2026

SAANICH
Fall Activity Guide

Recreation resources and registered programs



AUG 12 GENERAL REGISTRATION August 12, 6am

AUG 19 POOL AND ICE PROGRAM REGISTRATION August 19, 6am

Saanich
PARKS, RECREATION & COMMUNITY SERVICES

Message from the Mayor



As we welcome the fall season, it's a great time to settle back into routines, reconnect with neighbours and take part in the activities that make our community so vibrant. I'm proud of the incredible range of recreation opportunities available here in Saanich for people of all ages, interests and abilities. I've also enjoyed these spaces as a parent, bringing my own kids to the pool over the years to splash and have fun together. Our recreation centres are places where friendships are built, skills are developed and community comes together. I hope this guide helps you find new ways to stay active, connected and engaged this fall.

— Dean Murdock
Mayor of Saanich

Where everyone belongs

Message from the Director



Fall brings a return to routines, with classes, lessons and drop-in activities that build skills, support wellness, and add fun to grey and rainy days.

As the weather changes, our many indoor recreation spaces offer welcoming places to stay active, connect, and recharge.

Fall is also a time to come together at important community events, including the Autumn Lantern Festival and the District's Remembrance Day ceremony.

With an exceptional range of facilities, programs and caring staff, Saanich offers something for every age, interest, and ability. I hope you find familiar favourites and discover something new this season.

— Suzanne Samborski
Director, Parks, Recreation and Community Services

Events



Autumn Lantern Festival

Saturday, September 12
5-8:30pm

Celebrate the coming of fall with lantern displays, live cultural entertainment, food trucks and other seasonal activities. Bring your own hand-made, battery-lit lantern or make one for a small fee at our lantern station. As twilight approaches, stroll the Lantern Loop and enjoy the colourful and playful illuminated displays. The event will proceed rain or shine, so remember to dress warmly and bring an umbrella if needed.

saanich.ca/autumnlanternfestival



Saanich Remembrance Day Ceremony

Wednesday, November 11
10:45-11:30am

Commemorate and acknowledge those who have served and continue to serve our country during times of war, conflict and peace. Following a military parade, active and retired service members, police officers, fire fighters and local community members will lay wreaths at the cenotaph. Some seating will be provided and you are welcome to bring your own.

saanich.ca/remembrancedayceremony



Uptown Annual Tree Light Up and Holiday Show

Date and time to be announced

Saanich is partnering with Uptown Shopping Centre to present a multicultural celebration of winter holidays in addition to the amazing Christmas activities already featured at the Light Up. Be sure to stop by the multicultural booths to learn about the many different celebrations that take place in November and December.

saanich.ca/lightup

How to use this guide

Explore all the great things happening in our facilities, both drop-in activities and registered programs.

Drop-in activities

Join a **drop-in activity** anytime or sign up for a spot in reserved drop-in programs on a regular basis to participate in some of our most popular programs.

You can access these activities and programs anytime throughout the season. Ask our friendly staff for more information.

Registered activities

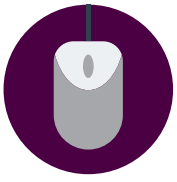
Our **registered programs** are lessons, classes, workshops, and more that occur on designated dates and require registration in advance.

It's important to review these programs before registration opens and make a plan to enroll as soon as possible – many popular programs fill quickly.

You can find information about when different programs open for registration on this page.

Tip: If a registered program is full, always add yourself to the waiting list so that we can notify you if space becomes available.

Share your thoughts!



Have feedback?

Share it anytime via email to recreation@saanich.ca or via our client feedback form online.

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MAKE THE MOST OF YOUR RECREATION CENTRES

Saanich recreation Centres are yours to explore! They're here to help you stay active, stay connected, and to make learning new things fun and easy.

There are so many ways to use your recreation Centres — from a one-time drop-in to registering for a program or lesson series.

However you choose to participate, our friendly staff are here to welcome you, answer questions and help get you started. See you today at your Saanich recreation Centres!

CLICK HERE FOR RECREATION CENTRE INFORMATION



DROP-IN ACTIVITIES

Join in! These activities do not require a reservation, and most are included with your Saanich Access Pass or a paid single admission fee. A separate fee or pass applies to participation in some drop-in activities.

Included in your Access Pass or single admission	Separate fee or pass applies
• Drop-in public swimming, hot tub, steam room and saunas • Drop-in Aquafit • Drop-in weight rooms • Drop-in public skating	• Archery • Bridge • Drop-in childminding • Kindergym • Walk and Talk

RESERVED DROP-IN ACTIVITIES (RDIs)

Sign up in advance and join in! These are some of our most popular activities and classes. Our reserved drop-in (RDI) system offers everyone the chance to secure a spot by signing up seven calendar days in advance of the program date, beginning at 7:30am.

Included in your Access Pass or single admission

- Group fitness classes
- Basic yoga classes
- Indoor cycling classes
- Drop-in sports
- Stick and puck

Attendance procedures apply to RDI programs -- learn more here

REGISTERED PROGRAMS AND DAY CAMPS

Enroll to join in! Registered programs are lessons, classes, workshops, day camps, and other activities that occur on designated dates and require registration in advance. Registration fees vary by program and are not included in your Access Pass.

- Adult and tot and early childhood programs
- Full year programs for preschoolers
- School age and youth programs and day camps
- Adult programs
- Yoga and health and fitness programs
- Racquet sports
- Swimming lessons and advanced aquatics
- Skating lessons and power skating programs

RESERVATIONS AND RENTALS

Reserve or rent a space and join in! These spaces are yours for the duration of your booking and you choose who participates. Fees vary by space and are not included in your access pass.

- Tennis, squash and pickleball court reservations
- Ice rentals
- Birthday parties
- Room rentals

WELLNESS AND REHABILITATION PROGRAMS AND SERVICES

A variety of personal health programs and services can be accessed in Saanich recreation Centres, including programs facilitated by Saanich staff and services provided by approved health providers. Fees vary by program and service and are not included in your Access Pass.

= Included in your Saanich Access Pass | **= Single admission, registration, rental, or fee for service applies** | **= Low-cost/no-cost options**

ACCESS PASSES AND ADMISSION RATES

Begin your next recreation adventure with the Saanich Recreation Access Pass and enjoy unlimited drop-ins at any of our four locations – it's the best recreation value in Victoria!

Have questions about which Access Pass option is right for you? Our friendly staff are here to help, in person at any Saanich recreation centre, by email to recreation@saanich.ca, or by phone

Cedar Hill Recreation Centre	250-475-7121
G.R. Pearkes Recreation Centre	250-475-5400
Gordon Head Recreation Centre	250-475-7100
Saanich Commonwealth Place	250-475-7600

Are you living on a fixed or low income? Learn about our financial assistance and grant programs on Page 6

CLICK HERE



Pass Types	Single Admission	10x Pass	NO COMMITMENT 1 Month Pass	BEST VALUE! Continuous Access Pass 1st Month	 Subsequent Months	Annual Pass
Adult	$8	$72	$68.90	$68.90	$46.40	$556.80
Adult 60+	$7.25	$65.25	$51.80	$51.80	$35.90	$430.50
Student	$7.25	$65.25	$51.80	$51.80	$35.90	$430.50
Child and Youth 5-18yrs	$5	$45	$35.80	$35.80	$24.60	$294.70
Family	$16	$144	$137.80	$137.80	$92.80	$1,133.60

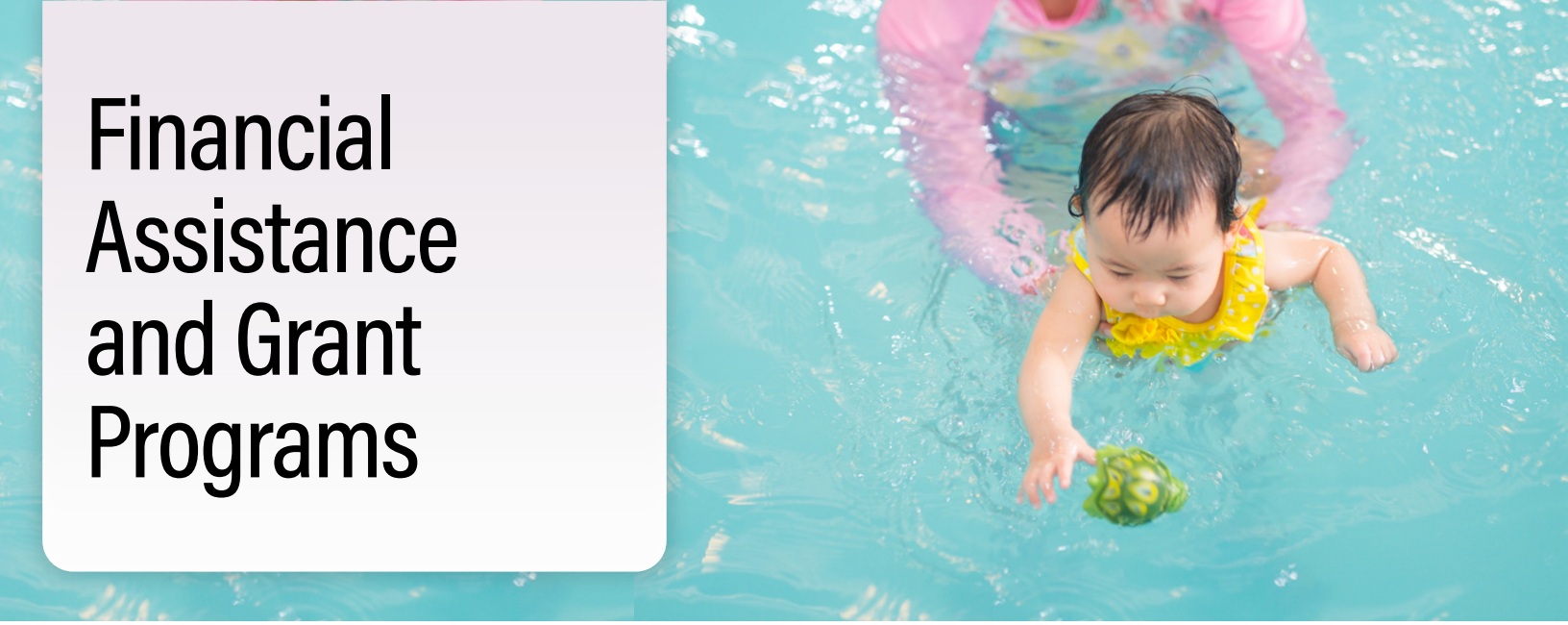
Prices in effect through August 31, 2027

90yrs+ FREE Drop-in Admission for Saanich residents 90yrs+ with the "Lifetime" rate!

Regional Annual Pass $600 per year as of Jan 1, 2026.

The Continuous Access Pass offers excellent value and flexibility. Enroll in automatic credit card or bank account payments and start saving! Cancel anytime and retain access until your next monthly renewal date. Click here for full list of terms and conditions.

Financial Assistance and Grant Programs



Where everyone belongs

Saanich PARKS, RECREATION & COMMUNITY SERVICES

We're all about building a Saanich where everyone belongs. That means providing opportunities to participate in recreation and community programs regardless of income. Our Saanich and regional financial assistance programs help create inclusive recreation experiences that everyone can enjoy.

Read on to learn more about LIFE (Leisure Involvement for Everyone), reCREATE, kidsFUNd, Jumpstart, and the Greater Victoria Advanced Aquatic Assistance Program. If you have questions, visit the customer service desk at any Saanich recreation centre, our website, saanich.ca/financialassistance, or email financialassistance@saanich.ca.

LIFE — Leisure Involvement for Everyone

The LIFE program is designed to reduce financial barriers for individuals and families living on a fixed or low income. LIFE participants may benefit from a wide range of recreational opportunities:

Unlimited drop-in access at all four Saanich recreation Centres or 50% off the purchase of a Greater Victoria regional recreation annual pass.

Registration credits of up to $120 toward Saanich programs, lessons, or camps.

Two free weeks of select Saanich day camp enrollment for children and youth.

Free workshops or events for youth.

See our website for detailed information and eligibility guidelines. Apply for LIFE privately and securely online today; the application now covers two years of assistance. For more information, please visit saanich.ca/financialassistance or email: financialassistance@saanich.ca.

