aid (Red Cross Certification)
Course located offsite at 920 Johnson Street
Register at: Crystal Pool and Fitness Centre 2/$155

Want to join our team at the Crystal Pool?
Lifeguard/Instructor Position
= Instructor Courses
= Lifeguard Courses
Recommended Course Order:
+ Bronze Star (Optional)
+ Standard First Aid
+ Bronze Medallion
+ Water Safety Instructor
+ Bronze Cross
+ National Lifeguard: Pool Option
Check out victoria.ca for current job postings!

ADVANCED AQUATIC ASSISTANCE PROGRAM
Are you over the age of 13 and looking for financial assistance to become a lifeguard or swim instructor? The Aquatic Assistance Program can help!

Contact your local pool or download an application form. www.fitinfitness.ca
**Aquatic Fitness + Therapy**

### Baby & Me

Socialize, play, and get fit! This program includes a Baby & Me Aquafit class and some valuable swim/water safety skills for your little one. Babies are incorporated into the workout in this interactive fitness class, run by one of our specialty aquafit instructors. NOTE: please register the adult for the class not the baby.

**Crystaal Pool and Fitness Centre**

- **10773** Tue Oct 1–Nov 5 3:15–4 p.m. 6/$54
- **10774** Tue Nov 12–Dec 10 3:15–4 p.m. 5/$45
- **10777** Tue Jan 7–Feb 4 3:15–4 p.m. 5/$45
- **10778** Tue Feb 11–Mar 10 3:15–4 p.m. 5/$45

### Functional Fitness NEW

Taught by a former trainer for Cirque du Soleil, this class focuses on functional fitness in the water using the Burdenko Method. This unique method is appropriate for injury prevention, pain management, rehabilitation, and conditioning. The class will take place primarily in the deep end using a flotation belt and other accessories to perform movements with no impact. Increase your strength, stability and range of motion, while decreasing pain.

**Instructor: Alexandre Jerome Dupre**

**Crystaal Pool and Fitness Centre**

- **10901** Mon Sep 30–Nov 4 12–1 p.m. 5/$75
- **10902** Mon Nov 18–Dec 16 12–1 p.m. 5/$75
- **10903** Mon Jan 6–Feb 10 12–1 p.m. 6/$90
- **10904** Mon Feb 24–Mar 30 12–1 p.m. 6/$90

### Indoor Kayaking

If you are looking for a safe environment to test out your new kayak or your new moves, or if you just want a chance to get on the water despite the weather, try indoor kayaking at Crystal Pool. Enjoy paddling around in our warm 50M pool with Lifeguard supervision. No equipment or coaching provided, PFD and pre-registration are required.

**Crystaal Pool and Fitness Centre**

- **10680** Sun Oct 6 6:30–8 p.m.
- **10681** Sun Nov 3 6:30–8 p.m.
- **10682** Sun Dec 1 6:30–8 p.m.
- **10683** Sun Jan 5 6:30–8 p.m.
- **10684** Sun Feb 2 6:30–8 p.m.
- **10686** Sun Mar 1 6:30–8 p.m.

### Aqua Zumba NEW

Aqua Zumba is a low-impact, high energy aquatic dance party. Toning every muscle using water as resistance, you get a full body invigorating workout that is fun and easy to follow. Drop in option available if the class is not at full capacity ($15/class).

**Instructor: Celine Hall**

**Crystaal Pool and Fitness Centre**

- **10905** Wed Oct 2–Nov 6 6:30–7:30 p.m.
- **10906** Wed Nov 13–Dec 18 6:30–7:30 p.m.
- **10907** Wed Jan 8–Feb 12 6:30–7:30 p.m.
- **10908** Wed Feb 19–Mar 25 6:30–7:30 p.m.

### New Instructor Highlight:

**Aqua Zumba Celine Hall**

Music has always been a large part of my life both in dance and playing instruments. Being physically active has also been important to me. For motivation, I incorporate dance (Ballroom, Cab Jazz, Pop Culture, Latin) into my exercise routine. Latin dance is my favourite because the music inspires me. ZUMBA® adds perfect balance to my life. I am licensed to teach all Zumba® specialties i.e. Zumba®, Zumba® Gold, Aqua Zumba®, Strong by Zumba®, Zumba® Step, Zumba® Toning, Zumba® Kids, and Zumbini® for kids 0 – 3 years and their parent(s).

I've been a ZUMBA® instructor since October 2010 and love to share the joy that ZUMBA® brings with others. My classes are jam packed with both beginners and rock stars dancing to the exotic rhythms that Zumba Fitness® offers. I am committed to helping people stay invigorated and motivated through their fitness journey.

**Pam Liebich of Pro-Motion**

Exercise rehabilitation and pain management programs for back pain, pre and post-surgery, injuries from a motor vehicle accident, arthritis and other chronic conditions. Aquatherapy and land based programs are available. Programs will focus on core stability, stretching, balance training and education specific to your condition.

**Initial Assessment:** $47.62  
**Per Session:** $63  
**Three Sessions:** $168

Contact: Pam Liebich at 250.888.5530 or promotionrehabservices@gmail.com for more information.

**New Instructor: Nooshin Hatam**

Nooshin has been certified as a BCRPA personal trainer since 2011. She has always been an advocate of health & wellness via fitness training. Whether your goal is to start a new program to lose unwanted body fat or enhance your existing program, she can help you achieve your goals safely and effectively.

**Training Philosophy:** Moderation and balance are the key words to be used in all aspects of life to improve your body, mind, and soul. A healthy and fit body needs proper nutrition, physical exercise and a positive attitude. Add to that, the right amount of rest and a stress free mind and you can have a healthy, active and productive life.

"Your SUCCESS is her GOAL". You will never regret a workout with Nooshin!!
**Aquafit Schedule**

**FALL/WINTER DROP–IN AQUAFIT SCHEDULE** *(SEPTEMBER 30, 2019 – MARCH 31, 2020)*

<table>
<thead>
<tr>
<th></th>
<th>MONDAY</th>
<th>TUESDAY</th>
<th>WEDNESDAY</th>
<th>THURSDAY</th>
<th>FRIDAY</th>
<th>SATURDAY</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Aqualite – MILD</strong></td>
<td>9:05–10 a.m.</td>
<td>9:05–10 a.m.</td>
<td>9:05–10 a.m.</td>
<td></td>
<td></td>
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</tr>
<tr>
<td>A complete cardio, strength, and flexibility shallow water workout with zero impact</td>
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<tr>
<td><strong>Deep H2O Aquafit – MODERATE</strong></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td>9:05–10 a.m.</td>
</tr>
<tr>
<td>A deep water zero impact workout using a flotation belt.</td>
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</tr>
<tr>
<td><strong>Shallow H2O Aquafit – MODERATE</strong></td>
<td>10:05–11 a.m.</td>
<td>10:05–11 a.m.</td>
<td>10:05–11 a.m.</td>
<td>10:05–11 a.m.</td>
<td>11:05 a.m.–12 p.m.</td>
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<tr>
<td>A cardio and strength workout that uses water resistance to stretch and tone.</td>
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</tr>
<tr>
<td><strong>Aqualite – MILD</strong></td>
<td>11:05 a.m.–12 p.m.</td>
<td>11:05 a.m.–12 p.m.</td>
<td>11:05 a.m.–12 p.m.</td>
<td></td>
<td></td>
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</tr>
<tr>
<td>A complete cardio, strength, and flexibility shallow water workout with zero impact</td>
<td></td>
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<td></td>
</tr>
<tr>
<td><strong>Shallow Cardio Blast – INTENSE</strong></td>
<td>5:30–6:30 p.m.</td>
<td>5:30–6:30 p.m.</td>
<td>5:30–6:30 p.m.</td>
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<tr>
<td>A challenging class that focuses on high energy cardio moves.</td>
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</tbody>
</table>

**REGISTERED PROGRAMS**

Drop in may be available for registered programs if the class is not at capacity. Check out the Aquatic Fitness + Therapy section of the guide for more information on registered programs.

<table>
<thead>
<tr>
<th></th>
<th>MONDAY</th>
<th>TUESDAY</th>
<th>WEDNESDAY</th>
<th>THURSDAY</th>
<th>FRIDAY</th>
<th>SATURDAY</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Aqua Zumba (NEW)</strong></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td>6:30 – 7:30 p.m.</td>
</tr>
<tr>
<td>Low-impact, high-energy aquatic dance party.</td>
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<td></td>
</tr>
<tr>
<td><strong>Baby &amp; Me</strong></td>
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</tr>
<tr>
<td>This program includes an aquafit class and some valuable swim / water safety skills for your little one.</td>
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<td></td>
<td></td>
<td></td>
<td>3:15 – 4 p.m.</td>
</tr>
<tr>
<td><strong>Functional Fitness (NEW)</strong></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Injury prevention, pain management, rehabilitation and conditioning.</td>
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<td></td>
<td></td>
<td></td>
<td></td>
<td>12 – 1 p.m.</td>
</tr>
</tbody>
</table>

**Which classes are right for you?**

<p>| | |</p>
<table>
<thead>
<tr>
<th></th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>MILD</strong></td>
<td>Perfect for seniors and those living with arthritis, fibromyalgia or other joint/tissue conditions. Also great for those looking for exercise during pregnancy or for recovering from injury.</td>
</tr>
<tr>
<td><strong>MODERATE</strong></td>
<td>You set your own pace. Instructors will provide options to increase difficulty and intensity for those that are looking for a little bit extra.</td>
</tr>
<tr>
<td><strong>INTENSE</strong></td>
<td>For those looking to quickly improve cardiovascular and muscular fitness. These classes are designed to get your heart rate up.</td>
</tr>
</tbody>
</table>

**PRIVATE & SEMI-PRIVATE Programs:** You pick the dates, times, and number of sessions that work for you.

**Aqua Fitness Orientation**

Prepares you for success in any Aquafit class; whether you’re new to the water or want to improve your Aquafit workouts. Discuss your fitness goals, class options and intensities and learn how to move more effectively in the water to optimize your workout.

30 minutes $28; 45 minutes $37

**Aqua Personal Training**

Catered to your individual needs. Our Aqua Personal Trainer works with you to develop positive fitness practices, creating a customized training package based on your goals. The low- to no-impact environment and resistance of the water give you all the benefits of a personal training program while being safe and effective on the body.

First Session: 90 minutes (includes 30 minute Aqua Fitness Orientation) $73
Single Session: 60 minutes $40

**Aqua Corporate or Group Training**

Build your own Aqua Fitness classes and increase teamwork and health. With 5 or more colleagues or friends, we will build a program of classes suited to your needs on a day that works for your organization or group.

$50 for 5 participants, $8 for each additional participant
GROUP FITNESS FALL/WINTER SCHEDULE (SEPTEMBER 30, 2019 – MARCH 31, 2020)

<table>
<thead>
<tr>
<th>MONDAY</th>
<th>TUESDAY</th>
<th>WEDNESDAY</th>
<th>THURSDAY</th>
<th>FRIDAY</th>
</tr>
</thead>
<tbody>
<tr>
<td>Abs Attack (Moderate)</td>
<td>Stretch &amp; Strength (Mild)</td>
<td>Abs Attack (Moderate)</td>
<td>Stretch &amp; Strength (Mild)</td>
<td></td>
</tr>
<tr>
<td>8:45–9:15 a.m.</td>
<td>8:45–9:15 a.m.</td>
<td>8:45–9:15 a.m.</td>
<td>8:45–9:15 a.m.</td>
<td></td>
</tr>
<tr>
<td>Hi/Lo Combo (Moderate)</td>
<td>Body Sculpt (Moderate)</td>
<td>Hi/Lo Combo (Moderate)</td>
<td>Body Sculpt (Moderate)</td>
<td></td>
</tr>
<tr>
<td>9:15–10:15 a.m.</td>
<td>9:15–10:15 a.m.</td>
<td>9:15–10:15 a.m.</td>
<td>9:15–10:15 a.m.</td>
<td></td>
</tr>
<tr>
<td>Boot Camp (Intense)</td>
<td>Flow Yoga (Mild)</td>
<td>Boot Camp (Intense)</td>
<td>Spintervals (Intense)</td>
<td>Boot Camp (Intense)</td>
</tr>
<tr>
<td>12–12:50 p.m.</td>
<td>12–12:50 p.m.</td>
<td>12–12:50 p.m.</td>
<td>12–12:50 p.m.</td>
<td>12–12:50 p.m.</td>
</tr>
<tr>
<td>Body Sculpt (Moderate)</td>
<td>Butt, Legs &amp; Tummy (Moderate)</td>
<td>Spintervals (Intense)</td>
<td>HIIT (Intense)</td>
<td>Metabolic Training Plus</td>
</tr>
<tr>
<td>5:30–6:30 p.m.</td>
<td>5:30–6:30 p.m.</td>
<td>5:30–6:30 p.m.</td>
<td>5:30–6:30 p.m.</td>
<td>(Intense) 5:30–6:30 p.m.</td>
</tr>
<tr>
<td>Athletic Conditioning (Intense)</td>
<td>6:30–7:30 p.m.</td>
<td>Boot Camp (Intense)</td>
<td>Strength Conditioning (Intense)</td>
<td></td>
</tr>
<tr>
<td>6:30–7:30 p.m.</td>
<td></td>
<td>6:30–7:30 p.m.</td>
<td>6:30–7:30 p.m.</td>
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</tr>
</tbody>
</table>

FITNESS PROGRAM DESCRIPTIONS

**Abs Attack**
30 minutes of abdominal work, core strengthening and flexibility.

**Athletic Conditioning**
A challenging class that uses complex compound movements and a variety of training techniques.

**Body Sculpt**
Tone your muscles and shape your body in this strength and cardio building class.

**Boot Camp**
An intense workout designed to improve strength, stability and agility.

**Butt, Legs & Tummy (BLT)**
A new class focusing on the lower body and abdominals.

**Hi/Lo Combo**
Energetic cardio style class with hi/lo combos to enhance fat burning and cardiovascular efficiency.

**Metabolic Training Plus**
Super intense to get a sweat on and your heart pounding. Bring water and a towel!

**Flow Yoga**
The practice of moving with our breath continuously and mindfully. This is a gentle yet dynamic class suited for all levels that focuses on strength, core, balance and breath.

**Stretch & Strength**
Improve your strength and flexibility in this 30 minute class. Great for your joints!

**Strength Conditioning**
Weight train in a class? You bet! Strength and power exercises that focus on building muscle and size.

**Spintervals**
An intense high energy class that combines spin bike exercise with strength training for a complete workout.

**HIIT**
Increase your strength endurance with high intensity interval training. This sweaty high-rep low-load workout has many health benefits.

**Child Minding**
Enjoy the many activities the Crystal Pool and Fitness Centre has to offer while your little one receives quality childcare with crafts, creative play, painting and more.

**Monday to Friday**
9 a.m.–12 p.m.
$3/hour or $27/10 hours

Which classes are right for you?

**MILD**
Perfect for seniors and those living with arthritis, fibromyalgia or other joint/tissue conditions. Also great for those looking for exercise during pregnancy or for recovering from injury.

**MODERATE**
You set your own pace. Instructors will provide options to increase difficulty and intensity for those that are looking for a little bit extra.

**INTENSE**
For those looking to quickly improve cardiovascular and muscular fitness. These classes are designed to get your heart rate up.
Personal Training offers unique custom designed fitness programs for weight loss, fat loss, general fitness, bodybuilding, sport specific training and overall body transformation. Book a session with one of our trainers and get the body you've always wanted.

**Chris Woeller**
Chris is a BCRPA Weight Training Instructor and Personal Trainer. He brings a positive attitude, great energy, and lots of knowledge to each training session. Committed to helping clients pursue their goals, Chris believes exercise should be fun and integrated into our everyday lives.

**Michelle Carpenter, BSc, SFL, 5th Dan World Taekwondo**
Michelle Carpenter is the co-owner of MIJO Sport, a martial arts and fitness company that blends the philosophies of high performance training with functional fitness. Michelle has been active in the Fitness Industry for over 15 years, is a 5th Dan WT Taekwondo Master, holds her Bachelor of Science degree and competed internationally as a middleweight Taekwondo fighter for over a decade. She is an active personal trainer, SFL, bootcamp instructor, boxing fitness instructor and trains aspiring police officers. Michelle uses a blended sport science, traditional martial arts and sport combat approach for her classes allowing her clientele to experience a thorough and well balanced workout.

**Kelsey Blake**
Kelsey is a BCRPA certified personal trainer and group fitness instructor. She has a Bachelor of Science from UVic where she played varsity level soccer. She loves to work with anyone, especially athletes interested in becoming faster or stronger in their sport. Kelsey will help you achieve your goals while having fun at the same time. She strives to leave her clients feeling happy, energized and accomplished!

### PERSONAL TRAINING

<table>
<thead>
<tr>
<th>Single Session</th>
<th>1st Time Client Package ............. $65</th>
</tr>
</thead>
<tbody>
<tr>
<td>(90 min session)</td>
<td></td>
</tr>
<tr>
<td>Single Session*</td>
<td>............................................. $50</td>
</tr>
<tr>
<td>3 sessions</td>
<td>............................................. $129</td>
</tr>
<tr>
<td>4 sessions</td>
<td>............................................. $160</td>
</tr>
<tr>
<td>5 sessions</td>
<td>............................................. $188</td>
</tr>
<tr>
<td>10 sessions</td>
<td>........................................... $350</td>
</tr>
<tr>
<td>Partner Training (2 people)</td>
<td>........................................ $70</td>
</tr>
</tbody>
</table>

**Fitness Orientation Options**

- Fitness Orientation ........................................... $25
- Semi-Private Fitness Orientation (2 people) ............. $40
- Teen Orientation .............................................. $20

*Must complete the 1st Time Client Package first

**Fitness Assessment**
measurements, composition, strength & flexibility ...... $25

---

**Pam Liebich of Pro-Motion**
Exercise rehabilitation and pain management programs for back pain, pre and post-surgery, injuries from a motor vehicle accident, arthritis and other chronic conditions. Aquatherapy and land based programs are available. Programs will focus on core stability, stretching, balance training and education specific to your condition.

**Rehabilitation Services**

<table>
<thead>
<tr>
<th>Rates</th>
<th></th>
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</thead>
<tbody>
<tr>
<td>Initial assessment</td>
<td>$47.62</td>
</tr>
<tr>
<td>Per session</td>
<td>$63</td>
</tr>
<tr>
<td>Three sessions</td>
<td>$168</td>
</tr>
</tbody>
</table>

Contact: Pam Liebich at 250.888.5530 or promotionrehabservices@gmail.com for more information.

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**Danielle Van Schaick**
1 Hour Nutrition Consultation with registered dietitian, Danielle Van Schaick of Dani Health: Dietitian & Nutrition Services. Individualized dietary advice and recommendations based on your health goals and concerns. The one hour meeting includes diet review, calorie and macronutrient recommendations, education, questions and answers.

**Nutrition Consultation**

---
PUBLIC SKATING SCHEDULE

Everyone Welcome
Designed for skaters of all ages and abilities and a great opportunity to skate where the Victoria Royals play! Have fun. Be active.

Family Skate
A great way to be active as a family!

Parent & Child Ice Play (5–12yrs)
For parents and children who want to get acquainted to the ice, practise their skating skills or play a little hockey. Toys, sponge pucks and hockey sticks will be out for everyone to enjoy.

Parent & Tot
This skate runs at the same time as our Tuesday skating lessons and is designed for parents and their children to enjoy a skate while their siblings are in skating lessons.

General schedule only. All sessions subject to change due to events schedule at SOFMC. Please refer to up to date monthly schedule at victoria.ca/arena or call 250.361.0732.

RATES AND ADMISSION

*Family: 2 adults and up to 3 children/youth, or 1 adult and up to 4 children/youth. *Fees include applicable taxes

<table>
<thead>
<tr>
<th>PROGRAMS</th>
<th>TU</th>
<th>TH</th>
<th>FRI</th>
<th>SA</th>
<th>SU</th>
</tr>
</thead>
<tbody>
<tr>
<td>Preschool (0–5)</td>
<td>Free</td>
<td>Free</td>
<td>Free</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Child (6–12)</td>
<td>$3</td>
<td>$26.95</td>
<td>$2.26</td>
<td></td>
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</tr>
<tr>
<td>Youth (13–17)</td>
<td>$3.50</td>
<td>$31.35</td>
<td>$3.26</td>
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<tr>
<td>Adult (18–59)</td>
<td>$5.80</td>
<td>$52.05</td>
<td>$4.57</td>
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<td></td>
</tr>
<tr>
<td>Senior (60 plus)</td>
<td>$4.55</td>
<td>$40.75</td>
<td>$3.52</td>
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<td></td>
</tr>
<tr>
<td>Family</td>
<td>$11.70</td>
<td>$104.10</td>
<td>N/A</td>
<td></td>
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</tr>
<tr>
<td>Skate Rentals</td>
<td>$3.78</td>
<td>N/A</td>
<td>$1.52</td>
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</tr>
<tr>
<td>Helmet Rentals</td>
<td>$1.26</td>
<td>N/A</td>
<td>$1.26</td>
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</tbody>
</table>

INFORMATION

Public Skating Information:
250.361.0732 or victoria.ca/arena or 250.361.0711 during program hours only.
Program Registration: 250.361.0732
Sessions may be cancelled due to special events and Royals Hockey. Go to victoria.ca/arena for schedule.

Rentals or Group Bookings:
250.361.0361. Drop-in admissions include applicable taxes. All passes and punchcards will have tax added.

POWER SKATING

Dennise Bowles of Power Unlimited brings years of experience and expertise. Take your game to the next level with Victoria’s leading Power Skating Coach this fall. Balance, acceleration, agility, speed, explosive starts, edge control, breakaway speed and game stride are all part of this challenging and rewarding program. Full gear required. All participants should be comfortable skaters.

Crystal Pool and Fitness Centre/Save on Foods Memorial Centre

<table>
<thead>
<tr>
<th>Youth (7–10yrs)</th>
<th>10738 Sun</th>
<th>Oct 20–Dec 1</th>
<th>4:30–5:30 p.m.</th>
<th>7/$126</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>10739 Sun</td>
<td>Jan 12–Feb 23</td>
<td>4:30–5:30 p.m.</td>
<td>7/$126</td>
</tr>
</tbody>
</table>

Adult (16+yrs)

<table>
<thead>
<tr>
<th>10740 Sun</th>
<th>Oct 20–Dec 1</th>
<th>5:45–7:15 p.m.</th>
<th>7/$189</th>
</tr>
</thead>
<tbody>
<tr>
<td>10737 Sun</td>
<td>Jan 12–Feb 23</td>
<td>5:45–7:15 p.m.</td>
<td>7/$189</td>
</tr>
</tbody>
</table>
LEARN TO SKATE

Parent and Tot (2–4yrs)

Thursdays 3:45–4:15 p.m.
Sundays 9:15–9:45 a.m.

Preschool Lessons (3–5yrs)

School Age Lessons (6–12yrs)

Tuesdays 4:30–5 p.m.
5:05–5:35 p.m.
Thursdays 4:30–5 p.m.
5:05–5:35 p.m.
Sundays 10–10:30 a.m.
10:35–11:05 a.m.
11:10–11:40 a.m.

CSA helmets required for lessons and recommended for all public skates.

Lessons run October – March. Sessions may be cancelled due to special events and Royals Hockey. Go to victoria.ca/arena for monthly lesson schedule.

Parent and Tot (2–4yrs)

First time skaters will get comfortable on the ice with an adult. The adult will be given tools and skills to assist their child in accomplishing the basics of skating. The instructor will circulate class to assist the group. Skills adults will work on with their child are: balancing on two feet, touching toes, marching, falling down and getting up! Adults must wear skates or ice cleats.

Preschool Lessons (3–5yrs)

Preschool Level 1

Lessons focus on building confidence while having fun on the ice. Participants will be taught basic skating skills including: balancing on two feet, touching toes, walking forwards, marching, and falling down and getting up.

Children must be able to stand and get up on their own from a fall to join Preschool lessons.

Preschool Level 2

This level is for children who can skate independently. Skills include: gliding, two foot jumps, making snow, and walking backwards.

Preschool Level 3

At this level children will learn skills including: v-pushes, one foot gliding, two foot jump while gliding, walking backward with some glide, two foot quarter-turns on the spot, and stopping. Prerequisite Level 2

Preschool Level 4

At this final pre-school level children will learn skills including: two-foot glides on a curve, walking cross cuts, backward sculling, and backward stopping. Prerequisite Level 3

School Age Lessons (6–12yrs)

Learn to Skate 1

This level is for children that do not have a lot of skating experience. Lessons include: forward gliding, marching forward, making snow, falling down and getting up, and walking backwards.

Learn to Skate 2

These lessons are for children who can skate independently on the ice. Skills include: forward sculling, one foot forward glides, stopping, walking backward with some glide, and two foot half turns on the spot. Prerequisite Level 1 or Preschool Level 3

Learn to Skate 3

Skaters will learn skills including: one foot glides on a curve, forward walking cross cuts, backwards skating and sculling, two foot backwards glide to one foot and snowplow stop. Prerequisite Level 2 or preschool Level 4

Learn to Skate 4

In these lessons children will learn skills including: two foot stop, forward crosscuts, turning forward to backwards and backwards to forward, and two foot jump in a glide backward. Prerequisite Level 3

Learn to Skate 5

Children will learn skills including: backward Mohawk turn, two foot stop in both directions, one foot jump gliding forward, fast backward start and fast forward start from back stop. Prerequisite Level 4

Learn to Skate 6

Learn to Skate 6 provides an introduction to advanced skating skills, while continuing to focus and enhance skills. This class allows participants the opportunity to request specific skills they would like to focus on with unstructured practice time with instructor supervision. Prerequisite Level 5

PRIVATE SKATING LESSONS

Private skating lessons are great for getting your beginner skater ready to join our group Learn to Skate lessons or to accelerate your own learning or master that one problem skill. Our instructors will work from the Learn to Skate Program or address specific skills as needed. Book by calling 250.361.0708 Cancellations require 48hrs notice. Add tax to adult lessons.

Thursdays
3:45–4:15 p.m.

Sundays
9:15–9:45 a.m.

Private
$27/30 min lesson
Semi Private (2 students)
$34.50/30 min lesson
## ARTS (CREATIVE, PERFORMING & CULTURAL)

### Creative Dance (3–5yrs)

Experience high energy rhythm and dance with Moon Dance Dynamic Arts School! Movements are influenced by jazz, African, Indian and Latin rhythms. Dancers will also explore percussion, song and role play while experimenting with their own movements.

**Program offered by Moon Dance Dynamic Arts School**

<table>
<thead>
<tr>
<th>Location</th>
<th>Date Range</th>
<th>Time</th>
<th>Cost</th>
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</thead>
<tbody>
<tr>
<td>Oaklands Community Centre</td>
<td>Tue Sep 17–Oct 22</td>
<td>11:15–11:45 a.m.</td>
<td>6/$54</td>
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<tr>
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<td>Tue Oct 29–Dec 3</td>
<td>11:15–11:45 a.m.</td>
<td>6/$54</td>
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<td>Tue Jan 21–Feb 11</td>
<td>1:15–11:45 a.m.</td>
<td>4/$36</td>
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<td>Tue Feb 18–Mar 10</td>
<td>11:15–11:45 a.m.</td>
<td>4/$36</td>
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<tr>
<td>James Bay Community Centre</td>
<td></td>
<td>2–2:30 p.m.</td>
<td>8/$54</td>
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</table>

### Drumming for Tots (2–4yrs)

Calling all parents and their tots to the drum circle! In this rhythmic-based music class tots will learn to express themselves through rhythm and music using various percussion tools like buckets, sticks, hand drums, shakers, tambourines, and full drum kit.

**Program offered by Community Drumming**

<table>
<thead>
<tr>
<th>Location</th>
<th>Date Range</th>
<th>Time</th>
<th>Cost</th>
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<tbody>
<tr>
<td>Oaklands Community Centre</td>
<td></td>
<td>10–10:45 a.m.</td>
<td>6/$72</td>
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<tr>
<td></td>
<td>Fri Nov 1–Dec 13</td>
<td>10–10:45 a.m.</td>
<td>6/$72</td>
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### Family Music Time (0–5yrs)

Children and parents/caregivers will love this interactive and fun-filled musical bonding time. We will explore diverse rhythms and instruments while enjoying new and old songs alike. Different languages will be introduced in musical repertoire including French, Spanish, Italian and Portuguese. Experience the physical, emotional and cognitive benefits of family music making while making new friends and building community. There will be songs, dance, games, puppets, stories and an end of session craft!

*Instructor: Laura Deviato*

**James Bay Community Centre**

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<thead>
<tr>
<th>Date Range</th>
<th>Time</th>
<th>Cost</th>
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<tr>
<td>Tue Sep 18–Oct 23</td>
<td>9:30–10:15 a.m.</td>
<td>6/$48</td>
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<tr>
<td>Wed Nov 6–Dec 11</td>
<td>9:30–10:15 a.m.</td>
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### Mini Ballet (4–5yrs)

A fun dance class designed to foster imagination, coordination, a sense of performance, and a love of movement and music. Each term young dancers will explore a theme while learning the foundations of ballet.

**Program offered by Pirouette Dance Studio**

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<tr>
<th>Location</th>
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<th>Time</th>
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<tbody>
<tr>
<td>Oaklands Community Centre</td>
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<td>9:45–10:15 a.m.</td>
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<td></td>
<td>Sat Sep 21–Nov 23</td>
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<td></td>
<td>No class Oct 12, Nov 9</td>
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<td></td>
<td>Sat Jan 18–Mar 14</td>
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<td>No class Feb 15</td>
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### Music From Around the World Family Class (1–5yrs)

Join us in celebrating the joy of music! This class introduces children to musical concepts and skills in a fun-filled and encouraging environment. Children create music together and discover their own unique musical interests through participation, imagination and teamwork.

**Program offered by the Victoria Conservatory of Music**

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<thead>
<tr>
<th>Location</th>
<th>Date Range</th>
<th>Time</th>
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<tbody>
<tr>
<td>Victoria West Community Centre</td>
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<td>9–9:30 a.m.</td>
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<tr>
<td></td>
<td>Wed Sep 11–Oct 30</td>
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</tbody>
</table>
Music, Fall & Winter Family Class (1–5yrs)
Sing your favourite weather and holiday songs while exploring a variety of instruments and props. Program offered by the Victoria Conservatory of Music.

Victoria West Community Centre 7/$45.50
Wed Nov 6–Dec 18 9–9:30 a.m.

Nobody’s Perfect
Meet other parents with children the same age. Share questions, concerns and ideas about being a parent. Learn about real life parenting experiences. Work together with the support of trained facilitators. Discover ways of positive parenting. Contact Hollis at hollis@fernwoodnrg.ca or 250.384.1552 ext. 102 for more information.

Dinner, childminding and bus tickets provided.
Fernwood Community Centre Free
Tue Sep 5–Apr 3 6–8 p.m.

Parent & Child Drop-in Art (1–5yrs)
Join us for an introduction to art techniques, tools and materials. The focus of this class is to experience creating art together. Enjoy a sensory exploration into the colourful world of art! All supplies included. Please dress in clothes you can get messy!

Oaklands Community Centre Drop-in $10
Tue Sep 10–Dec 17 9:30–10:30 a.m.
Tue Jan 7–Mar 10 9:30–10:30 a.m.

Parent & Tot – Music and Movement (2–3yrs)
An introduction to music and dance through familiar songs and free play. Props and instruments will be used to foster a sense of rhythm and enjoyment of music. Movement through space will be explored throughout the term, creating a solid foundation for young dancers. Parent participation required.

Program offered by Pirouette Dance Studio

Oaklands Community Centre 8/$72
Sa Sep 21–Nov 23 9:15–9:45 am
Sa Jan 18–Mar 14 9:15–9:45 am
No class Oct 12, Nov 9 & Feb 15

Preschool Piano (3–5yrs)
A creative class for parent and child. Children will learn to find notes and play a song by the end of the course. They will also be taught to read music, play by ear, and compose their own songs.

Crystal Pool and Fitness Centre 5/$60
10037 Sat Oct 5–Nov 2 3–3:30 p.m.
10039 Sat Nov 16–Dec 14 3–3:30 p.m.
10041 Sat Jan 11–Feb 8 3–3:30 p.m.
10043 Sat Feb 22–Mar 21 3–3:30 p.m.

Pretend Together! Drama for Preschoolers (3–5yrs)
Magic! Adventure! Exploration! Connect with your little one through teacher-led, child-driven, collaborative, imaginative play. Each dynamic session is based on a new story to jump into and experience together. Parent participation required.

Instructor: Emily Holden

Victoria West Community Centre
Mon Sep 30–Nov 4 10:45–11:30 a.m. 5/$35
No class Oct 14
Mon Nov 18–Dec 16 10:45–11:30 a.m. 5/$35
Mon Jan 20–Mar 9 10:45–11:30 a.m. 7/$49
No class Feb 17

Sing, Dance, Play, Explore Family Class (1–5yrs)
Join us in celebrating the joy of music! This class introduces children to musical concepts and skills in a fun-filled and encouraging environment. Children create music together and discover their own unique musical interests through participation, imagination and teamwork.

Program offered by the Victoria Conservatory of Music

Victoria West Community Centre 10/$65
Wed Jan 8–Mar 11 9–9:30 a.m.

Tiny Toes Ballet
An introductory dance class for the first-time tiny dancer. Learn rhythm, coordination, balance, jumping, skipping basic ballet positions and movements.

3–4yrs
Crystal Pool and Fitness Centre 6/$54
10925 Sun Oct 6–Nov 2 10:30–11:00 a.m.
10928 Sun Nov 17–Dec 22 9:30–10 a.m.
10931 Sun Jan 12–Feb 16 9:30–10 a.m.
10934 Sun Mar 1–Apr 5 9:30–10 a.m.

4–5yrs
Crystal Pool and Fitness Centre 6/$54
10926 Sun Oct 6–Nov 10 10–10:30 a.m.
10929 Sun Nov 17–Dec 22 10–10:30 a.m.
10932 Sun Jan 12–Feb 16 10–10:30 a.m.
10935 Sun Mar 1–Apr 5 10–10:30 a.m.

Tot & Me Dance (1.5–3yrs)
Enjoy creative play and dance with your 1.5–3 year olds. Moon Dance Dynamic Arts School will provide a fun, interactive series of classes in a welcoming atmosphere. Caregiver participation required.

Program offered by Moon Dance Dynamic Arts School

Oaklands Community Centre
Tue Sep 17–Oct 22 10:45–11:15 a.m. 6/$54
Tue Oct 29–Dec 3 10:45–11:15 a.m. 6/$54
Tue Jan 21–Feb 11 10:45–11:15 a.m. 4/$36
Tue Feb 18–Mar 10 10:45–11:15 a.m. 4/$36

Create Your Own Birthday Party
Need a great space for your child’s next party? Celebrate the event at our place! Rent out the Quadra Village Neighbourhood Gym along with our Kindergym equipment or hold it at the centre in a bright, comfortable room with a playground outside, lots of free parking, weekend availability and toddler-friendly games, books and toys. Additional kitchen use available. Call 250.388.7696 for cost and availability.

Quadra Village Community Centre/ Quadra Village Neighbourhood Gym
**Wee Pretend Together!**
**Drama for Toddlers (1–3yrs)**
Bring your little one for an immersive story telling experience as we stretch our imaginations and get downright silly! Join drama facilitator Emily Holden in this exciting class of adventure. Caregiver participation required.

_Instructor: Emily Holden_  
Victoria West Community Centre  
Mon–Fri Sep 3–Oct 25 9 a.m.–10:30 a.m.  
Suggested donation: $2/family

**DROPPED IN**

**Family Music Time (0–5yrs)**
A time to explore music, rhythm, song and play with instruments led by our music educator.

_Held at Quadra Village Neighbourhood Gym_  
Drop-in $1  
Tue, Thu Ongoing 9:30–11:30 a.m.

**Family Resource Program (0–5yrs)**
A drop-in interactive group for parents and children to have fun, bond and interact through crafts, circle time, and play. This program also provides opportunities for role modeling and in-the-moment learning around positive parenting, child safety and development, all while promoting secure parent-child relationships. Please visit www.fernwoodnrg.ca for the monthly schedule.