NEW

NEW PARTNERS IN THE SAANICH LIFE PROGRAM:
Thank you to our partners for extending benefits to Saanich LIFE Clients. If you are an existing or new LIFE client find out how to use these beneifts at a Saanich front desk or contact financialassistance@saanich.ca

The Maritime Museum of British Columbia

Craigdarroch Castle

The Butchart Gardens — Over 100 Years in Bloom — National Historic Site of Canada

Greater Victoria Advanced Aquatic Assistance Program

Funding opportunities available for Lifeguard and Swim Instructor Training



City of Victoria · Saanich Parks, Recreation & Community Services · Panorama · SEAPARC · Esquimalt Parks + Recreation · Oak Bay Parks, Recreation & Culture · West Shore Parks & Recreation · PiSE Pacific Institute for Sport Education

Contact connor.reiter@saanich.ca for more information.

kidsFUNd

The Saanich Legacy Foundation and the District of Saanich are committed to keeping kids healthy by promoting active lifestyles through social engagement and play. kidsFUNd reduces financial barriers so that more children can access registered programs and camps. If funds are a barrier to recreation for a child 3-18 years-old in your care, or you would like to contribute to this fund, please call 250-475-5407.

kidsFUNd
Powered by Saanich Legacy Foundation



reCREATE

Saanich Legacy Foundation and Saanich Community Services have partnered to offer a new grant fund for adults 60+ living on low income to participate in Saanich programs. To apply for funding or to donate to the fund and give the gift of recreation please click here.

Which opportunity can we help you create?

CREATE social opportunities to connect with your peers

CREATE recreational opportunities to maintain and grow your physical health

CREATE wellness opportunities to support your mental health

CREATE art and culture opportunities to embrace your creativity

Click here for registration resources





EVERY KID DESERVES THE CHANCE TO PLAY

20 Jumpstart Bon départ

Play is about more than just getting active — it's a chance to help kids to build self-esteem, nurture creativity, and connect with their community.

That's why Jumpstart assists families across Canada in overcoming financial barriers to sport and play. Since 2005, we've helped over 4 million kids get off the sidelines and into the game.

To learn more, visit **jumpstart.canadiantire.ca**.

Recreation Resource



All Saanich recreation Centres feature:

- Free parking
- WiFi
- Public washrooms
- Weight rooms
- Group fitness studios
- Multipurpose activity spaces
- Accessibility features

RECONLINE REGISTRATION SYSTEM

Saanich's RecOnline registration system is your gateway to programs, lessons, activities and more at Saanich recreation Centres and community spaces.

Check out our tutorials and resources for how to create an account, search, register in programs and more.

Click here for registration resources

THE SAANICH RECREATION APP

The Saanich Recreation app is your mobile companion to the RecOnline registration system. Available on Apple and Android devices, download the free app to take advantage of great features such as:

- Search for, and enroll in programs and sign-up for reserved drop-in activities and classes.
- Withdraw from reserved drop-in sessions
- View personal schedules at a glance
- Scan in at Saanich recreation Centres with your virtual Access Pass
- Much more!

Click here for app resources



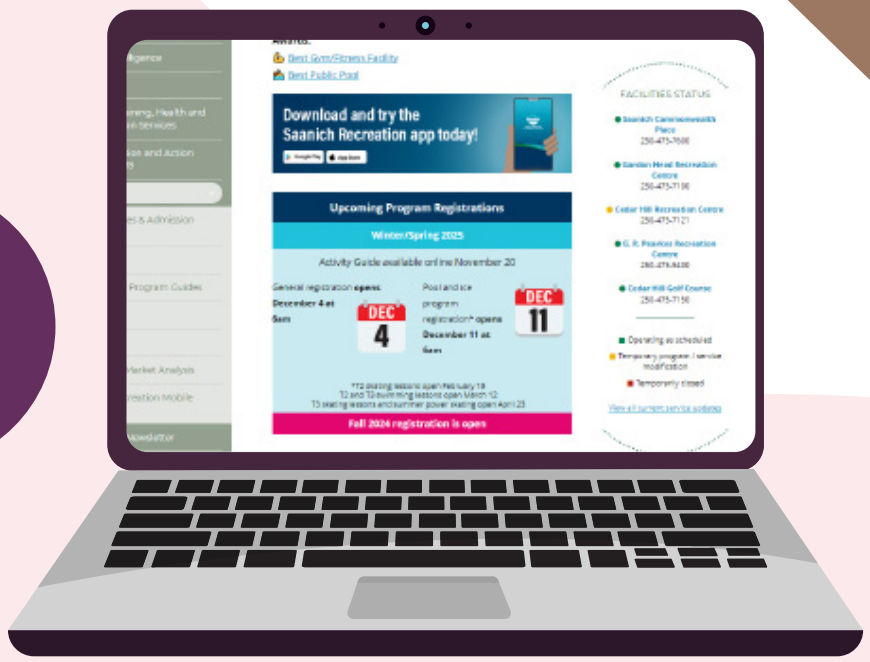
FACILITY STATUS

Know before you go

View the operating status of Saanich recreation facilities online, anytime.

Bookmark the page today!

saanich.ca/status



SAANICH COMMONWEALTH PLACE (SCP)

4636 Elk Lake Drive | 250-475-7600



Welcome to South Vancouver Island's premier aquatic facility and Saanich's largest recreation centre! Built for the 1994 Commonwealth Games, this centre serves our entire community, from preschoolers to international-level high-performance athletes.

Features

- Weight room
- Gymnasium
- Fitness and dance studio
- Functional fitness studio
- Multi-purpose rooms
- Covered bicycle parking and free vehicle parking
- EV parking/charging
- Accessible Parking

Aquatic features

- 50m Competition pool
- 25m Teaching pool
- Wave pool
- NEW Functional Fitness Studio
- Water slide
- Dive tank/tower
- Tots pool
- Sauna, steam room, and hot tub

Amenities

- Kattia's Kitchen Café
- The Shop at SCP, swimming apparel and accessories
- The Upside youth and community centre
- Wellness and rehabilitation services
- Drop-in childminding
- Bruce Hutchison Public Library
- Free little library (SCP BOOK-NOOK)

Learn more about Saanich Commonwealth Place's accessibility features



Heads up: annual maintenance closures

It takes a lot to keep our hardworking facilities and equipment in tip-top shape and ready for you. Please note our annual maintenance closures when planning your visit to Saanich Commonwealth Place this September.

	CLOSED BEGINNING	REOPENS ON
Weight room	Wednesday September 2	Tuesday, September 8
Pools and dry-land facilities	Monday, September 7	Monday, September 21

Saanich VOTES 2026

General Local and School Board Elections

ELECTION DAY

Saturday, October 17, 2026 8 a.m. to 8 p.m.

Contact the Legislative Services Division at **250-475-5501** or elections@saanich.ca

saanich.ca/elections

GORDON HEAD RECREATION CENTRE

4100 Lambrick Way | 250-475-7100



A true community recreation centre, Gordon Head has been serving its namesake neighbourhood – and all of Saanich – since 1971. Located in the Lambrick Park Campus, this centre boasts unique indoor and outdoor recreation opportunities.

Features

- Newly renovated weight room
- Fitness studios
- Multi-purpose rooms
- An outdoor skatepark
- Covered bicycle parking and free vehicle parking

Amenities

- Public lounge area
- Essential swimming accessories for sale
- Youth and community centre

Aquatic features

- 25m Lap pool
- Leisure pool
- River pool
- Tots pool
- Sauna, steam room *(currently closed)*, and hot tub

Learn more about Gordon Head Recreation Centres accessibility features

Heads up: ongoing steam room closure

During our annual summer maintenance closure, an engineering assessment identified the need for immediate structural repair and renovation work in the steam room, resulting in its closure until further notice.

This closure affects the steam room only. The general pool area, hot tub, and sauna remain open, and there is no other impact on pool operations.

Learn more about the project and see updates on the **HelloSaanich project page**



Return to routines this fall at Gordon Head

We're ready to welcome you back to fall routines in the weight room at Gordon Head Recreation Centre. Since reopening in late spring, our patrons have enjoyed the upgraded interior and several new pieces of equipment. Join us today or sign up for a weight room orientation for a friendly overview of the equipment along with some helpful guidelines and etiquette tips!



Neighbour to Neighbour Resilience Initiative

Grants for climate action, care for nature, and emergency

saanich.ca/n2n

CEDAR HILL RECREATION CENTRE

3220 Cedar Hill Road | 250-475-7121



A vibrant community space, Cedar Hill Recreation Centre hosts Saanich's only Arts Centre and dedicated indoor racquet sports facilities for tennis and squash, alongside traditional recreation and community programming spaces. Body, mind and soul connect at Cedar Hill!

Features

- Weight room
- Gymnasium
- Dance and wellness studio
- Multi-purpose rooms
- Health and rehabilitation services
- Covered bicycle parking and free vehicle parking

Arts centre features

- Ceramics studio
- Dance studio
- Visual arts studios
- Dedicated art gallery and display spaces

Racquet sports features

- Four indoor tennis courts
- Four indoor squash courts

Amenities

- Second Chance Café operated by the Cridge Centre for the Family Brain Injury Services

Learn more about Cedar Hill Recreation Centre accessibility features

Second Chance Café reopens September 8

Great news for patrons who have missed the Second Chance Café during its summer closure – coffee, tea, and delicious food items will be back on Tuesday, September 8! We look forward to seeing you there before or after your favourite Cedar Hill programs!

G.R. PEARKES RECREATION CENTRE

3100 Tillicum Road | 250-475-5400



G.R. Pearkes has changed a lot since opening as Saanich's first recreation facility in 1968. With two ice surfaces, it's not only the District's only public arena, it's also a multifaceted community, event, and recreation destination serving local residents from across the greater Victoria area.

Features

- Weight room
- Fitness studios
- Multi-purpose rooms
- Free vehicle parking

Arena features

- Two ice surfaces
- seasonal dry floor

Fieldhouse features

- Four sport courts
- Flexible event space

Amenities

- The Flipside youth and community centre
- Saanich Centennial Public Library
- Saanich Neighbourhood Place

Learn more about G.R. Pearkes Recreation Centre accessibility features



BRAEFOOT PARK CENTRE

1359 McKenzie Avenue | 250-475-5400

Located in Braefoot Park, this emerging community and recreation space hosts programming, room rentals, and change room facilities to support the adjacent sports fields and lacrosse box.

Drop-in Swimming

With two aquatic facilities, it's always a good time for a swim in Saanich! Guests of all ages can enjoy drop-in swimming sessions for fun, fitness or relaxation.

Drop-in swimming sessions are included with your Saanich Access Pass or with a paid single admission.

Unless noted, drop-in swim sessions are all-ages. Some pool facilities or amenities may be age-limited for safety reasons.

Leisure Swim
The classic public swim session: everyone is welcome to enjoy the pools for fitness and leisure. These sessions may share the pools with different programs.

Fun Swim
These high-energy swim sessions may incorporate louder music and pool amenities like climbing walls, slides, waves, diving boards, rope swings, the Wibit obstacle courses and more (some features not available at all Centres).

Lengths Swimming
Enjoy fitness swimming in our 25m and 50m pools. Be sure to check the schedule as our pools commonly share space with lessons and high performance programs.

Hot Tub, Sauna and Steam Room
Relax and unwind! Our hot tubs, steam rooms, and saunas are typically open during regular pool hours. Age restrictions apply to these pool features – ask us for more information.

Additional Drop-in Swim Sessions
Additional drop-in swim sessions may be available at individual Centres. Check the schedule for details.

Specialty and culturally safe swim sessions
View the schedules for upcoming specialty swim sessions, including youth swim, sensory swim, and 2SLGBTQIA+ Pride swims.

CLICK FOR SCHEDULE



LOOKING FOR MORE?
- Registered swimming lessons
- Advanced aquatics

Access During Swim Lessons
When swimming lessons are in progress in our facilities, we may prioritize access to specific pools or areas of pools. We may also cap the number of leisure swimmers admitted to ensure a great experience for everyone.

Parents and guardians are kindly reminded that only the student is admitted with their registration. All accompanying non-lesson participants must present a valid Access Pass or pay a single admission fee to swim. This includes access to the hot tub, sauna, steam room, and all other aquatic facilities.

Aquatic competitions and pool rentals
Drop-in and programmed swimming times may be impacted when our facilities are used for competitions and other events.

Swimming attire and swim accessories
Appropriate apparel for swimming is defined within the **Visitor Code of Conduct** in Saanich Recreation Facilities. Personal flotation devices (lifejackets) are available to borrow in a wide range of sizes, and patrons are welcome to bring their own. Inflatables and other personal pool toys are not permitted for safety reasons.

Accessibility features
Learn more about our aquatic facilities' many **accessibility features** on our website.

Drop-in Skating



G.R. Pearkes Recreation Centre offers many opportunities for public skating on its two ice surfaces, with skate rentals available for most sessions.

Most public skating sessions are drop-in (no reservation required), and some require a reservation (reserved drop-in) as indicated.