_Fernwood Community Centre_  
Free  
Thu, Fri Sep 5–Mar 26 1–1:45 p.m.

**Fun for Little Ones (2–5yrs)**
Enjoy singing, movement, reading and fun with your little ones. The program encourages child development through singing, movement, stories and bonding between child and caregiver. Caregiver participation is required.

_Burnside Gorge Community Centre_  
Free  
Tue Sep 10–Mar 24 9:30–10:15 a.m.

**Parent and Tot Playgroup (0–5yrs)**
This is an opportunity for young children and their caregivers to meet and play in an informal atmosphere with toys, and books. Snacks provided. Groups may not meet on school holidays and Pro-D days.

_Fairfield Community Place_  
Free, donations welcome  
Tue, Thu Sep 10–Dec 30 9 a.m.–1 p.m.
Pitter Patter Toddler Playgroup
Enjoy ride on toys, puzzles, music time and story time. Toddler development and parenting information available each week. For more information call Esquimalt Neighbourhood House at 250.385.2635 ext. 203.

Victoria West Community Centre Free
Held at Esquimalt Neighbourhood House
Wed Sep 4–Mar 25 11:15–12:15 p.m.

The Parent-Child Mother Goose Program® (0–18months)
The Parent-Child Mother Goose Program® is a group experience for parents and their babies and young children. The program introduces adults and children to the pleasure and power of using rhymes, songs, and stories together. Parents gain skills and confidence which can enable them to create positive family patterns during their children’s crucial early years. Children benefit from enjoyable, healthy early experiences with language and communication. Snack provided. Drop-ins welcome.

Fernwood Community Centre Drop-in
Mon Sep 5–Apr 3 11–11:45 a.m.

Toddler Arts and Crafts (2–5yrs)
Explore your creative side! Each week features a different craft designed with the preschooler in mind. Smocks and soap provided. Creative activities can be messy, so please dress children appropriately. Caregiver participation is required.

Burnside Gorge Community Centre Drop-in
Wed Sep 11–Mar 25 9:30–10:15 a.m.

Victoria Best Babies
Victoria Best Babies is a pre/post-natal outreach program aimed at improving the health of pregnant women and their babies. The program is hosted by Fernwood NRG and funded by Public Health Agency Canada and is aimed towards those individuals who are struggling with poor health access, socioeconomic barriers, relationship challenges, and housing issues. Access to this program is through Fernwood Community Centre and Quadra Village Community Centres.

Quadra Village Community Centre Free/Registered Program
Tue Ongoing 11 a.m.–1 p.m.
Group at 11 a.m. Lunch at noon.

Fernwood Community Centre Free/Registered Program
Wed Ongoing 11:30 a.m.–1 p.m.
Thu Ongoing 11:30 a.m.–1 p.m.
Group at 11:30 a.m. Lunch at noon.

Wiggles and Giggles (2–4yrs)
Join us for active play in the Burnside Activity Centre. Get the wiggles out with this interactive program that includes games, movement, and fun! The program includes organized games, dance, movement, and free play. Best suited for ages 2–4yrs but all children under 5yrs are welcome. Caregiver participation is required.

Burnside Gorge Community Centre Free
Mon Sep 16–Mar 24 9:30–10:15 a.m.
No class Sep 2, Oct 14, Nov 11, Feb 17

PLAY GROUPS

Drop-In Playgroup – Tiny Tykes (0–5yrs)
Our playgroup’s large toy collection, activity tables and circle time with instruments serve as a stepping stone to prepare your children for preschool and daycare. Coffee, tea and snack provided. There is no playgroup on Wednesdays, holidays, Pro-D days or school breaks. Maximum four children per one adult.

Instructor: Bev Coe

Oaklands Community Centre $16 per child/8 sessions
Mon Sep 30–Dec 2 9:30–11:30 a.m.
No class Oct 14, Nov 11
Mon Jan 6–Mar 9 9:30–11:30 a.m.
No class Jan 20, Feb 17

Fun in French for Preschoolers
Introduce your child to the French language through stories, songs, and games. The Alliance Francaise de Victoria is pleased to offer introductory French courses for children taught by an experienced French language instructor. Courses focus on introducing the French language in a fun environment and will help to prepare your child for future French language learning. Parent/caregiver participation required.

Program offered by Alliance Francaise de Victoria

Oaklands Community Centre
Thu Sep 12–Oct 17 9–9:45 a.m. 6/$50
Thu Oct 24–Nov 28 9–9:45 a.m. 6/$50
Thu Jan 9–Mar 12 9–9:45 a.m. 10/$55

Parent and Baby Social (Babies 0–12 months)
This drop-in group will offer moms the chance to receive information on development, relax, chat, and share support with other new parents. Each week we will bring in guests to speak and share information for new parents of infants. A broad range of topics will be discussed.

Fri Nov 1–29 10 a.m.–12 p.m.
Little Steps Preschool and Daycare

521 Craigflower Road
Victoria West Community Association offers Licensed Daycare and Preschool Programs to meet your family’s needs.

Little Steps Preschool and Daycare is a musical and inclusive environment where children have a chance to learn about the world around them while enjoying the company of others.

Manager: Certified ECE, Kate Thring

Parent and Tot Playgroup (1–5yrs)
This is an opportunity for young children and their caregivers to meet and play in an informal atmosphere with other children, toys, and books. Nutritious snack provided. Groups may not meet on school holidays and Pro-D days. Check website for possible program closures.

Burnside Gorge Community Centre Free
Mon, Tue, Wed Sep 16–Mar 25 10:15 a.m.–12 p.m.
Thu Sep 19–Mar 26 5:30–6:30 p.m.

Parent and Tot Playgroup (1–5yrs)
This is an opportunity for young children and their caregivers to meet and play in an informal atmosphere with other children, toys, and books. Nutritious snack provided. Groups may not meet on school holidays and Pro-D days. Check website for possible program closures.

Burnside Gorge Community Centre Free
Mon, Tue, Wed Sep 16–Mar 25 10:15 a.m.–12 p.m.
Thu Sep 19–Mar 26 5:30–6:30 p.m.

SPORTS

Richardson Sport Wee Sports (15 m–2.5yrs)
Leaving competition on the sidelines, this program uses connections to your child’s world to teach sports. NCCP Certified instructors will use games, songs and positive reinforcement, to ensure that your child experiences the joy of learning 10 sports in a comfortable sporty environment.

Oaklands Community Centre
Sat Sep 21–Nov 23 9–9:45 a.m. 8/$112
No class Oct 12, Nov 9
No class Feb 15

Victoria West Community Centre
Sat Sep 14–Oct 26 9–9:45 a.m. 6/$96
No class Oct 12
No class Nov 9
No class Feb 15

World Cup: Tot Soccer (3–5yrs)
Have a ball learning fundamental movements and basic soccer skills though exciting games. Parent participation required.

James Bay Community Centre 8/$64
Thu Sep 19–Nov 7 2:45–3:30 p.m.
So ALL kids can play!

For the children of many families in the Capital Regional District, participating in organized sports continues to be out of reach. Thanks to KidSport Greater Victoria, thousands of these kids have been able to enjoy a season of sport and camaraderie with their friends. To date we have helped over 7,000 kids get on the playing field but many more could use your help. To donate, volunteer or for further information please contact us at www.kidsportvictoria.ca
ARTS (CREATIVE, PERFORMING & CULTURAL)

Acting Up with Kaleidoscope Theatre for Young People (8–12yrs)
Acting Up is a fun and encouraging introduction to theatre and drama. Students will develop their imaginations and powers of self-expression through drama games, character development, and creative play. A great class for anyone who loves to make believe! The final performance will feature an original short play.

<table>
<thead>
<tr>
<th>Location</th>
<th>Fee</th>
<th>Dates</th>
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<tbody>
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<td>Oaklands Neighbourhood House</td>
<td>$90</td>
<td>Sat Sep 21–Nov 23 9–10 a.m.</td>
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<td>No class Oct 12, Nov 9</td>
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Beginner Ballet (6–10yrs)
This class explores the very beginnings of ballet technique like posture, turnout, and natural coordination in movements like spinning, walking, running and jumping as they relate to ballet. A great first class to test the waters of ballet!

Instructor: Ashley Evans

Crystal Pool and Fitness Centre 6/$60
10927 Sun Oct 6–Nov 10 10:30–11:15 a.m.
10930 Sun Nov 17–Dec 22 10:30–11:15 a.m.
10933 Sun Jan 12–Feb 16 10:30–11:15 a.m.
10936 Sun Mar 1–Apr 5 10:30–11:15 a.m.

Cartooning Classes with Gareth Gaudin (8–12yrs)
Gareth started cartooning, as a five year old who discovered comic books in 1978. He grew up to own a comic book shop and to draw comic books for a living. He taught cartooning classes for the past 20 years at such venues as The Art Gallery of Greater Victoria, The Royal British Columbia Museum, The Robert Bateman Centre, Poppet Creative, The YMCA, and in his own cartooning school at Legends Comics’ Back Room Studio. Join him for these fun sessions where he’ll show his techniques and tricks to creating interesting cartoons, comic strips, and comic books. No experience required.

Instructor: Gareth Gaudin

Oaklands Neighbourhood House 6/$120 Drop-in $25
10937 Tue Sep 17–Oct 22 6–7 p.m.
10938 Tue Oct 29–Dec 3 6–7 p.m.
10939 Tue Jan 14–Feb 18 6–7 p.m.
10940 Tue Feb 25–Mar 31 6–7 p.m.

Creative Ballet & Jazz (5–7yrs)
A high energy class that will explore foundational ballet steps, as well as introductory jazz dance. Using a combination of classical ballet and popular music, students will have fun while cultivating a sense of musicality and the foundations of classical dance.

Program offered by Pirouette Dance Studio

Oaklands Community Centre 8/$72
10941 Sat Sep 21–Nov 23 10:15–11 a.m.
No class Oct 12, Nov 9
10942 Sat Jan 18–Mar 14 10:15–11 a.m.
No class Feb 15

Creative Dance (5–7yrs)
Experience high energy rhythm and dance with Moondance Arts. Movements are influenced by jazz, African, Indian and Latin rhythms. Dancers will also explore percussion, song and role play while experimenting with their own movements.

Instructor: Nikko Snow

James Bay Community Centre 8/$72
10943 Wed Jan 22–Mar 11 2:40–3:10 p.m.

Guitar for Kids (8–13yrs)
Guitar instruction in a fun class setting. No prior knowledge or experience in music is required. Learn basic chords, tuning methods, single string playing, reading, and finger strengthening exercises that will give kids the tools to play simple songs. Music book is an additional $15 payable at class.

Instructor: Alberto Ubach

James Bay Community Centre 8/$75
10944 Mon Sep 9–Nov 4 4–4:45 p.m.
No class Oct 14
10945 Mon Jan 13–Mar 9 4–4:45 p.m.
No class Feb 17

Guitar Lessons School Age – Beginner (9–12yrs)
Guitar instruction in a fun class setting. Instruction will cover reading music, basic theory, single string playing, basic chords and strengthening exercises that will give students the tools to play simple songs.

Crystal Pool and Fitness Centre Lower Auditorium 5/$70
11250 Wed Oct 9–Nov 6 4:30–5:15 p.m.
11251 Wed Nov 20–Dec 18 4:30–5:15 p.m.
11252 Wed Jan 8–Feb 5 4:30–5:15 p.m.
11253 Wed Feb 12–Mar 11 4:30–5:15 p.m.

Kids Jazz
Join us as we learn the fundamentals of jazz technique. In this class children will be encouraged to move and learn in a fun and upbeat environment while focusing their minds on challenging dance moves and musicality. Children will learn cooperation and social skills while building friendships as they dance in partners and as part of a group. Last class is a parent viewing class.

Instructor: Samantha Rizzuto

James Bay Community Centre 8/$54
(3–5yrs)
10946 Wed Sep 18–Nov 6 2–2:45 p.m.
(5–7yrs)
10947 Wed Sep 18–Nov 6 2:45–3:30 p.m.

Piano for Kids! (6–12yrs)
A creative, fun and approach to learning about music and the keyboard while developing good technique, rhythm and basic note reading and composing skills. Each class is tailored to the needs of different age groups. You do not need a piano at home to participate. Lesson is semi-private.

Crystal Pool and Fitness Centre 5/$60
10948 Sat Oct 5–Nov 2 3:30–4 p.m.
10949 Sat Nov 16–Dec 14 3:30–4 p.m.
10950 Sat Jan 11–Feb 8 3:30–4 p.m.
10951 Sat Feb 22–Mar 21 3:30–4 p.m.
Self-Reflection Through Live Drawing (12–16yrs)
Enjoy self-expression through drawing while developing your creativity. Principles of drawing and facial proportions are explored. We will focus on techniques of classical drawing such as observing and responding, value of lights and shadows, and individual styles in creating images. The instructor will provide a supply list by email before the first class.

Instructor: Shamin Zahabioun
Oaklands Neighbourhood House 6/$75
Mon Sep 30–Nov 18 6–7:15 p.m.
No class Oct 14, Nov 11
Mon Jan 20–Mar 2 6–7:15 p.m.
No class Feb 17

CAMPS

Oaklands Winter Break Camp (5–10yrs)
Come join us for an action packed week over the winter break. Swimming, going to the movies and lots of games are a few of the activities we like to plan for these camps. Visit oaklandscommunitycentre.com for complete camp details and schedule.

Oaklands Community Centre 4/$140
Mon–Fri Dec 30–Jan 3 7:30 a.m.–5:30 p.m.

Camp Survivor (10–15yrs)
This camp is packed with exciting activities such as rock climbing, paintball, swimming and more! If you are looking for a week of adventure and fun, this is the camp that won’t let you down. Register early, as spaces are limited.

Burnside Gorge Community Centre $175
Mon–Fri Mar 16–Mar 20 9 a.m.–4 p.m.
Mon–Fri Mar 23–Mar 27 9 a.m.–4 p.m.

Computer Camp (8–13yrs)
Calling all kids! Put projects together using Power Point, photos and graphics! Surf the internet and even design basic web pages with animation! Gain experience using Google Docs and coding on Chromebooks, and educational apps on iPads. Chromebooks and iPads supplied.

Instructor: Compudave
James Bay Community Centre 4/$109
Mon–Thu Mar 16–19 1–4 p.m.
Mon–Thu Mar 23–26 9 a.m.–12 p.m.

Horseback Riding (6–12yrs)
Interested in learning how to horseback ride or would you like to refresh your skills? Learn to ride at Westside Stables on safe, experienced school horses with qualified instructors. Learn horsemanship, safety around horses and the basics of riding in an indoor and outdoor riding facility. Please wear boots with a heel, bike helmet and dress in layers. Boots and helmets are available to loan.

Program offered by Westside Stables
Register at Crystal Pool and Fitness Centre 5/$385
10642 Mon–Fri Mar 16–Mar 20 9 a.m.–1 p.m.
10643 Mon–Fri Mar 23–Mar 27 9 a.m.–1 p.m.

Mad Science: Eureka Inventors Camp (5–10yrs)
Inventing means curiosity, practicality, cooperation and dreaming! Children will overcome a series of challenges using basic materials, simple machines, tips from famous inventors and the most important of all—their mind. With a little bit of ingenuity children will create catapults and forts, and assemble a set of circuits with batteries and light bulbs. While Thomas Edison said, “Invention is 10% inspiration and 90% perspiration”, this camp is 100% fun!
Victoria West Community Centre 5/$265 Half-Day 8:45-12:20 – 5/$165
Mon–Fri Mar 16–Mar 20 8:45 a.m.–3:30 p.m.

Oaklands Spring Break Camp (5–10yrs)
Spring Break is a time for kids to be kids — running free, playing with their friends, and exploring the outdoors. Our action packed two weeks of camp ensures that your children come home exhausted with stories of adventure and camaraderie. Daily and weekly registration available.

Instructor: Compudave
Oaklands Community Centre 5/$175
Mon–Fri Mar 16–Mar 20 7:30 a.m.–5:30 p.m.
Mon–Fri Mar 23–Mar 27 7:30 a.m.–5:30 p.m.

Spring Break Adventure Camp (6–8yrs)
Wondering what to do with your kids over Spring Break? In our adventure camp participants will explore some of the best activities Victoria has to offer. We will also pack in lots of swimming and crafts at Crystal Pool. All activities tailored to the age of your child. Extended care available.

Crystal Pool and Fitness Centre/Victoria Curling Club
Week 1 – Trampoline Park, Bug Zoo & Ice Skating
10784 Mon–Fri 9 a.m.–4 p.m. 5/$175

Week 2 – Trampoline Park, Petting Zoo & Bead World
10788 Mon–Fri 9 a.m.–4 p.m. 5/$175

Spring Break Camp Before and After Care 5/$50
Fee includes both Before and After Care, 8–9 a.m. and 4–5 p.m.

Spring Break Adventure Camp (9–12yrs)
Join us for an exciting week of out-trips, games, crafts and more! This camp will also include many field games, crafts and swimming at the Crystal Pool. Parents, we can guarantee your child will sleep well after this week of activity. Extended care available.

Crystal Pool and Fitness Centre/Victoria Curling Club
Week 1 – Trampoline Park, Ice Skating & Bowling
10785 Mon–Fri 9 a.m.–4 p.m. 5/$175

Week 2 – Trampoline Park, Rock Climbing, & Lazer Tag
10789 Mon–Fri 9 a.m.–4 p.m. 5/$175

Spring Break Camp Before and After Care 5/$50
Fee includes both Before and After Care, 8–9 a.m. and 4–5 p.m.

Spring Break Camp (5–11yrs)
Wondering what to do with your kids over Spring Break? Enjoy exciting activities, great field trips, and a nutritious afternoon snack. This licensed care facility offers quality care in a safe environment where children are treated as individuals. Please bring a picnic style lunch, hat and sunscreen, water bottle, running shoes (no flip flops, clogs or high heeled shoes), appropriate clothing for the day's weather, bathing suit and towel.

Burnside Gorge Community Centre 5/$175 or $40/day Drop-in available daily
Mon–Fri Mar 16–Mar 20 7:30 a.m.–5:30 p.m.
Mon–Fri Mar 23–Mar 27 7:30 a.m.–5:30 p.m.

Spring Break Half Day Soccer Camp (6–12yrs)
Join Brett Hyslop and Steph Steiner from World Cup Soccer for an exciting week of soccer instruction including skills, drills, mini games and fun. Camp runs rain or shine.

Program Offered by World Cup Soccer at Finlayson Soccer Field
Register at Crystal Pool and Fitness Centre 5/$125
10713 Mon–Fri Mar 16–20 9 a.m.–12 p.m.
Spring Break Skateboard & Swim Camp (9–12yrs)
This camp is for beginner to intermediate skateboarders. Participants will learn about the basics of skateboarding including board maintenance, pushing off, trick progressions and dropping in. Skateboard skill development will happen in the morning at Influence Boardshop (3954 Quadra St.) and participants will swim in the afternoon at Crystal Pool and Fitness Centre.
Program offered by Carla Hyslop, BOLD Skate
Register at Crystal Pool and Fitness Centre  $225
11054 Mon–Fri  Mar 16–Mar 20  9 a.m.–4 p.m.
11107 Mon–Fri  Mar 23–Mar 27  9 a.m.–4 p.m.

Winter Break Adventure Camp (6–12yrs)
Join our fantastic fun leaders for a wonderful winter adventure this holiday. Hop on the camp bus and enjoy awesome out-trips around Victoria. Swimming, games, and crafts are included.
Crystal Pool and Fitness Centre  $140
10913 Mon, Tue, Thu, Fri  Dec 30, Jan 2, 3  9 a.m.–4 p.m.
Extended Care Available: 4/$40
10918 Mon, Tue, Thu, Fri  Dec 30, Jan 2, 3  8–9 a.m. & 4–5 p.m.

Engineering for Kids: Minecraft Traveling into the Future (8–13yrs)
Test your ingenuity and problem-solving skills as you navigate through challenges in our virtual Minecraft worlds. Learn teamwork and how to manage resources like real-life engineers. We will also spend part of each day crafting art, science and engineering projects with our hands, playing fun games and at least two afternoons swimming.
Crystal Pool and Fitness Centre  $208
11358 Mon, Tue, Thu, Fri  Dec 30, Jan 2, 3  9 a.m.–4 p.m.
(no camp Jan 1)

DROP-IN
Chill Zone (9–14yrs)
Youth can join us to have monitored screen time, read books/comics, watch movies, make crafts, and play field games! Everyone will have the opportunity to participate in whatever activities speak to them from our Youth Space’s many amenities. Contact us at 250.382.4604 for more information.
Fairfield Community Place  $2 By donation
Thu, Fri  Sep 5–Jun 25  3–5:30 p.m.

Cliff Side Youth Drop-In (10–18yrs)
Bring your friends or meet new ones at the Cliffside Youth Centre. Activities include pool, air hockey, and foosball. Watch movies on a big screen in our unique theatre or join us on an out-trip to places around town. For more information on the Youth Drop-In nights contact Jaz Young, Youth Recreation Coordinator, 250.388.5251.

Youth Drop-In Centre (10–18yrs)
Bored? Need a place to hang out with friends? Meet up @Quadra Village Community Youth Drop-In Centre. We provide a fun, safe and welcoming environment by offering a variety of activities, including a large TV, playstation 3, outdoor basketball, computer access, pool table and lounge, to meet the needs of youth in our community. For more details email tara@quadravillagecc.com.

Youth Drop-In Centre  Free, Drop-in
Thu, Fri  Ongoing  5–8 p.m.

HEALTH & WELLNESS
Movement & Meditation for Home Learners
A holistic class including mindfulness games, stories, yoga postures, mindfulness, and meditation practices. And then we bring it all together with a take home craft.
Instructor: Angie Bull
Victoria West Community Centre (5–8yrs)
Wed  Sep 18–Oct 30  12:30–1:15 p.m.  6/$54
No class Oct 2
Wed  Nov 6–Dec 11  12:30–1:15 p.m.  6/$54
Wed  Jan 15–Mar 11  12:30–1:15 p.m.  9/$81
(9–15yrs)
Wed  Sep 18–Oct 30  1:30–2:30 p.m.  6/$60
No class Oct 2
Wed  Nov 6–Dec 11  1:30–2:30 p.m.  6/$60
Wed  Jan 15–Mar 11  1:30–2:30 p.m.  9/$90

New Roots (11–14yrs)
Are you a youth struggling with anxiety? You are not alone. Find peer support and mentors who will help you explore new strategies in a fun, no pressure, safe and supportive outdoor setting at Government House. We will explore yoga, hiking, art, mindfulness and effective tools for cultivating a peaceful state of mind. Program also includes three caregiver sessions with a focus on supporting youth and personal wellness.
Program offered by Human Nature Counselling
Crystal Pool and Fitness Centre  Free, Drop-in
10641 Wed  Jan 22–Apr 1  3:15–5:15 p.m.  TBA

Yoga for Families (3–7yrs)
Enjoy this fun opportunity to play with your kids while learning poses and games that can be revisited in your everyday life. Learn how to engage your kids in yoga games, moving to music, breathing exercises, relaxation exercises and partner yoga. This is a parent participation class.
Instructor: Sarah Bolen
Oaklands Community Centre  $72 Drop-in $11
Sun  Sep 22–Nov 24  10–10:45 a.m.
No class Oct 13, Nov 10
Sun  Jan 12–Mar 8  10–10:45 a.m.
No class Feb 16
## Yoga for Kids (8–12yrs)
Youth will be introduced to poses, sequences and breathing exercises that will help boost confidence, strengthen the body and improve posture. Participants will leave this class with a yoga toolbox to help manage stress and tension. This class will also explore partner yoga, meditation and yoga games!

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<tr>
<th>Location</th>
<th>Dates</th>
<th>Time</th>
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<tr>
<td>Oaklands Community Centre</td>
<td>Jan 8–Feb 5</td>
<td>3:30–4:15 p.m.</td>
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<td>Feb 12–Mar 11</td>
<td>3:30–4:15 p.m.</td>
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<td>Apr 1–Apr 29</td>
<td>3:30–4:15 p.m.</td>
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## Yoga for Youth (9–12yrs)
This class is designed to develop body awareness and skills to regulate the nervous system. We will explore introductory postures, relaxation techniques and breathing exercises. Youth will leave with tools to take off the mat to help manage stress and tension. All levels welcome.

**Instructor: Ashley Pungente**

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<tr>
<td>James Bay Community Centre</td>
<td>Nov 14–Dec 19</td>
<td>2:45–3:45 p.m.</td>
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<td>Jan 23–Feb 27</td>
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## Engineering for Kids

### Jr. Mechanical (4–7yrs)
Our youngest engineers will be introduced to the concepts of energy, materials, and movement. Students will explore and construct their own roller coasters, spinners, cars, and more! This is a drop off class.

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<td>Crystal Pool and Fitness Centre</td>
<td>Oct 9–Nov 13</td>
<td>4–5 p.m.</td>
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### Jr. Aerospace (4–7yrs)
Kites, rockets and more! Aerospace engineers make so many things that fly! In this program, we will explore a variety of flying object, what keeps them aloft, buoyant and different kinds of propulsion. This is a drop off class.

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<td>Crystal Pool and Fitness Centre</td>
<td>Jan 8–Feb 12</td>
<td>4–5 p.m.</td>
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### Lego Robotics 101 (8–13yrs)
Using LEGO Mindstorms EV3s and working in pairs, learn how to build and program a robot to hit a ball, navigate a track using a light sensor, sumo wrestle another robot, and more! A great introduction to the world of robotics.

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<tr>
<td>Crystal Pool and Fitness Centre</td>
<td>Oct 9–Nov 13</td>
<td>5:30–7 p.m.</td>
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<td>Jan 8–Feb 12</td>
<td>5:30–7 p.m.</td>
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## Food Safety and You (11–14yrs)
Guidelines will be shared in preventing the spread of foodborne illness and contamination of food through proper handwashing; cleaning and preparation of foods; cooling and reheating leftovers and proper thawing of frozen foods. Class will include demonstration of food preparation. Please let us know if you have any food sensitivities or allergies.

**Held at Oaklands Chapel – 2736 Fernwood Road**

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<th>Time</th>
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<tr>
<td>Oaklands Community Centre</td>
<td>Oct 25</td>
<td>9 a.m.–4 p.m.</td>
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<td>Feb 14</td>
<td>9 a.m.–4 p.m.</td>
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## Food Skills for Youth (13–18yrs)
Youth will build their kitchen and cooking skills and employment skills through their work in the kitchen and with the Food Kart. Youth will have the opportunity to learn through experience. Youth must register for this program and space is limited.

**Food Skills Training – Sep to Mar**

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<tr>
<th>Location</th>
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<tr>
<td>Food Kart Employment – Mar to Sep</td>
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## French for Kids Gr. 3–5 Lev 1 (8–11yrs)
This class is an introductory French language class for students in Grades 3-5 who have no or very little previous experience in French. We will have fun learning common vocabulary, phrases, and conversations. This is a great class to take if you want to go into a late French Immersion program in Grade 6 or just want to learn a new language!

**Instructor: Laura Hawkes**

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<tbody>
<tr>
<td>James Bay Community Centre</td>
<td>Jan 23–Feb 27</td>
<td>2:45–3:30 p.m.</td>
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## French for Kids (5–12yrs)
Striking a balance between fun and serious, this program offers rigorous academic objectives while entertaining children with games and diverse activities. Led by an experienced instructor from a French-speaking country, the program is designed to facilitate participation and confidence in all aspects of the language.

**Program offered by Alliance Francaise de Victoria**

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<tr>
<th>Location</th>
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<tbody>
<tr>
<td>Oaklands Neighbourhood House</td>
<td>Sep 17–Oct 22</td>
<td>6–7 p.m.</td>
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<td>Oct 29–Dec 3</td>
<td>6–7 p.m.</td>
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<td>Jan 14–Feb 18</td>
<td>6–7 p.m.</td>
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<td>Feb 25–Mar 31</td>
<td>6–7 p.m.</td>
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## French Tutoring
Struggling with an assignment? Want to boost your grade? Join us Wednesday afternoons for some French tutoring/group help. All ages and abilities welcome. Call ahead of time to ensure space.

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<tbody>
<tr>
<td>Burnside Gorge Community Centre</td>
<td>Sep 18–Mar 25</td>
<td>3:45–4:45 p.m.</td>
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## The Food Kart is for HIRE!
The Food Kart is now up and running! We are available for special events such as school events, family gatherings, workplace parties/BBQ’s, birthday parties, grand openings and other special occasions.

For more information visit our website at quadravillagecc.com and/or contact Tara Skobel at tara@quadravillagecc.com or by calling 250.388.7696 ext 224.
Home Alone (9–12yrs)
A program that teaches children to be more confident and capable should they find themselves home alone. Topics include safety in the home, stranger awareness, fire prevention, internet safety and injury prevention.

Oaklands Neighbourhood House  $25
Mon Sep 23  6–8 p.m.
Mon Dec 2  6–8 p.m.
Mon Mar 9  6–8 p.m.

James Bay Community Centre  $25
Fri Nov 22  12–2 p.m.
Fri Feb 14  12–2 p.m.

Crystal Pool and Fitness Centre  $30
10845 Mon Oct 7  5:30–8 p.m.
10847 Mon Nov 4  5:30–8 p.m.
10850 Mon Dec 2  5:30–8 p.m.
10859 Mon Jan 20  5:30–8 p.m.
10860 Mon Mar 2  5:30–8 p.m.

Red Cross Babysitters Course
(11–15yrs)
This fun, educational and interactive course will include: the basics of babysitting, safety procedures, activities for young children, steps to handle emergencies and more. The class culminates with a test and certificate upon completion. Please bring a lunch, notebook, and pen to class.

Oaklands Community Centre  $50
Held at Oaklands Chapel, 2736 Fernwood Road
Mon Sep 23  9–4 p.m.
Fri Nov 22  9–4 p.m.
Fri Jan 24  9–4 p.m.

Crystal Pool and Fitness Centre  $50
10895 Sat Oct 5  9 a.m.–4 p.m.
10897 Sat Nov 2  9 a.m.–4 p.m.
10898 Sat Nov 30  9 a.m.–4 p.m.
10899 Sat Jan 25  9 a.m.–4 p.m.
10900 Sat Feb 29  9 a.m.–4 p.m.

Young Writers Workshop with Story Studio (11–13yrs)
Are you a young writer looking to take the next step with your stories? During six one-hour sessions, participants will learn about plot structure, compelling characters, and other essentials for crafting fiction. Learn from Story Studio staff and experienced visiting local authors and illustrators. Participants will receive their own bound and illustrated book with their original story inside.
Program offered by the Story Studio Writing Society.

Oaklands Neighbourhood House  6/$90
Mon Sep 23–Nov 4  6–7 p.m.
No class Oct 14
Mon Jan 20–Mar 2  6–7 p.m.
No class Feb 17

OUTDOOR RECREATION
Wild About Wednesdays (5–10yrs)
This weekly outdoor program explores the parks and green spaces in Oaklands and the Greater Victoria area. Join us in the great outdoors to learn about the natural world through active, hands-on activities like hiking, playing nature games, crafts, fort-building, and more! Spending time outside helps kids build confidence and creativity, teaches responsibility, and benefits physical and mental health. Snack included.

Oaklands Community Centre  10/$80 or Drop-in $10
Wed Sep 11–Nov 13  3–5 p.m.

PRO-D DAY CAMPS
Oaklands Non-Instructional Days – Licensed (5–10yrs)
Swimming, skating, Playzone, hockey, parks and special guests are just a few of the adventures we plan for our Pro-D Day camps. Our experienced and playful team make it their priority to provide your child with the best day off of school! Primary camp for 5–7yrs and Intermediate camp for 8–10yrs.

Oaklands Community Centre  $45
Sep 23, Oct 25, Nov 22, Jan 20, Feb 14  7:30 a.m.–5:30 p.m.

Perfect Pro D Day (6–12yrs)
We have the perfect Pro-D Day planned for your enjoyment. We will play games in the morning, have pizza delivered and swim in the afternoon! Love to craft? We’ve got plenty of materials for you to draw, glue, paste and mold with. Tons of fun at Crystal Pool and Fitness Centre.

Crystal Pool and Fitness Centre/Victoria Curling Club  $40
10755 Mon Sep 23  8:30 a.m.–4:30 p.m.
10759 Fri Oct 25  8:30 a.m.–4:30 p.m.
10761 Fri Nov 22  8:30 a.m.–4:30 p.m.
10763 Fri Feb 14  8:30 a.m.–4:30 p.m.
SPECIAL EVENTS

Breakfast with Santa
This fun-filled event includes a pancake breakfast, face painting, crafts, a sing-along and a visit from Santa with photos! Event is by registration only so phone us early to get in on this holiday family tradition.

Oaklands Community Centre  $8/person
Sat Dec 14  9–11 a.m.

Clothing Swap
Come shop for free every fourth Saturday of the month! Bring your gently used items to exchange for new duds or come empty handed and fill up a bag. Clothing will only be accepted during the event, remaining items will be donated.

Fairfield Community Place  Free
Sat fourth Saturday of each month  10 a.m.–1 p.m.

Gingerbread House Workshop
(6–10yrs)
Create and decorate your very own gingerbread house and decorate it any way you want. All building materials and goodies will be provided and Santa's elves will be there to help create your delicious masterpiece! Parents may stay and help or return for pick-up.

Crystal Pool and Fitness Centre  $20
10019 Sat Dec 14  10–12 p.m.
10020 Sat Dec 14  12:30–2:30 p.m.

Monster Mash
Join us for a fang-tastic afternoon of great fun at our Halloween Monster Mash! There will be music, ghoulish games and outrageous prizes. Don't forget your Halloween costume. Pay at the door.

Burnside Gorge Community Centre  $2/person or $5/family
Sat Oct 26  2–4 p.m.

SPORTS

Aikido Beginner (5–7yrs)
An introduction to the principles and basic movements of the Art of Aikido and its values: cooperation, self-discipline, peaceful conflict resolution and fun. Our Aikido classes are now open for parents as well. You can register your child alone or register yourself too for some family fun.

Instructor: Ming Woon, San Shukan Aikikai

James Bay Community Centre
Mon Sep 16–Dec 16  5:30–6:15 p.m.  10/$60
No class Sep 23, Oct 14, 21, Nov 11

James Bay Community Centre
Mon Jan 20–Mar 16  5:30–6:15 p.m.  8/$48
No class Feb 17

Victoria West Community Centre
Mon Sep 9–Oct 28  6–6:45 p.m.  7/$45.50
Mon Nov 4–Dec 16  6–6:45 p.m.  6/$39
No class Nov 11
Mon Jan 13–Feb 10  6–6:45 p.m.  5/$32.50
Mon Feb 24–Mar 30  6–6:45 p.m.  6/$39
No class Oct 14

Basketball (9–17yrs)
Come to Oaklands Elementary School gym and practice your basketball skills. Equipment is provided, but bring a pair of non-marking shoes and some energy! No games on statutory holidays or Pro-D days. Parents welcome to participate and food donations welcome.

Oaklands Community Centre  Free
Tue Sep 10–Dec 10  4–5:30 p.m.
Tue Jan 14–Mar 10  4–5:30 p.m.

Floor Hockey (9–17yrs)
Come to Oaklands Elementary School gym and practice your hockey skills off the ice. Equipment is provided, but just bring a pair of non-marking shoes and some energy. No games on statutory holidays or school breaks. Parents welcome to participate, and food donations welcome.

Oaklands Community Centre  Free
Fri Sep 13–Dec 13  4:30–6 p.m.
Fri Jan 17–Mar 13  4:30–6 p.m.
Karate Club for Kids (6–12yrs)
Learn Shito-Ryo style of Karate from Victoria Renshikan Club at Crystal Pool. Our club philosophy is based on respect, discipline, self-confidence and excellence. We will teach you to challenge yourself, set goals and help you attain those goals. For more information call Rino at 250.920.6797

Crystal Pool and Fitness Centre
10709 Thu Oct 3–Dec 19 4–5 p.m.
10710 Thu Jan 9–Mar 26 4–5 p.m.
Victoria West Community Centre 12/$12
Fri Oct 4–Dec 20 4–5 p.m.
Fri Jan 10–Mar 27 4–5 p.m.
Oaklands Community Centre Free
Thu Jul 18–Oct 10 5–6 p.m.
Thu Oct 17–Dec 19 5–6 p.m.
Thu Jan 9–Mar 12 5–6 p.m.