These drop-in skating sessions are included with your Saanich Access Pass or with a paid single admission.

Everyone Welcome Skate
The classic public skating session: a leisurely skate for all ages with no toys or games on the ice. Helmets are strongly recommended.

Adult Skate 19yrs+
An adults-only version of our Everyone Welcome Skate session. Helmets are strongly recommended.

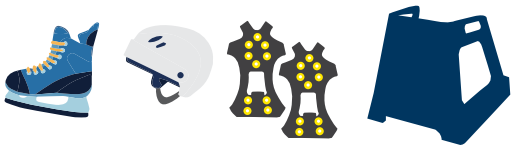
Ⓟ Adult and Tot Ice Play 1-6yrs
Enjoy a skate with your little one, hockey and on ice toys available. Helmets strongly recommended. Adults may use spikes instead of skates.

Ⓟ Adult and Child Hockey Social 5-10yrs
Enjoy hockey time together using sponge pucks (children must be accompanied by an adult, max 2:1 ratio). Helmets are mandatory and children must have a cage.
Full gear is recommended.

Stick and Puck 19yrs+
Enjoy shooting on the net without goalies.
A helmet, gloves, and a stick are mandatory.

Adult Figure Skating 19yrs+
An open session for all levels of figure skating with an attendant available to help you master your skills.

CLICK FOR SCHEDULE



Equipment rentals
G.R. Pearkes' Skate Shop offers skate and spike rentals for lessons and most public skating sessions. Skate sharpening is also available. Helmets and gliders/skate aids are available free of charge with limited quantities.

Wheelchairs and strollers are welcome for some drop-in skate sessions, please see the attendant for rules.

LOOKING FOR MORE?

- Registered skating lessons
- Power skating

Drop-in Sports

It's time to come off the sidelines and join in! Drop-in sports at Saanich recreation Centres are a great way to participate in your passion and meet people who love to play, too.

Drop-in sports sessions are primarily reserved drop-in activities. Join one of these sessions with your Saanich Access Pass or with a paid single admission.

Non-instructional
These co-ed community sessions are often coordinated by a facilitator but are not intended to be instructional.

Age Eligibility
The minimum age for drop-in sports is 16. However, as indicated in the program listing, some sessions may cater to a different age range.

Equipment
Participants supply their own racquets and archery equipment. Balls and birdies are provided.

Level of Play
While these sessions welcome all players, some programs are more competitive than others. If you have questions, please contact the recreation centre for more information.

CLICK FOR SCHEDULE



	Saanich Commonwealth Place	Gordon Head Recreation Centre	Cedar Hill Recreation Centre	G.R. Pearkes Recreation Center
Archery	✔			
Badminton	✔		See racquet sports	
Basketball	✔	✔*		
Pickleball	✔			See racquet sports
Table Tennis			✔	
Volleyball	✔			

**Facilitated at Gordon Head Middle School*

Indoor Cycling

Hop on a Keiser spin bike and come ride with us! Indoor cycling classes let you control the intensity of your effort, making them ideal for practically all fitness levels and goals.

These classes are reserved drop-in activities that require advanced sign-up. The session cost is covered by your Saanich Access Pass or a paid single admission.

Choose from a variety of different indoor cycling programs, including some that incorporate other fitness techniques.

All About the Bikes
Our indoor cycling programs utilize Keiser spin bikes, designed with high quality materials and appropriate for riders of all sizes. Keiser spin bikes feature pedals with straps or clips for cycling shoes.

Stay Hydrated
Don't forget a water bottle and a towel!

CLICK FOR SCHEDULE



	Intensity	Saanich Commonwealth Place	Gordon Head Recreation Centre	G.R. Pearkes Recreation Center
Cycle Fit	♥♥	✔	✔	✔
Cycle and Core	♥♥	✔		✔
Cycle and Strength	♥♥	✔	✔	✔
Cycle and Stretch	♥♥		✔	✔

Cycle Fit
Challenge yourself in this dynamic class that includes intervals, drills, sprints, and climbs — both in and out of the saddle. Motivational music will keep you energized for the entire class.

Cycle and Core
Begin on the bike for approximately 30 minutes, then transition to core exercises that focus on the lower back, hips, and abdominals.

Cycle and Strength
Begin on the bike for approximately 30 minutes, then transition to strength training exercises.

Cycle and Stretch
Begin on the bike, then transition to 15 minutes of relaxing stretches to help your body recover and rest after the workout.

Indoor cycling classes at Saanich Commonwealth Place now take place in the new Functional Fitness Studio. Join a class today and enjoy this great new space!



Drop-in Water Fitness Programs

Hop in—the water's fine! Group Aquafit classes are a fun and social way to tone and strengthen your body with less impact on your joints.

These drop-in classes are included with your Saanich Access Pass or with a paid single admission.

Drop-in water fitness programs vary by centre. Check the schedule for dates, times, and details.

CLICK FOR SCHEDULE



Aquafit
A fun and challenging total body conditioning workout in the pool. This self-paced workout is suitable for all fitness levels and can be modified for deep or shallow water.

Shallow Aquafit
A fun, self-paced workout that provides total body conditioning in the shallow pool.

Deep Aquafit
A low-impact, high-energy deep water workout using flotation belts, easily modified for all fitness levels.

Shallow and Deep Aquafit Combo
You choose what kind of Aquafit class you want! One instructor runs both a shallow and a deep Aquafit class at the same time with individual moves for each depth.

Deep Water Conditioning
Ideal for those recovering from injury or joint replacements, this class focuses on balance, core strength, total body strength, coordination, and cardio fitness.

Masters Swimming
Drop-in swim session suitable for those we are at the level to complete multi-length swim workouts. Enjoy a non-competitive, supportive atmosphere with a focus on lane swimming for fitness. Come and improve your swimming abilities!

	Intensity	Saanich Commonwealth Place	Gordon Head Recreation Centre
Shallow Aquafit	♥	✔	
Deep Aquafit	♥♥	✔	
Shallow and Deep Aquafit Combo	♥♥	✔	✔
Shallow Water Walking	♥	✔	
Deep Water Conditioning	♥	✔	
Masters Swimming			✔

Drop-in Group Fitness and Yoga Classes

There's no better time to start than now! Our popular drop-in fitness classes offer something for everyone, every body, every schedule, and all fitness goals. Explore our many program offerings and join in today.

Drop-in fitness and yoga classes are available at all four Saanich recreation centres. Admission is included in your Saanich Access Pass or a paid single admission.

Many drop-in fitness classes utilize our reserved drop-in system to ensure space for all participants.

Drop-in group fitness classes welcome participants 13yrs+.

Find the Fit That's Right for You
View detailed descriptions of our group fitness and yoga programs by clicking the links on the right, or by speaking to a staff member.

Go Beyond Drop-in
Ready to take your commitment to the next level, or looking for a specialty training program? We have many options to choose from in our selection of registered group fitness and yoga programs. View the listings or speak with a staff member today to learn more.

CLICK FOR SCHEDULE



	Intensity	Saanich Commonwealth Place	Gordon Head Recreation Centre	Cedar Hill Recreation Centre	G.R. Pearkes Recreation Center
Basic Yoga	♥	✔	✔	✔	✔
Body Fit	♥♥				✔
Body Sculpt	♥♥	✔	✔	✔	
Cardio Fit	♥♥	✔			
Circuit	♥♥		✔		✔
Core and More	♥	✔	✔		
Hi Lo	♥♥	✔	✔	✔	
HIIT	♥♥♥		✔		✔
Low Impact	♥	✔			
Partyfit	♥♥	✔			✔
Pure Stretch	♥	✔	✔		✔
Step	♥/♥♥	✔			
Strength and Stretch	♥			✔	✔
Triple Fit: Bike or Row	♥♥				✔

LOOKING FOR MORE?
- Registered group fitness programs
- Registered yoga programs

Drop-in Weight Rooms



Weight training can benefit any body at any age! That's why every Saanich recreation centre has a well-provisioned weight room and professional fitness staff. Whether you're just getting started or are experienced, our weight rooms are a welcoming, safe and enjoyable place to work out.

Saanich weight rooms are accessible by those 13 and older. Youth 13-15yrs require an orientation prior to using the weight room. See more about our orientation options below.

Weight room access is drop-in only and is included in your Saanich Access Pass or paid single admission.

Attendants on Duty
Weight room attendant staff members are available at scheduled times to answer basic questions, ensure safety, and provide assistance as needed.

Personal and Small Group Training
Our weight room spaces are also used for personal training and small group training sessions led by qualified and courteous trainers. Personal training sessions may occur at any time, while group training sessions are indicated on the schedule on page 20.

Weight Room Orientations
One-time weight room orientations are available to help patrons become familiar with Saanich facilities. These sessions cover strength training basics, safe equipment use and weight room conduct.

Orientations are recommended for patrons aged 16yrs+, and they are required for youth aged 13-15. The cost of orientations is $15 for patrons aged 16-59, while they are free for youth aged 13-15 and for older adults aged 60 and above.

To book your orientation, please call any Saanich recreation centre.

CLICK FOR SCHEDULE

Weight Room Conduct
The safe and proper use of our shared weight room facilities and equipment is required by all patrons as stipulated in the Visitor Code of Conduct in Saanich Recreation Facilities.

You can help us create a welcoming and respectful environment:

- Share equipment and common areas in a timely and respectful manner.
- Respect others' privacy. Photos and recordings are strictly prohibited.
- Wear appropriate clothing, including clean, enclosed shoes.
- Remember, the weight room is a scent-free zone.
- Read and follow the posted conduct guidelines.

LOOKING FOR MORE?
- Visitor *Code of Conduct*
- Weight room conduct

Weight Room Hours



Weight room hours subject to change. Check saanich.ca/status to see current facility updates. Check for statutory holiday hours, closures and more at saanich.ca/facilities

Location	Weight Room Hours	Attendant on Duty	Classes in Weight Room	Weight Room Orientations *(Phone facility to register)*
Cedar Hill Recreation Centre 250-475-7121 September 8 through December 18.	**M-F:** 6:30am-10pm **Sa, Su:** 8am-9pm	**M-F:** 9-11:30am **M-Th:** 3:30-7:30pm **F:** 1-3pm **Sa:** 9:30am-12pm **Su:** 10am-12:30pm	**M, W, F:** 12-1pm **Sa:** 12-1pm **Su:** 9:45-10:45, 10:45-11:45, 1:30-2:30pm, 2:40-3:40pm	**W:** 10-11am **Sa:** 10:30-11:30am **Su:** 12-1pm
G.R. Pearkes Recreation Centre 250-475-5400 September 8 through December 18.	**M-F:** 6am-9pm **Sa, Su:** 7am-8pm	**M-Th:** 9-11am, 3-8pm **F:** 9-11am, 3-7pm **Sa & Sun:** 10am-12pm	**M:** 11am-12pm **W:** 11:am-1pm **Th:** 2-3pm **Sa:** 8-10:15am	**Th:** 10-11am **F:** 6-7pm **Sa:** 11am-12pm
Gordon Head Recreation Centre 250-475-7100 September 8 through December 20.	**M-F:** 6am-10pm **Sa, Su:** 6am-9pm	**M:** 7-9am, 3:15-5:15pm **Tu:** 9-11am, 3:30-5:30pm, 6:30-8:30pm **W:** 8-10am, 3:30-5:30pm **Th:** 9-11am, 3:30-5:30pm, 7:30-9:30pm **F:** 7-9am, 10am-12pm, 3:30-5:30pm **Sa/Su:** 9-11am	**Tu:** 10:05-11:05am **Th:** 9-10am, 10:05-11:05am, 11:15am-12:15pm	**Tu:** 7-8pm **Th:** 10-11am, 8:30-9:30pm* **Sa/Su:** 10-11am **Women's only*
Saanich Commonwealth Place 250-475-7630 September 8 through December 23. *No pool or showers available September 7-20 due to facility maintenance shutdown.*	**M-F:** 5:30am-10pm **Sa, Su:** 6am-8:30pm* **showers and pool not available until 8am on Saturdays and Sundays.*	**M:** 9-10:15am, 4-10pm **Tu:** 8-10am, 4-4:30pm, 5:30-10pm **W:** 8-10am, 4-10pm **Th:** 8-10am, 4-10pm **F:** 8-10am, 4-4:30pm, 5:30-10pm **Su:** 12-2pm	**M:** 10:15-11:15am, 5:30-9pm **Tu:** 1:30-2:30pm, 4:30-5:30pm **W:** 3-4pm, 6:30-9pm **Th:** 1:30-2:30pm **F:** 4:30-5:30pm **Sa:** 11:30am-12:30pm **Su:** 9:15-10:15am	**Tu:** 5:30-6:30pm **W:** 5:15-6:15pm **F:** (60yrs+) 9-10am **Su:** 12-1pm *Regional (Greater Victoria) Youth Orientation $15* Th: 7:30-9pm* **registration required*

Saanich weight rooms are accessible by those 13yrs and older. Youth 13-15yrs require a free orientation prior to using the weight room.