KATS Tennis
The Society for Kids at Tennis (KATS) provides tennis lessons and equipment to families with a proven need for financial assistance. Using the “progressive tennis” approach recommended by Tennis Canada, we supply smaller racquets, smaller courts, lower nets and low compression balls.

(5–8yrs)
Crystal Pool and Fitness Centre/
Quadra Village Neighbourhood Gym
Free
10711 Mon Oct 7–Dec 16 4–5 p.m.
No class Oct 14, Nov 4
10712 Mon Jan 6–Mar 23 4–5 p.m.
No class Feb 17
Victoria West Community Centre 12/$12
Wed Oct 2–Dec 18 5–6 p.m.
Wed Jan 8–Mar 25 5–6 p.m.
Oaklands Community Centre Free
Thu Oct 17–Dec 19 4–5 p.m.
Thu Jan 9–Mar 12 4–5 p.m.

(9–13yrs)
Crystal Pool and Fitness Centre/
Quadra Village Neighbourhood Gym
10711 Thu Oct 3–Dec 19 4–5 p.m.
10710 Thu Jan 9–Mar 26 4–5 p.m.
Victoria West Community Centre 12/$12
Fri Oct 4–Dec 20 4–5 p.m.
Fri Jan 10–Mar 27 4–5 p.m.
Oaklands Community Centre Free
Thu Jul 18–Oct 10 5–6 p.m.
Thu Oct 17–Dec 19 5–6 p.m.
Thu Jan 9–Mar 12 5–6 p.m.

Kids Karate (6–12yrs)
Wado style training and instruction. A challenging and fun program that emphasizes physical fitness, self-confidence, discipline and self-defense skills. Register for the first 6 months as a beginner, then register through CASK Karate/Wado Canada for their advanced program.

Crystal Pool and Fitness Centre
6/$36
Tue,Thu Sep 10–Oct 17 5:15–6 p.m.
Tue,Thu Oct 22–Nov 28 5:15–6 p.m.
Tue, Thu Jan 14–Feb 20 5:15–6 p.m.
Tue, Thu Feb 25–Mar 12 5:15–6 p.m.

Wolf’s Den Youth Leadership Grant
Do you have an initiative or project you & your friends are passionate about?

Apply for a youth leadership grant of up to $500, and bring your ideas to life!

For further details including application criteria & process, contact your local recreation centre’s youth programmer.
Richardson Sport Soccer Stars (4–6yrs)

This high-energy soccer program introduces you and your child to the fundamental soccer skills. Leaving competition on the sidelines, this program uses connections to your child's world to teach the game of soccer. Instructors will ensure that your child experiences the joy of playing soccer.

Fairfield Community Place
6/$84
Wed Sep 11–Oct 16  6–7 p.m.
Oaklands Community Centre
6/$84
Thu Sep 19–Oct 24  5:15–6 p.m.

Richardson Sport Me & My Coach (4–6yrs)

This 10 sport program will introduce your little one to many skills. Leaving competition on the sidelines, this program uses connections to your child's world to teach sports. Coaches will help find strategies to teach your child basic sport skills in a fun way.

Fairfield Community Place
Thu Sep 12–Oct 17  10:30–11:30 a.m.  6/$84
Thu Oct 24–Nov 28  10:30–11:30 a.m.  6/$84
Thu Jan 16–Mar 12  10:30–11:30 a.m.  9/$126
Oaklands Community Centre
Sat Sep 21–Nov 23  10:30–11:30 a.m.  8/$112
No class Oct 12, Nov 9
Sat Jan 18–Mar 14  10:30–11:30 a.m.  8/$112
No class Feb 15

Richardson Sport Outdoor Super Soccer Star (7–10yrs)

This high-energy program introduces your child to fundamental soccer skills, such as dribbling, shooting, passing, and more! Leaving competition on the sidelines, this program uses connections to your child's world to teach the game of soccer. NCCP certified instructors use games, songs and positive reinforcement, to ensure that your child experiences the joy of playing soccer in a comfortable, sporty environment.

Oaklands Community Centre
6/$84
Thu Sep 19–Oct 24  6–7 p.m.

World Cup Soccer (6–9yrs)

Have a ball with our fun and energetic coach! Boys and girls will learn soccer skills through exciting games and activities.

James Bay Community Centre
8/$64
Thu Sep 19–Nov 7  3:30–4:15 p.m.

Youth Karate (6–12yrs)

Our club philosophy is based on respect, discipline, self-confidence and excellence. We teach children to challenge themselves, set goals, and help them to attain these goals. Our club follows the Shito-Ryu system of karate. For more info call Rino at Victoria Renshikan Karate, 250.920.6797

Victoria West Community Centre
Fri Sep 20–Nov 1  5:15–6 p.m.  6/$39
Fri Nov 8–Dec 13  5:15–6 p.m.  6/$39
Fri Jan 17–Mar 13  5:15–6 p.m.  9/$58.50

Quake Cottage

Ever wonder what an 8.0 magnitude earthquake feels like? You can experience it safely at the Quake Cottage simulator.

Join us on Thursday, September 19 from 10 a.m.–2 p.m. at Central Middle School (1280 Fort Street) to try out the Quake Cottage earthquake simulator and learn What you need to be prepared for a major earthquake. FREE.

The Quake Cottage Tour will visit the Capital Region from September 17–21, 2019.
YOUTH PROGRAMS

Feature Fridays (10–13yrs)
Join us every Friday night for feature events, outings, and activities. Activities include rock-climbing, trampoline park, mini golf, dart battles, tie dye, and more! Seasonal schedules are available at the Crystal Pool and Fitness Centre, on our website or call 250.361.0732. Spaces are limited.

<table>
<thead>
<tr>
<th>Crystal Pool and Fitness Centre</th>
<th>Cost varies</th>
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<tbody>
<tr>
<td>11248 Fri Oct 4 6:30–8:30 p.m.</td>
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<tr>
<td>11293 Fri Oct 11 6:30–8:30 p.m.</td>
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<tr>
<td>11294 Fri Oct 18 6:30–8:30 p.m.</td>
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<td>11295 Fri Oct 25 6:30–8:30 p.m.</td>
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<tr>
<td>11296 Fri Nov 1 6:30–8:30 p.m.</td>
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<td>11297 Fri Nov 8 6:30–8:30 p.m.</td>
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<td>11298 Fri Nov 15 6:30–8:30 p.m.</td>
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<td>11299 Fri Nov 22 6:30–8:30 p.m.</td>
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<td>11300 Fri Nov 29 6:30–8:30 p.m.</td>
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<tr>
<td>11301 Fri Dec 6 6:30–8:30 p.m.</td>
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<tr>
<td>11302 Fri Dec 13 6:30–8:30 p.m.</td>
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<tr>
<td>11303 Fri Jan 17 6:30–8:30 p.m.</td>
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<td>11304 Fri Jan 24 6:30–8:30 p.m.</td>
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<td>11305 Fri Jan 31 6:30–8:30 p.m.</td>
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<tr>
<td>11306 Fri Feb 7 6:30–8:30 p.m.</td>
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<tr>
<td>11307 Fri Feb 14 6:30–8:30 p.m.</td>
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<tr>
<td>11308 Fri Feb 21 6:30–8:30 p.m.</td>
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<td>11309 Fri Feb 28 6:30–8:30 p.m.</td>
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FlipOut Fridays (9–14yrs)
Dodgeball, baking, outdoor games, swimming and movie nights are just a few of the activities you can expect for your FlipOut Friday nights. We provide a fun, safe and welcoming environment for youth to participate in their favourite activities and try new ones. For a schedule, check out our website’s calendar. No FlipOut on statutory holidays or school breaks.

<table>
<thead>
<tr>
<th>Oaklands Community Centre</th>
<th>Drop-in $5</th>
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<tbody>
<tr>
<td>Fri Sep 13–Dec 13 6:30–9 p.m.</td>
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<tr>
<td>Fri Jan 10–Mar 13 6:30–9 p.m.</td>
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Student Dinner Night
Fernwood has a strong student community! We want to give back to our community of studious bookworms, offer a brief study break, and celebrate your hard-working ways by taking dinner off your “to-do” list on one night a week. Fernwood Student Dinner is an opportunity for students in the wider community to come together and enjoy a delicious meal with each other, meet new and familiar faces, and make friends! The dinner will provide a healthy meal, host seasonal games and activities, showcase live music, and offer a chance to gather and meet more rad folks in the community.

<table>
<thead>
<tr>
<th>Fernwood Community Centre</th>
<th>$2–$5 suggested donationFree</th>
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<tbody>
<tr>
<td>Wed Sep 5–Apr 3 6–8 p.m.</td>
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</table>

The “CREW” (13–18yrs)
The CREW is a pre-employment program for youth ages 13–18. We plan events, fundraise, work on resumes and cover letters, field trips to local businesses, job searching and interview skills. Youth will develop teamwork, leadership, employment and fundraising skills through hands on work-experience, interactive youth-driven workshops, and one on one support. For further details please email tara@quadravillagecc.com.

Youth Zone (9–14yrs)
This is a registered program facilitated in our youth space that focuses on character building, gaining leadership skills and being involved in community while providing a safe, enthusiastic environment to socialize close to home. The aim is to prepare, inspire and inform our future leaders in this community while having fun.

<table>
<thead>
<tr>
<th>Fairfield Community Place</th>
<th>$205</th>
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<tbody>
<tr>
<td>Mon, Tue, Wed Sep 3–Jun 24 3–5:30 p.m.</td>
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Spread the Love Film Festival
IF YOU’RE A YOUTH IN GREATER VICTORIA THEN WE WANT TO HEAR FROM YOU! TELL US YOUR STORY, SPEAK UP AND HELP US SPREAD YOUR MESSAGE OF KINDNESS THROUGH FILM!

**What to do:**
Get your friends or classmates together and film a 60 second Public Service Announcement (PSA) that creatively conveys a message of tolerance and kindness.

**How to do it:**
Use your smart phone, camera, tablet or computer to shoot and edit your video. To submit your video, visit the Boys & Girls Club website @ [www.bgcvic.org](http://www.bgcvic.org) and upload it to our dropbox folder.

**When to do it:**
Submit your video with registration package by **Wednesday, February 22**

**Why to do it:**
Because you have a voice and we need your help! You could also win some awesome prizes for participating!

Join us on Wednesday, February 27 for the debut screening of all the video entries, enjoy some popcorn and win some great prizes! For more information, check out the Boys & Girls Club website @ [www.bgcvic.org/filmfest](http://www.bgcvic.org/filmfest)
PHYSICAL LITERACY

PLAY Victoria

PLAY Group Victoria brings partners together to advance physical literacy in Greater Victoria.

Definition

Physical literacy is the motivation, confidence, physical competence, knowledge and understanding to value and take responsibility for engagement in physical activities for life.

- International Physical Literacy Association, May 2014

Physical literacy is the...

...to be active for life

Sport for Life

Sportforlife.ca

Competence

is the development of fundamental movement skills (e.g. run, wheel, jump, throw) in different environments (land, water, air, ice/snow).

Confidence

is developed in welcoming and inclusive environments that allow everyone to participate to their own abilities in a way that challenges them.

Motivation

is developed in program environments that are fun and exciting, have a purpose to develop skills, and facilitate knowledge about activities to value the importance of being active.

When we provide opportunities for our children to move and play from early ages, they gain movement skills.

The more movements they can do, the more activities are available for them to take part in.

As our kids do different movements and activities, they gain the confidence to participate in those activities.

As our kids practice movement skills, they gain the confidence to do those movements in different situations.

Fundamental movement skills like running, wheeling, jumping, throwing, catching, and many more are the building blocks to all movements.

If they have fun, positive experiences, they will be motivated to keep coming back and to try more activities.
## ARTS (CREATIVE, PERFORMING & CULTURAL)

### Acrylics
Starting with simple exercises, explore basic techniques such as brushwork, mixing colour, working with water, acrylic medium and extender to make washes, glazes and textures. Students will work towards making completed paintings in a variety of subject matter such as still life, landscape and working from photos. A $25 material fee is to be paid to instructor at the first class.

**Instructor: Alain Costaz**

<table>
<thead>
<tr>
<th>James Bay Community Centre</th>
<th>6/$65</th>
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<tbody>
<tr>
<td>Wed Nov 6–Dec 11</td>
<td>6:30–8:30 p.m.</td>
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</table>

### Adult Guitar – Beginner (16+ yrs)
Learn to play simple arrangements of popular songs through the reading of music and basic classical techniques. Music book is an additional $10 payable at class. Please bring your own guitar.

**Instructor: Alberto Ubach**

<table>
<thead>
<tr>
<th>James Bay Community Centre</th>
<th>8/$75</th>
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<tbody>
<tr>
<td>Mon Sep 9–Nov 4</td>
<td>5–5:45 p.m.</td>
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<tr>
<td>No class Oct 14, Feb 17</td>
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<tr>
<td>Mon Jan 13–Mar 9</td>
<td>5–5:45 p.m.</td>
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</table>

### Adult Guitar – Intermediate (16+ yrs)
Learn to play simple arrangements of popular songs through the reading of music (both: standard music notation and TAB), and basic classical guitar techniques. Music book is an additional $10 payable at class. Please bring your own guitar.

**Instructor: Alberto Ubach**

<table>
<thead>
<tr>
<th>James Bay Community Centre</th>
<th>8/$75</th>
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<tbody>
<tr>
<td>Mon Sep 9–Nov 4</td>
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<tr>
<td>No class Oct 14</td>
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<tr>
<td>Mon Jan 13–Mar 9</td>
<td>6–6:45 p.m.</td>
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### Adult Ukulele
An introductory class for ukulele. Appreciate the language of music on four strings! Learn basic chords and melodies (and sing-a-long!) while listening to your favourite songs.

**Instructor: Nick Stecz**

<table>
<thead>
<tr>
<th>James Bay Community Centre</th>
<th>10/$100</th>
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<tbody>
<tr>
<td>Mon Sep 16–Dec 2</td>
<td>6:30–7:30 p.m.</td>
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<tr>
<td>No class Oct 14, Nov 11</td>
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<tr>
<td>Mon Jan 13–Mar 9</td>
<td>6:30–7:30 p.m.</td>
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<tr>
<td>No class Feb 17</td>
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### Beginner Bachata Dance
Bachata is a popular partner social dance that originated from the Dominican Republic. Learn basic footwork and body isolation techniques, fun patterns, and musicality so you could dance the night away. Under the spell of the music, feel the rhythm, the connection, have fun and lose yourself. Partner preferred but not required.

**Instructor: Thomas Jono**

<table>
<thead>
<tr>
<th>Oakland Community Centre</th>
<th>6/$60</th>
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<tbody>
<tr>
<td>Mon Sep 23–Nov 4</td>
<td>6–7 p.m.</td>
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<tr>
<td>No class Oct 14</td>
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</table>

### Beginner Bachata Dance II
Bachata is a popular partner social dance that originated from the Dominican Republic. In this class, we continue learning footwork techniques and add partner work so you could dance the night away. We will have fun playing with the music. This class is for dancers with previous Bachata experience. Partner preferred but not required.

**Instructor: Thomas Jono**

<table>
<thead>
<tr>
<th>Oakland Community Centre</th>
<th>4/$40</th>
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<tbody>
<tr>
<td>Mon Nov 18–Dec 9</td>
<td>6–7 p.m.</td>
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### Beginner Ballroom
Beginner Ballroom: The Romantic Slow Waltz is essential for every ballroom dance floor and the smooth and very useful Foxtrot is a Big Band favorite. Partner required.

**Instructor: John de Pfyffer**

<table>
<thead>
<tr>
<th>James Bay Community Centre</th>
<th>5/$50</th>
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<tbody>
<tr>
<td>Fri Sep 13–Oct 18</td>
<td>6:30–7:30 p.m.</td>
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<tr>
<td>No class Oct 11</td>
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### Beginner Cha Cha & Rumba
Cha Cha is a fun and popular Latin Dance. Rumba is the ‘Dance of Love’ which is a great dance to learn for Valentine’s Day. Partners required.

**Instructor: John de Pfyffer**

<table>
<thead>
<tr>
<th>James Bay Community Centre</th>
<th>6/$60</th>
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<tbody>
<tr>
<td>Fri Jan 10–Feb 14</td>
<td>5:30–6:30 p.m.</td>
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### Beginner Kizomba Dance
Learn one of the most popular and fast-growing partner dances in Canada and the world. Kizomba is a slow and sensual dance from Angola. You will learn basic steps, musicality, many ways to create patterns, and connection which is the heart and soul of this dance. Watch out! You may become addicted to this dance. Partner is preferred.

**Instructor: Thomas Jono**

<table>
<thead>
<tr>
<th>Oaklands Community Centre</th>
<th>4/$40</th>
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<tbody>
<tr>
<td>Tue Sep 24–Oct 15</td>
<td>6–7 p.m.</td>
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</table>
**Beginner Salsa, Bachata, and Kizomba Bootcamp**

Are you curious about Latin dance? Do you want to try a beginner Salsa, Bachata, or Kizomba dance class to see if you like it? The Beginner SBK Bootcamp is a great entry point into Salsa, Bachata and Kizomba dancing for people new to dance. It’s a fun, beginner-friendly, non-intimidating introductory workshop. This workshop provides an intensive and practical learning experience and you’ll meet new people and make new friends. Individuals or couples welcome. We will do partner rotations so everyone gets a chance to learn and dance.

*Instructor: Thomas Jono*

Oaklands Community Centre  
**$30**

**Tue**  
**Sep 17**  
**6–9:30 p.m.**

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**Beginner Swing/Jive**

East Coast Swing has been popular since the 1940s and the Jive is the 1950s and 60s version of the dance that is still danced in lounges, night clubs and various dances around the city. Partners required.

*Instructor: John de Pfyffer*

James Bay Community Centre  
**5/$50**

**Fri**  
**Nov 1–Nov 29**  
**6:30–7:30 p.m.**

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**Beginner Watercolour**

Exploring basic techniques students will be guided in making paintings in a variety of subjects including still life landscape and working from photos. Hands on guidance in brushwork, colour mixing, washes and textures with demonstrations and one on one attention in a supportive atmosphere. Please pick up a class material list from the front desk upon registration.

*Instructor: Alain Costaz*

James Bay Community Centre  
**6/$65**

**Wed**  
**Sep 11–Oct 16**  
**6:30–8:30 p.m.**

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**Beginner West Coast Swing**

This is the smoother, slower and sexier version of swing – the dance for those who want to play. Partner required.

*Instructor: John de Pfyffer*

James Bay Community Centre  
**6/$60**

**Fri**  
**Feb 21–Mar 27**  
**6:30–7:30 p.m.**

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**Belly Dancing**

Belly dance is a beautiful, feminine art form arising from the folkloric dances and traditions of the Middle East. You will learn basic isolations, travelling steps, delicious shimmies and sinuous undulations that will strengthen your core, boost your confidence and ignite your creative spark. Come explore traditional Middle Eastern belly dance with Bobbie Barry. No experience required.

*Instructor: Bobbie Barry*

Crystal Pool and Fitness Centre  
**5/$50**

**10559**  
**Tue**  
**Oct 1–Oct 29**  
**7:30–8:30 p.m.**

**10560**  
**Tue**  
**Nov 5–Dec 10**  
**7:30–8:30 p.m.**

**10561**  
**Tue**  
**Jan 14–Feb 11**  
**7:30–8:30 p.m.**

**10562**  
**Tue**  
**Feb 18–Mar 24**  
**7:30–8:30 p.m.**

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**Creating a Visual Workbook**

Create a personalized piece of art while gaining a deeper understanding of your sources of inspiration. Learn to use collage, printmaking, image transfer, acrylic mediums, paints and/or stencils to build your workbook (an upcycled hardbound thrift store book) and to express your artistic voice. Classes will be held in a fun and relaxed environment and no experience is needed to participate. An additional $25 material fee for printmaking supplies, paints and specialty papers is required with each registration and you are requested to bring your personal “source material” from home to include in your project.

*Instructor: Tony Bounsall*

James Bay Community Centre  
**6/$72**

**Thu**  
**Nov 14–Dec 19**  
**6:30–8:30 p.m.**

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**Creative Drawing**

Expand your drawing skills. Using drawing for personal expression, students explore ideas, expand their drawing knowledge, and gain confidence in their art. They learn how to use a selected variety of drawing materials and techniques to conceive, develop and conclude a drawing. Previous drawing experience not required.

*Instructor: Alain Costaz*

James Bay Community Centre  
**6/$85**

**Wed**  
**Jan 15–Feb 19**  
**6:30–8:30 p.m.**

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**Embroidery for Beginners**

In this workshop, you will learn basic stitches for hand embroidery. These simple, easy to master stitches are the basis of any embroidery project. You will walk away with the supplies to start your own project and a sampler of these basic stitches. All supplies included.

*Oaklands Neighbourhood House*  
**$35**

**Mon**  
**Oct 7**  
**6–8 p.m.**

**Mon**  
**Feb 10**  
**6–8 p.m.**

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**Friendly Crafters**

Looking for an outlet for your creativity? Bring in any type of craft to work on, and meet some wonderful people in your neighbourhood while you’re at it. Art supplies are available for group use, everyone is welcome, and this fun, social group is free.

*Quadra Village Community Centre*  
Free, Drop-in  
**Thu**  
**Ongoing**  
**12:30–3 p.m.**
Fusion Belly Dance
This class explores traditional belly dance techniques and introduces students to fusion belly dancing – inspired by beautiful postures, moves, and routines from classical ballet and ballroom. Yuliya started gymnastics and ballroom dance at the age of 4 and competed throughout Europe throughout her youth.

Instructor: Yuliya Logan
Crystal Pool and Fitness Centre 5/$50
10675 Mon Sep 30–Nov 4 7–8 p.m.
No class Oct 14
10676 Mon Nov 18–Dec 16 7–8 p.m.
10677 Mon Jan 13–Feb 10 7–8 p.m.
10678 Mon Feb 24–Mar 23 7–8 p.m.

Intermediate Ballroom
Improve on your basic figures in Waltz and Foxrot and add more fun figures to get you moving around the floor more.

Instructor: John de Pfyffer
James Bay Community Centre 5/$50
Fri Nov 1–Nov 29 5:30–6:30 p.m.
Fri Feb 21–Mar 27 5:30–6:30 p.m.

Intermediate Cha Cha & Rumba
These fun Latin dances are useful and popular at social events and weddings as well as at ballroom dances. Improve on your basic figures in this intermediate class and add some more play to both of these enjoyable dances.

Instructor: John de Pfyffer
James Bay Community Centre 6/$60
Fri Nov 1–Nov 29 5:30–6:30 p.m.
 Fri Jan 10–Feb 14 6:30–7:30 p.m.

Introduction to Watercolours
Enjoy watercolour painting in a group setting and develop your creativity while exploring basic watercolour techniques, such as mixing color, brushwork and working with water. We will focus on painting flowers, trees, and the sky in its various forms. The instructor will send a supply list by email before the first class.

Instructor: Shamin Zahabioun
Oaklands Neighbourhood House 6/$75
Mon Sep 30–Nov 18 7:30–8:45 p.m.
No class Oct 14, Nov 11
Mon Jan 20–Mar 2 7:30–8:45 p.m.
No class Feb 17

Knitting for Newbies
Enter the wondrous world of knitting and acquire a new skill, make something useful, and experience the calm! In this beginner’s workshop, you will learn how to cast on, knit, purl, and bind off. With the class project – a cotton dishcloth – you will learn how to increase and decrease stitches. All materials supplied.

Oaklands Neighbourhood House 3/$45
Sat Sep 21–Oct 5 2–3:30 p.m.
Sat Jan 18–Feb 1 2–3:30 p.m.

Learn to Knit
This 2 hour evening class is perfect for the beginner knitter. Basic elements of casting on, knit and purl stitches, binding off, and seaming will be covered. Students will be given a choice of patterns for a simple project which will incorporate techniques learned in class. Classes will also cover an overview of yarn and needles, swatching, and accessing free patterns. $20 material fee will include handouts, yarn, patterns, and the use of the instructor’s needles. Students can bring their own 5mm & 6mm needles, if they have these.

Instructor: Devorah Kahn
James Bay Community Centre 4/$80
Tue Sep 10–Oct 1 6:30–8:30 p.m.

Musical Theatre for Adults (16+)
Musical theatre brings together the triple threat of performing disciplines – singing, acting and dancing. In this class you will learn the basics of musical theatre in a fun and dynamic environment. No experience necessary.

Crystal Pool and Fitness Centre 4/$80
10580 Wed Oct 2–Oct 23 7:30–9:30 p.m.
10674 Wed Jan 29–Feb 19 7:30–9:30 p.m.

Uke 101
An introductory class for ukulele, or brush up on your uke chops! Appreciate the language of music on four strings. Learn chords, rhythms and melodies (and sing-a-long!) Must bring your own ukulele.

Instructor: Nick Slezc
Oaklands Neighbourhood House 6/$60
Tue Sep 17–Oct 22 7:15–8:15 p.m.
Tue Oct 29–Dec 3 7:15–8:15 p.m.
Tue Jan 14–Feb 18 7:15–8:15 p.m.
Tue Feb 25–Mar 31 7:15–8:15 p.m.

Upcycling Clothing with Embroidery
In this workshop, you will learn how to use simple embroidery stitches to decorate your clothes. After learning how to complete a few basic stitches, you will sketch out a design and start stitching. Samples and inspiration photos will be provided. All supplies included but please bring an article of clothing, 100% non-stretch cotton, denim, or linen fabrics preferred.

Oaklands Neighbourhood House $30
Mon Sep 16 6–8 p.m.
Mon Jan 20 6–8 p.m.
## Watercolour on Masa Paper
Learn how to paint beautiful watercolours on Japanese art paper with Richard Wong, a local professional wildlife artist. You will be introduced to a unique way of painting and approach to watercolours. Join our friendly group and learn to paint, laugh and create together. Classes are relaxed, fun and fully supported. Suitable for absolute beginners and everyone else. Includes all art supplies and handouts.

**Instructor:** Richard Wong
**Crystal Pool and Fitness Centre**
10965 ** Tue Oct 8–Nov 12** 1–3 p.m.

## Wellness Mandala for Women
Each person’s optimal wellness reflects her own experiences, personality traits and emotional needs. Over the course of eight weeks, you will learn how to create an individual Wellness Mandala and gain deep understanding of how each aspect impacts your well-being. Psychological strategies will be shared to increase your awareness on how to improve areas that may have been neglected. This workshop will include art making and journal writing. No art experience necessary. All supplies will be provided.

**Instructor:** Shahin Jones, RCC, Registered Art Therapist
**Oaklands Neighbourhood House**
8/$150 Mon Sep 23–Nov 25 7:15–8:45 p.m.
No class Oct 14, Nov 11

## Zentangle®
Wellness, meditation and relaxation! Need to refocus? Take time for yourself? Want to explore something unique and new where mistakes are allowed? The Zentangle Method is an easy to learn, relaxing and fun way to create beautiful images by drawing structured patterns. Even if you think you can’t draw, you can Zentangle. Benefits include increased focus, creativity, artistic satisfaction and support of your overall well being. All supplies included.

**Instructor:** Richard Wong
**Victoria West Community Centre**
4/$45 Tue Sep 10 6–7:30 p.m.
Sat Oct 5 10:30 a.m.–12:30 p.m.
Tue Nov 12 6–7:30 p.m.
Sat Jan 25 10:30–12:30 p.m.
Tue Mar 24 6–7:30 p.m.

## Android Tablets & Smartphones
Any questions to do with your tablet (e.g. Samsung) or smart phone (e.g. LG, Samsung) are discussed.

**Instructor:** David Bassett
**Victoria West Community Centre**
$37 Tue Oct 1 6–7:30 p.m.
Sat Nov 30 1–2:30 p.m.
Thu Feb 27 6–7:30 p.m.

## Apple TV & Netflix Workshop
Any questions to do with your Shaw or Telus TV, and Netflix are discussed. Connecting your iPad/iPhone/Mac/PC to your TV wirelessly. Netflix, Airplay and other features explained.

**Instructor:** David Bassett
**Victoria West Community Centre**
$37 Wed Sep 4 7:30–9 p.m.
Wed Nov 20 7:30–9 p.m.
Wed Jan 15 7:30–9 p.m.
**James Bay Community Centre**
$37 Thu Oct 29 7:40–9:10 p.m.
Thu Dec 19 6–7:30 p.m.
Sat Feb 15 9–10:30 a.m.

## Computer Access
Fernwood Community Centre
Free Mon–Thu Ongoing 9 a.m.–8 p.m.
Fri Ongoing 9 a.m.–4 p.m.

Oaklands Community Centre
Free Wed Ongoing 9:30–11 a.m.

Quadra Village Community Centre
Free Mon–Thu Ongoing 9 a.m.–3:30 p.m.
Fri Ongoing 9 a.m.–1:30 p.m.

## Computers – Introduction
Learn computer terms, word-processing and email.

**Instructor:** CompuDave Services
**James Bay Community Centre**
2/$148 Tue, Thu Oct 15, 17 6–9 p.m.
Tue, Thu Dec 10, 12 6–9 p.m.
Tue, Thu Feb 4, 6 6–9 p.m.

## Email & Facebook Workshop
Any questions to do with your email (e.g. Windows Mail, Mac Mail, Google Mail, Yahoo Mail, Hotmail, Outlook) and Facebook are discussed.

**Instructor:** David Bassett
**Victoria West Community Centre**
$37 Wed Sep 4, Nov 20, Jan 15 6–7:30 p.m.

## Intro to iPad
Learn how to transfer songs to your iPad from Internet or CD, sync with your Mac or PC, playback options, basic operation.

**Instructor:** CompuDave Services
**James Bay Community Centre**
$37 Sat Oct 19 9:30–11 a.m.
Tue Dec 3 6–7:30 p.m.
Tue Jan 28 6–7:30 p.m.
**Victoria West Community Centre**
$37 Wed Sep 11 6–7:30 p.m.
Sat Nov 16 2:30–4 p.m.
Wed Feb 19 6–7:30 p.m.
**Intro to Mac**

An introduction to a safe and easy-to-use computer technology with the features that learn email, internet access, CD burning, photo and music, etc.

*Instructor: CompuDave Services*

**Mac File Management**

Learn how to organize your files and folders; learn backups and how to create shortcuts or aliases, rename and delete files, and understand different files types.

*Instructor: CompuDave Services*

**iPad & iPhone: Photos, Music & Podcasts**

You will learn how to take and organize photos, transfer photos to and from iPad/iPhone and how to transfer songs, sync with your Mac or PC, and transferring podcasts.

*Instructor: David Bassett*

**MS Excel (PC & Mac)**

This standard spreadsheet will help get yourself back into the workforce, keeping track of your own investments and business bookkeeping.

*Instructor: CompuDave Services*

**iPad, iPhone & Android for Travelers**

Discover great travelling, translating, touring, GPS and mapping apps for the iPad/iPhone/Android.

*Instructor: David Bassett*

**Photos for Mac**

Learn how to scan, organize, edit, email with different sizes, create cards, slideshows, books, calendars.

*Instructor: CompuDave Services*

**iPhone Workshop**

Find out how to transfer address books, calendars, photos, & music (iTunes); learn how to text, browse the Internet, email, apps, change the setup.

*Instructor: CompuDave Services*

**iTunes**

Learn how to organize/add music, burn cds, listen to radio.

*Instructor: CompuDave Services*

**Social Media & File Sharing**

Facebook, Twitter, Instagram, iCloud/Cloud, Dropbox, etc.

*Instructor: CompuDave Services*

**Windows File Management**

Learn how to organize your files and folders. Learn backups and how to create shortcuts, rename and delete files, and understand different files types.

*Instructor: CompuDave Services*
### Adult Programs

#### DROP-IN

**Adapted Fitness**  
This is a mild fitness program for adults with special needs, including cardiovascular exercise and weights.

<table>
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<tr>
<th>Location</th>
<th>Description</th>
<th>Fee</th>
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<tbody>
<tr>
<td>Victoria West Community Centre</td>
<td>Drop-in $2</td>
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<tr>
<td>Mon Sep 9–Mar 301</td>
<td>1:15 a.m.–12 p.m.</td>
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<tr>
<td>No class Oct 14, Nov 11, Feb 17</td>
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**Basketball Drop-In**  
Drop in for a friendly game of basketball.

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<th>Location</th>
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<tbody>
<tr>
<td>James Bay Community Centre</td>
<td>Drop-in $3.50</td>
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<tr>
<td>Mon Sep 16–Dec 16</td>
<td>7–9 p.m.</td>
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<td>No Bball Oct 14, 21, Nov 11</td>
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<td>Thu Sep 19–Dec 12</td>
<td>7–9 p.m.</td>
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<td>Mon Jan 6–Mar 23</td>
<td>7–9 p.m.</td>
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<tr>
<td>Thu Jan 9–Mar 26</td>
<td>7–9 p.m.</td>
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**Fernwood Family Dinner**  
Fernwood Family Dinner is an opportunity for families to come together and share a prepared meal, followed by a time to play and socialize together. Planned play activities will provide opportunities for one-one parent support.

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<tr>
<th>Location</th>
<th>Description</th>
<th>Fee</th>
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<tbody>
<tr>
<td>Fernwood Community Centre</td>
<td>Free or $5/Family Donation</td>
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<tr>
<td>Mon Sep 5–Apr 3</td>
<td>5–7 p.m.</td>
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**Learn Arabic!**  
Start learning, practicing, and gaining confidence in your ability to speak and write in Arabic. Our program is open to all levels, and runs weekly. Our instructor will work with you to reach your goals of fluency in a new language. For more information, please call the Quadra Village Community Centre at 250.388.7696.

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<tr>
<th>Location</th>
<th>Description</th>
<th>Fee</th>
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<tr>
<td>Quadra Village Community Centre</td>
<td>Free</td>
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<tr>
<td>Wed Sep 4–Jun 24</td>
<td>12–1 p.m.</td>
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**LGBTQ Narcotics Anonymous**  
Narcotics Anonymous provides a recovery process and peer support network that are linked together. One of the keys to NA’s success is the therapeutic value of addicts working with other addicts.

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<tr>
<td>Fernwood Community Centre</td>
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<td>Thu Sep 5–Apr 3</td>
<td>7–8 p.m.</td>
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**Mahjong**  
Mahjong is a 3000 year old classic Chinese puzzle game using tiles instead of cards. A great game to sharpen and maintain your thinking skills and a wonderful way to meet new friends and socialize.

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<th>Location</th>
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<th>Fee</th>
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<tr>
<td>Victoria West Community Centre</td>
<td>Drop-in $2</td>
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<td>Thu Sep 5–Mar 26</td>
<td>10 a.m.–12 p.m.</td>
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**Shotokan Karate**  
Formed in 1972, Canada Shotokan Karate is affiliated with Shotokan Karate of America (formed in 1956), a non-profit group dedicated to the teaching of traditional karate. In the Vic West Community Center adult classes are open to all abilities and ages 16+.

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<tr>
<td>Fernwood Community Centre</td>
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<tr>
<td>Thu Sep 3–Mar 31</td>
<td>6:15–7:45 p.m.</td>
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**Stigma Free Zone**  
This is for women 25+ who live with a mental health condition such as bipolar disorder, schizophrenia, anxiety and/or depression. You do not need an official diagnosis, and we are here for you if you have mental health concerns.

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<tr>
<td>Fernwood Community Centre</td>
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<td>Tue Sep 5–Apr 3</td>
<td>7–8:30 p.m.</td>
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STRONG by Zumba
STRONG combines body weight, muscle conditioning, cardio and plyometric training moves synced to original music. This high intensity style workout is Zumba's new non-dance workout. Using inspirations from karate, kickboxing and cross-fit, it is sure to make you sweat and push you to your limits. Program held at S. J. Willis gym.
Fairfield Community Place  Drop-in $13
Thu Sep 26-Oct 24  6:30–7:30 p.m.
Thu Nov 7-Dec 5  6:30–7:30 p.m.
Thu Jan 16–Feb 13  6:30–7:30 p.m.
Thu Feb 20–Mar 1  6:30–7:30 p.m.