LOOKING FOR MORE?
- Visitor *Code of Conduct*
- Weight room conduct

Personal Training

Private and semi-private personal training is available at all four Saanich weight rooms, facilitated by friendly, certified fitness professionals.

Personal training can help clients of all ages and fitness levels achieve their fitness goals. Speak to us today to learn how you may benefit.

A wide selection of packages is available to fit your goals. Personal training fees are separate from your Saanich Access Pass or paid single admission and are based on the type and number of sessions. Our trainers will work with you to establish the most convenient session schedule.

Benefits of personal training:

- Individual attention and positive reinforcement
- An assessment and the development of a customized exercise program
- Safe exercise technique demonstration
- Performance tracking
- Healthy workout momentum

Let's get started! Visit or contact a Saanich recreation centre to begin.



CLICK FOR MORE INFORMATION

LOOKING FOR MORE?

- Registered group fitness programs

Aqua Personal Training

Find wellness in the water with the help of a certified water fitness instructor! Private sessions are available at Saanich Commonwealth Place in a variety of packages.

Please contact Derek Robertson at 250-475-7608 or by email at derek.robertson@saanich.ca.

Wellness and Rehabilitation Programs



A variety of personal health programs and services can be accessed in Saanich recreation centres, including programs facilitated by Saanich staff and services provided by approved health providers.

Wellness and Rehabilitation Programs offered by Saanich

FAME
FAME (Fitness and Mobility Exercise) is a community-based program for people who have had a stroke or other neurological conditions such as Parkinson's Disease, Multiple Sclerosis, and traumatic brain injury. FAME is proven to improve fitness, mobility and strength and includes functional strength, fitness, agility and balance exercises. Suitable for people at any time after stroke who can stand for 5 minutes, walk for 10 metres (even with a walking aid), are medically stable, and communicate with the instructor.

SAANICH COMMONWEALTH PLACE
Mateo Cocco
Tuesday and Friday 2:30-3:30pm
Call Erin at 250-475-7619 for more information.

FOOT CARE CLINICS
A personalized treatment with a foot care nurse includes education, an initial evaluation, toenail trimming and cutting, reducing nail thickness, callus and corn removal, care for fungal nails, diabetic foot care, ingrown toenail care, and moisturization at the end of the treatment. Please arrive 10 minutes before your appointment time.

CEDAR HILL RECREATION CENTRE
Viva Foot Care Clinics | Call 250-475-7121 to book or register online at saanich.ca/register

GLA:D PROGRAM
The GLA:D Program is a small group exercise class for persons living with hip and knee osteoarthritis. Based on the successful Denmark program, this class delivers neuromuscular exercise and education to reduce pain and facilitate better movement and quality of life.

SAANICH COMMONWEALTH PLACE | UPLEVEL PHYSIOTHERAPY
Visit uplevelphysio.ca to register.

NEURODIVERSITY SOCIAL AND MOVEMENT CLASS
Celebrating all older adults! This is a fun, welcoming, social and movement class for those with diverse neurology, such as mild dementia, Parkinson's or Alzheimer's. This class is led by an older adult fitness instructor and program assistant.

SAANICH COMMONWEALTH PLACE
New and first-time participants, please call Dior Wilsher at 778-584-6812 prior to registration to determine if this program is right for you.

MOVING BEYOND CANCER
Exercise has been proven to improve symptoms related to cancer at every stage of treatment and recovery. Two group fitness classes per week will empower you to feel your best while improving your strength, cardio, balance and flexibility in a supportive community environment. Modifications will be shown. Late registrations are accepted and will be pro-rated.

SAANICH COMMONWEALTH PLACE
Wanda Hanna
Monday and Wednesday 12:45-1:45 pm
Call the Fitness Programmer at 250-475-7623 for more information.

TAKE HEART AND BREATHE WELL
In partnership with Island Health, this supervised exercise program is ideal for people who have had a cardiac event or surgery, a chronic respiratory illness, and/or other chronic conditions (including but not limited to high blood pressure, abnormal cholesterol, stroke, diabetes, pulmonary fibrosis, kidney disease, osteoarthritis, and more). An assessment, exercise plan, and ongoing monitoring are included.

SAANICH COMMONWEALTH PLACE
Call Erin at 250-475-7619 for more information.

Health Service Providers



These services are offered in Saanich recreation centres by qualified providers. Appointments, fees, and services are individual to the provider. See contact information below.

EXERCISE REHABILITATION AND KINESIOLOGY
Access quality health and fitness care locally at affordable prices. Services may include personalized exercise prescriptions, stretching, cardiovascular conditioning, and balance exercises. Suitable for those with chronic pain, illnesses, or recovering from surgery. Private and small group sessions available.

PHYSIOTHERAPY SERVICES
Physiotherapy, a branch of rehabilitation medicine, aids in the recovery of musculoskeletal injuries, addressing issues like joint, bone, muscle, and ligament injuries, and conditions such as osteoarthritis and chronic pain. Treatments may include manual therapy, acupuncture, exercise prescription, IMS, and more, and are often covered by extended health insurance.

MASSAGE THERAPY
Registered massage therapists (RMTs) are healthcare professionals trained in the assessment and treatment of soft tissues and joints. They help patients with sports injuries, tendonitis, headaches, arthritis, chronic pain, muscle tension, and other conditions and injuries, as well as general relaxation. Massage therapy is covered by most extended health insurance plans.

	Everfitt Movement	Left Coast Health	UpLevel Physiotherapy
Rehabilitation	✓		✓
Kinesiology	✓		✓
Physiotherapy			✓
Massage		✓	

EVERFITT MOVEMENT INC.
Supporting healthy and functional lifestyles for over 25 years, Everfitt's experienced kinesiologists provide injury rehabilitation, strength and conditioning, and gait mechanics support with customized programs that include assessment, one-on-one instruction, and/or supervised group sessions. Learn how Everfitt can help you move better. Enquire today for a complimentary chat.
CEDAR HILL RECREATION CENTRE
Willis Schneider, Katie St. John and **Trish Mara**, Kinesiologists
everfitt.ca | 778-679-7134

LEFT COAST HEALTH
Striving to help you achieve optimal health, fitness and performance so that you can be active and enjoy everything that life on the West Coast has to offer. Therapists use a collaborative, evidence-based approach to create treatment plans that address your goals through education, manual therapy and exercise prescription.
SAANICH COMMONWEALTH PLACE
Marcus Blumensaat RMT
Joelle McCartie RMT | **Julia Vosburgh** RMT
leftcoasthealth.com | 250-475-7630

UPLEVEL PHYSIOTHERAPY
Committed to helping you achieve optimum health through a variety of approaches, including education, manual therapy, IMS, shockwave therapy, running gait analysis, and exercise prescription. UpLevel physiotherapists hold the highest recognized level of manual skills and knowledge in physiotherapy orthopedics in Canada. UpLevel also provides kinesiology services to get you moving again.
SAANICH COMMONWEALTH PLACE
Trish Mara, Kinesiologist, Strength and Conditioning Specialist (NSCA).
Marcia Kirby Reg. PT, IMS Practitioner, Manual Therapist
Moraine Ruddick Reg. PT, Manual Therapist, IMS Practitioner
uplevelphysio.ca | 250-475-7630

Cedar Hill Golf Course



Open to the public year-round, Cedar Hill Golf Course features a player-friendly 18-hole, 5,200-yard, par 67 course with picturesque views of the Olympic Mountains.

Enjoy a practice range, putting and chipping greens, cart and equipment rentals, a fully-stocked pro shop, and instructional programs with PGA of Canada professionals. Our exceptional greens and fairways will far exceed your expectations.

Cedar Hill Golf Course offers an enjoyable and accessible golf experience for everyone, just minutes from downtown Victoria!

Booking a tee time
Tee times open at 6pm, five days in advance of play. Bookings are primarily offered online through Tee On.

Golf course amenities
Players and the public are invited to enjoy Cedar Hill's well-stocked pro shop, licensed concession, and restaurant. The 3.5 km chip trail that surrounds the golf course and recreation centre is a popular walking and running destination.

Leagues, socials and tournaments
Get into the swing of things by joining a league or social – find more information on our **website**. Or, create your own group golf experience by booking a tournament. Speak to our **Director of Golf** to learn more today.

Environmental Stewardship
Led by its dedicated grounds crew, Cedar Hill Golf Course is in the process of completing the Audubon Cooperative Sanctuary Program for Golf certification—an award-winning program that helps golf courses protect our environment and preserve the natural heritage of the game of golf.

saanich.ca/golf | 250-475-7151

CLICK FOR INFORMATION

✅✅⬜⬜⬜
GREEN FEE PUNCH PASS
Love to golf? You'll love the savings that come with our new 10x and 25x green fee punch passes. Choose summer or winter, weekday or weekend options.

Event rentals

Cedar Hill may be the ideal event venue for your next meeting, workshop, training session, celebration of life, retirement party, or holiday party. We offer a recently renovated clubhouse, panoramic views of the city and Olympic Peninsula and meticulously kept grounds. **Contact us today** for more information.



Racquet Sports

There are many ways to enjoy your favourite racquet sports in Saanich recreation Centres and parks! From a beginner's first swing to advanced competitive play, there's something for everyone.

Tennis
Tennis has unlimited health benefits and is a sport for all ages. Enjoy playing year-round on one of Saanich's four indoor courts or at one of our 20 outdoor tennis court locations.

Pickleball
There are many ways to enjoy this fast-growing sport in Saanich! Indoor pickleball court reservations are available at Saanich Commonwealth Place and Cedar Hill and G.R. Pearkes recreation Centres. Pickleball play is also available at select Centres as a reserved drop-in activity. Enjoy pickleball play outside at one of six different outdoor court locations featuring a total of 12 shared and two dedicated courts.

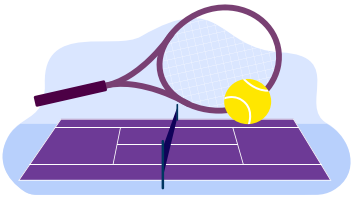
Outdoor court etiquette
Outdoor courts for tennis and pickleball are first-come, first-served. Playing time is 30 minutes while others are waiting.

Squash
Cedar Hill Recreation Centre is home to the Cedar Hill Squash Club and its four international squash courts. Squash courts may be booked up to 24hrs in advance by calling 250-475-7121. 45-minute rentals are $31. A three-hour cancellation is required. Private and semi-private coaching is available. Please call Ben Uliana 250-686-3388 or email Giselle Delgado at giselle@squashlife.ca for more information.

Badminton
Book a badminton court at Cedar Hill Recreation Centre or join in on reserved drop-in play at Saanich Commonwealth Place.



Online tennis court reservations now available at Cedar Hill
Visit saanich.ca/tennis to learn more and to reserve. Courts may be booked up to two days in advance starting at 9:30am. Phone-in reservations are still available, but customers are encouraged to reserve through the new online platform.



Tennis Court Fees	Standard	Early Bird Finish play before 9am (weekdays)	Jr. Rate 3-9pm Fridays and 8am-9pm Saturdays
Rate	$38/hr	$19/hour	$19/hour

LOOKING FOR MORE?
- Pickleball lessons
- Racquet lessons

Court Cancellation Policy
Please be sure to cancel at least 12 hours prior to playing time. Regular court fees will be charged for cancellation or a no-show within 12 hours of playing time.

Saanich Outdoor Tennis and Pickleball Courts



	Park	Tennis	Shared	Pickleball	Location
1	Beckwith Park	2			Beckwith Ave. off Quadra St.
2	Claremont-Goddard Park	2			764 Haliburton Rd.
3	Copley West Park		2		598 Parkridge St.
4	Cadboro-Gyro Park	1			2620 Sinclair Rd.
5	Hampton Park		2		Seaton St. off Burnside Rd.
6	Hyacinth Park	2			800 Marigold Rd.
7	Lambrick Park	4			Lambrick Way off Feltham Rd.
8	Lochside Park	1			5391 Lochside Dr.
9	McMinn Park		2	2	Maplegrove St. off Sunnymede Way
10	Reynolds Park	2			3928 Lasalle St.
11	Rosedale Park		2		4110 Santa Anita Ave.
12	Rutledge Park	1			Inverness Rd. off Cloverdale Ave.
13	Wedgewood Park	2			Arbutus Rd. at Arbutus Pl.
14	Brydon Park (Saanich Tennis Club)*	2			South end of Viewmont Ave.
15	Perez Park	1			Boulderwood Dr. N of Boulderwood Rise
16	Majestic Park	1			4380 Majestic Dr.
17	Maltwood Park	1			858 Maltwood Terr.
18	Prospect Lake Park		2		331 Prospect Lake Rd.
19	Sierra Park	1			San Juan Ave. at Chartwell Dr.
20	Parkwood Park	1			North end of Parkwood Dr.
21	Fowler Park	1		6	Leslie Dr. off Saanich Rd.