Tai Chi
Gain improved circulation, flexibility, balance, strength, and reduce stress through this gentle workout. Participants will be introduced to Tai Chi 24 and 88 forms.
Victoria West Community Centre  Drop-in $2
Mon,Wed Sep 4–Mar 30  4:30–5:30 p.m.
No class Oct 14, Nov 11, Feb 17

Walking Group
Meet at the Centre and enjoy a walk around the neighbourhood followed by coffee time in one of our local cafes. This is a participant facilitated group.
James Bay Community Centre  Free
Wed Sep 11–Dec 18  9:30 a.m.
Wed Jan 8–Mar 25  9:30 a.m.

Zen Meditation
Learn and practice the techniques of Zen meditation. The teacher, Wayne Codling, is a lineage holder in the Soto Zen tradition. There is no fee and no need to register. Beginners and experienced meditators are welcome. The approach is gentle, respectful, and non-sectarian.
Instructor: Wayne Codling
Victoria West Community Centre  By donation
Wed Sep 4–Mar 25  7:45–9 p.m.

HEALTH & WELLNESS

Adult Beginner Ballet
This class will focus on the basic technique of ballet. Participants will get a great workout as the class cycles through barre, centre and cross-floor exercises. Based on the Royal Academy of Dance Syllabus.
Fairfield Community Place  10/$100
Tue Jan 14–Mar 17  8:15–9:15 p.m.

Adult Beginner Modern Dance
This class will introduce participants to the amazing world of modern dance. Combining jazz, hip hop and lyrical ballet aspects, modern dance is a wonderful amalgamation of many forms of dance. Set to all kinds of music including contemporary and class choice.
Fairfield Community Place  10/$100
Tue Sep 24–Nov 26  8:15–9:15 p.m.

Advance Style Tai Chi
A combination of Chen Inner Family Tai Chi and Yang Inner Family Tai Chi. Previous Tai Chi training is a prerequisite for joining this class.
Instructor: Eric Tuttle
James Bay Community Centre  12/$72
Wed Sep 18–Dec 4  6:40–7:45 p.m.
Wed Jan 15–Mar 18  6:40–7:45 p.m.

Anxiety Support with Guided Relaxation
Drop in to a comfortable place and share your story. This group is intended to offer a safe place to talk about anxiety. We follow the 1-2-3 model of engagement, providing the option of feedback. We end the session with a seated guided relaxation. This is not therapy or counselling. This is facilitated to provide an outlet for those feeling isolated in anxiety and to enjoy guided relaxation.
Instructor: Facilitator: Mokie Burnham
James Bay Community Centre  Free
Wed Sep 11–Dec 4  7–8 p.m.
Wed Jan 15–Mar 11  7–8 p.m.

Balance, Strength and Stretch
Learn how to strengthen your muscles safely and effectively with a variety of strength training equipment. This program will help you look better, feel better and improve flexibility, balance and strength. Part of the class is on a chair and part stand up. Basic equipment supplied.
Fairfield Community Place  13/$117
Tue Sep 10–Dec 3  8:30–9:30 a.m.
Tue Jan 14–Mar 17  8:30–9:30 a.m.

Band, Balls and Weights
In this class, we use small weights, bands and balls to strengthen your muscles. We then spend time to ensure that each muscle group is stretched out. These exercises increase your strength, balance, and flexibility which, increases your ability to walk and move with greater ease and certainty. This class can be done sitting and standing.
Fairfield Community Place  6/$60
Thu Nov 7–Dec 12  6–7 p.m.
Barre Flex (Pilates, Dance & Yoga)
Synthesis of pilates, dance and yoga, this high energy class incorporates floor and mat work with the ballet barre. Set to today’s hottest music, this class will increase your strength, stamina and flexibility. Program delivered at Alive MindBody (301–1821 Cook St.)
Crystal Pool and Fitness Centre 6/$54
10816 Tue Sep 17–Oct 22  7–7:55 p.m.
10817 Tue Oct 29–Dec 3  7–7:55 p.m.
10815 Tue Jan 14–Feb 18  7–7:55 p.m.
10814 Tue Feb 25–Mar 31  7–7:55 p.m.

Belly Dancing
Belly dance is a beautiful, feminine art form arising from the folkloric dances and traditions of the Middle East. You will learn basic isolations, travelling steps, delicious shimmies, and sinuous undulations that will strengthen your core, boost your confidence, and ignite your creative spark. Come explore traditional Middle Eastern belly dance with Bobbie. No experience required.
Instructor: Bobbie Barry
Victoria West Community Centre
Wed Sep 25–Oct 30  5:30–6:30 p.m. 6/$60
Wed Nov 6–Dec 11  5:30–6:30 p.m. 6/$60
Wed Jan 15–Feb 12  5:30–6:30 p.m. 5/$50
Wed Feb 19–Mar 25  5:30–6:30 p.m. 6/$60

BellyFit Flow
This class is a blend of yoga and dance. Following a traditional group fitness format, the focus is on building strength and flexibility, using music to inspire the movements. This is a mat-based class. Participants must be able to get up and down off the floor.
Instructor: Melanie Langman
Oaklands Community Centre Drop-in $12
Wed Sep 11–Oct 30  7:15–8:15 p.m. 8/$80
Wed Nov 6–Dec 18  7:15–8:15 p.m. 7/$70
Wed Jan 8–Feb 25  7:15–8:15 p.m. 5/$50
Wed Feb 12–Mar 11  7:15–8:15 p.m. 5/$50

Bodyweight Strength & Stretch
A pilates-inspired class targeting deep core activation through a hybrid workout of traditional pilates, bodyweight exercises, and active breath work. The BOSU® and other props are incorporated to deepen the practice and increase the burn. Hard work, strong core, strong bodies!
Instructor: Spencer Irwin
Crystal Pool and Fitness Centre 6/$54
10838 Tue Oct 1–Nov 5  5:30–6:30 p.m.
10839 Tue Nov 12–Dec 17  5:30–6:30 p.m.
10840 Tue Jan 14–Feb 18  5:30–6:30 p.m.
10841 Tue Feb 25–Mar 31  5:30–6:30 p.m.

Cardio Abs & Glutes
This class will ignite your core and glutes. Thirty plus minutes of focused exercises will have your entire midsection tapped out in no time. Appropriate warm up and cool down will get you ready for this highly targeted work out with a cardio twist.
Oaklands Community Centre 7/$63 Drop-in $12
Tue Sep 17–Oct 29  7–8 p.m.
Tue Nov 5–Dec 17  7–8 p.m.
Tue Jan 7–Feb 18  7–8 p.m.
Tue Feb 25–Apr 7  7–8 p.m.

Circuit Training
This class will help condition your whole body using resistance training and cardio exercises. It targets muscular endurance and strength and is great for losing weight and reshaping your body. Multiple rounds of intense exercise utilizing your own body weight and resistance bands will have you feeling drained yet satisfied. We always have a full and dynamic warm-up to ensure joints and muscles are ready and a proper cool down to help with recovery.
Oaklands Community Centre 7/$63 Drop-in $12
Tue Sep 17–Oct 29  8–9 p.m.
Tue Nov 5–Dec 17  8–9 p.m.
Tue Jan 7–Feb 18  8–9 p.m.
Tue Feb 25–Apr 7  8–9 p.m.

Core and More
All levels of fitness can achieve benefits from this class. Foundation balance movements are followed by a core focus which builds muscular strength and endurance.
Instructor: Mokie Burnham
James Bay Community Centre
Wed Sep 11–Oct 16  5:30–6:30 p.m. 6/$48
Wed Oct 23–Dec 4  5:30–6:30 p.m. 7/$56
Wed Jan 15–Feb 1  5:30–6:30 p.m. 6/$48
Wed Feb 26–Mar 25  5:30–6:30 p.m. 5/$40

Eat Breathe Thrive Victoria
Offered in over 70 centres worldwide, this new program is for anyone with a body. It combines mindfulness traditions with modern neuroscience to give us the critical thinking and feeling skills, and practical tools we need to thrive in a society where “diet culture” is normalized. Includes a 10X pass for Crystal Pool and Fitness Centre.
Crystal Pool and Fitness Centre Early Bird Price: 6/$249
After Sep15 : 6/$299
10517 Thu Oct 3–Nov 7  6–6 p.m.
10679 Thu Jan 30–Mar 5  6–6 p.m.

Egoscue
Learn the unique method developed by Pete Egoscue to relieve chronic pain in the body, and return your body to proper alignment, function, and balance.
Instructor: Nina Moisyeyeva
Victoria West Community Centre
Mon Sep 9–Oct 21  6:10–7:25 p.m. 6/$90
No class Oct 14
Mon Nov 4–Dec 16  6:10–7:25 p.m. 6/$90
No class Nov 11
Mon Jan 13–Mar 9  6:10–7:25 p.m. 8/$120
ESSENTRICS® – Aging Backwards
This gentle, age reversing workout will help to release tight muscles, rebalance joints, improve posture and restore the entire body. Regain your flexibility and mobility while slowly building strength and reawakening the power of your 650 muscles. Designed for men and women of all ages who are new to the technique or who are beginning to exercise after a sedentary period.

_Instructor: Phyllis Musseau_

Crystal Pool and Fitness Centre
10696 Wed Oct 2–Nov 6 10:30–11:30 a.m. 6/$54
10697 Wed Nov 13–Dec 11 10:30–11:30 a.m. 5/$45
10698 Wed Jan 15–Feb 19 10:30–11:30 a.m. 6/$54
10699 Wed Feb 26–Apr 1 10:30–11:30 a.m. 6/$54

Groove
Experience the fun new workout that everyone is talking about. Groovin’ is a revolutionary workout that celebrates everybody’s unique way of moving. Break out of the fitness box! The movements are purpose-driven and are designed to build strength, cardio, and endurance. Multi-level class, no experience necessary.

_Instructor: Kristina Quinn_

Victoria West Community Centre
Wed Sep 11–Oct 23 6:45–7:45 p.m. 7/$70
Wed Nov 6–Dec 11 6:45–7:45 p.m. 6/$60
Wed Jan 8–Feb 12 6:45–7:45 p.m. 6/$60
Wed Feb 19–Mar 25 6:45–7:45 p.m. 6/$60

Guided Meditation Series: Getting in Touch with Your Energy Body
Come join us in a 5-week meditation series where you will raise your consciousness through guided meditations. Not only will you raise your consciousness through meditation, but you will also learn to get in touch with and begin to feel your energy body.

_Instructor: Sheila Bell_

Victoria West Community Centre 5/$75
Sat Sep 14–Oct 19 11:30 a.m.–12:30 p.m.
No class Oct 12
Sat Nov 16–Dec 14 11:30 a.m.–12:30 p.m.
Sat Jan 11–Feb 8 11:30 a.m.–12:30 p.m.
Sat Feb 22–Mar 21 11:30 a.m.–12:30 p.m.

Health and Williness Qi Gong
This class will help relax the tendons, limber up the joints, promote flow of qi and blood, and gather and store essence (jing), breath (qi), and spirit (shen).

_Instructor: Eric Tuttle_

James Bay Community Centre
Thu Sep 19–Dec 12 6:30–7:45 p.m. 12/$72
Thu Jan 16–Mar 26 6:30–7:45 p.m. 11/$66

High Intensity Interval Training (HIIT)
HIIT is a total body, heart pumping, aerobic and strength conditioning workout. This interval-based class combines full-body strength training with high intensity cardio bursts designed to tone your body. Expect warm-up and cool down times with a half hour HIIT session, outdoors when possible. Modifications for all fitness levels are provided.

_Instructor: Yvonne Jones_

Oaklands Community Centre Drop-in $12
Tue Aug 27–Oct 1 6–7 p.m. 6/$54
Thu Aug 29–Oct 3 6–7 p.m. 6/$54
Tue Oct 8–Nov 12 6–7 p.m. 6/$54
Thu Oct 10–Nov 14 6–7 p.m. 6/$54
Tue Nov 19–Dec 17 6–7 p.m. 5/$45
Thu Nov 21–Dec 19 6–7 p.m. 5/$45
Tue Jan 7–Feb 11 6–7 p.m. 6/$54
Thu Jan 9–Feb 13 6–7 p.m. 6/$54
Tue Feb 18–Mar 24 6–7 p.m. 6/$54
Thu Feb 20–Mar 26 6–7 p.m. 6/$54

Fit For Life
Personal Training Special
10 one-on-one personally tailored workout sessions with a Certified Personal Trainer

Promotional Sale: 
$299 for 10 sessions
December 15, 2019 until January 15, 2020

How to Register:
Phone: 250.361.0732
In Person: Crystal Pool & Fitness Centre
2275 Quadra Street
Messages From Your Body
In this six week program we will be exploring what your body is trying to tell you with all those aches and pains, discomfort, disease or illness. We become so good at ignoring our body messages that it literally has to scream at us to get our attention. That is where illness and injury happen. Together we will discover what your body may be trying to tell you. Then you can make the choice to listen to your body and heal, moving you toward a life of health and well-being. Bonus: Receive a 30 minute coaching call with Helen.

Instructor: Helen Dougherty

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<tr>
<th>Venue</th>
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<th>Time</th>
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<tr>
<td>James Bay Community Centre</td>
<td>Oct 20</td>
<td>9 a.m.–5 p.m.</td>
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<tr>
<td>Burnside Gorge Community Centre</td>
<td>Feb 2</td>
<td>9 a.m.–5 p.m.</td>
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Mindful Happiness
What difference would it make to your life if you could be happier? Science says you’d have better relationships, be more creative, be resilient to stress and even be more successful. Over an intensive day, positive psychology expert Paul Krismer will teach you the science and the tools to become happier and reap the rewards that go with it.

Instructor: Paul Krismer (see bio)

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<th>Venue</th>
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<tr>
<td>Crystal Pool and Fitness Centre</td>
<td>Oct 20</td>
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<tr>
<td>Crystal Pool and Fitness Centre</td>
<td>Feb 2</td>
<td>9 a.m.–5 p.m.</td>
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Mindful Meditation
Give your life a mindful makeover! Relax, connect, and slow down with mindfulness. Enjoy mindful meditation, body awareness, walking and eating as you reduce stress, anxiety, depression, and appreciate the benefits mindfulness brings to your daily life.

Instructor: Paul Krismer

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<th>Venue</th>
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<tbody>
<tr>
<td>Fairfield Community Place</td>
<td>Nov 5</td>
<td>6–7 p.m.</td>
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Nia Dance, Laugh, Play
Dance has been proven to help cognitive function, as well as, condition the bodies heart, lungs, bones and muscles while just having fun moving to music. Nia is choreographed and is free dance combined with martial arts and healing. Nia improves circulation and helps maintain a healthy weight. Nia is great for any age, fitness level, or body type.

Instructor: Candice Francis

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<tr>
<td>Victoria West Community Centre</td>
<td>Jan 10</td>
<td>6–7:15 p.m.</td>
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Pilates
Pilates is a whole body workout that develops long, lean, and toned muscles. Join us to develop core strength, flexibility, and balance in this safe and accessible class. Learn to become aware of breathing patterns and spinal alignment while engaging the deep muscles of your core. Modifications for beginner and intermediate students provided. Student must be able to get up and down off the floor.

Instructor: Melanie Langman

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<tbody>
<tr>
<td>Oaklands Community Centre</td>
<td>Oct 30</td>
<td>6–7 p.m.</td>
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POUND
Instead of listening to music, you become the music in this exhilarating full-body workout that combines cardio, conditioning, and strength training with yoga and pilates-inspired movements. Using Ripstix, lightly weighted drumsticks engineered specifically for exercising, POUND transforms drumming into an incredibly effective way of working out. The workout is easily modifiable and the alternative vibe and welcoming philosophy appeals to men and women of all ages and abilities.

Instructor: Nathen Bernshaw

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<th>Venue</th>
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<tbody>
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<td>Feb 27</td>
<td>6:45–8:45 p.m</td>
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Quit Smoking
This program was developed in 1992 from the original Anti-Cancer Council of Victoria Australia Program. The Canadian Cancer Society Vancouver Island Region adapted the program with only slight revisions. This program offers helpful tips to quit smoking with a small group of like-minded smokers who want to quit smoking (cigarettes, cigars, vaping etc.).

Instructor: Nathen Bernshaw

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<tbody>
<tr>
<td>James Bay Community Centre</td>
<td>Feb 27</td>
<td>6:45–8:45 p.m</td>
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Rain Forest Qi Gong
No experience is necessary to attend. We will be using the components of breath, visualization, gentle postures/movements and sound to remove any blockages in our energetic system, and balance our energy. You will experience your optimal health, peak performance, and peace.

Instructor: Nathen Bernshaw

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<tr>
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</table>

Paul Krismer is the Chief Happiness Officer and founder of the Happiness Experts Company.
Paul is a noted public speaker and trainer. His authentic and passionate commitment to his subject matter shines through his work. Playful and captivating storytelling complements his intelligent and accessible presentation of the science of happiness. His teaching is powerful, authoritative, and convincing. At the same time, Paul is exceptionally practical. He makes real his conviction that happiness is for everyone. And indeed, everyone leaves his courses inspired to put their learning into practice. He has a proven track record as an inspirational leader. For twenty years, he has served in senior management roles – overseeing hundreds of staff, multi-million dollar projects, and cheerfully growing future leaders. As a Certified Executive Coach, Paul is appreciated for his kind-hearted, yet relentless pursuit of the client’s best life. Helping people to reach greater happiness and success is his trademark promise.
Small Group Personal Training

Small group personal training is an economic alternative to one-on-one training. And, working out with others helps to push you to new levels. Custom designed workouts are built with different levels of fitness in mind. You will receive accountability, motivation, support, experience and expert guidance to reach your fitness goals in this small group environment of 3–4 clients to 1 coach.

Instructor: Chris Woeller

Crystal Pool and Fitness Centre 12/$180
10568 Tue, Fri Oct 1–Nov 8  7–8 a.m.
10570 Tue, Thu Oct 1–Nov 7  5:30–6:30 p.m.
10569 Tue, Fri Nov 12–Dec 20  7–8 a.m.
10571 Tue, Thu Nov 12–Dec 19  5:30–6:30 p.m.
10572 Tue, Fri Jan 14–Feb 21  7–8 a.m.
10574 Tue, Thu Jan 14–Feb 20  5:30–6:30 p.m.
10573 Tue, Fri Feb 25–Apr 3  7–8 a.m.
10575 Tue, Fri Feb 25–Apr 2  5:30–6:30 p.m.

Strength and Stretch

In this 45 minute class we use small weights, bands and balls to strengthen your muscles. We then spend time to ensure that each muscle group is stretched out. These exercises increase your strength, balance, and flexibility; which increase your ability to walk and move with greater ease and certainty. This class is done sitting and standing for a full body workout.

Instructor: Helen Dougherty

James Bay Community Centre
Fri  Sep 13–Oct 18  2:45–3:30 p.m.  5/$40
Fri  Nov 1–Dec 20  2:45–3:30 p.m.  6/$48
Fri  Jan 17–Feb 21  2:45–3:30 p.m.  6/$48
Fri  Mar 6–Apr 3  2:45–3:30 p.m.  5/$40

No class Oct 11, Nov 22, Dec 6

Strength, Conditioning & Balance 60+

This well rounded program will focus on activities to improve strength, balance, mobility, flexibility, and cardiovascular fitness. A BCRPA instructor will use resistance bands, fitness props, and a fun selection of activities to improve fitness. Have fun, make friends, and feel good about yourself. All abilities are welcome and the exercises can be modified to suit your needs.

Instructor: Janice Arnot

Victoria West Community Centre
Wed  Sep 11–Oct 23  3–4 p.m.  7/$70
Wed  Oct 30–Dec 11  3–4 p.m.  7/$70
Wed  Jan 15–Feb 12  3–4 p.m.  6/$60
Wed  Feb 19–Mar 25  3–4 p.m.  6/$60

STRONG

This class is for fitness enthusiasts looking for a more challenging, high intensity interval training workout. With most workout programs, music is an afterthought. The music in STRONG by Zumba™ was crafted to drive the intensity in a challenging progression that provides a total body workout. The result? A group fitness experience like no other. Moving in sync with music makes you work harder. This class will push you past your plateaus to help you reach your fitness goals faster. Using your own body weight and kickboxing/martial art inspired movements, you will gain muscular endurance, tone, and definition.

Instructor: Taylia Martin

Victoria West Community Centre
Wed  Sep 11–Oct 23  7:45–8:45 p.m.  7/$70
Wed  Oct 30–Dec 11  7:45–8:45 p.m.  7/$70
Wed  Jan 15–Feb 12  7:45–8:45 p.m.  5/$50
Wed  Feb 19–Mar 25  7:45–8:45 p.m.  6/$60
Fairfield Community Place
(issued in S. J. Willis gym)
Thu  Sep 26–Oct 24  6:30–7:30 p.m.
Thu  Nov 7–Dec 5  6:30–7:30 p.m.
Thu  Jan 16–Feb 13  6:30–7:30 p.m.
Thu  Feb 20–Mar 1  6:30–7:30 p.m.

Burnside Gorge Community Centre
Wed  Sep 18–Nov 6  5–6 p.m.  8/$80
Wed  Nov 13–Dec 18  5–6 p.m.  6/$60
Wed  Jan 15–Mar 4  5–6 p.m.  8/$80

Crystal Pool and Fitness Centre
11373 Thu  Oct 3–Nov 7  7:45–8:45 p.m.
11374 Thu  Nov 14–Dec 19  7:45–8:45 p.m.
11379 Thu  Jan 16–Feb 20  7:45–8:45 p.m.
11382 Thu  Feb 27–Apr 2  7:45–8:45 p.m.

Tai Chi for Beginners

This class is a combination of Tai Chi and Chi Gong movements which coordinate slow movements with breathing, visualizations, meridian tapping, chanting, and guided meditation. It is designed to heal the body, relax the mind, and bring clarity to one’s perception. There are sitting and standing components to the class.

Fairfield Community Place
Wed  Sep 25–Dec 4  10:30–11:30 a.m.  11/$110

Fairfield Community Place
Wed  Jan 15–Mar 18  10:30–11:30 a.m.  10/$100

CONNECT WITH US

engage@victoria.ca
crystalpool@victoria.ca
victoria.ca
ConnectVictoria App
250.385.5711
E-newsletter
victoria.ca/subscribe
@CityofVictoria
City of Victoria – Local Government
City of Victoria
City of Victoria BC
YouTube
City of Victoria
## TC 10K Training Clinic – Run
Join us for our annual 14 week training program and improve your skills and fitness! Train with us to walk or run the 31st annual TC10K race on Sunday April 26, 2020. Your clinic registration fee includes all the pieces to get you set for the start line at this great event: race entry, training tools and expert tips, 14 week walk training program, race shirt, technical training shirt, limited recreation centre use, discounts from our retail partner – The Running Room – and lots of support and camaraderie provided by an enthusiastic team of leaders! Watch for contests, prizes and back, by popular demand, our bring a friend event to session #1! All levels are welcome. To register visit runsport.ca

<table>
<thead>
<tr>
<th>Location</th>
<th>Start Date</th>
<th>End Date</th>
<th>Fee</th>
</tr>
</thead>
<tbody>
<tr>
<td>Crystal Pool and Fitness Centre</td>
<td>Wed Jan 22 – Apr 22</td>
<td>6 – 7:30 p.m.</td>
<td>$137</td>
</tr>
<tr>
<td>Oaklands Community Centre</td>
<td>Tue Jan 21 – Apr 21</td>
<td>6:30 – 8 p.m.</td>
<td>$137</td>
</tr>
</tbody>
</table>

## TC 10K Training Clinic – Walk
Join us for our annual 14 week training program and improve your skills and fitness! Train with us to walk or run the 31st annual TC10K race on Sunday April 26, 2020. Your clinic registration fee includes all the pieces to get you set for the start line at this great event: race entry, training tools and expert tips, 14 week walk training program, race shirt, technical training shirt, limited recreation centre use, discounts from our retail partner – The Running Room – and lots of support and camaraderie provided by an enthusiastic team of leaders! Watch for contests, prizes and back, by popular demand, our bring a friend event to session #1! All levels are welcome. To register visit runsport.ca

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<td>6:30 – 8 p.m.</td>
<td>$137</td>
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</tbody>
</table>

## Understanding Your Energy Body
When you know and understand your chakra system you will know that they hold they keys to healing past traumas, building lasting relationships, breaking through financial blockages, unleashing creativity, and achieving your goals. This is the fastest way to make shifts in your energy and have lasting change affecting every aspect of your life.

**Instructor:** Sheila Bell

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<th>End Date</th>
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</tr>
</thead>
<tbody>
<tr>
<td>Victoria West Community Centre</td>
<td>Wed Oct 12 – Mar 23</td>
<td>6:30 – 7:30 p.m.</td>
<td>$90</td>
</tr>
</tbody>
</table>

## Yang Jian Hou Style Tai Chi
This is a rare 85 movement form with auxiliary exercises to cultivate and move internal energy in the body. This form contains many of the internal circles and power issuing not included in the revised version of big frame Yang Style.

**Instructor:** Eric Tuttle

<table>
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<th>End Date</th>
<th>Fee</th>
</tr>
</thead>
<tbody>
<tr>
<td>James Bay Community Centre</td>
<td>Tue Sep 17 – Dec 3</td>
<td>7 – 8 p.m.</td>
<td>$72</td>
</tr>
<tr>
<td></td>
<td>Tue Jan 14 – Mar 24</td>
<td>7 – 8 p.m.</td>
<td>$66</td>
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</tbody>
</table>

## Zumba
Join us for one of the fastest growing Latin dance inspired fitness crazes across the world! People of all ages are falling in love with its infectious music, easy-to-follow dance moves and body-sculpting benefits. Come dance to the rhythms of salsa, merengue, mambo and other Latin beats. This is a fitness class you will not want to miss!

### James Bay Community Centre

<table>
<thead>
<tr>
<th>Date</th>
<th>Time</th>
<th>Fee</th>
</tr>
</thead>
<tbody>
<tr>
<td>Tue Sep 24 – Nov 12</td>
<td>5:15 – 6:15 p.m.</td>
<td>$64</td>
</tr>
<tr>
<td>Tue Jan 21 – Mar 10</td>
<td>5:15 – 6:15 p.m.</td>
<td>$64</td>
</tr>
</tbody>
</table>

### Oaklands Community Centre – Drop-in

<table>
<thead>
<tr>
<th>Date</th>
<th>Time</th>
<th>Fee</th>
</tr>
</thead>
<tbody>
<tr>
<td>Mon Sep 9 – Oct 21</td>
<td>6:15 – 7:15 p.m.</td>
<td>$54</td>
</tr>
<tr>
<td>No class Oct 14</td>
<td></td>
<td>$0</td>
</tr>
<tr>
<td>Mon Oct 28 – Dec 16</td>
<td>6:15 – 7:15 p.m.</td>
<td>$64</td>
</tr>
<tr>
<td>No class Nov 11</td>
<td></td>
<td>$0</td>
</tr>
<tr>
<td>Mon Jan 13 – Feb 4</td>
<td>6:15 – 7:15 p.m.</td>
<td>$54</td>
</tr>
<tr>
<td>No class Feb 17</td>
<td></td>
<td>$0</td>
</tr>
<tr>
<td>Mon Mar 2 – Apr 6</td>
<td>6:15 – 7:15 p.m.</td>
<td>$54</td>
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### Fairfield Community Place

<table>
<thead>
<tr>
<th>Date</th>
<th>Time</th>
<th>Fee</th>
</tr>
</thead>
<tbody>
<tr>
<td>Mon Sep 9 – Dec 2</td>
<td>5:30 – 6:30 p.m.</td>
<td>$90</td>
</tr>
<tr>
<td>No class Oct 14, 21, Nov 11</td>
<td></td>
<td>$0</td>
</tr>
<tr>
<td>Mon Jan 13 – Mar 23</td>
<td>5:30 – 6:30 p.m.</td>
<td>$90</td>
</tr>
<tr>
<td>No class Feb 17</td>
<td></td>
<td>$0</td>
</tr>
</tbody>
</table>

### Zumba 15-15-15
A combination of zumba toning, zumba and zumba core with a cool down and stretching. You will use weighted, maraca-like zumba toning sticks to enhance rhythm, build strength and tone all the target zones. This class can also include older adults who wish to do a slower zumba workout.

### Fairfield Community Place

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<tr>
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<td>6:30 – 7:30 p.m.</td>
<td>$90</td>
</tr>
<tr>
<td>No class Oct 14, 21, Nov 11</td>
<td></td>
<td>$0</td>
</tr>
<tr>
<td>Mon Jan 13 – Mar 23</td>
<td>6:30 – 7:30 p.m.</td>
<td>$90</td>
</tr>
<tr>
<td>No class Feb 17</td>
<td></td>
<td>$0</td>
</tr>
</tbody>
</table>

## Zumba Gold and Yoga
Always wanted to zumba but thought it might be too much for you? This class combines gentle zumba Gold dance and fitness moves with yoga stretches, breathing exercises and deep relaxation. It is ideal for for beginners, active older adults and other participants who may need program modifications.

### Burnside Gorge Community Centre

<table>
<thead>
<tr>
<th>Date</th>
<th>Time</th>
<th>Fee</th>
</tr>
</thead>
<tbody>
<tr>
<td>Tue Sep 10</td>
<td>10:15 – 11:15 a.m.</td>
<td>Free</td>
</tr>
<tr>
<td>Tue Sep 17 – Nov 5</td>
<td>10:15 – 11:15 a.m.</td>
<td>$64</td>
</tr>
<tr>
<td>Tue Nov 12 – Dec 17</td>
<td>10:15 – 11:15 a.m.</td>
<td>$64</td>
</tr>
<tr>
<td>Tue Jan 14</td>
<td>10:15 – 11:15 a.m.</td>
<td>Free</td>
</tr>
<tr>
<td>Tue Jan 21 – Mar 10</td>
<td>10:15 – 11:15 a.m.</td>
<td>$64</td>
</tr>
</tbody>
</table>
Zumba TONING
This is an innovative muscle training program with the addition of light weight toning sticks. In a relatively short period of time, this challenging workout helps in building coordination and muscle endurance. This class is open to everyone, no previous dance or zumba class experience necessary.

Fairfield Community Place
- Wed, Sep 11–Dec 4  5:30–6:30 p.m.  13/$117
- Wed, Jan 15–Mar 25  5:30–6:30 p.m.  11/$99

LEARN FOR LIFE

African Hand Drumming (Level 1)
African drumming has proven health benefits, and is easy for anyone to learn at any age. New students can sign up at any time. Beginners are welcome and drums are provided. Each new student receives a handbook and instructional DVD for playing along at home.

Fairfield Community Place
- Tue, Jan 21–Mar 10  7–8:15 p.m.  8/$128

African Hand Drumming (Level 2)
For students who have taken level 1 for at least one year, and are comfortable playing bass, tone and slap notes. Develop your sense of timing, polyrhythm, and syncopation. Learn traditional solo phrases and rhythmic breaks.

Fairfield Community Place
- Tue, Jan 21–Mar 10  8:15–9:30 p.m.  8/$128

American Sign Language
This course is an introduction to the visual language used by the Deaf community in Canada. Learn the essentials of basic, everyday communication such as exchanging information, identifying and describing people, places, and things within the immediate environment, and asking for clarification. Gain insight into the Deaf community and Deaf culture.

Oaklands Neighbourhood House
- Thu, Sep 26–Nov 7  6–7 p.m.  6/$90
- No class Oct 31

Arabic for Beginners
This introductory course is for those with little or no knowledge of Arabic. Learn the fundamental elements of the language including grammar, pronunciation, reading, writing, and common expressions in a fun and interactive environment.

Oaklands Community Centre
- Mon, Sep 16–Nov 18  7–8 p.m.  8/$80
- No class Oct 14, Nov 11
- Mon, Jan 20–Mar 16  7–8 p.m.  8/$80
- No class Feb 17

Beginner French
It is never too early or too late to learn a new language! This class is for beginners who have a little bit of experience with French. In this class, which focuses primarily on speaking and listening, students will have lots of practice asking and answering common questions and having simple conversations. Suggestions for at-home practice will be provided. If unsure of your level, please contact the teacher.

Instructor: Laura Hawkes
James Bay Community Centre
- Wed, Oct 30–Dec 4  7–8 p.m.  6/$54

Beginner Plus French
It is never too early or too late to learn a new language! This class is for beginners who have basic experience in French. In this class, which focuses primarily on speaking and listening, students will build on their vocabulary and the complexity of what they can say in French. Students will get lots of practice conversing and discussing. Suggestions for at-home practice will be provided. If unsure of your level, please contact the teacher.

Instructor: Laura Hawkes
James Bay Community Centre
- Wed, Jan 15–Feb 19  6:30–7:30 p.m.  6/$54

Bone Broth
Bone broth is one of the most healing and nourishing tonics. Learn about the benefits and different types of bone broth, when and why to drink it and, most importantly, how to make it. There will be yummy broths to sample.

Instructor: Alexandra Pony
Victoria West Community Centre
- Mon, Nov 4  7:15–8:15 p.m.  $35
- Mon, Feb 10  7:15–8:15 p.m.

Community Book Club
Join us on the first Tuesday of each month to meet others who enjoy reading, share ideas, have lively conversations and make new friends. Everyone welcome. Coffee and tea provided. Visit our website at www.oaklandscommunitycentre.com for monthly book selection.

Oaklands Neighbourhood House
- By donation
- First Tuesday of each month, Sep 3–Apr 7  6:30–8 p.m.

English as a Second Language
This class is for non-English speakers. Practice conversational English, basic grammar, pronunciation, vocabulary, and writing and get comfortable speaking in a group. All levels welcome, no experience necessary.

Oaklands Community Centre
- Mon, Sep 16–Dec 2  8–9 p.m.  10/$50
- No class Oct 14, Nov 11
- Mon, Jan 13–Mar 23  8–9 p.m.  10/$50
- No class Feb 17

Victoria West Community Centre
- Tue, Thurs, Oct 8–Dec 12  9–11 a.m.  20/$60
- Tue, Thu, Jan 21–Mar 12  9–11 a.m.  16/$48
Fernwood Free Legal Clinic
Free, half hour legal information appointment with a practicing family lawyer. The lawyers are able to assist with: adoption, arrears/dealing with Family Maintenance Enforcement Program, special or extraordinary expenses (daycare, medical, sports etc.), spousal support, assisting with court forms, child support, family safety, Ministry of Children and Family Development, property, debt and pension division, and referrals to community resources. For more info or to book an appointment, call 250.381.1552 x116

Fernwood Community Centre Free
Thu Sep 5–Apr 3 9–4 p.m.

French for Beginners
This class is for students who are new to French or who have forgotten much of their high school French. Lessons will provide activities using all four bases for learning a second language – speaking, listening, reading and writing. Classes are interactive and students will be speaking French and participating in games, dialogues and group activities. Textbooks Méthode and Cahier Tendances A1 required (available at the start of classes for $80).

Program offered by Alliance Francaise de Victoria.
Oaksland Neighbourhood House 10/$150
Tue Sep 24–Nov 26 7:15–8:45 p.m.
Tue Jan 14–Mar 17 7:15–8:45 p.m.

French for Beginners II
This class is for students with some French experience or who have completed Level A1. Students will develop new vocabulary, improve their listening and speaking skills, and polish grammar. Classes are interactive with varied activities. Textbooks Méthode and Cahier Tendances A1 required (available at the start of classes for $80).

Program offered by Alliance Francaise de Victoria.
Oaksland Neighbourhood House 10/$150
Wed Sep 25–Nov 27 7–8:30 p.m.
Wed Jan 15–Mar 18 7–8:30 p.m.

French Refresher
Haven't spoken French since high school? This class will allow you to review the basics and extend your vocabulary. Through specific communication objectives and interactive activities, you will progress from basic communication situations to more complex interactions while learning more about the culture.

Instructor: Carole Masure
Victoria West Community Centre
Wed Sep 11–Oct 23 10–11 a.m. 7/$70
Wed Oct 30–Dec 11 10–11 a.m. 7/$70
Wed Jan 22–Mar 11 10–11 a.m. 8/$80

German for Beginners
This introductory course is for those with little or no knowledge of German. Learn the basics to get around on your next trip to Germany or simply because this is what you have always wanted to do but never seemed to have found the time.

Instructor: Gerlinde Weimer-Stuckmann
Oaklands Neighbourhood House 8/$80
 Thu Sep 19–Nov 7 7–8 p.m.
 Thu Jan 16–Mar 5 7–8 p.m.

Hand Massages for Your Health
Receiving a hand massage can provide you with significant health benefits. Hand massage typically is quick, relaxing and provides you with immediate health benefits, such as improved finger and wrist range of motion, enhanced circulation and reduction of your trigger points — hyperirritable nodules — in your hand muscles. You will receive a 15–20 minute hand massage and learn why you have soreness/tenderness in certain parts of your hands.

Burnside Gorge Community Centre 6/$45
Wed Jan 15–Feb 1 6–7 p.m.

High Intermediate French – Level C1
This class is for students who have completed level B2 and who wish to have a challenge in their language learning. A French native speaker and qualified teacher will help you polish your skills in pronunciation, sharing ideas and information in French and writing correctly in French.

Program offered by Alliance Francaise de Victoria.
Victoria West Community Centre 7/$105
Wed Sep 11–Oct 23 11 a.m.–12:30 p.m.
Wed Oct 30–Dec 11 11 a.m.–12:30 p.m.
Wed Jan 22–Mar 11 11 a.m.–12:30 p.m.

How Procrastination, Inner Critics and Creative Indecision Really Work – And How to Fight Back
This will be a wild and funny adventure, exploring our daily lives as we look at how these 3 "uglies" get in the way. Whether it's for your writing, your art or just for everyday living – like when you can't see your way past defrosting the pizza for dinner, there are some great tools to try out. Come along so you can leave these undesirables behind.

Burnside Gorge Community Centre $40
Mon Jan 27 6–8 p.m.

Improve Your French Pronunciation
Suitable for all levels. Come improve your French pronunciation! In this series of four lessons, you will learn about the anatomy of the mouth and how to pronounce the French consonants and vowels that are most difficult for English speakers. Class size is kept small (no more than 6) to ensure all students get personal attention. Handouts and tips for at-home practice will be provided.

Instructor: Laura Hawkes
James Bay Community Centre 4/$36
Wed Nov 6–Nov 27 6–6:45 p.m.

Intermediate French – Level B2
This class is for students with basic French or who have completed level B1. A French native and qualified teacher will help you extend your vocabulary, polish your skills in reading, writing, speaking, and listening. Classes are interactive with many opportunities to speak French and use authentic material.

Program offered by Alliance Francaise de Victoria.
Victoria West Community Centre 7/$105
Thu Sep 12–Sep 24 6–7:30 p.m.
Thu Oct 31–Dec 12 6–7:30 p.m.
Thu Jan 23–Mar 12 6–7:30 p.m.

Italian – Basic
In this introductory class you will learn basic pronunciation, vocabulary, grammar, as well as expressions that will help you to travel around Italy.

Instructor: Valentina Chpilevaia
Victoria West Community Centre 6/$60
Wed Sep 18–Oct 30 6–7:15 p.m.
No class Sep 25
Wed Nov 6–Dec 18 6–7:15 p.m.
No class Nov 20
Wed Jan 22–Mar 11 6–7:15 p.m.
No class Feb 19

Italian – Conversational
This class is for those who have a basic knowledge of Italian but want to increase their conversational ability.

Instructor: Valentina Chpilevaia
Victoria West Community Centre 6/$60
Wed Sep 18–Oct 30 7:30–8:45 p.m.
No class Sep 25
Wed Nov 6–Dec 18 7:30–8:45 p.m.
No class Nov 20
Wed Jan 22–Mar 11 7:30–8:45 p.m.
No class Feb 19

Oaklands Neighbourhood House 10/$150
Thu Sep 12–Sep 24 6–7:30 p.m.
Thu Oct 31–Dec 12 6–7:30 p.m.
Thu Jan 23–Mar 12 6–7:30 p.m.

How Procrastination, Inner Critics and Creative Indecision Really Work – And How to Fight Back
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Instructor: Laura Hawkes
James Bay Community Centre 4/$36
Wed Nov 6–Nov 27 6–6:45 p.m.

Intermediate French – Level B2
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Program offered by Alliance Francaise de Victoria.
Victoria West Community Centre 7/$105
Thu Sep 12–Sep 24 6–7:30 p.m.
Thu Oct 31–Dec 12 6–7:30 p.m.
Thu Jan 23–Mar 12 6–7:30 p.m.

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Instructor: Valentina Chpilevaia
Victoria West Community Centre 6/$60
Wed Sep 18–Oct 30 6–7:15 p.m.
No class Sep 25
Wed Nov 6–Dec 18 6–7:15 p.m.
No class Nov 20
Wed Jan 22–Mar 11 6–7:15 p.m.
No class Feb 19

Italian – Conversational
This class is for those who have a basic knowledge of Italian but want to increase their conversational ability.

Instructor: Valentina Chpilevaia
Victoria West Community Centre 6/$60
Wed Sep 18–Oct 30 7:30–8:45 p.m.
No class Sep 25
Wed Nov 6–Dec 18 7:30–8:45 p.m.
No class Nov 20
Wed Jan 22–Mar 11 7:30–8:45 p.m.
No class Feb 19
Learn French Through Song
Suitable for intermediate level and above. Come learn French through songs! In this class we will explore and discuss French songs, music videos, and lyrics from around the French-speaking world. This class is multi-level, and students will be able to build on what they already know. Students should have an intermediate or above level of French to take this class. If unsure of your level, please contact the teacher. Note: This is not a singing class.
Instructor: Laura Hawkes
James Bay Community Centre 4/$36
Wed Sep 11–Oct 2 10 a.m.–12 p.m.

Memoir Writing Workshop
‘Each of us is a story that is waiting to be written.’ If you have ever thought that you would like to revisit memories and to collect the experiences of your life, this workshop is a great place to start. In a supportive environment, we will commence a guided journey through the world of memory to rediscover the history of self, of family and of our pursuits and adventures. Materials are provided. Bring yourself, your memories, a favourite pen, notebook and/or tablet.
Instructor: Jennifer Ferris
Crystal Pool and Fitness Centre 10625 Wed Oct 9–Dec 11 1–3:30 p.m. 10/$50

Nobody’s Perfect
Meet other parents with children the same age. Share questions, concerns and ideas about being a parent. Learn about child development, safety, health and behaviour. Talk about real life parenting experiences. Work together with the support of trained facilitators. Discover ways of positive parenting.
Fernwood Community Centre Free
Contact Hollis at hollis@fernwoodnrg.ca or 250.384.1552 ext. 102 for more information.
Wed Sep 5–Apr 3 6–8 p.m.

Sauerkraut
The holy grail of all fermented foods, sauerkraut has nourished generation upon generation. Rich in probiotics, B Vitamins, Vitamin C and much more, sauerkraut is an easy food to introduce to your diet to improve digestion, boost immunity and increase vitality.
Instructor: Alexandra Pony
Victoria West Community Centre $35
Mon Oct 28 7:15–8:15 p.m.

FREE Emergency Preparedness Workshop
Learn more about the hazards that can affect Victoria, what to include in your emergency kits, what you can do to protect your home from an earthquake, and how to reunite with your loved ones after a disaster by attending a FREE Emergency Preparedness Workshop.
View the workshop schedule at VictoriaReady.ca.
Register for a FREE workshop at 250.920.3373 or email emvic@victoria.ca

Italian for Travellers – Continuing
This class is perfect for anyone planning to visit Italy! Continue to learn basic grammar, pronunciation, and vocabulary for travellers including introductions and greetings, how to order food and beverages, currency and directions in a fun and interactive environment. This class is for those with some previous experience.
Instructor: Grace Khalifa
Oaklands Neighbourhood House 8/$80
Wed Sep 25–Nov 13 6–7 p.m.
Wed Jan 15–Mar 4 6–7 p.m.

Jumpstart Your Writing Mastery – Tap into Left and Right Brain Techniques
All too often those of us tackling a novel, play, or memoir focus on writing from one side of the brain. Thus, our material is not all it could be. Memorable, intriguing material has to hook readers with the magic of a great idea clearly expressed. Join us to find out what studies tell us about how to use both sides of our brain. Bonus: we will test-run fascinating activities that promise to take your writing to the next level.
Burnside Gorge Community Centre 2/$60
Mon Oct 21–Oct 28 6:30–8 p.m.

Kombucha
Learn to make this ancient healing elixir to boost immunity, clear toxins and enrich your digestive system with beneficial bacteria. This tonic has been used for thousands of years and is a wonderful gateway into the world of fermented foods!
Instructor: Alexandra Pony
Victoria West Community Centre $35
Mon Oct 21 7:15–8:15 p.m.
Mon Jan 27 7:15–8:15 p.m.

Learn French Through Food
Suitable for intermediate level and above. Come learn French through everything to do with food! In this class we will explore and discuss French menus, recipes, food packaging, and more! This class is multi-level, and students will be able to build on what they already know. Students should have an intermediate or above level of French to take this class. If unsure of your level, please contact the teacher.
Instructor: Laura Hawkes
James Bay Community Centre 4/$36
Wed Feb 19–Mar 11 7:45–8:45 p.m.

Learn French Through Song
Suitable for intermediate level and above. Come learn French through songs! In this class we will explore and discuss French songs, music videos, and lyrics from around the French-speaking world. This class is multi-level, and students will be able to build on what they already know. Students should have an intermediate or above level of French to take this class. If unsure of your level, please contact the teacher. Note: This is not a singing class.
Instructor: Laura Hawkes
James Bay Community Centre 4/$36
Wed Sep 11–Oct 2 10 a.m.–12 p.m.

Memoir Writing Workshop
‘Each of us is a story that is waiting to be written.’ If you have ever thought that you would like to revisit memories and to collect the experiences of your life, this workshop is a great place to start. In a supportive environment, we will commence a guided journey through the world of memory to rediscover the history of self, of family and of our pursuits and adventures. Materials are provided. Bring yourself, your memories, a favourite pen, notebook and/or tablet.
Instructor: Jennifer Ferris
Crystal Pool and Fitness Centre 10625 Wed Oct 9–Dec 11 1–3:30 p.m. 10/$50

Nobody’s Perfect
Meet other parents with children the same age. Share questions, concerns and ideas about being a parent. Learn about child development, safety, health and behaviour. Talk about real life parenting experiences. Work together with the support of trained facilitators. Discover ways of positive parenting.
Fernwood Community Centre Free
Contact Hollis at hollis@fernwoodnrg.ca or 250.384.1552 ext. 102 for more information.
Wed Sep 5–Apr 3 6–8 p.m.

Sauerkraut
The holy grail of all fermented foods, sauerkraut has nourished generation upon generation. Rich in probiotics, B Vitamins, Vitamin C and much more, sauerkraut is an easy food to introduce to your diet to improve digestion, boost immunity and increase vitality.
Instructor: Alexandra Pony
Victoria West Community Centre $35
Mon Oct 28 7:15–8:15 p.m.
Mon Feb 3 7:15–8:15 p.m.
Spanish – Beginner
Learn basic vocabulary, grammar, and pronunciation, as well as idioms and expressions, with a native Spanish speaker. We will also cover cultural information and traditions in a fun, relaxed atmosphere.

*Instructor: Pilar Rodriguez*

**James Bay Community Centre**
- **Tue** Sep 17–Nov 12 7–8:30 p.m. 8/$76
- **Tue** Jan 21–Mar 10 7–8:30 p.m.

**Victoria West Community Centre**
- **Wed** Sep 11–Oct 23 6:15–7:30 p.m. 7/$70
- **Wed** Oct 30–Dec 11 6:15–7:30 p.m. 7/$70
- **Wed** Jan 15–Mar 4 6:15–7:30 p.m. 8/$80

**Oaklands Neighbourhood House**
- **Thu** Sep 26–Dec 5 7–8 p.m. 10/$100
- **Thu** Jan 16–Mar 19 7–8 p.m. 10/$100

**James Bay Community Centre**
- **Thu** Sep 19–Nov 7 7–8:30 p.m. 8/$76
- **Thu** Jan 23–Mar 12 7–8:30 p.m. 8/$76

Spanish – Continuing
Instruction will be provided by a native Spanish speaker, and will focus on expanding your vocabulary, improving grammar, pronunciation, reading and writing skills.

*Instructor: Pilar Rodriguez*

**Victoria West Community Centre**
- **Wed** Sep 11–Oct 23 7:45–9 p.m. 7/$70
- **Wed** Oct 30–Dec 11 7:45–9 p.m. 7/$70
- **Wed** Jan 15–Mar 4 7:45–9 p.m. 8/$80

**Oaklands Neighbourhood House**
- **Thu** Sep 26–Dec 5 7–8 p.m. 8/$80
- **Thu** Jan 16–Mar 19 7–8 p.m. 8/$100

**James Bay Community Centre**
- **Thu** Sep 19–Nov 7 7–8:30 p.m. 8/$76
- **Thu** Jan 23–Mar 12 7–8:30 p.m. 8/$76

Spanish for Travellers – Continuing
This class is perfect for anyone planning to visit Spanish-speaking countries. Continue to learn basic grammar, pronunciation, and vocabulary for travelers including introductions and greetings, how to order food and beverages, currency and directions in a fun and interactive environment. This class is for those with some previous experience.

*Instructor: Pilar Rodriguez*

**Oaklands Neighbourhood House**
- **Tue** Oct 26–Nov 21 8–9 p.m. 8/$80
- **Thu** Jan 16–Mar 5 6–7 p.m.

**Fairfield Community Place**
- **Tue** Oct 27–Nov 29 6:30–8:30 p.m.
- **Tue** Jan 4–10 6:30–8:30 p.m.

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### The Science Behind Habit Mastery

There are many myths about habits. The market is full of claims of how to strengthen useful ones or obliterate bad ones. Join us for a serious examination of the science behind habits. We will unpack research into methods for the workplace, at the dinner table, at school, in relationships – just about any situation imaginable. In Week 1, we’ll walk through at least one promising technique. In Week 2, we unpack the results.

*Instructor: Dave Egan*

**Burnside Gorge Community Centre**
- **Mon** Jan 13, 20 6:30–8 p.m.

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### True Beginner French

It is never too early or too late to learn a new language! This class is for true beginners who have no (or very, very little) experience with French. In this class, students will be introduced to French by learning common vocabulary, expressions, and sentences. An emphasis will be placed on asking and answering basic questions. Suggestions for at-home practice will be provided. If unsure of your level, please contact the teacher.

- **Wed** Sept 1–Oct 2 6:15–7:15 p.m. 4/$36

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### Understanding Your Energy Body

When you know and understand your chakra system you will know that they hold the keys to healing past traumas, building lasting relationships, breaking through financial blockages, unleashing creativity, and achieving your goals. This is the fastest way to make shifts in your energy and having last change affecting every aspect of your life.

*Instructor: Grace Khalifa*

**Fairfield Community Place**
- **Sat** Sep 28–Nov 30 9:30–10:30 a.m.

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### Sea Kayaking Level 1 (16yrs+)

During this course you will further develop your kayaking strokes and rescue skills and add important new skills including turning on edge, towing, and self-rescue technique. You will learn to interpret marine weather forecasts, plan routes using marine charts, and read tide tables. This course teaches you the necessary components for Paddle Canada Sea Kayaking Level 1 Skills Certification.

*Program offered by Ocean River Sports*

**Crystal Pool and Fitness Centre**
- **Sun** Mar 15 6:30–9:30 p.m.

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### Rolling Clinic (Intermediate) (16yrs+)

This clinic will teach you rolling – the ultimate self-rescue technique – as well as give you renewed confidence in your braces and less concern for unanticipated capsizes. The instructors will teach you the building blocks to a successful roll and lead you through the incremental steps of rolling. You will learn how to ‘spot’ your practice partner, enabling you to continue practicing this technique on your own.

*Program offered by Ocean River Sports*

**Crystal Pool and Fitness Centre**
- **Sun** Mar 15 6:30–9:30 p.m.
Introductory Navigation & Marine Weather (16yrs+)

Planning for a safe kayaking trip and navigating during a trip are both very necessary skills. In this classroom-based clinic, we will teach you how to safely and confidently interpret marine weather forecasts, predict tides and currents, read nautical charts (maps), and plan routes on the ocean.

Program offered by Ocean River Sports

Register at Crystal Pool and Fitness Centre 1/$75

10632 Wed Sep 25 6–9:30 p.m.
10633 Wed Oct 23 6–9:30 p.m.
10636 Wed Mar 25 6–9:30 p.m.

Salty Sisters Sailing
(Women Only–18yrs+)

Join our intrepid group of ladies as they conquer the waters of Cadboro Bay in a fun and relaxed learning environment. Focus is on individual development and building confidence. Sessions include a debrief over lunch.

Program offered by Royal Victoria Yacht Club.

Register at Crystal Pool and Fitness Centre 8/$330

10626 Sat Sep 7–Oct 26 9 a.m.–12 p.m.

Learn to Fly Fish (18yrs+)

Join fly fishing guide Ian Muirhead to explore the fascinating art and science of fly fishing. You will learn the basic principles of great casting and get an understanding of the skills required to become a successful fly fisher. This will include tips and techniques for catching trout and salmon in the rivers, lakes and beaches of Vancouver Island.

Crystal Pool and Fitness Centre 1/$90

10629 Sat Oct 26 10 a.m.–4 p.m.

WORKSHOPS

Rare & Interesting Trees in Ross Bay Cemetery – Fall Colours

Join a City of Victoria arborist as they highlight some of the more interesting and different trees in Ross Bay Cemetery. Meet at the May and Memorial Street entrance.

Crystal Pool and Fitness Centre Free

10661 Wed Oct 16 10–11:30 a.m.

Winter Moth Tree Banding (16yrs+)

Learn how to band the trunk of a tree with a sticky adhesive to trap and prevent the female winter moths from walking up a tree to lay eggs in branches. Garry oak, maples, fruit trees and other ornamental trees and shrubs can all benefit from the banding. Banding trees will help reduce the need for pesticides in the spring. No registration required.

Crystal Pool and Fitness Centre Free

10666 Sat Sep 28 10 a.m.–12 p.m.
10669 Wed Oct 23 10 a.m.–12 p.m.
10667 Sat Oct 26 10 a.m.–12 p.m.

Water Kefir

Cousin to Kombucha, this deliciously effervescent probiotic-rich drink is a phenomenal alternative to juices and pop. A great way to quench your thirst and sugar cravings, and give you digestion an extra boost. Children love it too!

Instructor: Alexandra Pony
Victoria West Community Centre $35

Mon Sep 30 7.15–8.15 p.m.
Mon Jan 20 7.15–8.15 p.m.

Baby Signs with Layla

This 90 minute workshop provides parents with an overview of the Baby Signs® Program including the many benefits of signing, basic "How Tos" for teaching babies to sign, and many of the most useful signs through fun and games, songs. Parents welcome to attend with or without their littles.

Oaklands Neighbourhood House $30

Sat Sep 21 10:30–12 p.m.
Sat Jan 18 10:30–12 p.m.

Change Your Posture, Change Your Life

Developing healthy posture reduces chronic pain, enhances mobility, improves appearance, and increases confidence. Each participant will receive a course manual and before & after pictures illustrating the change in posture awareness following the workshop. For an additional $25, payable to the instructor at class, registrants receive a personalized postural assessment report with guidance from the instructor.

Instructor: Jenny Feick
Victoria West Community Centre $65

Sat Oct 5 12:30–4:45 p.m.

Cheese Making: Havarti

Learn how to make your own Havarti cheese! Paula will show you how easy it is to make your own pressed cheese. Cultures and instructions to make your own wheel to age at home will be included.

Instructor: Paula Maddison
Victoria West Community Centre $65

Sat Oct 19 1–3 p.m.
Sat Jan 11 10–12 p.m.

Cheese Making: Mozzarella, Burrata & Bocconcini

Learn the art of cheese making and how to make your own hand stretched mozzarella worthy of the cover of Bon Appetit Magazine! This is a taste, touch, feel class that will demystify the process of making cheese. You will learn creative and unique serving ideas. Instructions and ingredients to make over 4 lbs of mozzarella included.

Instructor: Paula Maddison
Victoria West Community Centre $65

Sat Oct 19 10–12 p.m.
Sat Jan 11 10–12 p.m.
Cheese Making: Soft Cheeses
Learn the art of cheese making and how easy it is to make your own pressed cheese. Cultures and instructions to make your own wheel to age at home will be included in this demonstration style class. Paula will demystify the ideas of cheese making and will show you how to make your own delicious cheeses using store bought milk.

Instructor: Paula Maddison
Victoria West Community Centre $65
Sat Jan 11 1–3 p.m.

Crystal Energy Workshop
This class will introduce you to the healing power of crystals and gems, to Tarot cards, readings and divination and the energy centres of the body. This course is the perfect introduction for the beginner alchemist or wizard for healing and magic. Course includes a complimentary healing crystal.

Instructor: Nicole D’Agati
Oaklands Community Centre $33
Sun Oct 6 11 a.m.–2 p.m.

Detox Your Diet
Are you ready to regain energy, improve your sleep, balance your mood, reduce cravings, and naturally lose weight? In this workshop, we will discuss detoxification and the foods, herbs, and supplements that can support your body’s natural processes. Build a personalized meal plan including tips and tricks, recipes, and more! Snacks and drinks provided.

Program provided by Whole Harmony Health
Oaklands Community Centre $40
Sat Jan 18 1–3 p.m.

DIY Cleaning Products Workshop
Learn to use simple, inexpensive ingredients such as vinegar, baking soda, and essential oils to create your very own set of easy-to-make cleaning products (plus recipes) that are good for your health and the environment. In this workshop, you’ll make glass cleaner, sink scrub, and toilet tabs. Please bring a jar, clean spray bottle, and storage container.

DIY Skincare Workshop
Learn how to make your own skincare products for your specific skin type and needs using natural ingredients that are good for your health and the environment. In this workshop, you’ll make exfoliant, toner, and facial oil. Please bring a one ounce spray bottle, a 10 mL amber dropper bottle and a one ounce jar.

Program provided by Whole Harmony Health
Oaklands Neighbourhood House $30
Sat Feb 22 10–11 a.m.

Program provided by Whole Harmony Health
Oaklands Community Centre $40
Sat Sep 2 11–3 p.m.

DIY Beeswax Wraps
Come and learn all about beeswax wraps – an antibacterial, antifungal, easy to clean and store, and sustainable alternative to plastic wrap. Learn how to use and care for your wraps and make three wraps to take home.

Program provided by Whole Harmony Health
Oaklands Neighbourhood House $30
Sat Nov 2 10–11 a.m.

DIY Bath Bombs and Shower Fizzes
Learn how to make your own bath bombs and shower fizzes using natural ingredients and enjoy the benefits of aromatherapy at home. Take home one bath bomb and four-five shower fizzes. Please bring two storage containers.

Program provided by Whole Harmony Health
Oaklands Community Centre $30
Sat Nov 16 1–3 p.m.

Energy Healing
Energy healing can be a powerful way to improve your health and your life. And, you have the power within you to be your own energy healer, and help others. You will learn that is can be simple, when you have the right information and technique.

Program provided by Whole Harmony Health
Fairfield Community Place $50
Sat Nov 2 10 a.m.–1 p.m.

Essential Oils – For Beautiful Looking Skin
As we age, our skin starts to show the effects of too many toxins that have accumulated in our bodies over the years. With a few essential oils you can reduce the signs associated with aging, including acne, and have beautiful looking skin again. In this three hour class, we will cover five carrier oils and 11 essential oils you can use to keep your skin looking radiant and youthful and you will go home with the class notes for a quick reference, plus two preparations specific to your skin type and challenges.

Instructor: Helen Dougherty
James Bay Community Centre $40
Mon Nov 25 5:15 p.m.–8:15 p.m.

Essential Oils – Natural Health Boosters
Essential Oils are nature’s medicine cabinet. In this three hour workshop, you will learn the basics of what essential oils are, how they can be used and the top ten oils to have in your medicine cabinet to have a dramatic impact on improving your health. You will go home with class notes and two preparations of your choosing.

Instructor: Helen Dougherty and Will Dean
James Bay Community Centre $40
Mon Sep 30 5:15–8:15 p.m.

Oaklands Neighbourhood House $40
Tue Oct 22 6–9 p.m.
Fermentation Series at Oaklands
Come and learn a variety of fermentation techniques and improve your health through the power of probiotics! Classes offer samples and instructions to take home. Register for $35 per class or $120 for all four.

Instructor: Alexandra Pony

Kombucha Workshop
Learn to make this ancient healing elixir to boost immunity, clear toxins and enrich your digestive system with beneficial bacteria. This tonic has been used for thousands of years and is a wonderful gateway into the world of fermented foods! Please bring a Mason jar to take home your own starter.

Oaklands Neighbourhood House 1/$35
Tue Sep 17 7–8 pm
Tue Jan 21 7–8 pm

Sauerkraut Workshop
The holy grail of all fermented foods, sauerkraut has nourished generation upon generation. Rich in probiotics, B Vitamins, Vitamin C and much more, sauerkraut is an easy food to introduce to your diet to improve digestion, boost immunity and increase vitality.

Oaklands Neighbourhood House 1/$35
Tue Sep 24 7–8 pm
Tue Jan 28 7–8 pm

Bone Broth Workshop
Bone broth is one of the most healing and nourishing tonics. Learn about the benefits and different types of bone broth, when and why to drink it and, most importantly, how to make it. There will be yummy broths to sample.

Oaklands Neighbourhood House 1/$35
Tue Oct 8 7–8 pm
Tue Feb 11 7–8 pm

Water Kefir Workshop
Cousin to Kombucha, this deliciously effervescent probiotic-rich drink is a phenomenal alternative to juices and pop. A great way to quench your thirst and sugar cravings, and give your digestion an extra boost. Children love it, too! Please bring a Mason jar to take home your own starter.

Oaklands Neighbourhood House 1/$35
Tue Oct 15 7–8 pm
Tue Feb 18 7–8 pm

Flow into Fall Equinox
Fall equinox marks a nearly equal split of daylight hours and darkness. As we move towards this equilibrium between night and day, we are invited to recognize the symmetry between darkness and light. A time for union and balancing of duality: yin and yang, light and dark, creation and receptivity. In this workshop we will begin with gentle, warming movements before settling into stillness with yin and restorative postures.

Instructor: Ashley Pungente
James Bay Community Centre 1/$20
Sat Sep 21 12–1:30 p.m.

FUN-ctional Feet
In this workshop we will reacquaint ourselves with our foundation: our feet! In a playful manner we will discover what our feet are capable of, how much they do for us, and how to care for them! We will play with balance, strengthening, stretching and moving our feet. Cost includes a pair of toe spacers.

Instructor: Melanie Langman
Oaklands Neighbourhood House $40
Sat Sep 21 1–3 p.m.

Healing and Restorative Herbs
Did you know that herbs can boost your health and improve your overall well-being? In this three hour workshop you will learn how to mix herbs for flavour and for health! Learn how to prepare fresh and dry herbs and go home with a couple of your own herb preparations designed for you.

Instructor: Helen Dougherty
Oaklands Neighbourhood House $30
Tue Feb 25 6–9 p.m.
James Bay Community Centre $30
Sat Jan 25 9:30 a.m.–12:30 p.m.

Intro to Zentangle (12+yrs)
Need to refocus? Take time for yourself? Want to explore something unique and new where mistakes are allowed? Zentangle is an easy way of creating beautiful images by drawing structured patterns called tangles. This proven method promote mindfulness, fosters self-esteem, relaxation, stress relief and creativity. All skill levels can create Zentangle art. All supplies included.

Instructor: Sherrie Dupont
James Bay Community Centre 1/$50
Thu Nov 7 6:30–8 p.m.

Macramé Plant Hanger Workshop
Come get knotty with Knotty and Nice Macramé! In this workshop you will learn basic macramé knots to create a plant hanger. You will leave the workshop with a handmade plant hanger with a potted trailing plant for your hanger. All supplies included.

Oaklands Neighbourhood House $65
Sat Sep 21 10–11:30 a.m.
Sat Sep 21 7–8:30 p.m.
Sat Jan 25 10–11:30 a.m.
Sat Jan 25 7–8:30 p.m.

Move for Life Series
In this workshop series we will explore different areas of the body and how to find mobility and motility to encourage lifelong movement in our body. In this series, you will learn and practice self-massage practices that you can then take with you wherever you go. Register for $40 per workshop or $105 for all three.

Instructor: Melanie Langman
Oaklands Neighbourhood House 1/$40 or 3/$105
Lower Body
Sat Nov 16 1–3 pm

Torso
Sat Jan 18 1–3 pm

Arms, Neck & Head
Sat Feb 15 1–3 pm
Plant-Based Basics
Are you interested in eating a plant-based diet? We will discuss why plants are important, their many health benefits, essential nutrients, and how to incorporate more plants in your diet. Afterwards, we’ll create and share a plant-based meal together.
Program offered by Whole Harmony Health
Oaklands Community Centre $40
Sat Oct 5 3–5:30 p.m.

Raw Desserts
In this workshop, you will learn how to create your tasty favourites in a healthier way. We will discuss the benefits of including raw foods into your diet and how to master delicious and healthy raw desserts. Afterwards, we’ll make various desserts and snacks to take home for yourself or your Valentine. Take home recipes and tips and tricks to include more raw foods into your life.
Program offered by Whole Harmony Health
Oaklands Community Centre $40
Sat Feb 8 1–3 p.m.

Reflexology Basics Workshop
Reflexology is a pressure point massage done to the feet which provides healing to the whole body. The massage involves stimulating the 7500 nerve endings in each foot to provide stress relief, help balance the hormonal system and improve overall circulation. You will leave this workshop knowing how to perform a 20 minute reflexology foot massage.

Instructor: Nicole D’Agati
Oaklands Community Centre $45
Sun Oct 27 11 a.m.–2 p.m.

The Vision Workshop: 3 Keys to Accelerating
Do you want to discover your true dream or purpose? Would you like to eliminate fear, doubt, and worry and move toward your goals with confidence? Do you want to achieve greater results with less effort? If these questions resonate you are going to love this three hour workshop! You will learn to harness your life’s purpose and find the prosperity you deserve.

Instructor: Helen Dougherty
James Bay Community Centre 1/$25
Mon Oct 21 5:15–8:15 p.m.

Reiki for Beginners Workshop
Reiki is a Japanese word meaning the transfer of universal life energy for the purpose of healing mind, body and spirit. This is a gentle modality that helps to realign your chakras. You will leave this workshop knowing about the subtle energy system of the body and how to balance your own energy.

Instructor: Nicole D’Agati
Oaklands Community Centre $45
Sun Nov 17 11 a.m.–2 p.m.

Vision Board & Yoga Nidra
Map out your intentions and goals for 2020 with a vibrant vision board. This workshop will begin with a Yoga Nidra practice designed to remove obstacles and open you to your deepest desires. We will then create a vision board to take home with you. Participants are invited to bring personal items, photos or journals.

Instructor: Ashley Pungente
James Bay Community Centre 1/$35
Sat Dec 14 12–3 p.m.

Love your body. Love yourself.
Eat Breathe Thrive is coming to Victoria!
This groundbreaking 6 week program – offered in over 70 centres worldwide – is for anybody with a body.

We combine yoga and meditation with cutting edge neuroscience. We build community. We come away with refined critical thinking and feeling skills, a support structure, and the practical tools we need to thrive in a society where “diet culture” is normalized.

Starts October 3 at the Crystal Pool.
Register at victoria.ca/recreation.
Bedtime Yoga
Ease tension, release stress, and calm the mind with gentle postures and relaxing breathing practices. This class will help prepare the body, mind and spirit for a restful sleep. Yoga mats and blocks available.
Instructor: Tanya Gita Roberts
Oaklands Community Centre 6/$54 Drop-in $12
Mon Sep 16–Oct 28 7:45–9 p.m.
No class Oct 14
Mon Nov 4–Dec 16 7:45–9 p.m.
No class Nov 11
Mon Jan 13–Feb 24 7:45–9 p.m.
No class Feb 17
Mon Mar 2–Apr 6 7:45–9 p.m.

Chair Yoga
Increase flexibility, mobility, balance, strength, and stability in a safe way. No previous yoga experience required. Suitable for everyone who is looking for a mindful, supportive and therapy-informed Chair Yoga class. This is a great class for people who live with compromised mobility, MS, or PD, have a larger body, or recovering from surgery. Improve your breathing, stress and pain management.
Crystal Pool and Fitness Centre
Instructor: Ashley Pungente
10945 Thu Oct 3–Nov 7 10–11 a.m. 6/$54
10947 Thu Nov 14–Dec 19 10–11 a.m. 6/$54
10948 Thu Jan 16–Feb 20 10–11 a.m. 6/$54
10950 Thu Feb 27–Apr 2 10–11 a.m. 6/$54
Victoria West Community Centre
Instructor: Regina Pfeifer, Certified Yoga Therapist
Tue Sep 10–Oct 22 1:15–2:15 p.m. 7/$70
Tue Oct 29–Dec 19 1:15–2:15 p.m. 7/$70
Tue Jan 14–Feb 18 1:15–2:15 p.m. 6/$60
Tue Feb 25–Mar 31 1:15–2:15 p.m. 6/$60
Oaklands Community Centre
Instructor: Tanya Gita Roberts
Fri Sep 13–Oct 18 11:15–12:15 p.m. 5/$45
No class Oct 11
Fri Nov 1–Dec 13 11:15–12:15 p.m. 5/$45
No class Nov 15, Nov 22
Fri Jan 17–Feb 7 11:15–12:15 p.m. 4/$36
Fri Feb 21–Mar 13 11:15–12:15 p.m. 4/$36

Cultivating Freedom from Anxiety & Stress-Ayurveda Yoga Therapy
Throughout this session we will explore various tools from the traditions of Ayurveda and Yoga in an effort to support mind, body and spirit. Cultivating freedom from the entanglements of anxiety and stress by developing skills and practices that can provide support for the mental and emotional states during difficult times.
Instructor: Donna Williams
James Bay Community Centre 5/$58 No Drop-in
Sun Sep 8–Oct 6 10:30 a.m.–12 p.m.
Sun Jan 12–Feb 9 10:30 a.m.–12 p.m.

Flow & Let Go
Flow & Let Go combines the yang (active) qualities of Hatha Flow with the restorative qualities of Yin Yoga. A methodical and warming practice to begin, exploring fundamental postures, accessible movement and breath followed by longer holds in seated and reclined postures to relax and calm the nervous system. This class will leave you feeling balanced, rejuvenated and open.
Instructor: Ashley Pungente
Crystal Pool and Fitness Centre
10818 Wed Oct 2–Nov 6 5:30–6:45 p.m. 6/$54
10842 Wed Nov 13–Dec 18 5:30–6:45 p.m. 6/$54
10843 Wed Jan 15–Feb 19 5:30–6:45 p.m. 6/$54
10844 Wed Feb 26–Apr 1 5:30–6:45 p.m. 6/$54

Gentle Hatha Yoga
This class focuses on strengthening and stretching the body by slowly moving through basic poses. A great class for those who enjoy a slower class, beginners, those with health concerns, and 55+. A fantastic class for stress reduction.
James Bay Community Centre
Instructor: Donna Williams
Mon Sep 9–Oct 7 11–12:15 p.m. 5/$45
Mon Oct 28–Dec 9 11–12:15 p.m. 6/$54
No class Nov 11
Instructor: Jenny Berg
Fri Sep 13–Nov 1 10–11:15 a.m. 6/$54
Fri Nov 8–Dec 20 10–11:15 a.m. 6/$54
No class Oct 25, Dec 6
Instructor: Donna Williams
Mon Jan 13–Feb 10 11–12:15 p.m. 5/$45
Mon Feb 24–Mar 23 11–12:15 p.m. 5/$45
Instructor: Jenny Berg
Fri Jan 17–Feb 21 10–11:15 a.m. 6/$54
Fri Mar 6–Apr 3 10–11:15 a.m. 5/$45

Gentle Yoga
Learn the basics of yoga, improve your balance, strengthen your core and increase your overall body strength. Leave class feeling relaxed and focused. No need to be intimidated, yoga is for everyBODY! This is a fun, multilevel yoga class that’s suitable for all ages. Yoga mats and blocks available.
Instructor: Tanya Gita Roberts
Oaklands Community Centre
Drop-in $12
Mon Sep 9–Oct 28 12:15–1:30 p.m. 6/$54
No class Sep 23, Oct 14
Wed Sep 11–Oct 23 9:30–10:45 a.m. 7/$63
Mon Nov 4–Dec 16 12:15–1:30 p.m. 6/$54
No class Nov 11
Wed Oct 30–Dec 18 9:30–10:45 a.m. 8/$72
Mon Jan 13–Mar 9 12:15–1:30 p.m. 7/$63
No class Jan 20, Feb 17
Wed Jan 15–Mar 11 9:30–10:45 a.m. 9/$81
Gentle Yoga and Somatics
Moving through key postures of a gentle yoga practice this class will draw upon reconnecting mind/body through somatic exercises. Using mindful movement techniques in our yoga practice we hope to achieve better posture off our mat as well as an enhanced yoga practice.