** Limited hours of play*

Saanich Parks



Explore Naturescaping in Saanich

Fall is a great time to start Naturescaping, with fall planting being ideal for native trees and shrubs. Whether you're just starting or need more resources, the Saanich Naturescape Program can help!

What is Naturescaping?

- Create habitat that supports wildlife and boosts biodiversity.
- Enhance outdoor spaces with native plants, habitat structures, and water sources.

Why Naturescape?

- Support the environment while enhancing well-being for you and your community.

Who Can Participate?

- Anyone with an outdoor space, from large backyards to apartment patios.



Learn More:

- Visit the Saanich Naturescape page online for detailed guides, plant lists, and examples.
- New for 2026, join the registered program with benefits like:
  - Yard signage and email updates
  - Exclusive workshops
  - Annual gathering invitation
  - Connect with fellow Naturescapers

To join, simply have three Naturescaping practices in place and apply online.

Read about the joys of Naturescaping in the latest edition of **Our Backyard.**

Fall Naturescape Tips

- **Let your yard go a little wild:** Hold off on a big fall cleanup; rake less, mulch more, and consider keeping a small pile of twigs or branches in an area away from structures to provide overwintering cover for small creatures.
- **Plant for the season:** Choose native berry-bearing native shrubs (like black hawthorn or serviceberry) which feed migrating and year-round birds. Support pollinators with all-blooming native wildflowers (like goldenrods and asters) that supply vital late-season nectar and pollen.
- **Maintain feeders and baths:** Thoroughly clean and sanitize them in the fall to prevent the spread of disease among visiting birds.
- **Coexist Safely in the City:** Secure attractants such as managing your fruit trees by picking fruit as it ripens and keep garbage secure, to avoid wildlife seeing this as a reliable source of food.

Find more resources at **Saanich Naturescape.**



JOIN SAANICH PARKS VOLUNTEERS

Volunteering in nature boosts your mood, keeps you active, and helps protect the environment!

- Become a **Pulling Together Volunteer** to care for nature and nurture your health and well-being with a wonderful community of volunteers.
- Become a **Park Ambassador Volunteer** to help visitors at PKOLS (Mount Douglas Park) understand their role in protecting the park.

CLICK HERE TO LEARN MORE



SAANICH'S BACKYARD BIODIVERSITY SPOTLIGHT

Meet the Misunderstood Yellowjacket

Yellowjackets may be unwelcome picnic guests, but they play an important role in BC's ecosystems by hunting caterpillars and other insect pests to feed their young. While adult wasps are often drawn to sweet drinks and barbecue scraps for energy, they are not naturally aggressive toward people and will usually only sting when defending a nearby nest. If given a little space, these striking social insects are fascinating to watch as they hunt, gather wood fibre, and work together to support their colony. Read more at this archived article: OurBackyardSummer



DID YOU KNOW YOU CAN RESERVE A PICNIC TABLE IN A SAANICH PARK?

Plan your perfect picnic or celebration in a Saanich park with a Park Permit for priority use of an area or amenity.

LEARN MORE AND APPLY



SAANICH PARK PROFILES

BALMACARRA PARK

Location:Balmacarra Road in the Gordon Head neighbourhood

Balmacarra Park offers a rewarding short trail adventure down to the scenic shores of Margaret Bay, where a long, steep stairway leads to a beautiful beach below. It's a picturesque spot for those ready to take the stairs in exchange for a peaceful coastal view.



CLICK HERE FOR MORE INFORMATION

TOLMIE PARK

Location: Leslie Drive in the Quadra neighbourhood

This neighbourhood park features a little something for everyone with an open field, a Garry oak rocky outcrop, tennis court, pickleball courts, a sport court (with a basketball and hockey net on both ends) and a playground.



CLICK HERE FOR MORE INFORMATION

Walking in Saanich

Nature meets us where we are. From simple walks in the park to hands-on learning about our unique ecosystems, exploring the outdoors is a great way to build endurance, improve mobility, and deepen your connection with community.

Saanich offers three levels of guided walks; each cater to different interests and abilities.

Use the grid below to find the walk that is right for you!

General walking guidelines:

- No pets, guide dogs only
- Please wear supportive footwear
- Please dress for the weather



GUIDED WALKS	DESCRIPTION	REGISTERED or DROP-IN	INTENSITY LEVEL GUIDE
FREE Easy Walks	One-hour, easy-paced social walks on pavement and groomed trails through parks and interesting neighbourhoods. Where possible routes avoid steep hills. Most walks start near bus stops. Please wear supportive shoes.	Drop-in	All Easy Walks are rated as one heart. Where possible, routes avoid steep hills. To accommodate all abilities there will be some short-standing pauses and the walking pace may vary. ❤
Walk and Talk	Moderate paced, social, guided walks. Join us for one-and-a-half-hours Tuesdays and/or Thursdays, through a variety of interesting Saanich parks, trails, and neighbourhoods.	Registered	Leaders will stop and point out features of interest, but walks are designed to keep a steady pace. ❤ ❤
Walk with a Naturalist	Each week, join Naturalist Kristine on a journey through a different Saanich Park to uncover its hidden wonders. From fungi flourishing beneath our feet to wildlife blending into the landscape, every walk is a new chance to explore, learn and connect with nature. Please dress for weather and trail walking.	Registered	Naturalist will stop to investigate surroundings. Some trails and routes will be hilly and uneven. ❤ ❤

Trails and Treks: Saanich Walking Programs



FREE EASY WALKS ❤

Free, slower-paced, one-hour guided walks through parks and neighbourhoods, on pavement and smooth trails. Steep hills avoided where possible. Rests and pace varies to ensure comfort of all walkers. Please wear supportive footwear. No pets - service/ guide dogs only please.

September to December 2026, Mondays 1:30-2:30pm
Drop-in | Walk Leader: Penny

Legend:

❤ = All Easy Walks are rated low-intensity. Where possible, routes avoid steep hills. Pace determined by group and includes short standing pauses.

🚌 Bus = Suggested bus route to start location (approximate metres), regular fares apply.

Sep 7 – No walk - Holiday

Sep 14 – Lambrick Park and area loop
Meet outside main entrance of Gordon Head Recreation Centre; 4100 Lambrick Way.
🚌 Bus 27, 28 (250m)

Sep 21 – Tillicum/Gorge
Meet at foot of steps up to Silver City Cinema, Tillicum Mall; 3130 Tillicum Road.
🚌 Bus 8, 11(104m), 24, 25 (200m)

Sep 28 – Cordova Ridge South
Meet/park at Claremont-Goddard Park parking lot, 764 Haliburton Road. 🚌 Bus: 35 (100m)

Oct 5 – Braefoot/Cedar Hill area
Meet near the lacrosse box, Braefoot Centre parking lot at McKenzie and Braefoot Roads; 1359 McKenzie Avenue. 🚌 Bus 26 (100m)

Oct 12 – No Walk – Holiday

Oct 19 – Hyacinth/Panama Flats
Meet at Hyacinth Park parking lot; 800 Marigold Road. 🚌 Bus 8, 21 (150m)

Oct 26 – Horner Park/Fall Colours of UVic
Meet at Horner Park parking lot, on Palo Alto Street off Cedar Hill Cross Road; entrance near 3711 Palo Alto Street.
🚌 Bus 14 (225m), 27, 28 (450m)

Nov 2 – Royal Oak/Rithet's Bog
Meet/park near Tim Hortons, Royal Oak Shopping Centre; 4440 W Saanich Rd.
🚌 Bus 6, 31 & 32 (120m)

Nov 9 – Beckwith/Lochside
Meet in Beckwith Park, off Quadra Street; 857 Beckwith Ave. 🚌 Bus 6, 6A, 6B (300m)

Nov 16 – Cadboro Bay/Queenswood
Meet at Cadboro-Gyro Park, end of Sinclair Road by washrooms; 2600 Sinclair Road.
🚌 Bus 11 (260m)

Nov 23 – Copley/Brydon
Meet at Copley Park West parking lot off Vanalman Avenue; 598 Parkridge Street.
🚌 Bus 30 (100m).

Nov 30 – Saanich Core
Meet beside playground in Rutledge Park. Street parking along streets surrounding Rutledge Park, (Inverness, Glasgow and Scotia); 901 Inverness Road. 🚌 Bus 6 (275m)

Dec 7 – Broadmead/Kentwood
Meet/park at Emily Carr Park; 4500 Emily Carr Drive. 🚌 Bus 6A (26m)

Dec 14 – Cedar Hill/Bowker Creek
Meet at Cedar Hill Rec Centre, near main entrance; 3220 Cedar Hill Rd.
🚌 Bus: 8 (160m), 24 (80m)



Easy Walks may cancel for an emergency or in the case of inclement weather, (extreme heat, cold, or icy conditions).

If you would like to see if a walk has been cancelled, one hour prior to walk visit saanich.ca/trailsandtreks, or call 250-475-5422.

Volunteer Opportunities



Give back, stay active, connect to community, and build your skills as a volunteer with Saanich Parks, Recreation and Community Services. Join our team!

Email **volunteer@saanich.ca**
or visit **saanich.ca/volunteers**

Volunteer
WITH SAANICH

SPECIAL EVENTS

Throughout the year, Saanich hosts a variety of special events in the community. Whether you're hosting crafts at Cadboro Bay Festival, scooping ice cream at Strawberry Festival, or preparing decorations for Autumn Lantern Festival, you're bound to have a memorable volunteer experience at these vibrant community gatherings.

Apply to join our mailing list and be the first to know when recruitment opens for each event! Ages 15+.



PROGRAMS IN RECREATION CENTRES

We offer preschool programs, art classes, social activities for seniors, public art exhibitions, and more! Opportunities and openings change seasonally.



DROP-IN PARK RESTORATION

Join a Pulling Together work party to remove invasive species, plant native trees and shrubs, improve wildlife habitat, and share learning about ecological restoration. Everyone welcome, please contact us in advance for volunteers under 19 years old.

Click here for a list of parks welcoming drop-in volunteers.

INFORMATION SESSION

Tuesday, September 22, 6-7:30pm

Discover volunteer opportunities in your community at an information session with staff from Saanich Parks, Recreation and Community Services and Saanich Police! Includes an overview of the application process and time for questions. Light refreshments provided.

Click here to register



Inclusion Services



Accessibility in Saanich is about enabling everyone to participate fully in our parks, recreation programs and activities, and community services. We envision a barrier-free community for all. If you would like to request inclusion support for a registered activity, or if you have any questions about inclusion services please contact inclusion@saanich.ca.

LEISURE ASSISTANT PASS

The Leisure Assistant Pass allows people of all ages, living with a disability, to have a self-supplied support person accompany them in a registered program or drop-in activity at no extra cost. Passes are valid for three years, and follow the applicant to whom they are issued.

NEW! You can now apply online! CLICK HERE

To apply: Click here or visit any Saanich recreation centre, email recreation@saanich.ca, or phone 250-475-5422.



Did you know that the Leisure Assistant Pass is accepted outside of Saanich facilities? Present your pass at any of the participating venues and receive a free or discounted admission for your support person. Participating Venues

OLDER ADULT ASSISTANT CARD

Don't let balance, mobility, or other barriers prevent you from participating in recreation! If you require an assistant to accompany you, apply for an Older Adult Assistant Card at the Saanich recreation centre you attend or apply online here.



PLEASE NOTE:

- The adult who requires assistance applies for the card.
- Assistants are required to stay with the person they are assisting.
- If you need an assistant in a registered program, the assistant is required to register but only pays if the course requires supplies if they wish to participate.

CLICK FOR MORE INFORMATION ON INCLUSION AND ACCESSIBILITY SERVICES

Low-Cost / No-Cost Programs



Recreation and community programs are for everyone! Explore these no-cost and low-cost programs and activities at our four Saanich recreation Centres and other locations in Saanich.

Saanich Commonwealth Place

Our largest recreation facility, Saanich Commonwealth Place (SCP) offers a wide variety of community, sports, fitness and aquatic spaces, as well as a café and pro shop. SCP is also home to the Bruce Hutchison branch of the Greater Victoria Public Library.