Fairfield Community Place 5/$45
Thu Sep 26–Oct 24 6:45–7:45 p.m.
Thu Nov 7–Dec 5 6:45–7:45 p.m.
Thu Jan 16–Feb 13 6:45–7:45 p.m.
Thu Feb 20–Mar 1 6:45–7:45 p.m.

Gentle Yoga with Yoga Nidra
Ease from your busy day to an enjoyable evening with this class accessible to anyone who can move to the floor and get up at their own pace. The class includes safe and gentle yoga movements on the floor and standing, breath awareness to guide the movements and calm the nervous system. Bring a warm layer to finish the class in comfort.

Instructor: Regina Pleifer, Certified Yoga Therapist

Yoga Nidra: A Practice of Deep Rest and Rejuvenation
Explore the benefits that come from intentional rest. Learn how a method of intentional rest called Yoga Nidra can support optimal health and well-being. Workshop includes a discussion to define Yoga Nidra, a gentle and nourishing yoga practice that ends with Yoga Nidra, and resources you can use to practice at home. Feel free to bring a pen and a journal/notebook.

Oaklands Community Centre $40
Sat Nov 2 1–3 p.m.

Therapeutic Yoga for Insomnia
Discover how yoga can help alleviate the discomforts associated with insomnia. Workshop includes a discussion outlining how and why yoga is useful for insomnia, a guided yoga practice specifically designed for insomnia and a handout containing simple practices you can do at home.

Instructor: Regina Pleifer, Certified Yoga Therapist

Hand Mudras
Learn the unique method of yoga in your hands. By using the mudras in combination with breathing exercises you can heal both minor and major complaints in both the physical and emotional sense.

Instructor: Nina Moisyeyeva

Therapeutic Yoga for Anxiety
Discover how yoga can help alleviate the discomforts associated with anxiety. Workshop includes a discussion outlining how and why yoga is useful for both anxiety, a guided yoga practice specifically designed for anxiety and a handout containing simple practices you can do at home.

Gentle Yogafit
Yogafit program focused on gentle stretching, breathing, and meditation. There will be some Somatic movements as well. This late evening class will help you relax and finish your day with a positive attitude!

Victoria West Community Centre $45
Thu Sep 26–Oct 24 6–7:15 p.m.
Thu Oct 31–Dec 12 6–7:15 p.m.
Thu Jan 16–Feb 13 6–7:15 p.m.
Thu Feb 20–Mar 26 6–7:15 p.m.

Therapeutic Yoga for Times of Transition
Fall is a time of transition. Long summer days fade into longer autumn nights. Just like the passing of the seasons, we move through many transitions over our lifetime. Learn how yoga and Ayurveda can help ease the challenges experienced during changes. Workshop includes a discussion to explore yogic and Ayurvedic life-style principles, a guided yoga practice designed for creating ease in times of flux and a handout containing simple practices you can do at home.

Oaklands Community Centre $40
Sat Oct 19 1–3 p.m.
Hatha Yoga – Oaklands
A 60 minute class focused on body awareness, safe alignment, and a strong mind-body connection. Designed to cultivate balance, strength, mobility, and joint stability in your body.

 Instructor: Erica Joelle

Oaklands Neighbourhood House  Drop-in $12
Thu  Sep 26–Oct 31  6–7 p.m.  6/$54
Thu  Nov 7–Dec 12  6–7 p.m.  6/$54
Thu  Jan 2–Feb 6  6–7 p.m.  6/$54
Thu  Feb 13–Mar 19  6–7 p.m.  6/$54
Thu  Mar 26–Apr 30  6–7 p.m.  6/$54

Oaklands Community Centre
Sun  Dec 20 10–11:15 a.m.  6/$54
Sun  Jan 3–Feb 10  10–11:15 a.m.  6/$54
Sun  Feb 24–Mar 29  10–11:15 a.m.  6/$54

Hatha Yoga – James Bay
Explore various aspects of yoga like deep postures, pranayama (breath work), supported postures, and relaxation.

 Instructor: Jenny Berg

James Bay Community Centre  5/$45
Mon  Sep 9–Oct 7  6:45–8 p.m.
Mon  Oct 28–Dec 2  6:45–8 p.m.
No class Nov 1
Mon  Jan 13–Feb 10  6:45–8 p.m.
Mon  Feb 24–Mar 23  6:45–8 p.m.

Introduction to Yoga
Designed to help you understand alignment of yoga postures and integration of breath into your practice, Nicole will create sequences that enhance breath and movement. Classes will focus on a main area of the body and will build a practice around that area as well as breath work and intention setting. Appropriate for all ages and levels of yoga background.

 Instructor: Nicole McLellan

Victoria West Community Centre  6/$72
Tue  Sep 24–Oct 29  6:30–7:30 p.m.
Tue  Feb 4–Mar 10  6:30–7:30 p.m.

Iyengar Beginners
The iyengar approach to Hatha Yoga encourages a balance between flexibility, strength and endurance. Emphasizing correct body alignment and precision. You will enjoy a sense of well-being and increased relaxation.

 Fairfield Community Place
Tue  Sep 10–Nov 12  11 a.m.–12:30 p.m.  10/$120
Tue  Sep 10–Nov 12  7–8 p.m.  10/$100
Tue  Jan 21–Mar 24  11 a.m.–12:30 p.m.  10/$120
Tue  Jan 21–Mar 24  7–8 p.m.  10/$100

Iyengar Intermediate
The iyengar approach to Hatha Yoga encourages a balance between flexibility, strength and endurance. It emphasizes correct body alignment and precision and enables the participant to enjoy a sense of well-being and increased relaxation.

 Fairfield Community Place
$120
Tue  Sep 10–Nov 12  5:30–7 p.m.
Tue  Jan 21–Mar 24  5:30–7 p.m.

Iyengar Support and Restore
Join us for an hour of gentle yoga in the iyengar method. A practice to support and restore.

 Fairfield Community Place
$100
Thu  Sep 12–Nov 14  12–1 p.m.
Thu  Jan 23–Mar 26  12–1 p.m.

Mindful Somatic Yoga
Somatic yoga is a very gentle mindful practice which is performed lying down. It is a simple, safe and effective approach for helping to reduce tension and pain. As we cultivate awareness of our habituated tendencies in the body we learn to release these patterns that do not serve us, creating improved range of motion, flexibility and posture.

 Instructor: Donna Williams

James Bay Community Centre
Mon  Sep 9–Oct 7  4–5 p.m.
Mon  Jan 13–Feb 10  4–5 p.m.
Mon  Feb 24–Mar 23  4–5 p.m.

Mom & Baby Yoga
This class will give both moms and babies up to nine months the opportunity to make the most of this precious time in life. Everyone will get the chance to stretch, move and relax while spending time together. Find music, laughter, massage and a chance to stretch, move and relax while spending time together. Find music, laughter, massage and a chance to stretch, move and relax while spending time together. Find music, laughter, massage and a chance to stretch, move and relax while spending time together.

 Instructor: Asia Mann

Victoria West Community Centre
Sat  Sep 14–Oct 26 10:15–11:45 a.m.  6/$66
Sat  Nov 2–Dec 7  10:30–11:45 a.m.  5/$55
Sat  Jan 18–Feb 29  10:30–11:45 a.m.  6/$66
Sat  Feb 5–Mar 15

Rejuvenation Yogalates
A Hatha practice blended with Pilates that offers mind, body and spiritual instruction to inspire and rejuvenate. This class will offer a few twists to the classical style. Join in this fresh and fun class to find your flexible body, calm your mind and inspire your spirit. Yoga mats and blocks available.

 Instructor: Nicole D’Agati

Oaklands Community Centre
6/$4  Drop-in $12
Thu  Sep 12–Oct 17  7:15–8:30 p.m.
Thu  Oct 24–Nov 28  7:15–8:30 p.m.
Thu  Jan 16–Feb 20  7:15–8:30 p.m.
Thu  Feb 27–Apr 2  7:15–8:30 p.m.

Restorative Yoga
Restorative yoga is a unique style of yoga that focuses on supporting the body in a deeply restful way. Poses are held for a prolonged period of time to foster a deep state of relaxation. A variety of props are used to support the body and encourage stillness and comfort. The practice of Yoga Nidra (Yogic Sleep) will also be incorporated into this class. This is a class suitable for all levels.

 Instructor: Nadine Isaiah

Crystal Pool and Fitness Centre  6/$54  Drop-in $12
10687  Thu  Oct 3–Nov 7  7:30–8:30 p.m.
10689  Thu  Nov 14–Dec 19  7:30–8:30 p.m.
10690  Thu  Jan 16–Feb 20  7:30–8:30 p.m.
10691  Thu  Feb 27–Apr 2  7:30–8:30 p.m.

Prenatal Yoga
This class includes a variety of supplementary techniques designed to help prepare for the birthing process. Classes are designed to support, nurture and empower both the mother and baby. Please bring a yoga mat and wear comfortable clothing.

 Instructor: Asia Mann

Victoria West Community Centre
Mon  Sep 9–Oct 7  10:30–11:45 a.m.  6/$66
Mon  Nov 4–Dec 6  10:30–11:45 a.m.  6/$66
Mon  Jan 18–Feb 29  10:30–11:45 a.m.  6/$66
Mon  Feb 5–Mar 15

Mindful Somatic Yoga
Somatic yoga is a very gentle mindful practice which is performed lying down. It is a simple, safe and effective approach for helping to reduce tension and pain. As we cultivate awareness of our habituated tendencies in the body we learn to release these patterns that do not serve us, creating improved range of motion, flexibility and posture.

 Instructor: Donna Williams

James Bay Community Centre
Mon  Sep 9–Oct 7  4–5 p.m.
Mon  Jan 13–Feb 10  4–5 p.m.
Mon  Feb 24–Mar 23  4–5 p.m.

Power Flow Yoga
Linking breath with movement, this class is fun and challenging. We will flow from one posture to another while we cultivate strength, balance, focus and flexibility. You will leave feeling warm and energized.

 Fairfield Community Place
$120
Wed  Sep 9–Oct 16  5–7 p.m.
Wed  Oct 23–Nov 27  5–7 p.m.
Wed  Nov 30–Dec 17  5–7 p.m.
Wed  Dec 4–Jan 22  5–7 p.m.
No class Dec 25, Jan 1
Wed  Jan 29–Mar 4  5–7 p.m.
Restorative + Yoga Nidra
Longer holds in seated and reclined postures will bring the body into a state of conscious rest. Developed to help with fatigue, insomnia, stress, grief and loss as well as self-care. Compliments active movement practices. Beneficial to all.

James Bay Community Centre $54
Thu Sep 19–Oct 3 11:15–2:30 p.m.
No class Oct 10
Thu Jan 23–Feb 27 1:15–2:30 p.m.
Burnside Gorge Community Centre $80
Sat Sep 21–Nov 9 10–11:15 a.m.
Sat Jan 18–Mar 7 10–11:15 a.m.

Room to Breathe: Yoga Therapy for Anxiety
Yoga therapy provides many tools to calm an overactive mind. Research has demonstrated that certain breathing and movement practices help to regulate the nervous system which soothes the thoughts of the mind. In an eight week series, specifically designed for anxiety, we will cover key breathing and movement practices and how they interrelate to the nervous and respiratory systems.

Instructor: Samantha Roy
James Bay Community Centre $72
Mon Jan 13–Mar 9 5:15–6:15 p.m.
No class Feb 17

Sustain Your Yoga Workshop
Learn how to sustain a healthy yoga practice as you age. Informed by the science of biomechanics and studies of how to prevent yoga injuries, you will be guided in applying principles from the YogAlign method: a mindful, alignment-conscious, breath-focused approach that allows you to practice yoga safely and improve your wellbeing, strength, and flexibility.

Program offered by Nature Wise Yoga
Instructor: Jenny Feick
Victoria West Community Centre $35
Sat Nov 2 1:30–3:45 p.m.

XL Yoga
Yoga for large people taught by a large person. The benefits of yoga including increased balance, flexibility, stamina, and relaxation are wonderful for everybody. We’ll make the poses work for our bodacious and strapping bods using modifications and props (bolsters, blankets, and straps).

Burnside Gorge Community Centre
Thu Sep 12–Oct 3 7–8 p.m. $80
Thu Nov 7–Dec 19 7–8 p.m. $70
Thu Mar 5–Apr 23 7–8 p.m. $80
Thu Jan 9–Feb 27 7–8 p.m. $80

Yin & Yoga Nidra
Seated and reclined postures are held for longer periods of time (3–5 minutes) to target the deeper connective tissues in the body. This practice closes with a relaxing guided meditation. Complementary to dynamic and muscular (yang) styles of movement. Suitable for all levels.

Oaklands Neighbourhood House $12
Wed Sep 18–Oct 30 7:45–9 p.m.
Wed Nov 6–Dec 18 7:45–9 p.m.
Wed Jan 15–Feb 26 7:45–9 p.m.
Wed Mar 4–Apr 15 7:45–9 p.m.

Yin Yoga
This session will target the main joints of the body (hips, back, and shoulders). Classes are kept at a peaceful and mindful pace to allow deeper exploration of poses and cultivate greater somatic awareness. Yoga poses are maintained mainly in a seated or reclined position from 3 to 5 minutes.

Fairfield Community Place $90
Instructor: Jenny Berg
Thu Sep 26–Dec 5 5:15–6:30 p.m.
No class Oct 31
Thu Jan 16–Mar 1 5:15–6:30 p.m.
Victoria West Community Centre $72
Instructor: Ashley Pungente
Thu Sep 19–Oct 24 6–7:15 p.m. 6/$72
Thu Oct 31–Dec 12 6–7:15 p.m. 6/$72
Thu Jan 16–Feb 13 6–7:15 p.m. 5/$60
Thu Feb 20–Mar 26 6–7:15 p.m. 5/$60
No class Feb 17

Yin Yoga + The Chakras
In this series we will explore the foundations of all seven major chakras and move through a full Yin yoga practice. Designed to focus on one chakra per week, students will leave with tools to deepen their relationship with each chakra off the mat. All levels welcome, no prior experience required.

Instructor: Ashley Pungente
James Bay Community Centre $12
Thu Nov 14–Dec 19 1–2:30 p.m. 6/$69
Thu Mar 12–Apr 23 1–2:30 p.m. 7/$80

Yin Yoga Workshop: Developing an at home practice with the wall
In this workshop we will move through a full Yin yoga practice and experience the benefits of practicing with the support of a wall. Students will leave with a sequence to take home with you or wherever you go! Unlike other yoga sequences, the only prop you need here is a wall. All levels welcome.

Instructor: Ashley Pungente
James Bay Community Centre $30
Sat Nov 16 12–2 p.m.

Yoga for Active People
Staying active as you age promotes health and longevity. Active people often have strong but tight muscles and need to cross-train. Yoga can help build strength, increase flexibility, enhance balance, improve stability, prevent injuries, and heal previous damage. Learn how to engage your breath and the right muscles to enhance your mind-body movements. Program offered by Nature Wise Yoga.

Instructor: Jenny Feick
Victoria West Community Centre $48
Tue Oct 8–Oct 29 5:30–6:45 p.m.
Tue Nov 5–Nov 26 5:30–6:45 p.m.
Tue Jan 21–Feb 11 5:30–6:45 p.m.
Tue Feb 18–Mar 10 5:30–6:45 p.m.

Yoga for the Third Age (50+)
Taught as a slow traditional Hatha class with a restorative finish, these classes are intended to help balance your mind, body and spirit while promoting deep relaxation of the nervous system. Integrating in movement, stillness, holds these classes will help you de-stress, calm the nervous system, connect you to your breath, help alleviate chronic pain and maintain muscle. All levels are welcome and is open to anyone 50+.

Instructor: Asia Mann
Victoria West Community Centre $66
Sat Sep 14–Oct 26 12–1:15 p.m. 6/$66
Sat Nov 2–Dec 7 12–1:15 p.m. 5/$55
Sat Jan 18–Feb 29 12–1:15 p.m. 6/$66
No class Feb 15

Yoga Karma Class
Flow through creative sequences of postures to tone your muscles and stretch your deeper tissues. A strong focus on breath and alignment will allow students of all levels to deepen their yoga practice. All proceeds go to support community programming at the Fernwood Community Centre. All levels welcome.

Fernwood Community Centre $5
Thu Sep 5–Apr 3 7–8 p.m.
Cook Street Village Activity Centre (CSVAC)
1-380 Cook Street

Hours of Operation:
Monday – Saturday: 8:30 a.m. – 4 p.m.
Open late Monday, Wednesday and Thursday until 7:30 p.m.
T: 250.384.6542
E: executivedir@csvac.ca
cookstreetvillageactivitycentre.com
Check us out on Twitter and Facebook

DROP-IN PROGRAMS

Legend: M: Member | G: Adults 18+

Art & Wellness
If you want to learn simple ways to use creative expression to improve your physical and mental health or if you already paint to maintain your health, this is the class for you. All ages of adults welcome.
M $2 | G $4

Billiards
Come and enjoy some lighthearted games of billiards or snooker. Bring your friends and share some laughter. All ages of adults welcome.
M $2 | G $4

Bingo!
Come enjoy an afternoon of Bingo. Pay the drop-in rate, then purchase the number of cards to play for the afternoon based on your play style. Cards are $0.50 each and there are prizes! All ages of adults welcome. Drop-in fee applies in addition to the 50 Cent cards.
M $2 | G $4

Book Lovers Group
Enjoy reading? Enjoy people? Your favorite books recommended, read, and discussed. Our group meets on the last Thursday of each month in the comfort of the Centre’s Lounge. (Currently full – wait list being taken)
M $2 | G $4

Busy Hands/Social Crafters
You are welcome to come in and work on a personal project, and join the fun social atmosphere created by Busy Hands (Drop in fee applies). Consider volunteering your time for the Centre as a Busy Hands member, creating items to sell as a fundraiser. All ages of adults welcome. Our Busy Hands members are exempt from the drop-in fee.
M $2 | G $4

Canasta
Let’s play Canasta! This card game of the rummy family of games is fast moving and always exciting. Join this great group of people to socialize with and share some laughter. Don’t know the game but want to learn? Our players are always willing to teach someone new about this fun game. All ages of adults welcome.
M $2 | G $4

Caring for the Caregiver
Being part of a support group can help caregivers feel less isolated and provide the opportunity for mutual support. All ages of adults welcome. Held on the second Thursday of each month and there is no cost.

Chair Stretch & Strength
Come have a seat for accessible exercise that enhances bone density and posture. Improve co-ordination and circulation in this all levels class! All ages of adults welcome.
M $4 | G $8
## Weekly Schedule

<table>
<thead>
<tr>
<th>Monday</th>
<th>Tuesday</th>
<th>Wednesday</th>
<th>Thursday</th>
<th>Friday</th>
<th>Saturday</th>
</tr>
</thead>
<tbody>
<tr>
<td>Ladies Snooker</td>
<td>Massage*</td>
<td>Come and pamper yourself with our Wellness Services.</td>
<td>Fun and Fitness</td>
<td>Billiards/ Snooker</td>
<td>Billiards/ Snooker</td>
</tr>
<tr>
<td>9 a.m.–12 p.m.</td>
<td>8–11 a.m.</td>
<td>*Book an appointment with reception 245.384.6542</td>
<td>9–10 a.m.</td>
<td>9 a.m.–12 p.m.</td>
<td>9 a.m.–12 p.m.</td>
</tr>
<tr>
<td>Stretch &amp; Strength</td>
<td>Sing-a-long</td>
<td>Joy of Art</td>
<td>Stretch and Strength</td>
<td>Meditation</td>
<td>Tech Talk</td>
</tr>
<tr>
<td>9:30–10:30 a.m.</td>
<td>10:30 a.m.–12 p.m.</td>
<td>9:30 a.m.–12 p.m.</td>
<td>9:30–10:30 a.m.</td>
<td>10:30 a.m.–12 p.m.</td>
<td>10:30 a.m.–12 p.m.</td>
</tr>
<tr>
<td>Journey Speaker from Silver Threads</td>
<td>Yoga Morning</td>
<td>Friendly/Social Bridge</td>
<td>Tai Chi – Intermediate</td>
<td>Non-fiction Book Group</td>
<td>Cribbage</td>
</tr>
<tr>
<td>10:30–11:30 a.m. Third Monday of the month</td>
<td>10:30–11:15 a.m.</td>
<td>9:30 a.m.–12:30 p.m.</td>
<td>10:15–11:15 a.m.</td>
<td>3rd Fri 11:30 a.m.–12:30 p.m.</td>
<td>1–3:30 p.m.</td>
</tr>
<tr>
<td>Line Dance</td>
<td>Mending Café</td>
<td>Stretch &amp; Strength</td>
<td>Book Group</td>
<td>Special Events</td>
<td>Movie Matinee</td>
</tr>
<tr>
<td>10:45 a.m.–12 p.m.</td>
<td>11 a.m.–12 p.m. First Tuesday of the month</td>
<td>9:30 a.m.–10:30 a.m.</td>
<td>11 a.m.–12 p.m. Last week of the month</td>
<td>Purchase your ticket by Tuesday prior to events</td>
<td>1–3:30 p.m.</td>
</tr>
<tr>
<td>Mahjong</td>
<td>Yoga Chair</td>
<td>Tai Chi – Intermediate</td>
<td>Chair Stretch &amp; Strength</td>
<td>Texas Hold’em Poker</td>
<td>Art and Wellness</td>
</tr>
<tr>
<td>12:30–3:30 p.m.</td>
<td>11:30 a.m.–12:15 p.m.</td>
<td>10:15–11:15 a.m.</td>
<td>11–11:45 a.m.</td>
<td>12:45–3:30 p.m.</td>
<td>1–3:30 p.m.</td>
</tr>
<tr>
<td>Texas Hold’em Poker</td>
<td>Progressive Bridge</td>
<td>Pickleball &amp; Ping Pong</td>
<td>Chair Stretch &amp; Strength</td>
<td>Last Saturday</td>
<td>Cribbage</td>
</tr>
<tr>
<td>12:45–3:30 p.m.</td>
<td>11 a.m.–12:15 p.m.</td>
<td>11 a.m.–12:15 p.m.</td>
<td>11–11:45 a.m.</td>
<td>2nd choice Movie Matinee</td>
<td>1–3:30 p.m.</td>
</tr>
<tr>
<td>Bingo</td>
<td>Busy Hands/Social Crafters</td>
<td>Wednesday Lunch Special</td>
<td>Tai Chi Beginner</td>
<td>Art and Wellness</td>
<td>Adults of All Ages Welcome!</td>
</tr>
<tr>
<td>1–3:30 p.m.</td>
<td>1–3:30 p.m.</td>
<td>11:30 a.m.–1 p.m.</td>
<td>11:30 a.m.–12:30 p.m.</td>
<td>1–3:30 p.m.</td>
<td>Mon, Wed, Thurs 8:30 a.m.–7:30 p.m.</td>
</tr>
<tr>
<td>Shuffleboard</td>
<td>Euchre</td>
<td>Meditation</td>
<td>Exploring Watercolours</td>
<td>Euchre</td>
<td>Tues, Fri, Sat 8:30 a.m.–4 p.m.</td>
</tr>
<tr>
<td>1–2:30 p.m.</td>
<td>1–3:30 p.m.</td>
<td>12:30–1:30 p.m.</td>
<td>12 p.m.–2:30 p.m.</td>
<td>1–3:30 p.m.</td>
<td>Memberships Annual $60 Monthly $7</td>
</tr>
<tr>
<td>Whist</td>
<td>Haircuts</td>
<td>Cribbage</td>
<td>Canasta</td>
<td>Mexican Train Dominoes</td>
<td>Need space for an event. Ask us about our great rental services. 250.384.6542</td>
</tr>
<tr>
<td>1–3:30 p.m.</td>
<td>2nd and 4th Tue 1:30, 2:30, 3:30 p.m.</td>
<td>1–3:30 p.m.</td>
<td>12:30–3:30 p.m.</td>
<td>12:30–3:30 p.m.</td>
<td></td>
</tr>
<tr>
<td>Yoga Hatha</td>
<td>Don’t forget to pick up your special event ticket!</td>
<td>Yoga – Hatha</td>
<td>Reflexology</td>
<td>Duplicate Bridge</td>
<td></td>
</tr>
<tr>
<td>6–7:30 p.m.</td>
<td>Sold until the Tuesday prior.</td>
<td>4:30–6 p.m.</td>
<td>1:30–4 p.m.</td>
<td>1–3:30 p.m.</td>
<td></td>
</tr>
</tbody>
</table>

*Programs require booking 250.384.6542

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**CSVAC**

Come for the fun and stay for the friends. This is your home for social, educational, wellness and recreational activities! Our Centre is run by members, volunteers and staff. All ages are welcome to participate in our programming. Our membership is reserved for 50+ years.

**Membership Fees**

$50 per year starting the day you register for a year or $7 per calendar month.
Cribbage
For all levels of play! Learn from an experienced player if you don’t know how to play this social game. All ages of adults welcome. Join us just for the peg of it!
M $2 | G $4

Crokinole
Join this fun group and share your laughter playing crokinole. Players take turns shooting discs across the circular playing surface, trying to have their discs land in the higher-scoring regions of the board, while also attempting to knock away opposing discs. Adults of all ages welcome.
M $2 | G $4

Current Affairs
Come and discuss the week's events in the news with host Ken Roueche. Ken is a long time Fairfield resident, amateur historian and news junkie. Please come equipped with an active and curious mind and your current news topic suggestions. Adults of all ages welcome.
M $2 | G $4

Duplicate Bridge
One of our more challenging bridge games but not to worry we have a knowledgeable and skilled activity leader that provides instruction before each session and guidance throughout the session. In Duplicate Bridge, each player is given the same set of cards to play with, which heightens the element of skill and lowers the importance of chance. Our friendly bridge players will be happy to welcome new faces to the table, and informal coaching is available for those new to the game. Everyone Welcome!
M $2 | G $4

Euchre
Euchre: The game that makes it fun to play with Half a Deck! Be part of the fun and join us for this trick-taking card game. Don’t know how to play? We will show you; come join the fun. Euchre is a trick-taking card game most commonly played with four people in two partnerships with a deck of 24 standard playing cards. Adults of all ages welcome!
M $2 | G $4

Exploring Watercolour
This is a drop-in for people wanting to explore and exchange ideas regarding painting with watercolours. Supplies provided for first class. Adults of all ages welcome.
M $2 | G $4

Friendly Bridge
Are you returning to the game of bridge or looking for an opportunity to keep up on your knowledge and skills of the game. Join our group of friendly bridge players. All skill levels welcome. Lesson included as part of the game. Everyone Welcome!
M $2 | G $4

Fun & Fitness
Light weights and cardiovascular exercises will get you on the road to a healthy lifestyle. Watch your endurance and mobility improve in this popular class. Adults of all ages welcome.
M $2 | G $4

Joy of Art
Experience the art of painting and drawing among friends. This is an informal group for those interested in drawing and painting in oil, acrylics, watercolour and pastel. Limited supplies for beginners available. All levels welcomed. Adults of all ages welcome.
M $2 | G $4

Ladies' Snooker
Have fun with the ladies in a lighthearted game of snooker. Our friendly and fun group welcomes all skill levels. Adults of all ages welcome.
M $2 | G $4

Line Dance
Our place is filled with people who like to dance for fun, fitness, and personal enjoyment. We welcome you to join us at any time and we guarantee that our friendly atmosphere is the fastest way to learn to dance in this town. No need for a partner! All levels and ages welcomed.
M $2 | G $4

Mahjong
Come and learn to play! Originating in China, MahJong is a game that involves skill, strategy and calculation as well as some luck! Similar to gin rummy, the object of the game is to build sets and earn the highest point value. Play this fascinating tile game even if you have never played before! Adults of all ages welcome!
M $2 | G $4

Meditation
Meditation is used to quiet the mind and body. It can help with stress, relaxation, sleep, clarity, and developing your consciousness. Please join us for practice. Beginners welcome. Adults of all ages welcome.
M $2 | G $4

Non-Fiction Book Club
If you enjoy reading biographies, history, and real life adventure stories. This is the book group for you! Adults of all ages welcome. (Currently full – wait list being taken)
M $2 | G $4
DROP-IN PROGRAMS

Pickleball & Ping Pong
For the price of one drop in, come try both of these fun games for all ages:

**Pickleball**: Played with a paddle on our “court”, it’s a cross between badminton, tennis and ping pong. The aim of our games is to laugh, have fun and get moving!

**Ping Pong**: Also known as Table Tennis. This activity will surely help to keep your hand eye coordination strong while reaching your daily fitness goals. We have tables and equipment, but please feel free to bring your favorite paddle. Adults of all ages welcome.

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Whist
Whist is a classic English trick-taking card game which was widely played in the 18th and 19th centuries. Although the rules are extremely simple, there is enormous scope for scientific play. Come and learn to play this game in a friendly welcoming atmosphere. This group has just started and are learning together so it is the perfect time to join! Adults of all ages welcome.

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**Progressive Bridge**
Progressively move and play with new partners. No partner required. We have a mixture of abilities, so if you have some experience with bridge come and join the fun. Adults of all ages welcome.

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**Shuffleboard**
Here is a classic just exploding with popularity, shuffleboard! Have you ever wondered how to play? Come and learn with others, or share your expertise in our fun relaxed atmosphere! Adults of all ages welcome.

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**Sing-a-long with Live Music!**
Our sing-a-long drop-in features live music for toe tapping, hand clapping, sing-a-long fun! Join us for the months of September to June, every Tuesday morning. Adults of all ages welcome!

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**Stretch & Strength**
A specialized trainer will lead the group through various strength training exercises designed to increase one’s range of motion, stability and capacity for exercise. Light weights and large elastic bands will be used.

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Texas Hold'em Poker
Learn and/or improve your Texas Hold'em Poker Game. Come and experience the fun and excitement of live poker with friends. Adults of all ages welcome. An additional $4 will be collected towards the poker pot in addition to the drop-in fee.

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**Art & Music**

**Art & Wellness**
If you want to learn simple ways to use creative expression to improve your physical and mental health or if you already paint to maintain your health, this is the class for you.

Fri Sep 6–Apr 26 1–3:30 p.m. M $2 | G $4

**Busy Hands/Social Crafters**
You are welcome to come in and work on a personal project, and join the fun social atmosphere created by Busy Hands (Drop in fee applies). Consider volunteering your time for the Centre as a Busy Hands member, creating items for to sell as a fundraiser. All ages of adults welcome. Our Busy Hands members are exempt from the drop-in fee.

Tue Sep 3–Apr 28 1–3:30 p.m. M $2 | G $4

**Exploring Watercolour**
This is a drop-in for people wanting to explore and exchange ideas regarding painting with watercolours. Supplies provided for first class. Adults of all ages welcome.

Thu Sep 5–Apr 30 12–2:30 p.m. M $2 | G $4

No class Dec 26

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Facility Rental
The Centre has a variety of meeting rooms, an auditorium with stage to accommodate 150 theatre style; audio-visual equipment and tea trolley service available.

Visit our website [cookstreetvillage.activitycentre.com](http://cookstreetvillage.activitycentre.com) to view photos or download a rental information form listing rates, room sizes and more. Negotiable rates for long term rentals. After hours rentals are available.

Call 250.384.6542 or Email ExecutiveDir@csvac.ca for additional information.
Joy of Art
Experience the art of painting and drawing among friends. This is an informal group for those interested in drawing and painting in oil, acrylics, watercolour and pastel. Limited supplies for beginners available. All levels welcomed. Adults of all ages welcome.
Thu  Sep 5–Apr 30 9:30–12 p.m.  M $2 | G $4

Sing-a-long with Live Music!
Our sing-a-long drop-in features live music for toe tapping, hand clapping, sing-a-long fun! Join us for the months of September to June, every Tuesday morning. Adults of all ages welcome!
Tue  Sep 3–Apr 28 10:30–12 p.m.  M $2 | G $4
No class Dec 24, 31

CARDS & GAMES

Billiards
Come and enjoy some lighthearted games of billiards or snooker. Bring your friends and share some laughter. All ages of adults welcome.
Fri; Sat  Sep 6–Apr 30 9 a.m.–12 p.m.  M $2 | G $4
No class Nov 22, 23, Dec 27, 28, Apr 10

Bingo!
Come enjoy an afternoon of Bingo. Pay the drop-in rate, then purchase the number of cards to play for the afternoon based on your play style. Cards are $0.50 each and there are prizes. All ages of adults welcome.
Drop-in fee applies in addition to the 50 Cent cards.
Mon  Sep 9–Apr 27 1–3:30 p.m.  M $2 | G $4
No class Sep 2, Oct 14, Nov 11, Dec 23, 30, Feb 17, Apr 13

Canasta
Let's play Canasta! This card game of the rummy family of games is fast moving and always exciting. Join this great group of people to socialize with and share some laughter. Don’t know the game but want to learn? Our players are always willing to teach someone new about this fun game. All ages of adults welcome.
Thu  Sep 5–Apr 30 12:30–3:30 p.m.  M $2 | G $4

Cribbage
For all levels of play! Learn from an experienced player if you don’t know how to play this social game. All ages of adults welcome. Join us just for the peg of it!
Wed; Sat  Sep 4–Apr 29 1–3:30 p.m.  M $2 | G $4
No class Nov 23, Dec 25, 28, Jan 1

Crokinole
Join this fun group and share your laughter playing crokinole. Players take turns shooting discs across the circular playing surface, trying to have their discs land in the higher-scoring regions of the board while also attempting to knock away opposing discs. Adults of all ages welcome.
Fri  Sep 6–Apr 24 10:30–12 p.m.  M $2 | G $4
No class Dec 27, Apr 10

Duplicate Bridge
This is a more challenging bridge games but there is also a knowledgeable and skilled activity leader that provides instruction before each session. In Duplicate Bridge, each player is given the same set of cards to play with which heightens the element of skill and lowers the importance of chance. Our friendly bridge players will be happy to welcome new faces to the table and informal coaching is available for those new to the game. Everyone Welcome!
Thu  Sep 5–Apr 30 1–3:45 p.m.  M $2 | G $4
No class Dec 26

Euchre
Euchre: The game that makes it fun to play with Half a Deck! Be part of the fun and join us for this trick-taking card game. Don't know how to play? We will show you. Euchre is a trick-taking card game most commonly played with four people in two partnerships with a deck of 24 standard playing cards. Adults of all ages welcome!
Tue, Fri  Sep 3–Apr 28 1–3:30 p.m.  M $2 | G $4
No class Nov 22, Dec 24, 27, 31, Apr 10

Friendly Bridge
Are you returning to the game of bridge or looking for an opportunity to keep up on your knowledge and skills of the game. Join our group of friendly bridge players. Lesson included as part of the game. Everyone Welcome!
Wed  Sep 4–Apr 29 9:30–11:45 a.m.  M $2 | G $4
No class Dec 25, Jan 1

Ladies' Snooker
Have fun with the ladies in a lighthearted game of snooker. Our friendly and fun group welcomes all skill levels. Adults of all ages welcome.
Mon  Sep 9–Apr 27 9–12 p.m.  M $2 | G $4
No class Oct 14, Nov 11, Dec 23, 30, Feb 17, Apr 13
Mahjong
Come and learn to play! Originating in China, Mahjong is a game that involves skill, strategy and calculation as well as some luck! Similar to gin rummy, the object of the game is to build sets and earn the highest point value. Play this fascinating tile game even if you have never played before! Adults of all ages welcome!
Mon  Sep 9–Apr 27    12:30–3:30 p.m.  M $2 | G $4
No class Oct 14, Nov 11, Dec 23, 30, Feb 17, Apr 13

Mexican Train Dominoes
Mexican Train is a game played with number dominoes. The object of the game is for a player to play all the dominoes from his or her hand onto one or more chains, or “trains”, emanating from a central hub or “station”. Adults of all ages welcome!
Thu  Sep 5–Apr 30    12:30–3 p.m.  M $2 | G $4
No class Dec 26

Progressive Bridge
Progressively move and play with new partners. No partner required. We have a mixture of abilities so if you have some experience with bridge come and join the fun. Adults of all ages welcome.
Tue  Sep 3–Apr 28    12:30–3:45 p.m.  M $2 | G $4
No class Dec 24, Dec 31

Texas Hold’em Poker
Learn and/or improve your Texas Hold’em Poker game. Come and experience the fun and excitement of live poker with friends. Adults of all ages welcome. An additional $4 will be collected towards the poker pot in addition to the drop-in fee.
Mon, Fri  Sep 6–Apr 27    12:45–3:30 p.m.  M $2 | G $4
No class Oct 14, Nov 11, Nov 22, Dec 23, 27, 30, Feb 17, Apr 10, 13

Whist
Whist is a classic English trick-taking card game which was widely played in the 18th and 19th centuries. Come and learn to play this game in a friendly welcoming atmosphere. This group has just started and are learning together so it is the perfect time to join! Adults of all ages welcome.
Mon  Sep 9–Apr 27    1–3:30 p.m.  M $2 | G $4
No class Oct 14, Nov 11, Dec 23, 30, Feb 17, Apr 13

HEALTH & WELLNESS

Blood Pressure Clinic
Drop in and have your blood pressure checked by Linda McDonald, retired registered nurse. Linda will create a client card to help you track your health month to month. This service is offered on the second Thursday of the month.
Instructor: Linda McDonald
Thu  second Thursday of each month
  Sep 12–Apr 9    1–2 p.m. Free

Caring for the Caregiver
Being part of a support group can help caregivers feel less isolated and provide the opportunity for mutual support. All ages of adults welcome.
Thu  second Thursday of each month
  Sep 12–Apr 9    7–8:30 p.m. Free

Chair Stretch & Strength
Come have a seat for accessible exercise that enhances bone density and posture. Improve co-ordination and circulation in this all levels class! All ages of adults welcome.
Instructor: Anne-Marie Andrews
Thu  Sep 5–Apr 30    11–11:45 a.m.  M $4 | G $8
No class Nov 21, Dec 26

Chronic Pain Self-Management Program
The Chronic Pain Self-Management Program is a free six session workshop. The workshop helps people living with chronic pain and their caregivers learn to better manage symptoms and activities of daily life. Participants receive the “Living a Healthy Life with Chronic Pain” companion book and the “Moving Easy” CD. Adults of all ages welcome. To register online visit: www.selfmanagementbc.ca.
Offered by UVic Centre on Aging or phone 1.866.902.3767
Tue  Jan 14–Feb 18    10–12:30 p.m. Free
Tue  Apr 7–May 12    10–12:30 p.m. Free

Diabetes Self-Management Program
This is a six-week workshop that helps people with diabetes to better manage their symptoms and their daily lives. The workshop provides information and teaches practical skills. It gives people the confidence and motivation they need to manage the challenges of living with diabetes. To register online visit: www.selfmanagementbc.ca or phone 1.866.902.3767. Offered by UVic Centre on Aging.
Tue  Sep 10–Oct 15    10–12:30 p.m. Free
Flu Shot Clinic
Call Centre to confirm date
Flu shots are provided by Heart Pharmacy. You must sign-up for this free clinic and pick-up a patient information form and bring it with you for your appointment time. (Dates are tentative due to vaccine availability.).

Tue  Oct 22, Nov 12  1–4 p.m.  Free

Foot Care
A qualified foot care nurse, Lorna Proudfoot, will provide an assessment, filing, clipping, debriding of nails and foot massage. Please ask about our fee for veterans. Book your appointment at front desk or call 250.384.6542. Appointments are booked on the hour.

Wed Sep 4–Apr 29  9–2 p.m.  1 hr/$55
No appointments Dec 25, Jan 1

Fun & Fitness
Light weights and cardiovascular exercises will get you on the road to a healthy lifestyle. Watch your endurance and mobility improve in this popular class. Adults of all ages welcome.

Instructor: Alan Bailey
Tue,Thu  Sep 3–Apr 30  9–10 a.m.  M $4 | G $8
No class Dec 24, 26, 31

Hearing Clinic
So how well are you hearing? Sign up at reception to have your hearing checked.

Thu  Oct 15  10 a.m.–12 p.m.  NexGen Hearing
Thu  Nov 14  10 a.m.–12 p.m.  Connect Hearing
Thu  Jan 7  9 a.m.–12:30 p.m.  NexGen Hearing
Thu  Feb 6  9 a.m.–12:30 p.m.  NexGen Hearing

Keir's Mobile Massage
Keir comes to our Centre every Tuesday and Wednesday morning to do relaxation and body work massage including deep tissue, trigger point and myofascial release. Keir’s treatments are designed to relieve pain, stiffness and postural misalignments.

Instructor: Keir Wyman
Tue  Sep 3–Apr 28  8–11 a.m.  30min/$40, 45min/$50, 1hr/$65, 90min/$95
No appointments Dec 31
Wed  Sep 4–Apr 29  9–1 p.m.
No appointments Dec 25, Jan 1

Line Dance
Our Centre is filled with people who like to dance for fun, fitness, and personal enjoyment. We welcome you to join us at any time and we guarantee that our friendly atmosphere is the fastest way to learn to dance in this town. No need for a partner! All levels and ages welcomed.

Instructor: Vicky McCulloch
Mon  Sep 9–Apr 27  10:45–12 p.m.  M $2 | G $4
No class Oct 14, Nov 11, Dec 23, 30, Feb 17, Apr 13

Medical Qi Gong
Learn the fundamentals of Aung Medical Qi Gong. Become aware of the circulation of Qi (vital energy) throughout your whole being-body, mind, and spirit. This introductory class focuses on breathing patterns. We’ll also practice some gentle movement exercises. This program is in partnership with the MS Society.

Fri  Sep 13–Dec 6  11 a.m.–12 p.m.  M 12/$60
G: 12/$65
No class Nov 20
Fri  Jan 3–Mar 20
Fri  Mar 27–Jun 1  11 a.m.–12 p.m.  M $2 | G $4
No class Apr 10

Meditation
Meditation is used to quiet the mind and body. It can help with stress, relaxation, sleep, clarity, and developing your consciousness. Beginners welcome. On the first Saturday of each month. Adults of all ages welcome.

Sat  Sep 7–Apr 4  10:30–12 p.m.  M $2 | G $4
Wed  Sep 4–Apr 29  12:30–1:30 p.m.
No class Dec 25, 28, Jan 1

Reflexology
Reflexology is a gentle foot massage that works through stimulating reflex points on the foot. These points correspond to points on every part of the human body. Call to ask about special package rates and book your appointment 250.384.6542.

Instructor: Nicole Costello
Wed  Sep 4–Apr 29  1:30–4 p.m.  30 min/$44, or 1 hr/$77
No appointments Dec 25, Jan 1
Reiki
This Japanese therapy uses hands-on or no-touch, with visualization techniques to help improve the flow of life force energy which can encourage emotional and physical healing. We are planning on offering Reiki in 2020. Please connect with us for times and pricing. Start date is yet to be determined.

Stretch & Strength
A specialized trainer will lead the group through various strength training exercises designed to increase one’s range of motion, stability and capacity for exercise. Light weights and large elastic bands will be used.

Instructor: Anne-Marie Andrews
Mon, Wed, Fri Sep 4–Apr 29 9:30–10:30 a.m. M $4 | G $8
No class Oct 14, Nov 11, Dec 23, 25, 27, 30, Jan 1, Feb 17, Apr 10, 13

Tai Chi Beginner: Yang Style 24 Form
If you have never tried Tai Chi or have little experience and want to learn more, this course is for you. We will go over one or two movements in detail and practice preparatory movements in each class. Adults of all ages welcome. Register by the month and save, or drop-in is $10. Registered course starts on the first Thursday of each month.

Thu 11:30 a.m.–12:30 p.m. M 4/$32 | G 4/$37
Course offered monthly M 5/$40 | G 5/$45

Tai Chi Intermediate: Yang Style 24 Form
Participants have at least three years of recent experience and are already familiar with the 24 forms. In each class we will practice the whole 24 forms, and then spend time to internalize the movements. Fifteen minutes of class is dedicated to BaDuanJin Health Qigong (Eight Pieces of Brocade). Adults of all ages welcome. Register by the month and save, or drop-in is $10. Registered course starts on the first Thursday of each month.

Instructor: Valerie Chu
Thu 10:15–11:15 a.m. M 4/$32 | G 4/$37
Course offered monthly M 5/$40 | G 5/$45

Yoga – Chair
This gentle yoga class is done seated and is suitable for people with health concerns or limited mobility. Focus is on deep breathing, stretching, accessible poses and guided relaxation. Adults of all ages welcome. Register by the month and save or drop-in if space available: $10

Instructor: Beth Miller
Tue 11:30 a.m.–12:15 p.m. M 4/$32 | G 4/$37
Courses start on the first Tuesday of each month and run for a calendar month. M 5/$40 | G 5/$45

Yoga – Hatha Evening
Lara began practicing at age 16 and studies regularly with Yoga Therapists in both India and Victoria. Lara has over 10,000 hours of experience and has taught ages 5 to 105. You can expect precise individual alignment feedback and therapeutic adjustments based on your injuries and scar tissue. Classes include gentle breathing exercises and traditional postures. Adults of all ages welcome.

Instructor: Lara Love
Mon 6–7:30 p.m. M 3/$40 | G 3/$45
Wed 4:30–6 p.m. M 4/$55 | G 4/$60
M 5/$70 | G 5/$75
Register by the calendar month and save, or drop-in for $18/session
Courses start on the first Monday and Wednesday of each month. No class on Statutory holidays.

Yoga – Morning
Ease into your morning with this all levels yoga class. Energize and feel refreshed. Beginners welcome. Adults of all ages welcome. Register by the month and save or drop-in if space available: $10

Instructor: Beth Miller
Tue 10:30–11:15 a.m. M 4/$32 | G 4/$37
M 5/$40 | G 5/$45
Course offered monthly
Courses start on the first Tuesday of each month and run for a calendar month.
French Intermediate
This interactive class is designed for students with basic French. A qualified teacher will help you extend your vocabulary, polish your skills in reading, writing, speaking and listening. Classes are interactive with many opportunities to speak French and to use authentic material. Adults of all ages welcome. Text books and DVD ($75) and photocopy fees ($5) not included. Please purchase directly from instructor at first class. Offered by Alliance Francaise de Victoria.

Instructor: Carole Masure
Mon Sep 23–Dec 9 10 a.m.–12 p.m.
No class 5 Oct 14, Nov 11
Mon Jan 13–Mar 23 10 a.m.–12 p.m.
No class Feb 17
Mon Apr 6–Jun 22 10 a.m.–12 p.m.
No class Apr 13, May 18

The Journey Speaker Series in partnership with Silver Threads Service
Every 3rd Monday, The Silver Threads Speaker Series offers wellness and health related topics to seniors to help them remain independent in their community. Please contact our Centre for 2020 topics. This is a free 1 hour presentation. Please pre-register with reception.

Instructor: Wendy Campbell R.N.
Mon Sep 16, Oct 21, Nov 18, Jan 20, Feb 24, Mar 16, Apr 20

The Storytelling Cafe
Our Centre will be hosting storytelling concerts once-a-month beginning in September from 1–2:30 p.m. in the lounge area. As seating is limited we encourage you to purchase your tickets early.

Be prepared to be surprised and entertained by three of VSG’s finest tellers. Stories may range from tall tales, to historical/hysterical and personal/fantastical and more. As is traditional at storytelling events, tea service will be offered towards the end and is included in the price of admission. An excellent opportunity to engage in chats with the other tellers.

Thu Sep 26–Dec 19 1–2:30 p.m. M $4/$25 | G $4/$30
Drop-in: M $8 | G $10

Occurs on the last Thursday of the month

Japanese Class for Beginners or Intermediates
These adult Japanese courses focus on daily conversation skills, Japanese cultural knowledge and activities. We wish to have fun together through a variety of Japanese learning. In partnership with Victoria Nikkei Cultural Society. To receive the reduced price a VNCS membership can be purchased online at www.vnvs.ca for $10. Both levels will occur on same day in separate rooms. Adults of all ages welcome.

Instructor: Mieko Fedrau
Mon Sep 9–Nov 25 7–8:30 p.m.
VNCS Members 10/$85 | G 10/$105
No class Oct 14, Nov 11

EDUCATION & WORKSHOPS

Book Lovers Group
Enjoy reading? Enjoy people? Your favorite fiction books recommended, read, and discussed. Our group meets on the last Thursday of each month in the comfort of the Centre’s Lounge. All ages of adults welcome. (Currently full — wait list being taken)

Instructor: Alice Albert
Last Thursday of the month
Sep 26–Apr 30 11–12:30 p.m. M $2 | G $4
Will meet Dec 19 instead of Dec 26

Current Affairs
Come and discuss the week’s events in the news with host Ken Roueche. Ken is a long time Fairfield resident, amateur historian and news junkie. Please come equipped with an active and curious mind and your current news topic suggestions. Adults of all ages welcome.

Thu Sep 5–Apr 30 10–11 a.m. M $2 | G $4
No class Nov 21

French Beginner
This is a perfect class for students who have never studied French. A qualified teacher will help you to build confidence in communicating in French with a focus on speaking and listening. Classes are interactive with varied activities. Adults of all ages welcome. Text books and DVD ($75) and photocopy fees ($5) not included. Please purchase directly from instructor at first class. Offered by Alliance Francaise de Victoria.

Instructor: Alliance Francaise
Wed Sep 25–Nov 27 6–7:30 p.m. M 10/$150 | G10/$155
Wed Jan 15–Mar 18 6–7:30 p.m.
Wed Apr 8–Jun 10 6–7:30 p.m.

Non-Fiction Book Club
If you enjoy reading biographies, history, and real life adventure stories, this is the book group for you! Adults of all ages welcome. (Currently full — wait list being taken)

Instructor: Yvonne Parti
Third Friday of month Sep 1–Apr 17 11:30–1 p.m.
M $2 | G $4

Tech Talk with Trudy
Do you need help with using your iPhone, iPad, android phone or laptop?
Book an appointment to see Trudy who will answer your questions so you can use your electronic device with ease. All ages of adults welcome. Please sign up at the Front Desk.

Sat Sep 28–Apr 25 10:30–12 p.m. M $2 | G $4
Last Saturday of each month
No class Dec 28

Leadership Development Through Volunteering
Bring your generosity, expertise and love of people to our Centre. We will provide a positive environment for enjoyment and personal growth through community interaction. We have many committees and activities that could use your passion and expertise. Join our board to develop your leadership skills and to take professional development. Contact Ashley via email at programmer@csvac.ca for more information.

Leadership

Volunteering
MEALS

Tastebuds Cafe
Stop by our Tastebuds Café to view our healthy and affordable menu. Select from our daily soup and sandwich specials and delicious home baked goodies. The café is open daily Monday through Saturday from 9:30 a.m. to 3 p.m.

Wednesday Lunch Special
Our Tastebuds Café Cook prepares a weekly hearty and nutritious meal that includes a starter, main dish, and dessert, served with your choice of coffee or tea. Our kitchen volunteer servers provide you with quick and friendly service that will be sure to keep you coming back.

Wed Sep 4–Apr 29 11:30–1 p.m. $8
No class Dec 25

Chinese Lunar New Year Lunch Special
Celebrate the "Year of the Rat" with a delicious Chinese lunch. We recommend picking up your ticket by Tuesday, Feb 4 to secure your seat as there will be limited tickets available at the door. Everyone of all ages welcome.

Fri Feb 7 11:30–1:30 p.m. Tickets: $10

Valentine's Day Lunch Special
Love is in the air, so come share the love by socializing over a fabulous Valentine’s Day themed lunch with friends and loved ones. Everyone of all ages welcome. We recommend picking up your ticket by Tuesday, Feb 11 to secure your seat as there will be limited tickets available at the door.

Fri Feb 14 11:30 a.m.–1:30 p.m. Tickets: $10

Senior Community Outreach
CONNECTING WITH SENIORS IN VICTORIA

The City of Victoria Senior Centres are working in partnership to reduce isolation of seniors. The concept is simple – have an Outreach Worker meet with seniors where they live, to make connections, listen to concerns and inform seniors of available services to help them remain independent. The project began with financial support from the City of Victoria in the Fall of 2015 and focused on outreach to seniors living in rental housing in James Bay and Jubilee neighbourhoods. Thanks to the ongoing financial support from the City and funding from the United Way, the program has expanded and is available to assist with connecting seniors to the information and services they need.

Our Goals:
• To connect seniors to resources to improve their quality of life
  (Including subsidy programs that include SAFER, Fair Pharmacare, bc211)
• To connect seniors to services to improve their quality of life
  (Senior Centres, Homecare, Handy DART)
• To connect seniors to their neighbours

To connect with an Outreach Worker or for more information on this initiative please contact:

Susan Bauer, Outreach Worker
Phone: 250.889.9236
Email: susanbauer@silverthreads.ca
**SERVICES**

**Cycling Without Age – by appointment**
Cycling Without Age Victoria is a volunteer-run program that takes people of all ages and abilities on rides using a Danish trishaw bicycle and will ride for free in Fairfield and the James Bay area. For more information visit cyclingwithoutage.ca/victoria or contact our Centre for upcoming dates/times. Rides will be offered (weather permitting).

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<td>Mon</td>
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**Income Tax Clinic**
Our Revenue Canada, Community Volunteer Income Tax Program serves people with simple taxes and low income (Call for eligibility). We like to help students, newcomers, persons with low incomes and older adults on a fixed income. Please call reception at 250.384.6542 to book an appointment beginning in February.

**Mobility Aid Repair Clinic**
Canada Scooters will be servicing and doing light repairs for scooters, walkers and wheelchairs. This is a free service. Please sign up in advance at reception.

**Mending Cafe**
Drop off your clean and pressed clothing before 12:30 p.m. for minor repairs (sorry no tailoring). Time to return based on demand. First Tuesday of each month

**Income Tax Program** serves people with simple taxes and low income (Call for eligibility). We like to help students, newcomers, persons with low incomes and older adults on a fixed income. Please call reception at 250.384.6542 to book an appointment beginning in February.

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**Member Birthday Social**
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<td>Tue, Sep 7</td>
<td>Apr 25 11:30 a.m.–1 p.m.</td>
<td>M $2</td>
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<tr>
<td>Wed, Sep 4</td>
<td>Apr 29 11–12:15 p.m.</td>
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**Special Events**

**All Candidates Meet & Greet**
Come meet and ask questions from the candidates for the upcoming Federal election.

**Easter Lunch**
Join us for a traditional three-course Easter Lunch. Easter bonnets encouraged! Entertainment to follow the meal. All ages welcome! Must purchase meal tickets in advance by Tue, May 31.

**Fall Book and Puzzle Sale**
In October the Centre will accept donations of gently used soft cover books and puzzles for our Fall Book & Puzzle Sale.

**Halloween Murder Mystery Party**
There has been a murder at the Centre, but who did it? This Halloween event will be a fun filled afternoon of suspicion and investigation, where you will be given clues to try to determine the mystery of who the killer is. Includes treats and refreshments. Must purchase tickets in advance by Oct 22.

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**Sports**

**Pickleball & Ping Pong**
For the price of one drop in, come try both of these fun games for all ages:

**Pickelball**: Played with a paddle on our “court”, it’s a cross between badminton, tennis and ping pong. The aim of our games is to laugh, have fun and get moving!

**Ping Pong**: Also known as table tennis.
This activity will surely help to keep your hand eye coordination strong while reaching your daily fitness goals. We have tables and equipment, but please feel free to bring your favorite paddle. Adults of all ages welcome.

**Shuffleboard**
Here is a classic just exploding with popularity, Shuffleboard! Have you ever wondered how to play? Come and learn with others, or share your expertise in our fun relaxed atmosphere! Adults of all ages welcome.

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<tr>
<td>Fri, Sep 20</td>
<td>1–3 p.m.</td>
<td>Free</td>
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</table>

**Free Coffee/Tea**
Membership has its privileges! Show your membership card on the last business day of the month to receive a free coffee or tea between 10 a.m. and 1 p.m.

**Held on the last business day of each month**

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**Tea for Tutu – Ballet Victoria**
Limited seating for registrations through CSVAC – Limo which seats 7 and will pick up from the Centre at 1:15 p.m. and return to Centre after performance. If you miss registering through us you are still welcome to attend for free. This event is hosted at Kirk Hall, 680 Courtney Street. Fully wheelchair accessible with reserved space for easy drop off and pick up by car. Contact Ballet Victoria to reserve at attendance@balletvictoria.ca or 250.380.6063. Call the centre the month prior to confirm date of event.

**Ballet Rocks**
Oct TBD 1:15–4 p.m. Free

**The Little Prince and Other Works**
Mar TBD 1:15–4 p.m. Free

**Easter Lunch**
Join us for a traditional three-course Easter Lunch. Easter bonnets encouraged! Entertainment to follow the meal. All ages welcome! Must purchase meal tickets in advance by Tue, May 31.

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<td>Fri, Apr 3</td>
<td>12–2:30 p.m.</td>
<td>Members: $12, Adults 18+: $15, Youth/Entertainment Only: $7.50</td>
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**Foil Book and Puzzle Sale**
In October the Centre will accept donations of gently used soft cover books and puzzles for our Fall Book & Puzzle Sale.

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**Member Birthday Social**
We love to celebrate our members birthdays! Every two months we gather to celebrate and socialize. Jan/Feb, Mar/Apr, May/Jun, Jul/Aug, Sep/Oct and Nov/Dec Birthdays. Please RSVP for you and your guest and join the staff to enjoy a piece of cake served with coffee or tea. Come share some laughs, meet new friends, and participate in some ice-breaker activities.

**Sign up at reception.**

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<td>Second Thursday of Sep</td>
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<td>Nov, Jan and Mar</td>
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Holiday Lunch
Share the spirit of the holiday season with us at our traditional festive meal. Caroling and entertainment to follow. Bring your family and friends. All ages welcome. Must purchase meal tickets in advance by Tue. Dec 10.

Fri Dec 13 12–2:30 p.m.  M $15 | G $18
Youth/Entertainment only: $9

Holiday Market & Silent Auction
Don’t miss this great opportunity to shop for Holiday gifts. Come browse at over 25 vendor tables featuring handcrafted items. Register to be one of our vendors. Silent Auction starts Thursday, November 21, and closes at 1:30 p.m. on Saturday, November 23. To book a table contact the Centre for full details on vendor contract.

Sat Nov 23 9 a.m.–2 p.m.  Free

Night of Lights
Ticket Sales
Cook Street Village Activity Centre will again be selling Night of Lights tickets as a fundraiser. Night of Lights is a private ticketed event hosted by/at Hillside Centre. The annual Night of Lights is an amazing event loaded with fabulous in-store discounts, tasty treats, live entertainment – and a chance to win great prizes. Every penny from tickets sold stays with the non-profit group which sells them (us)! Tickets are available to purchase at our front reception beginning in October, and are only available in advance.

Sun Nov 17 6–9:30 p.m.  $5

Free Drop-In Day & Pop Up Sale – Busy Hands Boutique
What is the Pop Up Sale? We have so much to sell at the Holiday Market in November that we started a pre Holiday Sale called The Pop Up Sale. It features hand knitting, hand crafted, sewn items and more (prices as marked). Mending Café is also occurring as well as free drop-ins all day. It’s a fun event so please spread the word.

Tue Oct 1 8:30 a.m.–4 p.m.  Free

Remembrance Day Service
Join us to pay tribute to all military personnel from every service branch and from every wartime period. Let us celebrate and pay respect to the brave men and women that have sacrificed to keep this nation free. Everyone is welcome. Coffee and tea will follow the service.

Fri Nov 8 11:30 a.m.–12:30 p.m.  Free

Robbie Burns Day
Join us for our Scottish theme dinner recognizing Scotland’s national poet, Robbie Burns. The program will include a piper, address to the haggis, entertainment, and beer tasting. All ages welcome!
Beer tasting, 50/50 draw & raffle costs extra. Must purchase meal tickets in advance by Tue, Jan 21st.

Fri Jan 24 12–2 p.m.  M $12 | G $15
Youth/Entertainment only: $7.50

Saturday Movie Matinee
Bring your friends and family to our weekly Movie Matinee starting at 1 p.m. and at 2:30 p.m. On the last Saturday of the month we will be showing two matinees. Call or drop in to the Centre to find out what we will be playing. All ages welcome based on movie rating. Please check movie ratings, most are PG-13.

A $3 admission include movie, beverage and popcorn!

Sat Sep 7–Apr 25 1–3:30 p.m.  Drop-in
No class Nov 23, Dec 28

Spring Book & Puzzle Sale
Bring in your gently used books and puzzles during the first 2 weeks of April.
Apr 15–30  Daily except Sundays

St. Patrick's Day
Prepare for a fun-filled St. Patrick’s Day celebration, including a three-course meal and entertainment. Don’t forget to wear your best green outfit! 50/50 draw. Must purchase meal tickets in advance by Tuesday, March 10.

Fri Mar 13 12–2:30 p.m.  M $12 | G $15
Youth/Entertainment only: $7.50

Thanksgiving Lunch
Bring your family and friends and join us for a traditional Thanksgiving three-course meal and entertainment! All ages welcome. 50/50 draw. Must purchase meal tickets in advance by Tuesday, October 1.

Fri Oct 4 12–2:30 p.m.  M $15 | G $18
Youth/Entertainment only: $9

Try It Free Week!
Come and find out what our Centre is all about. For over forty years our Centre has been an interactive place for social, educational and recreational activities! Explore all the activities we have to offer and meet our activity leaders, Volunteers and staff. Everyone Welcome! All regular drop-in programs will be free so try something new and bring a friend! Extra volunteers will also be on hand to expedite membership sign-ups from 10 a.m.–1 p.m. daily.

Jan 6–10  Daily  Free

Welcome Back Variety Show
Whether you’re joining us for the first time or reacquainting yourself, you will enjoy our “Welcome Back Variety Show.” Enjoy an introduction to the fun programs we offer at the Centre. Bring your family and/or friends! Light refreshments included. 50/50 draw (tickets sold separately). Must purchase tickets in advance by Tuesday, September 10.

Fri Sep 13 1–3 p.m.  $10

Winter Book & Puzzle Sale
Bring in your gently used books and puzzles during the first 2 weeks of January.
Jan 15–31  Daily except Sundays from 9 a.m.–4 p.m.
ART & MUSIC

Acrylic Painting
This course will cover colour mixing and techniques to mimic watercolours and oils using acrylic paints. Students will be encouraged to try different glazes and mediums to find the most comfortable way of expression for each individual. No matter what level students are at, at the end of the course, students will have completed a painting project. Most of all, the class will not only be instructive and creative but also a lot of fun! All required materials will be supplied. Limited to 8 students. Register early.
Instructor: Teresa Waclawik
Tue Sep 11–Mar 31 10–11:30 a.m. M $40 | G $60

Colouring With Friends
Colouring is more fun when you do it in the company of friends! Sitting down to colour a picture can be as effective as meditation in reducing stress. All supplies provided. Sessions include music and herbal tea.
Fri Sep 6–Apr 3 1–3 p.m. M $2 | G $4

Handicraft Group
Join us for a cup of tea or coffee and enjoy some baked goodies, as we share a good laugh and funny stories. Then we make things to sell, which raises money to benefit our programs, services and activities. This is a friendly bunch and is a nice way to meet new people. Through the clicking of the needles and the laughter you can often hear a true-to-life story being told or a current event being discussed.
Instructor: Anne Logie & Tim McLellan
Tue Sep 3–Mar 31 1–3 p.m. M Free | G $2

Saints & Swingers
Treat yourself to a dose of lively, swinging music that will get your feet tapping and give your spirits a lift. Everyone is welcome. Bring along your instruments or best singing voice and join in belting out many familiar songs. Or just sit back and enjoy the entertainment. Membership required.
Instructor: Pam Cundy
Thu Sep 5–Apr 2 1–3:30 p.m. Free

Song Circle
Patrick Smith returns to James Bay New Horizons to present his much loved weekly song circle. Percussion instruments available. Song sheets provided. Arriving with a truckload of instruments and a suitcase full of songs, Patrick is a livewire of musical energy. He sings and plays guitar, hammer dulcimer, mandolin, tin whistle, and electric bass. His love of Celtic music is especially expressed through the ethereal and mystical sound of the hammer dulcimer. Guitars, ukuleles and other chordal instruments welcome.
Instructor: Patrick Smith
Wed Sep 11–Apr 1 1:30–3 p.m. M $2 | G $4
First and third Wednesday of each month

The Entertainers – Choir
Everyone always wants to join in on the chorus! No auditions are required. Explore a musical journey with our director and enjoy performing in concerts at our Centre and throughout Victoria. Members only.
Instructor: Joyce Penner
Tue Sep 10–Apr 7 7 p.m. M $2
## JAMES BAY NEW HORIZONS | WEEKLY SCHEDULE

<table>
<thead>
<tr>
<th>MONDAY</th>
<th>TUESDAY</th>
<th>WEDNESDAY</th>
<th>THURSDAY</th>
<th>FRIDAY</th>
<th>SATURDAY</th>
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<tr>
<td>Sitting in Silence 9–10 a.m.</td>
<td>Zumba Gold 9:30–10:30 a.m.</td>
<td>Friday Forum 10–11 a.m.</td>
<td>Carpet Bowling 10 a.m.–12 p.m.</td>
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<td>Active Seniors Enjoying Life Chair Aerobics 10–11 a.m.</td>
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<tr>
<td>Walking Group 10–11:30 a.m.</td>
<td>Current Events 10–11:30 a.m.</td>
<td>Active Seniors Enjoying Life Chair Aerobics 10–11 a.m.</td>
<td>Postural Stretching 10–11:30 a.m.</td>
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<td>50+ Strength &amp; Stretch 10:30–11:30 a.m.</td>
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<td>Restorative Yoga 1–2 p.m.</td>
<td>Handicraft Group 1–3 p.m. Beginners welcome, learn to knit/crochet from our mentors!</td>
<td>Writers’ Group 1–3 p.m.</td>
<td>Duplicate Bridge 12:30–4 p.m.</td>
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<td>Crokinole 1–3:30 p.m.</td>
<td>Song Circle 1–2:30 p.m.</td>
<td>Saints &amp; Swinglers 1–3 p.m.</td>
<td>Euchre 12:30–3 p.m.</td>
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<td>Playing Darts 1:30–3:30 p.m.</td>
<td>Movie &amp; Popcorn 2–4 p.m.</td>
<td>Colouring With Friends 1–3 p.m.</td>
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<td>A Different Book Club 2–4 p.m.</td>
<td>Be Alive! 2–4 p.m. 1st &amp; 3rd Thursday of the month</td>
<td>Planet Earth Poetry 1:30–3 p.m. 3rd Friday of the month</td>
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<td>Scottish Country Dance 7–10 p.m.</td>
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Schedule is subject to change, please call the centre or check [jamesbaynewhorizons.com](http://jamesbaynewhorizons.com) for updates

### Rentals
James Bay New Horizons Activity Centre is available for rentals of all sizes, occasions and budgets. We are able to host a wide variety of events, from business meetings to family gatherings or recitals. For rental information contact: Sherri Dixon programs@shawbiz.ca or 250.386.3035

### Tours
With a generous donation from AMICA’S HELPING HANDS, we were able to purchase a brand new 15 passenger van. The van will provide us with endless possibilities of getting our members out and about:
- Day Trips
- Out To Lunch Bunch
- Sunday Supper
- Special Events
- Tours
CARDS & GAMES

Bridge Duplicate
With so many activities competing for your leisure time, why invest your energy into learning a game as complex as Bridge? If you’ve always wanted to learn but have been afraid it’s too difficult here are some of the reasons why millions of people around the world are hooked on this fascinating game. Refreshments included.
Fri Sep 6–Apr 3 12:30–3:30 p.m. M $4 | G $6

Crokinole
Did you know that crokinole is a Canadian game? The board game features elements of shuffleboard and curling, reduced to table-top size. Players flick small discs on a circular board, building up their point total depending where the discs land. Whether you've played Crokinole all your life, or you've never played it before we encourage you to come try!
Mon Sep 9–Mar 30 1–3:30 p.m. M $2 | G $4

Euchre
Did you ever notice that when you are playing euchre you never really feel sick? Well, it turns out that euchre activities may actually be making you feel better. Researchers out of the Berkeley have discovered that euchre players actually have more immune cells after they play than before. Come out and feel better!
Fri Sep 13–Apr 3 1–3 p.m. M $2 | G $4

Playing Darts
Darts is considered a game which is rich in health benefits
• Improves hand/eye coordination
• Works the brain
• Stress relief
• Physical self control
Wed Sep 11–Apr 1 1–3 p.m. M $2 | G $4

Scrabble
Playing Scrabble provides many advantages – many of which players might not even be aware of. Spelling, creativity, basic math skills and fun are just some of the benefits.
Mon Sep 9–Mar 30 1–3 p.m. M $2 | G $4
**Texas Hold’em Poker**

Poker can improve the cognitive functioning of the brain. This is because players are constantly thinking, learning, and adapting strategies during the game. Poker is also known to relieve stress. Join this group for low stakes but lots of action fun!

**Details:**
- **Wed:** Sep 11–Apr 11
- **Time:** 2:45–3:30 p.m.
- **Cost:** M $2.50 | G $3.50

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**Movie & Popcorn**

Do you love to watch movies? Join us for an afternoon full of movie enjoyment! Popcorn and tea or coffee included. Please come early as space is limited.

**Details:**
- **Thu:** Sep 5–Apr 2
- **Time:** 2–4:30 p.m.
- **Cost:** M $2 | G $4

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**Sitting In Silence**

Sitting in silence and allowing the thoughts of the day to just be will help those thoughts gradually melt away as the attention moves inward. Coming together as a community in the space of silence allows the work of meditation to deepen personally and collectively. Silent Sitting is an “inner shower”, as the energetic bodies of the individual and the community are cleared and freshened, making it possible to return to the essence within. Chairs will be available. Bring your cushion if you wish and there are mats for the floor.

**Details:**
- **Tue:** Sep 4–Mar 25
- **Time:** 9–10 a.m.
- **Cost:** M $2 | G $4

---

**A Different Book Club**

In this book club we don’t all read the same book then discuss it in a month. Instead, each week we bring whatever book we’re reading, read a short excerpt from it then lead a brief discussion. It’s a great opportunity to discover books you’d like to read and share ideas about different topics. If you don’t have anything you wish to bring it is okay to just come and listen. It is also okay to read from the same book two or three times as you read through it. No political or religious books please.

**Details:**
- **Tue:** Sep 11–Mar 31
- **Time:** 2–4 p.m.
- **Cost:** M $2 | G $4

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**Current Events**

Join this group for lively conversation of current events, politics, science, health, the arts and so much more.

**Details:**
- **Wed:** Sep 4–Apr 1
- **Time:** 10–11:30 a.m.
- **Cost:** M $2 | G $4

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**EDUCATION & WORKSHOPS**

**Spanish – Beginners**

Are you travelling to a Spanish speaking country? Or just want to learn the language for general knowledge? Then this class is the perfect place to come! It’s for the participant who would like to learn the Spanish language.

- **Instructor:** Marcelina Stanton & Lola
- **Details:**
  - **Mon:** Sep 16–Mar 30
  - **Time:** 1–2 p.m.
  - **Cost:** M $6 | G $7.50

**Spanish – Beyond Beginners**

You already know the basics of Spanish? You would like to move beyond the basics but you’re not quite at the intermediate level? This course is for you.