Click here to find and register for low-cost and no-cost programs at Saanich Commonwealth Place

FREE NO-COST:

- Youth Weight Room Orientations

OLDER ADULT FRIENDLY

- **60yrs+** Weightroom Orientation
- Activage™
- Choose to Move™
- Chinese Community Drop-In
- Social Drop-In – Saanich Commonwealth Place **55yrs+**
- Social Knitting **50yrs+**

LOW-COST:

- Drop-In Childminding
- Drop-In Kindergym

OLDER ADULT FRIENDLY

- Dance, Stretch and Strength (Online)
- Even Better Bones (Online)
- Full Body Workout (Online)
- Yoga for Fitness (Online)

Gordon Head Recreation Centre

Located in Lambrick Park, Gordon Head Recreation Centre offers a variety of community, sports, aquatic and fitness spaces.

Click here to find and register for low-cost and no-cost programs at Gordon Head Recreation Centre

FREE NO-COST:

- Youth Weight Room Orientations
- Capoeira FREE Super Minis Together Taster **2-4yrs**
- Capoeira FREE Minis Taster **5-8yrs**
- Capoeira FREE Youth Taster **8-12yrs**

OLDER ADULT FRIENDLY

- **60yrs+** Weight Room Orientations
- Beginner Swim Lessons for Older Adults **60yrs+**
- Chinese Community Drop-In
- Social Drop-in Gordon Head Recreation Centre **55yrs+**
- Social Drop-in Line Dance

LOW-COST:

- 2SLGBTQ+ SWIM
- Kindergym Drop-In **6mths-3yrs**

OLDER ADULT FRIENDLY

- Getting Started with Exercise **50yrs+**
- Minds in Motion **50yrs+**

Cedar Hill Recreation Centre

Located in beautiful Cedar Hill Park with its lovely walking trails, Cedar Hill Recreation Centre offers a variety of community sports, fitness and arts spaces. Stop by and enjoy the art gallery, try a drop-in fitness class or visit the Second Chance Café for tasty treats and beverages.

FREE NO-COST:

- Youth Weight Room Orientations

OLDER ADULT FRIENDLY

- **60yrs+** Weight Room Orientations
- Lecture **50yrs+** Diabetes
- Outsmart the Scammer Presentation **50yrs+**
- Social Drop-in Cedar Hill Recreation Centre **55yrs+**
- Traffic Safety Updates

LOW-COST:

OLDER ADULT FRIENDLY

- Art Hive **55yrs+**
- Carpet Bowling **55yrs+**
- Cedar Hill Drop-In Social Bridge (Monday, Wednesday & Saturday)
- Social Chair Fitness **55yrs+**

Click here to find and register for low-cost and no-cost programs at Cedar Hill Recreation Centre

G.R. Pearkes Recreation Centre

Conveniently located next to the Saanich Centennial branch of the Greater Victoria Public Library and adjacent to the Tillicum Centre, G.R. Pearkes Recreation Centre offers a variety of community sports and fitness spaces, arenas, and the Flipside Youth and Community Centre.

FREE NO-COST:

- Youth Weight Room Orientations

OLDER ADULT FRIENDLY

- **60yrs+** Weight Room Orientations
- Social Drop-in G.R. Pearkes Recreation Centre **55yrs+**

LOW-COST:

OLDER ADULT FRIENDLY

- Minds in Motion **50yrs+**

Click here to find and register for low-cost and no-cost programs at G.R. Pearkes Recreation Centre

Easy Walks

Click here to see dates and locations

OLDER ADULT FRIENDLY

One-hour, easy group-paced social walks, on pavement and smooth trails, through parks and interesting neighborhoods.

Partner locations

LOW-COST:

OLDER ADULT FRIENDLY

- Speed Friending **55yrs+**
  Lutheran Church of the Cross, 3787 Cedar Hill Road

FREE Upcoming Art Exhibitions and Poetry

Art Exhibitions at the Cedar Hill Recreation & Arts Centre Main Gallery:

September 16 – October 12, 2026

Ice Cream for Breakfast – Garth Homer Exhibit
A group art exhibit sharing a dynamic collection of sculptures, paintings, and textiles by 17 talented artists of the ArtWorks Program.

October 15 – November 8, 2026

Visible – Serota Arts Group
Group Art Exhibition with a community of artists belonging to the Serota Arts Group.

November 11 - December 6, 2026

People with Dogs – Linda Bedard
A street-photography project with a twist – capturing candid portraits of people alongside their pets.

Art Exhibitions at Saanich Municipal Hall:

September 2 – October 19, 2026
Lydia Miller, Melissa Lavoie & Steven Ellis-Embury

October 21 – November 30, 2026
Saanich Archives, David Evans & Liam Birch

December 2, 2026 – January 18, 2027
Evan Locke & Sabrina Guzman

Poetry Bazaar

October 10, 2026 5-8pm

Saanich Community Youth Poet hosts a free, all ages gathering that celebrates and supports emerging youth poets. The event brings together local young writers to share and sell their work – including chapbooks, zines, pamphlets, and poetry collections – alongside live readings from up-and-coming poets. Refreshments will be provided.

Birthday Parties

Make a splash, hit the ice, or play the day away! We offer many ways to make your celebration a birthday to remember.



Braefoot Park Centre and Colquitz Middle School

D.I.Y. PARTY 12yrs and younger
You bring the supplies; we provide the space! The community hall is empty when you arrive, with access to tables, chairs and a fridge for storing party food during your event. Looking to burn off energy outside? Permits for the lacrosse box and sports fields can be arranged at the time of booking.

Times: 2-hours, various Friday Nights, Saturdays and Sundays
Fees: $150 for two hours
Location: Braefoot Park Centre
Contact: **Click here to contact for more information**

INSECT PARTY
What has six tiny legs, no arms and likes to race? Mealworms! Join Naturalist Kristine for the buggiest party around! This all-weather party includes building insects, holding insects, hunting for insects and celebrating insects. Party includes 1.5 hours with the naturalist and 1 hour in the party room for free time with your own food and supplies. Please dress for the weather! Adult supervision in the party room is required.

Times: 2.5 hours, various Saturdays and Sundays, September to June
Fees: $300 for up to 12 participants
Location: Braefoot Park Centre or Colquitz Middle School
Contact: **Click here to contact for more information**

ALL-STAR SPORT BASH 6-12yrs
Celebrate like a champion! Choose between soccer, floor hockey or basketball for an action-packed, supervised, hour in the Colquitz gym. Continue your party in our party room for free time with your own food and supplies. Adult supervision in the party room is required.

Times: 2-hours, various Saturdays and Sundays
Fees: $175 for up to 12 participants
Location: Colquitz Middle School Gym
Contact: **Click here to contact for more information**

PICKLEBALL PARTY 12yrs and younger
Dink, drive, drop shot and smash – it's time for your Pickleball Party! We'll have the gym set up with pickleball nets and paddles so you can dive into exciting matches with your friends! After an hour in the gym, enjoy free time in the party room with your own food and supplies. Adult supervision in the party room is required.

Times: 2-hours, various Saturdays and Sundays
Fees: $175 for two hours
Location: Colquitz Middle School Gym
Contact: **Click here to contact for more information**

THE GREAT BIRTHDAY BAKE-OFF 8yrs+
Ready, set, bake! Compete in this fun-filled birthday bake-off where creativity and cupcakes collide. After baking and decorating, you and your friends will decide: who made the most unique cupcake, the tastiest, or the funniest? After the competition, enjoy free time in the party room with your own food and supplies. Adult supervision in the party room is required.

Times: 2-hours, various Saturdays and Sundays
Fees: $250 up to 12 participants
Location: Colquitz Middle School
Contact: **Click here to contact for more information**



Youth Centre room rentals available. Click here to contact.

Gordon Head Recreation Centre

POOL PARTY 12yrs and younger
Make a splash and have fun with our poolside climbing wall, monkey bars, current pool, and water toys! Bring your own decorations, cake, and refreshments to enjoy in our party room after the swim. Includes two-hour Fun Swim and one hour in the party room. Adult supervision required. Due to pool capacity limits, Gordon Head pool is only able to guarantee a maximum of 20 swimmers, including supervising adults.

Note: Children 7 years and younger must be accompanied by an adult (16yrs and older) and be within arm's reach in the water.

Times: Sundays, 1-4pm.
Fees: $130 up to 10 children. Up to 10 additional participants including supervising adults. Extra fees apply.
Call: 250-475-7600, or **Click here to book online**

G.R. Pearkes Recreation Centre

PENGUIN PARTY
Birthdays are nice on the ice! Enjoy an Everyone Welcome Skate and an hour in our party room. Bring your own decorations, cake and refreshments. Adult supervision required. Skate rentals included in cost. No additional charge for supervising adults to a max. of 5. Decorate and/or drop off items up to 30 minutes prior to room rental time. Pick up party package at reception.

Times: Saturdays 12:15-2:30pm, Sundays 1:30-4:35pm
Fees: 10 birthday participants: $130.
Up to 10 additional participants. Extra fees apply.
Call: 250-475-5400. **Click here to book online**

FLIPSIDE YOUTH CENTRE PARTY 10yrs+
Come party in the Flipside Youth Centre! Enjoy the billiards table, ping pong tables and the Bluetooth disco party speaker. Make your party your own by bringing games, music and food. All participants using the space must be 10 years or older.
Times: Saturdays, 11-1pm, and 2-4pm
Fees: $180
Contact: taya.iverson@saanich.ca

Royal Oak Middle School

CUPCAKE PARTY 5yrs+
Leave the mess to us and enjoy a party in our fabulous teaching kitchen. Bake and decorate chocolate or vanilla cupcakes, play games with our party leader, and craft a chef's hat! The two hour party includes time to share your own refreshments, snacks, and open presents.

Times: Saturdays from October to June.
Fees: $250 up to 12 participants
Call: 250-475-7600, or **Click here to book online**

JR CHEFS PARTY 8yrs+
Calling all junior chefs! Celebrate your birthday in our fabulous teaching kitchen. Make your own personalized pizza and bake and decorate chocolate or vanilla cupcakes. Play games with our party leader and personalize your own apron to take home! 1.5hrs of activities plus an hour for refreshments, presents and games.

Time: Sundays from October to December.
Fees: $375 up to 12 participants.
Contact: Call 250-475-7600, or **Click here to book online**
Questions can be directed to romsparties@saanich.ca.

Saanich Commonwealth Place

SPLASH-TASTIC BIRTHDAY BASH
Dive into two hours of nonstop fun in our pool area, race down the slide, ride the wave pool, conquer the Wibit, and try out the diving boards and rope swing. Our Fun Leader will keep the energy high with activities designed to keep everyone laughing and moving. After your splash-filled adventure, enjoy an 1.5hrs in the party room to celebrate with your guests (refreshments and decorations are not provided).

NOTE: Children 7yrs and younger must be accompanied by an adult (16yrs+), who must remain within arm's reach in the water. The required supervision ratio is one adult for every three children. Supervising adults included in the 1:3 ratio may join the pool at no extra cost. Maximum 25 children.

Fees: $265 up to 25 children
Click here to book online!

DIY POOL PARTY
Create your own pool party adventure! Enjoy 2 hours of swimming fun with access to the wave pool, diving boards, Wibit course, and waterslide, followed by 1 hour in a party room. This is a no-host party, perfect for families who prefer to lead the fun their own way!

NOTE: Children 7 years and younger must be accompanied by an adult (16+), who must remain within arm's reach in the water. The required supervision ratio is one adult for every three children. Supervising adults included in the 1:3 ratio may join the pool at no extra cost. Maximum 25 children.

SAANICH COMMONWEALTH PLACE
Fees: $205 up to 25 children
Click here to book online!

DID YOU KNOW YOU CAN RESERVE A PICNIC TABLE IN A SAANICH PARK?

Plan your perfect picnic or celebration in a Saanich park with a Park Permit for priority use of an area or amenity.

LEARN MORE AND APPLY



Drop-in Kindergym

We're serious about play! Our drop-in kindergym movement programs are designed for children and caregivers to play together.

These drop-in sessions give toddlers and preschoolers space to play and offer multiple activities, ride-on toys, balls, mats and more!

No reservation is required. Admission to kindergym sessions is $3.50 per child and includes one accompanying adult. Select sessions at Saanich Commonwealth Place include a swim option afterwards for $6.