- **Instructor:** Marcelina Stanton & Lola
- **Details:**
  - **Mon:** Sep 16–Mar 30
  - **Time:** 2:30–3:30 p.m.
  - **Cost:** M $6 | G $7.50

---

**Friday Forum**

Join us as we learn something new! This popular one hour event happens weekly. A variety of guest speakers are invited to discuss a broad diversity of topics. It could be exciting, useful, amusing or life changing. Please contact James Bay New Horizons for details.

**Details:**
- **Fri:** Sep 6–Apr 3
- **Time:** 10–11 a.m.
- **Cost:** Free
Bridge
With so many activities competing for your leisure time, why invest your energy into learning a game as complex as Bridge? Millions of people around the world are hooked on this fascinating game. Here are some reasons why:
- Can be a lifelong pursuit
- Will never bore you
- Stimulates and exercises both sides of your brain
- Can improve your physical health
- Is social
- Is a bargain
- Is fun

Spanish – Conversation
Special emphasis is placed on expanding your vocabulary with idioms and expressions as well as your listening and writing skills. Topics include grammar, conjugation, translations, games, songs, Hispanic culture and literature.
Instructor: Marcelina Stanton & Lola
Mon Sep 16–Mar 30 4–5 p.m. M $6 | G $6

Writers’ Group
Bring your own writings, short story, poem or piece of creative non-fiction and share in the company of like-minded participants. This class provides a safe environment where everyone can learn and grow. Our mentor, Sheila, will assist in the editing process.
Instructor: Sheila Martindale & Judith Castle
Wed Sep 4–Apr 1 1–3 p.m. M $2 | G $4

HEALTH & WELLNESS
Be Alive!
Partakers in this group are joined by facilitator, Guido, twice a month to share in their wisdom and life experiences with one another. It’s the perfect opportunity to celebrate our lives and share ways to help each other really be alive! Membership required.
Instructor: Guido Timmermans
First and third Thursday Sep 5–Apr 2 2–4 p.m. M $2 | G $4

Chronic Pain Self-Management
The Chronic Pain Self-Management Program is a six-week workshop that helps people with chronic pain to better manage their symptoms and their daily lives. The workshop provides information and teaches living with chronic pain. Offered by University of Victoria Institute on Aging & Lifelong Health
Instructor: Bill Cox & John Scattergood
Wed Sep 25–Nov 6 1–3:30 p.m. Free

Walking Group
This is a group of individuals who like to get out in the company of others and enjoy the sights and sounds of nature. All walks are held around Greater Victoria and vary from week to week. The terrain may be hilly and participants should wear appropriate clothing and footwear.
Mon Sep 9–Mar 30 10 a.m.–12 p.m. Free

MEALS
Out To Lunch Bunch
Come meet old friends and new, and enjoy various local eating establishments around Victoria. All luncheons start at noon. You are responsible to pay for your own lunch. Membership required. Please contact James Bay New Horizons for details.
Thu Sep 26–Mar 26 12–2 p.m.

Sunday Supper
James Bay New Horizons is pleased to have received funding from United Way for a program we call Sunday Supper. The intent of this program is to provide a healthy, nutritious meal for our members and seniors in the community that are frail, elderly and isolated. This is also an opportunity for people to socialize and enjoy the friendship and companionship of others, renew old acquaintances and make new friends. Attendance is by invitation, but we are pleased to receive recommendations if you know someone who could benefit from this program.
Food is prepared by Beckley Farm Lodge and is brought to the James Bay New Horizons Centre. The menu is predetermined and includes main course and dessert, tea or coffee. Doors open at 3 p.m. and supper is served at 4 p.m.
Sun Sep 8–Mar 29 3–5 p.m. Free

Tuesday Hot Lunch
The cooks at Beckley Farm Lodge prepare a delicious three course hot lunch. A different menu is offered each week. Participants must register at our reception desk no later than Monday at noon.
Tue Sep 3–Mar 31 11:45 a.m.–1 p.m. $6

SERVICES
Foot Care Nurse
Our Footcare nurse, Darren Lester, will provide a foot assessment, removal or corns and calluses, nail trimming, removal of ingrown nails and a foot rub. Book your appointment through our reception desk.
Mon Sep 9–Mar 30 9:30–11 a.m. M $35 | G $45

Legal Appointments
Kevin Doyle, Barrister & Solicitor, practicing in elder law, will be visiting our Centre and offering free thirty minute appointments monthly. Book your appointment through our reception desk. Service is offered to James Bay New Horizons members only.
Mon Sep 9–Mar 30 2–4 p.m. Free
**Nexgen Hearing**
Visits our Centre throughout the year offering complimentary hearing clinic tests. NexGen Hearing has made the process of assessing your hearing level easier than ever. Join us for this free service that will provide assessment on air conduction, word discrimination, and tympanometry.

**Reiki Appointments**
Reiki is a gentle, simple, complementary healing practice. It is a gentle energy treatment that allows a person to relax deeply. This relaxation response supports the body’s ability to heal itself. Reiki energy helps to bring the body into balance, recover from illness and trauma, manage pain and reduce stress. With an open and trusting mind, you can receive the maximum benefits of Reiki.

*Instructor: Irene Fraser*

**Scooter & Walker Service**
Canada Scooters offers this free service for anyone with a scooter or walker that requires attention. Minor repairs and assessments are tendered. First come, first served.

First Wednesday of the month
Sep 4–Apr 1 10–11:30 a.m. Free

**Senior Reassurance Program**
James Bay New Horizons’ Senior Reassurance Program is a no charge community service providing a familiar voice to Victoria residents who live at home alone. At a specific time each day, Monday through Saturday, participants receive a check-in phone call from a trained volunteer to ensure that they are safe and well. Should a member not respond to the call, our volunteer will call each of the contacts until the person’s well-being is confirmed. Both Short-term and Long-term options are available. As the Senior Reassurance Program is generously funded entirely by donations we are able to offer this service free of charge.

**SPECIAL EVENTS**

**Annual Christmas Bazaar & Tea**
Our handcraft ladies prepare all year for this annual event. Always great holiday gift ideas to choose from. Luncheon plates prepared by our Special Events Committee will be available for $5.00

*Sat  Nov 30  10 a.m.–2 p.m. Free*

**Annual Community Christmas Dinner**
We invite those who would normally be alone for their holiday dinner to join others in similar circumstances for a delicious feast with all the trimmings. Turkeys have traditionally been graciously donated by James Bay Thrifty Foods and the meal prepared by the kitchen staff at Beckley Farm Lodge. The Community Christmas Dinner is always sold out and we recommend that you purchase your tickets as soon as possible.

*Wed  Dec 25  1–4 p.m. $15*

**Annual Fall Tea & Bazaar**
Get an early start to your holiday shopping. Join us for a free event featuring handmade crafts including household items, sweaters, Christmas decorations and numerous of gift ideas. Luncheon plates prepared by our Special Events Committee will be available for $5.

*Sat  Oct 26  10 a.m.–1 p.m. Free*
Christmas Cracker
This is the Entertainers and the Saints & Swingers annual Christmas concert and always a popular event. Get your ticket early as they sell quickly!
Wed Dec 11 2–4 p.m. $5

Christmas Senior Reassurance & Appreciation Tea
Our opportunity to celebrate our reassurance clients as well as our many volunteers. By Invite Only.
Wed Dec 18 2–4 p.m. Free

Friendship Tea
New to our Centre? Celebrating a Birthday? Just come and say “Hello.” Our Friendship Tea is a gathering of members. It’s a time to enjoy conversing, storytelling and laughing with old friends and meeting and welcoming new. An added bonus — refreshments at no charge.
First Monday of each month Sep 9–Apr 6 1–3 p.m. Free

Putting On The Glitz
Come and see what winter and holiday fashions are in store for us in 2019. Thinking about all those upcoming holiday functions? Our members will be modeling all the Glitz and glamour. Cheesecake trio and chocolate along with tea and coffee will be served.
Wed Nov 1–Nov 20 2–4 p.m. $5

Welcome Back Tea
A chance to reacquaint ourselves after the summer away. Entertainment & refreshments
Wed Sep 18 2–4 p.m. $5

Strength & Stretch
Learn how to strengthen your muscles safely and effectively with a variety of strength training equipment. This program will help you look better, feel better and improve flexibility and strength. Basic equipment supplied.
Instructor: Isabel Arias Santos
Wed Sep 4–Apr 1 10:30–11:30 a.m. M $6 | G $4

Postural Stretching
This class is ideal for people feeling stiff, and suffering with chronic aches and pains. Marie-Pierre focuses on strengthening key postural muscles while stretching all the main muscle groups. Stretch improves joint range of movement and muscle flexibility through a structured series of dynamic and static stretching. This program works on creating a sense of freedom in the body reducing muscle tightness and restriction. Sessions will end with meditation using imagery. Basic equipment supplied.
Instructor: Marie-Pierre Schliewinsky
Fri Sep 6–Apr 3 10:30–11:30 a.m. M $2 | G $4

Carpet Bowling
Carpet Bowling is challenging and competitive. This activity is similar to lawn bowling; the object of the game is to put your bowl as close as possible to the “jack.” Participants laugh a lot during this game, have lots of fun, and the exercise they get is a bonus.
Sat Sep 7–Apr 4 10 a.m.–12 p.m. M $2 | G $4

Line Dancing
Love to dance, but lack a partner? Line dance is perfect way to introduce yourself to the world of dance, teach your feet something new and have fun while working off a few calories!
Instructor: Dean Stroeder
Thu Sep 5–Apr 2 1–2 p.m. M $2 | G $4

Scottish Country Dance
Are you interested in learning reels, jigs, hornpipes, novelty and old time dances? Dances are always walked through to aid in memory and alleviate worry.
Instructor: Raymond Thomson
Fri Sep 13–Apr 3 6:30–9:30 p.m. M $3 | G $5

Nia
Do you love to dance and want a great workout? Are you looking for a fun way to get exercise? Try Nia! Nia is a cardio dance class, great for all fitness levels, blending nine movement forms focussing on development for health. Movement forms include Tai Chi, jazz dance, martial arts, modern dance, yoga, and more. Basic equipment supplied.
Instructor: Theresa Walsh
Thu Sep 5–Apr 2 5–6 p.m. M $8 | G $8

Zumba Gold®
Modified moves and pacing to suit the needs of the active older adult or those just starting a journey to a fit and healthy life. The class is based on the principal that a workout should be fun and easy to do. If you like to move and dance you will love Zumba Gold!
Instructor: Isabel Santos
Wed Sep 4–Apr 1 9–10 a.m. M $30 | G $40

SPORTS

Active Seniors Enjoying Life (ASEL) Chair Exercise
An instructor demonstrates how to work muscles to stabilize and strengthen the entire body. Cardiovascular exercises are incorporated into this program to improve endurance. There are some standing components to the routines. Participants are encouraged to work within their own comfort level. This activity is provided in partnership with Beckley Farm Lodge. Members only.
Instructor: Isabel Arias Santos
Tue, Thu Sep 4–Apr 2 10–11 a.m.
Welcome
Silver Threads Service has been serving Victoria Seniors since 1956. We are a charitable, not-for-profit society that enhances social connections and well-being for seniors. We do this by providing programs and services that are accessible for all. The original Silver Threads location was in the heart of Chinatown at Fisgard and Government Streets.

Membership Details
Annual Membership $55
Memberships valid at Victoria and Saanich Silver Threads Centres for discount and priority program registration.

Victoria Silver Threads
2340 Richmond Road
T: 250.388.4268
silverthreads.ca

Hours of Operation:
Monday – Friday, 8:30 a.m.– 4 p.m.

<table>
<thead>
<tr>
<th>MONDAY</th>
<th>TUESDAY</th>
<th>WEDNESDAY</th>
<th>THURSDAY</th>
<th>FRIDAY</th>
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<tbody>
<tr>
<td>Strength and Stretch 10–11 a.m.</td>
<td>Golden Rods &amp; Reels Fishing and Social Club</td>
<td>Memory Plus 9:30–11:30 a.m. *registered</td>
<td>Strength and Stretch 11 a.m.–12 p.m.</td>
<td>Knitting/Crochet Social Group 9 a.m.–12 p.m.</td>
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<tr>
<td>Walking Group 10–11:30 a.m.</td>
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<td>Beginners welcome, learn to knit/crochet from our mentors!</td>
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<td>TIME™ Program 1–2 p.m. *registered</td>
<td>Fall Prevention Fitness 1:30–2:30 p.m.</td>
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<td>Ping Pong for Parkinson’s 2:15–3:30 p.m.</td>
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<tr>
<td>Mindfulness Meditation for Everyone 1:30–2:30 p.m.</td>
<td>10 a.m.–2 p.m.</td>
<td>To register please contact 250.388.6496</td>
<td>Arts and Alzheimer’s 11 a.m.–1 p.m.</td>
<td>Blood Pressure Clinic 10 a.m.–12 p.m.</td>
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<td>Table Tennis 2–3:45 p.m.</td>
<td>MS Society Art Therapy 11 a.m.–1 p.m.</td>
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<td>Sep 13, Oct 11, Nov 8, Dec 13, Jan 10, Feb 14, Mar 20</td>
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<tr>
<td>Legal Assistance 3–4 p.m. By appointment 250.382.3151</td>
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<td></td>
<td>TIME™ Program 1–2 p.m. *registered</td>
<td>Computer Assistance 11 a.m.–12:30 p.m. By appointment 250.388.4268</td>
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Schedule subject to change, please call 250.388.4268 or check silverthreads.ca for updates
* Registered program – for more details see page 77.
DROPPED IN PROGRAMS

Arts and Alzheimer’s
A fun and social art and music participation program for older adults with dementia still living at home with their caregivers. Arts and Alzheimer’s uses the best practices of dementia care including socialization, meaningful activity, emotional/spiritual support and person centered care. For more information visit werageweep.com or contact Dr. Marjorie Moulton at 250.920.9573.
Thu Sep 12–Mar 26 11 a.m.–1 p.m. M $2 | G $5

Chinese Brush Painting
Explore this ancient art form in a self-directed group that learns from one another.
Fri Sep 13–Mar 27 1:30–3 p.m. M $2 | G $5

Clarinet Choir
Come and join other clarinetists for some enjoyable practice time.
Fri Sep 13–Mar 27 1:30–3 p.m. M $2 | G $5

Crafts & Mosaics
Our well-stocked craft room has all the supplies you need to make beautiful tile and ceramic mosaics. Want to learn how to make mosaics or other crafts? Look for our upcoming workshops.
Fri Sep 13–Mar 27 9–12 p.m. M $2 | G $5

MS Society Art Social Program
Join in this unique program where everyone with Multiple Sclerosis is welcome. Drop by for games, or bring your own supplies and explore painting with us—no experience necessary. Supported by volunteers, this program invites participants to get creative, experiment, and connect with others. Space is limited so register today! For more information and to register, call 250.388.6496.
Wed Sep 11–Mar 25 11 a.m.–2 p.m. Free

Fall-Prevention Fitness
Join us for an hour of exercises designed to improve balance, mobility, strength and flexibility. Most exercises are performed while seated or using a chair for balance or support.
Tue Sep 10–Mar 31 1:30–2:30 p.m. M $4 | G $6

Golden Rods and Reels
This social and educational group meets at the centre weekly to discuss all things fishing! New members welcome, free coffee at your first meeting.
Tue Sep 10–Mar 31 9–11:30 a.m.

Knitting and Crochet
Bring your knitting or crocheting skills and enjoy this social group while you work on projects for various charities. Our knitters are happy to teach you how to get started and guide you along the way. Beginners welcome.
Fri Sep 13–Mar 27 9 a.m.–12 p.m. M $2 | G $5

EDUCATION & WORKSHOPS

Memory PLUS (Practice Laughter and Useful Strategies)
This innovative program developed by Silver Threads is a great way to socialize while learning strategies to maintain and enhance your mental fitness. For more information or to register call 250.382.3151. Discounted rate for 2 family members to participate ($110.25).
Instructor: Amaiah Paradine
Wed Sep 25–Nov 27 9:30–11:30 a.m. 10/$78.75
Wed Jan 8–Mar 11 9:30–11:30 a.m.
Mindfulness Meditation for Everyone
Join long-term mindfulness guru, Leo, as we practice mindfulness and meditation in a small group. Hosted at the Victoria Silver Threads-Richmond Road, in partnership with the MS Society of Canada.

Tue  Oct 15, 29, Nov 12, 26  1:30 – 2:30 p.m.  Free

TIME™ (Together in Movement and Exercise)
Tailored to people who are able to walk 10 metres with or without a walking aid and who live with conditions such as stroke, multiple sclerosis, acquired brain injury, or weakness after a hospital stay. Designed by physiotherapists and led by fitness instructors, each class consists of a seated warm-up, exercise stations and a cool-down. There is an optional social time after each class.

Mon, Thu  Sep 16–Oct 21  1–2 p.m.  10/$105*
Mon, Thu  Oct 28–Dec 2  1–2 p.m.  10/$105*
Mon, Thu  Jan 6–Feb 13  1–2 p.m.  12/$126*
Mon, Thu  Feb 20–Mar 30  1–2 p.m.  12/$126*

*Payment in installments available

HEALTH & WELLNESS
Chair Yoga
Finally a yoga class where you don’t have to get down on the floor! This class focuses on breathing and stretches for back care and spinal health. Gentle standing poses focus on core strength and balance to build stability and bone density. Deep relaxation techniques end each class to leave you feeling relaxed and refreshed.

Instructor Janice Arnot, Certified Yoga Therapist and Older Adult Fitness Specialist
M 4/$35 | G 4/$52.50
Thu  Sep 12–Oct 17  2:15–3:15 p.m.
Thu  Oct 31–Dec 5  2:15–3:15 p.m.
Thu  Jan 16–Feb 20  2:15–3:15 p.m.
Thu  Mar 5–Mar 26  2:15–3:15 p.m.

SERVICES
Blood Pressure Clinic
Registered Nurse Wendy will measure your blood pressure and answer questions about heart health at our monthly clinic.

Sep 13, Oct 11, Nov 8, Dec 13, Jan 10, Feb 14, Mar 12

Computer Assistance
Our computer-savvy volunteer can show you how to use your device for internet, photos, skype and more. Call 250.388.4268 for an appointment. First session is free, subsequent sessions are below.

Offered on Fridays  M $5.25 | G $7.35

Flu Shot Clinic
Get your free flu shot. Sponsored by Rexall Pharmacy.

Thu  Oct 24  12–2 p.m.  Free

Footcare Clinic
Our footcare nurse will provide a foot assessment, removal of corns and calluses, nail trimming, removal of ingrown nails and a foot rub. Call 250.388.4268 to schedule an appointment.

Thu  Sep 12–Mar 26  $40.25

Income Tax Prep
Volunteers will prepare income tax return for seniors on a limited income. Call 250.388.4268 for appointments in March 2020

Legal Assistance
Twenty minute advice sessions are available with a qualified volunteer lawyer.

Call 250.382.3151 for an appointment  Free

SPECIAL EVENTS
Christmas Concert
Ring in the season with a performance of Christmas carols, old and new. Coffee, tea and seasonal goodies will be served. Space is limited so please reserve in advance at 250.388.4268

Fri  Dec 13  1–2:30 p.m.  M $5.25 | G $7.35

Lunar New Year Tea
Many of us know this as “Chinese New Year” but in traditional Chinese culture it is known as the Spring Festival. The Chinese Women’s Friendship Association and Silver Threads Victoria invite you to gain a cultural understanding of the Spring Festival with a presentation and tea. Everyone Welcome.

Space is limited so please reserve in advance at 250.388.4268.

Sat  Jan 25  1–3 p.m.  M $5.25 | G $7.35

National Seniors Day
Drop by our centre for cake and celebrate National Seniors Day.

Tue  Oct 1  11 a.m.–1 p.m.  Free

Valentine’s Day Tea
Let’s celebrate kindness, compassion and love! We will have entertainment, tea, coffee and sweets. Space is limited so please reserve in advance at 250.388.4268.

Thu  Feb 14  1–3 p.m.  M $5.25 | G $7.35
**Senior’s Centres**

**Cook Street Village Activity Centre (CSVAC)**
1-380 Cook Street
T: 250.384.6542
E: executivedir@csvac.ca

**James Bay New Horizons**
234 Menzies Street
T: 250.386.3035
F: 250.386.3045
After hours message: 250.386.4432
E: programsjb@shawbiz.ca
jamesbaynewhorizons.ca

**Victoria Silver Threads**
2340 Richmond Road
T: 250.388.4268
E: jenjakobsen@silverthreads.ca
silverthreads.ca

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**DROP-IN PROGRAMS**

**Cards and Games**
Join us on Wednesday mornings for coffee, conversations, and casual games. Enjoy our selection of games and meet others in your community. All supplies, coffee, and tea provided.

**Oaklands Community Centre**
**Drop-in $2**

- **Wed Sep 18–Dec 11**: 9:30–11:30 a.m.
- **Wed Jan 15–Mar 11**: 9:30–11:30 a.m.

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**HEALTH & WELLNESS**

**Balance Booster™**
Improve your balance with safe exercises that will increase both your lower and upper body strength. Learn to identify habits that can negatively impact your balance. This is a slower paced class suitable for all levels, however participants must be able to sit/stand and walk on their own.

**Instructor: Corinne Dibert**

**Crystal Pool and Fitness Centre**
5/$45

- **10554 Mon Sep 30–Nov 4**: 11:30 a.m.–12:30 p.m.
- **10555 Mon Nov 18–Dec 16**: 11:30 a.m.–12:30 p.m.
- **10556 Mon Jan 13–Feb 10**: 11:30 a.m.–12:30 p.m.
- **10557 Mon Feb 24–Mar 23**: 11:30 a.m.–12:30 p.m.

**Strength and Stretch**
In this 60 minute class, we use small weights, bands and balls to strengthen your muscles. We will spend time to ensure that each muscle group is stretched out. These exercises increase your strength, balance, and flexibility; which, increases your ability to walk and move with greater ease and certainty. This class can be done sitting or standing.

**Burnside Gorge Community Centre**

- **Fri Sep 13–Nov 1**: 10–11 a.m. 8/$48
- **Fri Nov 8–Dec 20**: 10–11 a.m. 7/$42
- **Fri Jan 10–Feb 28**: 10–11 a.m. 8/$48

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**Strength Conditioning and Balance**
The first step is the most important! This well rounded program will focus on activities to improve strength, balance, mobility and cardiovascular fitness. A certified BCRPA instructor will use light weights, resistance bands, fitness props and a fun selection of agility games to improve overall fitness. Have fun, make new friends and feel good about yourself. All levels of ability welcome.

**Burnside Gorge Community Centre**

- **Tue Sep 10–Oct 29**: 9–10 a.m. 8/$48
- **Tue Nov 15–Dec 17**: 9–10 a.m. 7/$42
- **Tue Jan 14–Mar 3**: 9–10 a.m. 8/$48

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**MEALS**

**Fernwood Autumn Glow Senior’s Lunch**
Join our friendly group for a delicious home cooked lunch, followed by games and activities. Monthly entertainment provided. New seniors are always welcome!

**Fernwood Community Centre**
$4

- **Fri Sep 5–Apr 3**: 12–1:30 p.m.

**Seniors Lunch and Learn**
Socialize with other seniors in the community while enjoying a delicious and nutritious homemade meal. This program features a mix of guest speakers, social activities and theme activities during the holiday seasons. Call 250.388.5251 for more information.

**Burnside Gorge Community Centre**
$4

- **Thu Sep 5–Mar 26**: 12–2 p.m.

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**SERVICES**

**Free Hearing Tests**
Join us for free hearing assessments and advice on adjusting or purchasing hearing aids.

By Appointment, walk-ins welcome.

**Burnside Gorge Community Centre**
Free

- **Fri Sep 13**: 10 a.m.–3 p.m.

**Seniors Entitlement Service (SES)**
SES provides guidance, information and assistance to seniors in Greater Victoria. We work with you to develop strategies and solve problems such as navigating the healthcare system, housing, benefits, financial and legal matters, elder abuse and unexpected hardships. This is a confidential service offered by trained, volunteer advocates. For more information please contact us at ses@quadrvillagecc.com or by phone at 250.388.7696 ext. 230.

**Quadra Village Community Centre**
Free

- **Mon, Wed, Thu**: Ongoing 9 a.m.–3 p.m.
This Bus Is Going on an Adventure
Road Trips & Rambles

Enjoy time with friends, make new friends and build community as we explore together! From theatre to wildlife, history to vineyards, we have many opportunities to learn, travel, and enjoy Vancouver Island together.

Abkhazi Tea House & Gardens

The Prince and Princess Abkhazi began creating their garden in 1946, the year they married and settled in Victoria. They immediately began to develop their one-acre property and continued to maintain and improve the garden throughout their lives together. The garden flows around the rock, with Japanese maples and rhododendrons which have grown to maturity with carpets of heather, irises and daylilies. Transportation included. Lunch extra.

Register at Crystal Pool and Fitness Centre
10984  Tue Sep 3  11 a.m.–3 p.m. $25

Galiano Island – Marine Life Exploration

Starting on Shell Beach (a First Nations midden) we will journey through a beautiful forest, past a tidal lagoon and along a shoreline, learning about First Nations practices and their significance to the island as we walk. Learn about intertidal creatures and ethnobotany as we go. Must be comfortable walking along an uneven beach and along a dock. Transportation, ferries and educational tour included. Lunch extra.

Register at Crystal Pool and Fitness Centre
10996  Thu Sep 12  6:45 a.m.–8:30 p.m. $97 adult; $85 BC Senior 65+yrs

Cider Tasting, Wine and Lunch

We will start off at Venturi-Schulze Vineyards for a tasting of wine and balsamic vinegar and then off to Merridale Cidery for a self-guide tour, tasting and lunch. Transportation and tastings included. Lunch is extra.

Register at Crystal Pool and Fitness Centre
10990  Thu Sep 19  9:30 a.m.–4 p.m. $55; $45 without tastings

Saanich Artifacts Tour & Lunch

Have a leisurely self-guided tour around the Saanich Artifacts and then we will head over to the Fickle Fig Farm Market for lunch. A nice day out in the Saanich Peninsula. Transportation and admission included. Lunch is extra.

Register at Crystal Pool and Fitness Centre
10998  Thu Oct 17  9:30 a.m.–3:30 p.m. $30

Chemainus Theatre – Mrs. Warren’s Profession

Mrs. Warren manages a flourishing business, funding her daughter Vivie’s education in the finest boarding schools and universities, while keeping her profession as a Madame a secret. Transportation, gratuities, tickets and buffet lunch included. No refunds after August 25.

Register at Crystal Pool and Fitness Centre
10996  Wed Sep 25  10 a.m.–6 p.m. $130

Campbell River Area Overnight

Enjoy a relaxing drive up island to stay in the beautiful Painter’s Lodge with an ocean front room. Visit museums and waterfalls. Transportation, tours and accommodation with 2 breakfasts included. Other meals extra.

Register at Crystal Pool and Fitness Centre
10997  Tue/Thu Oct 1–3  9 a.m.–5 p.m. $820 single accommodation; $590 shared accommodation
Lunch at Crooked Goose and Swan Lake Nature Tour & Tea
After lunch we'll head to Swan Lake Nature Sanctuary and learn about the human and natural history of the area with artifacts from days gone by. Transportation, tour and tea included. Lunch is extra.
Register at Crystal Pool and Fitness Centre
11000 Thu Nov 7 10:30 a.m.–3:30 p.m. $29

Chemainus Theatre – Miracle on 34th Street
Kris Kringle, a retired old man, is hired as Macy’s Santa in New York, and begins to spread Christmas cheer by directing parents to other stores, where they can find the exact special gift on their child’s Christmas list. The stakes are raised with a court competency hearing, and the risk of one little girl’s belief in Santa. Transportation, gratuities, tickets and buffet lunch included. No refunds after Oct. 20.
Register at Crystal Pool and Fitness Centre
11002 Wed Nov 20 10 a.m.–6 p.m. $140

Christmas in Sidney & Dinner
Let’s do some shopping in Sidney, followed by dinner at the Surly Mermaid and enjoy the festive Christmas Lights as the sun goes down. Transportation included. Meals are extra.
Register at Crystal Pool and Fitness Centre
11004 Tue Dec 3 1:30–8 p.m. $25

Christmas Lunch 2019
This will be the Christmas lunch to remember as we celebrate together in our own private dining room overlooking Victoria at Vista 18. Play some games, sing some carols and enjoy a wonderful buffet lunch. Transportation and buffet lunch included.
Register at Crystal Pool and Fitness Centre
11005 Thu Dec 19 11 a.m.–2:30 p.m. $50

Registration begins Nov 28 for the following:

Masjid Al Iman Victoria Mosque Tour & Lunch at Finn’s
Have a tour of the Mosque and learn about our neighbours on Quadra Street followed by the lunch at the waterfront restaurant Finn’s Seafood Chops and Cocktail restaurant. Transportation and tour included. Meal is extra.
11008 Tue Jan 9 10 a.m. – 1:30 p.m. $25

St. Sophia Russian Orthodox Church Tour & Lunch at Windsor Café
Join Archpriest John Adams for a tour of this beautifully restored Fairfield Church. Learn about the creation of beautiful religious icons from tile and how the church was restored one mosaic at a time. Tour and transportation included. Lunch is extra.
Register at Crystal Pool and Fitness Centre
11009 Thu Jan 23 11 a.m.–3 p.m. $30

Dinner at Fernwood Inn and Theatre Inconnu
After dinner we will head to the creative and intimate “black-box” Theatre Inconnu for a play still to be announced. Transportation and theatre ticket included. Meal is extra.
Register at Crystal Pool and Fitness Centre
11010 Thu Feb 13 5:30–9:45 p.m. $35

Dinner at Ithaka Greek Restaurant & Langham Court Theatre – The Blue Light
After dinner we will see Langham Court’s, “The Blue Light”. Leni Riefenstahl is in Hollywood to make a desperate pitch for her first feature film in fifty years, but the studio executives can’t help but dwell on her past. Transportation and theatre ticket included. Meal is extra.
Register at Crystal Pool and Fitness Centre
11011 Thu Feb 27 5:15–10:15 p.m. $47

Ross Bay Villa, Pub and Cemetery
Ross Bay Villa was the home of Francis James Roscoe and his wife Anna Letitia from 1865 to 1879 and has been preserved and restored to the way it would have looked when the Roscoe family were in residence. After our tour we will have lunch at the Ross Bay Pub and a tour of the cemetery. Transportation and tour included. Lunch is extra.
Register at Crystal Pool and Fitness Centre
11012 Thu Mar 12 10:30 a.m.–3:30 p.m. $40

Congregation Emanu-El and Jewish Cemetery Tour & Lunch
Visit this beautiful synagogue – the oldest Canadian synagogue in continuous use – and explore its unique history, architecture and restoration. After lunch at dobosala cantina, we will tour the Jewish Cemetery, opened in 1860’s and was BC’s first Jewish cemetery. Transportation and tour included. Lunch is extra.
Register at Crystal Pool and Fitness Centre
11013 Thu Mar 26 10:30 a.m.–3:30 p.m. $35

Christmas Lunch 2019
This will be the Christmas lunch to remember as we celebrate together in our own private dining room overlooking Victoria at Vista 18. Play some games, sing some carols and enjoy a wonderful buffet lunch. Transportation and buffet lunch included.
Register at Crystal Pool and Fitness Centre
11005 Thu Dec 19 11 a.m.–2:30 p.m. $50

Dinner at Ithaka Greek Restaurant & Langham Court Theatre – The Blue Light
After dinner we will see Langham Court’s, “The Blue Light”. Leni Riefenstahl is in Hollywood to make a desperate pitch for her first feature film in fifty years, but the studio executives can’t help but dwell on her past. Transportation and theatre ticket included. Meal is extra.
Register at Crystal Pool and Fitness Centre
11011 Thu Feb 27 5:15–10:15 p.m. $47

Ross Bay Villa, Pub and Cemetery
Ross Bay Villa was the home of Francis James Roscoe and his wife Anna Letitia from 1865 to 1879 and has been preserved and restored to the way it would have looked when the Roscoe family were in residence. After our tour we will have lunch at the Ross Bay Pub and a tour of the cemetery. Transportation and tour included. Lunch is extra.
Register at Crystal Pool and Fitness Centre
11012 Thu Mar 12 10:30 a.m.–3:30 p.m. $40

Congregation Emanu-El and Jewish Cemetery Tour & Lunch
Visit this beautiful synagogue – the oldest Canadian synagogue in continuous use – and explore its unique history, architecture and restoration. After lunch at dobosala cantina, we will tour the Jewish Cemetery, opened in 1860’s and was BC’s first Jewish cemetery. Transportation and tour included. Lunch is extra.
Register at Crystal Pool and Fitness Centre
11013 Thu Mar 26 10:30 a.m.–3:30 p.m. $35
Registration has never been easier!

Register online: victoria.ca/recreation

Fall/Winter Registration opens August 15
Parks, Recreation and Facilities

Director: Thomas Soulliere 250.361.0600
Assistant Director: Nav Sidhu 250.361.0546
Parks Permits and Sport Field Bookings: Darlene Hammond 250.361.0361

Crystal Pool and Fitness Centre – crystalpool@victoria.ca
2275 Quadra Street, Victoria, BC V8T 4C4

Registration and General Inquiries 250.361.0732
Recorded Schedule Information 250.361.0732
Fax: 250.361.0723

Manager, Recreation Services: Jeff Brehaut 250.361.0365
Supervisor – Recreation & Sport: Josh Taylor 250.361.0719
Supervisor Recreation Administration and Customer Service: Stephanie Wideman 250.361.0703
Aquatics Coordinator: Kelly Graham 250.361.0712
Aquatics Programmer: Caroline Senko 250.361.0714
Aquatics Bookings and Pool Lane Rentals: Lauren Tee 250.361.0720
Children and Youth Programmer: Ryan Lance 250.361.0706
Adult Health and Wellness Programmer:
Facility and Event Coordinator – Sports Services: Lesley Petrie 250.361.0708
Outdoor Pursuits Programmer: Shelley Brown 250.361.0705

Save-On-Foods Memorial Centre Arena
1925 Blanshard St, Victoria, BC V8T 4J2

Recorded Information Line 250.361.0711
Ice and Dry Floor Rentals: Darlene Hammond 250.361.0361

Royal Athletic Park
1014 Caledonia Ave, Victoria, BC V8T 1G8

Facility and Event Coordinator: Jeff Parker Francis 250.361.0373
Event Clerk: Cris Heath 250.361.0373
Recorded Event Information 250.361.0381

Active Living Guide
The Active Living Guide is produced twice a year by the City of Victoria.
City of Victoria
1 Centennial Square
Victoria, BC V8W 1P6
crystalpool@victoria.ca
The Active Living Guide is available online at victoria.ca/recreation
GREATER VICTORIA REGIONAL RECREATION PASS

ANNUAL PASS ALLOWING DROP-IN TO 14 GREATER VICTORIA RECREATION CENTRES

PENINSULA RECREATION  250-656-7271
1. Panorama Recreation Centre  1885 Forest Park Drive
2. Greenglade Community Centre  2151 Lannon Way

SAANICH RECREATION  250-475-5422
3. Saanich Commonwealth Place  4636 Elk Lake Drive
4. Gordon Head Recreation Centre  4100 Lambrick Way
5. G.R. Pearkes Recreation Centre  3100 Tillicum Road
6. Cedar Hill Recreation Centre  3220 Cedar Hill Road

RECREATION OAK BAY  250-595-7946
7. Oak Bay Recreation Centre  1975 Bee Street
8. Henderson Recreation Centre  2291 Cedar Hill X Road

CITY OF VICTORIA  250-361-0732
9. Crystal Pool and Fitness Centre  2275 Quadra Street
10. Save-On-Foods Memorial Centre  1925 Blanshard Street

ESQUIMALT RECREATION  250-412-8500
11. Esquimalt Recreation Centre  527 Fraser Street
12. Archie Browning Sports Centre  1151 Esquimalt Road

WEST SHORE PARKS & REC  250-478-8384
13. Juan de Fuca Recreation Centre  1767 Island Highway

SEAPARC RECREATION  250-642-8000
14. Seaparc Leisure Complex  2168 Phillips Road

INCLUDING TAX $41 PER MONTH
Live actively your way...every day!
victoria.ca/recreation