	Gordon Head Recreation Centre	Saanich Commonwealth Place (SCP)	Swim option available (SCP only)	Dates
Kindergym 1-3yrs	**Wed** 9:30-10:30am **Thu** 9:15-10:15am **Sat** 10:30-11:30am	**Tues** 10-10:45am **Thu** 10-10:45am	Yes	Gordon Head Recreation Centre starts September 12. Saanich Commonwealth Place starts September 22. Click here for more information
Kindergym 2-5yrs		**Tues** 9:15-10am **Thu** 9:15-10am	Yes	
Kindergym 5yrs and under		**Sun** 9:15-10am	Yes	



Drop-in Childminding

at Saanich Commonwealth Place

Children are supervised by experienced staff while parents/guardians remain in Saanich Commonwealth Place. We recommend 1 hour and up to 1.5 hours per visit. Not available on holidays. Located in the Youth Centre.

- Infants to 10 years
- Adults/guardians must be on the premises while your child receives care

Cost:

- $6.30/hour/child
- Third child and subsequent children of the same family are $3/hr/child
- 10 hour card: $57
- 25 hour card: $128

	Saanich Commonwealth Place (SCP)	Dates
Tues	8:45-11:15am	Starts September 22, 2026
Wed	8:45-11:15am	
Thurs	8:45-11:15am	

Click here for more information

Registered Programs

With hundreds to choose from, you're sure to find a registered program just right to help you learn a new skill, practice your passion, or just play! These programs open for registration at specific times for the season ahead – check the dates specified. Act fast once registration opens, popular programs fill quickly!



Adult and Tot

0-5YRS

Jump into a world of fun with your little one with our Adult and Tot programs! Designed for toddlers up to 5yrs, these sessions are filled with enjoyable learning and development elements like singing, crafting, and interactive play. Adult or caregiver participation is required, ensuring a safe, shared recreation adventure for young children.

Look for the Ⓟ symbol where Adult or guardian participation is required.

PROGRAM QUICK LINKS

- VISUAL ARTS
- GENERAL
- DANCE
- MUSIC
- SPORTS



AUG 12

GENERAL REGISTRATION
August 12, 6am

Ⓟ KINDERGYM - DROP-IN 1-5yrs

This active program gives children and caregivers an opportunity to play together. Balls, hoops, ride-on toys, climbers and mats allow children to explore creatively. Staff will lead songs in a circle time. Drop-in: $3.50 per child. $6 with swim.

	Gordon Head Recreation Centre	Saanich Commonwealth Place (SCP)	Swim option available (SCP only)	Dates
Kindergym 1-3yrs	**Wed** 9:30-10:30am **Thu** 9:15-10:15am **Sat** 10:30-11:30am	**Tue** 10-10:45am **Thu** 10-10:45am	Yes	Gordon Head Recreation Centre starts September 12. Saanich Commonwealth Place starts September 22. **Click here for more information**
Kindergym 2-5yrs		**Tue** 9:15-10am **Thu** 9:15-10am	Yes	
Kindergym 5yrs and under		**Sun** 9:15-10am	Yes	

ARTS - VISUAL ARTS

Ⓟ ART ADVENTURES 2.5-4yrs

Enjoy creative exploration with your toddler. In this weekly art and craft journey, young ones will be guided in their discovery of colour, texture, and fun themes in a range of materials. Parents/guardians can explore alongside their child and offer gentle support.

CEDAR HILL RECREATION CENTRE

Dima Aljundi

168371	Su	Sep 13-Oct 25	9:30-10:15am	6/$75
168372	Su	Nov 1-Dec 13	9:30-10:15am	7/$87
168373	W	Sep 16-Nov 4	9:15-10am	7/$87

GENERAL

Ⓟ MUCKIN' AND MESSIN' 18mths-3yrs

Why make a mess at home? Join us for painting, gluing, glitter, marble painting, messy play, finger paints and loads of fun. We'll have playtime, circle time, songs and gym time. Adult participation required.

SAANICH COMMONWEALTH PLACE

Michelle Dyas

165803	Tu	Sep 22-Oct 27	9:15-10:45am	6/$70
165849	Tu	Nov 3-Dec 15	9:15-10:45am	7/$82

Christine Lee

165804	W	Sep 23-Oct 28	9:30-11am	5/$59
165848	W	Nov 4-Dec 16	9:30-11am	6/$70

Ⓟ JUMPING JELLY BEANS 18mths-3yrs

This combo class starts with crafts, songs and group play for 45 minutes. After a snack, we move into the gym with ride-on toys and kindergym activities to let off some steam! Adult participation required.

SAANICH COMMONWEALTH PLACE

Joanne Van Dyk

165794	F	Sep 25-Oct 30	9:15-10:45am	6/$70
165838	F	Sep 25-Oct 30	11am-12:30pm	6/$70
165837	F	Nov 6-Dec 18	9:15-10:45am	7/$82
165839	F	Nov 6-Dec 18	11am-12:30pm	7/$82

Ⓟ PLAYTIME COMBO 18mths-3yrs

You and your little one will keep busy with fun activities and creative play. Painting, gluing, puzzles, songs, and a variety of play stations are all designed to spark your child's imagination. After snack and circle time, we move to the gym with ride-on toys and kindergym activities. Adult participation required.

SAANICH COMMONWEALTH PLACE

Christine Lee

165807	M	Sep 21-Oct 26	9:30-11am	5/$59
165846	M	Nov 2-Dec 14	9:30-11am	7/$82

DANCE

Ⓟ DANCE EXPRESSION ADULT AND CHILD 3-4yrs

This adult and child class is an introduction to ballet, jazz and creative movement styles using music that inspires creativity. Young dancers will learn basic steps and terminology, use props, and explore seasonal themes in a positive family environment

CEDAR HILL RECREATION CENTRE

ArtsCalibre Academy

167980	SA	Sep 19-Dec 12	10:45-11:30am	12/$117
164210	Sa	Sep 19-Dec 12	11:35am-12:20pm	12/$117

Ⓟ LITTLE DANCERS 2-3yrs

Little ones will love this introduction to the wonderful world of movement and music. Perfect for first-time participants. Adults remain in the studio during class for extra encouragement.

DANSKO DANCE STUDIOS

Dansko Staff

165814	Tu	Sep 22-Dec 15	9:30-10am	13/$104
165815	Th	Sep 24-Dec 17	9:30-10am	13/$104

TOTS CREATIVE DANCE 2-3yrs

Welcome to the magical world of dance! If your toddler loves music, they will love this class. We combine creative dance and ballet to create movement, imagery and fun for your child, all set to inspiring music.

GORDON HEAD MIDDLE SCHOOL

Westcoast Academy Of Performing Arts

166938	Sa	Sep 12-Oct 24	9:30-10am	7/$63
166939	Sa	Oct 31-Dec 12	9:30-10am	7/$63



LOOKING FOR MORE?

- Childminding
- Swim lessons
- Skating lessons

Ⓟ = ADULT PARTICIPATION REQUIRED

MUSIC

Ⓟ COLOURSTRINGS - BABIES SING AND SIGN 3-12mths

Learn to sing and sign with your baby and help them communicate their needs. This Kodály-based early childhood music education approach uses age-specific materials to teach babies to express themselves musically and with baby signing. Share your love of music with your baby, as we sing and sign together.

GORDON HEAD RECREATION CENTRE

Cheryl Dennett

167320	Tu	Sep 15-Oct 20	12:10-12:55pm	6/$126
167326	Th	Sep 17-Oct 22	12:10-12:55pm	6/$126
167321	Tu	Nov 3-Dec 8	12:10-12:55pm	6/$126
167327	Th	Nov 5-Dec 10	12:10-12:55pm	6/$126

Ⓟ COLOURSTRINGS - WOBBLERS SING AND SIGN 1-2.5yrs

Learn to sing and sign with your wobbler and help them communicate their needs. This Kodály-based music education approach uses age-specific materials to teach infants to express themselves musically and with baby signing. Watch them learn to sing and keep a steady beat while learning to talk and walk.

GORDON HEAD RECREATION CENTRE

Cheryl Dennett

167322	Tu	Sep 15-Oct 20	11:15-11:55am	6/$126
167323	Tu	Nov 3-Dec 8	11:15-11:55am	6/$126

Ⓟ MUSIC - LITTLE DRUMMERS 1.5-3yrs

Join us for a musical exploration kindergym! Open to young families with toddlers looking for musical exposure. Feel the backbeat of pop music with fun time-keeping exercises, bucket drumming and sing-along circle time.

CEDAR HILL RECREATION CENTRE

Community Drums Music Studios

168642	F	Sep 11-Oct 30	9:30-10:15am	8/$88
168648	F	Nov 6-Dec 11	9:30-10:15am	6/$66

Ⓟ MUSIC TOGETHER BABIES ONLY - BONGOS COLLECTION

This Music Together class is for families with infants under eight months old. Learn how to support your baby's musical development, and develop musical ways to connect with your little one and with other new parents and caregivers. Fee includes music, digital downloads, and a songbook.

GORDON HEAD RECREATION CENTRE

Music Together Victoria

166710	F	Sep 25-Nov 27	11:30am-12:15pm	10/$215

Ⓟ MUSIC TOGETHER RHYTHM KIDS 1 - HIPPO COLLECTION 4-5yrs

An exciting music, movement, and drumming class for 4- and 5-year-olds and their caregivers, with singing, rhythm activities and games - plus djembes! Kids will explore multicultural drumming patterns and experiment with leading, improvising, and basic musical concepts. Includes an animal collection songbook, CD, online drum-play videos and other materials.

GORDON HEAD RECREATION CENTRE

Music Together Victoria

166711	Sa	Sep 19-Nov 28	12:30-1:15pm	10/$220

Ⓟ MUSIC TOGETHER - BONGOS SONG COLLECTION Birth-5yrs

Children from birth to 5yrs and their caregivers enjoy singing, playing, dancing, and learning through developmentally appropriate, rich musical experiences that support unique learning styles. Includes music, digital downloads, and an illustrated songbook. Siblings under 9mths (at first class) are free; register as usual and the fee will be refunded.

GORDON HEAD RECREATION CENTRE

Music Together Victoria

166507	Sa	Sep 19-Nov 28	9:15-10am	10/$215
166508	Sa	Sep 19-Nov 28	10:15-11am	10/$215
166509	Sa	Sep 19-Nov 28	11:15am-12pm	10/$215
166510	W	Sep 16-Dec 2	9:15-10am	10/$215
166511	W	Sep 16-Dec 2	10:15-11am	10/$215
166512	W	Sep 16-Dec 2	11:15am-12pm	10/$215
166513	F	Sep 25-Nov 27	9:15-10am	10/$215
166514	F	Sep 25-Nov 27	10:15-11am	10/$215

Ⓟ THE MUSIC CLASS: THE GIRAFFE COLLECTION Birth-4yrs

Unleash your child's musical potential! Join us for singing, dancing, movement and instrument play. These mixed-age, fun-filled classes stimulate a lifelong understanding and enjoyment of music. New music and songbook download included each session. Siblings under 9mths (at the first class) attend free, 9mths+ may register for $140.

SAANICH COMMONWEALTH PLACE

Jennifer Yuen

165811	W	Oct 7-Dec 9	9:15-10am	9/$198
168495	W	Oct 7-Dec 9	10:15-11am	9/$198

CEDAR HILL RECREATION CENTRE

Jennifer Yuen

164143	Tu	Oct 6-Dec 8	9:15-10am	10/$220

SPORTS

Ⓟ ACTIVE TOTS - FOUNDATIONS FOR SPORT 18mths-3.5yrs

Join our hands-on coaching staff and support your child to develop their gross motor skills. Through games, songs, activity circuits and more, we'll focus on balance, core strength, hand-eye coordination and other movements which are the building blocks required for multiple sports.

COLQUITZ MIDDLE SCHOOL

164139	Su	Sep 13-Oct 25	9:30-10am	6/$48
164140	Su	Nov 1-Dec 13	9:30-10am	7/$56

GORDON HEAD MIDDLE SCHOOL

166923	Sa	Sep 12-Oct 31	9:30-10am	8/$64
166924	Sa	Nov 7-Dec 19	9:30-10am	7/$56

ROYAL OAK MIDDLE SCHOOL

167354	Th	Sep 17-Oct 22	4:30-5pm	6/$48
167355	Th	Oct 29-Dec 3	4:30-5pm	6/$48

Ⓟ = ADULT PARTICIPATION REQUIRED

Ⓟ FUTURE SOCCER STARS INDOOR 2-3yrs

Welcome, Little Soccer Champions. This fun, interactive program introduces the basics of soccer in a playful and engaging environment. Our sessions include fun games and exercises focusing on developing coordination, balance, and motor skills through soccer-related play. Our coaches create a supportive atmosphere where kids enjoy physical activity without pressure.

SAANICH COMMONWEALTH PLACE

Richardson Sport

165789	F	Sep 25-Oct 30	10:30-11am	6/$89
167398	F	Nov 6-Dec 18	10:30-11am	7/$103

SPORTS - GYMNASTICS

Ⓟ FALCON GYMNASTICS ADULT AND TOT 2-3yrs

Designed to help your child physically, mentally and socially. Parents/guardians work with their tots as they are introduced to climbing, rolling, hand-and-eye coordination exercises, and motor skills. It's fun, healthy play with a purpose, using obstacle courses and preschool gymnastics equipment.

FALCON GYMNASTICS CENTRE

Falcon Gymnastics

168496	M	Sep 14-Dec 7	10:45-11:30am	12/$246
168497	Tu	Sep 15-Dec 1	10:45-11:30am	12/$246
168498	F	Sep 18-Dec 4	9:30-10:15am	12/$246

Ⓟ GYMNASTICS - ADULT AND TOT 18mths-3yrs

This hands-on gymnastic class for toddlers and accompanying adults helps promote balance and coordination in a fun and active way! Enjoy 45 minutes of games and activities that teach basic gymnastic skills.

GORDON HEAD RECREATION CENTRE

166940	F	Sep 11-Oct 23	9:15-10am	7/$83
166941	F	Sep 11-Oct 23	10:15-11am	7/$83
166942	Sa	Sep 12-Oct 24	9:15-10am	7/$83
166943	Sa	Sep 12-Oct 24	3:15-4pm	7/$83
166944	F	Oct 30-Dec 11	9:15-10am	7/$83
166945	F	Oct 30-Dec 11	10:15-11am	7/$83
166946	Sa	Oct 31-Dec 12	9:15-10am	7/$83
166947	Sa	Oct 31-Dec 12	3:15-4pm	7/$83

SPORTS - MARTIAL ARTS

FREE Ⓟ CAPOEIRA - SUPER MINIS TOGETHER TASTER 2-4yrs

Curious about Capoeira or wondering if it's the right fit for your child? Join a free taster class and experience movement, music, acrobatics and community in action. A welcoming opportunity to explore the program with no commitment required Additional Information: No cost Adult and Tot offering: Please register child only. Adult participation required.

GORDON HEAD RECREATION CENTRE

Evgenia Kolesnikova

167434	Tu	Sep 15	4-4:30pm	FREE
167437	Th	Oct 29	4-4:30pm	FREE

Ⓟ CAPOEIRA - SUPER MINIS TOGETHER 2-4yrs

A playful adult-and-tot journey into movement, music, and early acrobatics through Capoeira-inspired games. Kids build coordination, balance, rhythm, and confidence as they explore movement in a joyful, fun, and supportive environment. Adult participation by the same guardian is required. Register the child only; the price is for both participants.

GORDON HEAD RECREATION CENTRE

Evgenia Kolesnikova

167400	Tu	Sep 22-Oct 27	4-4:30pm	6/$108
167430	Tu	Nov 3-Dec 8	4-4:30pm	6/$108

Ⓟ = ADULT PARTICIPATION REQUIRED

Early Childhood

3-5YRS

Boost your child's early development with programs for kids aged 3 to 5yrs. These programs are all about sparking creativity and curiosity, mixing play with learning. Whether they're little explorers or budding artists, these activities help build foundational skills in a joyful, engaging setting.

Most Early Childhood programs are intended for independent participation. Instances where Adult or guardian participation is required are indicated with a Ⓟ.

PROGRAM QUICK LINKS

- DANCE
- GENERAL
- MUSIC
- SPORTS
- SOCIAL EVENTS



AUG 12

GENERAL REGISTRATION
August 12, 6am

LOOKING FOR MORE?
- swimming lessons
- skating lessons
- kindergym
- childminding

EARLY CHILDHOOD - DANCE

BALLET AND JAZZ 4-5yrs

Join us as we combine basic jazz dance technique and ballet in this fun and entertaining class. The result is the poise and grace of ballet with the high energy of jazz dance! Children will learn a choreographed dance.

SAANICH COMMONWEALTH PLACE

Dansko Staff

165784	Sa	Sep 26-Dec 12	10:45-11:30am	12/$117

BALLET EXPLORATION 3-5yrs

This class is the perfect combination of ballet fundamentals and your child's imagination. Students will learn the basics of ballet while creating fun imagery and adding personal style to their movements.

GORDON HEAD MIDDLE SCHOOL

Westcoast Academy Of Performing Arts

166929	Sa	Sep 12-Oct 24	10-10:45am	7/$77
166930	Sa	Oct 31-Dec 12	10-10:45am	7/$77

DANCE - CREATIVE MOVEMENT 4-5yrs

Discover the joy of dance and creative movement in this playful class! Through music, games, and imaginative activities, children build coordination, rhythm, and confidence while expressing themselves through movement and fun.

CEDAR HILL RECREATION CENTRE

168094	Su	Sep 13-Oct 25	1:15-2pm	6/$59
168095	Su	Nov 1-Dec 13	1:15-2pm	7/$68

G. R. PEARKES RECREATION CENTRE

167517	Su	Sep 13-Oct 25	9:30-10:15am	5/$49
167518	Su	Nov 1-Dec 13	9:30-10:15am	7/$68

DANCE AND SING 3-5yrs

Kids love to sing and move to music. Each class, kids will learn a new song and creative dance moves. Favourites like Raffi, Charlotte Diamond and Bobs and Lolo will be on the list!

GORDON HEAD MIDDLE SCHOOL

Westcoast Academy Of Performing Arts

166931	Sa	Sep 12-Oct 24	11:30am-12:15pm	7/$77
166932	Sa	Oct 31-Dec 12	11:30am-12:15pm	7/$77

JAZZ AND HIP HOP FUN 3-5yrs

Jazz and hip hop are fun, energetic dance genres that showcase a dancer's individual style. You'll be introduced to leaps, turns, isolations and all sorts of fancy footwork in a fun and entertaining class.

GORDON HEAD MIDDLE SCHOOL

Westcoast Academy Of Performing Arts

166936	Sa	Sep 12-Oct 24	10:45-11:30am	7/$77
166937	Sa	Oct 31-Dec 12	10:45-11:30am	7/$77

KINDER-DANCE 3-4yrs

The perfect class for the child who loves to move to music! Children enjoy a combination of creative movement, ballet and imagination. Led by patient, qualified and fun dance instructors.

SAANICH COMMONWEALTH PLACE

Dansko Staff

165796	Sa	Sep 26-Dec 12	10-10:45am	12/$117

TAP, JAZZ AND BALLET COMBO 3-5yrs

Introduce your youngster to three popular dance styles. Children will learn the sounds and rhythms of tap dance, practice the basic positions, posture and alignment of ballet, and enjoy the lively energy of jazz dance.

DANSKO DANCE STUDIOS

Dansko Staff

165816	Tu	Sep 22-Dec 15	1:25-2:10pm	13/$127

TAP, JAZZ AND BALLET COMBO 4-5yrs

Introduce your youngster to three popular dance styles. Children will learn the sounds and rhythms of tap dance, practice the basic positions, posture and alignment of ballet, and enjoy the lively energy of jazz dance.

ROYAL OAK MIDDLE SCHOOL

Dansko Staff

166901	Sa	Sep 19-Dec 12	9:15-10am	12/$117

TINY TUTUS AND TIGHTS 3-5yrs

In this fun and creative class, young dancers explore basic steps, build coordination, and incorporate imagination and rhythm to their movements. A short dance will be taught.

SAANICH COMMONWEALTH PLACE

Dansko Staff

3-5YRS

165812	Sa	Sep 26-Dec 12	9:15-10am	12/$117
165813	Sa	Sep 26-Dec 12	12:15-1pm	12/$117

4-5YRS

CEDAR HILL RECREATION CENTRE

ArtsCalibre Academy

164216	Sa	Sep 19-Dec 12	2-2:45pm	12/$117

EARLY CHILDHOOD - GENERAL

DAYS OF THE DINOSAURS 3-5yrs
Come with us as we visit the prehistoric time of the dinosaurs, build volcanoes, dig for fossils and hunt for eggs. Discover dragons, castles and princesses! This small group class includes circle time, songs, games, art and time in the gym. Children also gain comfort eating in a classroom environment.

SAANICH COMMONWEALTH PLACE
Michelle Dyas

165817	M	Sep 21-Oct 26	9:15-11:15am	5/$79
165834	M	Nov 2-Dec 14	9:15-11:15am	7/$111

FUNTASTIC FRIDAYS 3-5yrs
End the week with a whole lot of FUN! Learn about dinosaurs, play group games, enjoy ooey-gooey messy play, and more. We'll have gym time with our popular ride-on toys and climbing equipment, too.

SAANICH COMMONWEALTH PLACE
Michelle Dyas

165788	F	Sep 25-Oct 30	9:15-11:15am	6/$95
165835	F	Nov 6-Dec 18	9:15-11:15am	7/$111

HAPPY HANDS, HAPPY MINDS 3-5yrs
This small group program encourages young ones' creativity and learning. Children enjoy painting, theme activities, "STEAM" enrichment worksheets and circle time. Yoga, creative dance and gym time keep kids active, too!

SAANICH COMMONWEALTH PLACE
Dianne Holmes

165790	Tu	Sep 22-Oct 27	9:15-11:15am	6/$95
165836	Tu	Nov 3-Dec 15	9:15-11:15am	7/$111

K-TOTS 3-5yrs
This multicultural class blends Korean and English and is ideal for children who speak either language. Christine will use both languages in songs, stories, creative playtime, crafts, and circle time. This is a great opportunity to prepare for kindergarten.

SAANICH COMMONWEALTH PLACE
Christine Lee

165795	Sa	Sep 26-Oct 31	9:30-11:30am	6/$95
165840	Sa	Nov 7-Dec 12	9:30-11:30am	6/$95

LITTLE LEARNERS 3-5yrs
Lots of sensory fun and interactive play designed to nurture problem-solving and thoughtfulness. Friends have the opportunity to actively participate in themed circle time activities, action songs, stories and group tabletop activities. This class encourages creative thinking, pre-reading and pre-math skills. Ends with gym time and take-home creations.

SAANICH COMMONWEALTH PLACE
Dianne Holmes

165802	W	Sep 23-Oct 28	9:15-11:15am	5/$79
165842	W	Nov 4-Dec 16	9:15-11:15am	6/$95

Ⓟ = ADULT PARTICIPATION REQUIRED

MAGIC OF SCIENCE 3-5yrs
Great for the child that loves to ask "why?" Why do objects sink or float? Who paints rainbows in the sky? Our staff will perform experiments while the kids discover the magic of science. This class includes circle time, songs, games, artwork, and time in the gym.

SAANICH COMMONWEALTH PLACE
Michelle Dyas

165820	Tu	Sep 22-Oct 27	10:30am-12:30pm	6/$95
165841	Tu	Nov 3-Dec 15	10:30am-12:30pm	7/$111

MUSIC AND RHYTHM MAKERS 3-5yrs
This program introduces young children to the joy of music, rhythm, and movement through engaging play-based learning experiences. They'll explore a variety of musical instruments, sounds, beats and creative expression while also enjoying crafts, songs, and gym time with our popular ride-on toys and climbing equipment.

SAANICH COMMONWEALTH PLACE
Michelle Dyas

165843	Th	Sep 24-Oct 29	12:15-2:15pm	6/$95

OUTER SPACE ADVENTURES 3-5yrs
Take off on the adventure of a lifetime as we launch our imaginations into outer space and discover rocket ships, gravity and astronauts. Play space-themed games during circle time, and enjoy stories and artmaking. The atmosphere of play and learning is out of this world!

SAANICH COMMONWEALTH PLACE
Michelle Dyas

165821	Th	Sep 24-Oct 29	9:15-11:15am	6/$95
165845	Th	Nov 5-Dec 17	9:15-11:15am	7/$111

RECIPE FOR SUCCESS 3-5yrs
Get ready for fun as you learn, create, and explore with quick, easy recipes. We will mix, measure, pour, and more. The best part? You eat what you create! This small group class also enjoys crafts, songs, and gym time with our popular ride-on toys and climbing equipment.

SAANICH COMMONWEALTH PLACE
Michelle Dyas

165822	Th	Nov 5-Dec 17	12:15-2:15pm	7/$125

SILLY SATURDAYS 3-5yrs
Preschool and kindergarten kids will enjoy creative play, listening to and moving to music, seasonal take-home activities, and group time. Different 'STEAM' worksheets for different ages are available if kids are interested. Forest walks include scavenger hunts, imaginary trips to the jungle, museum, travel destinations, restaurants, wherever imaginations take us.

SAANICH COMMONWEALTH PLACE
Dianne Holmes

165808	Sa	Sep 26-Oct 31	9:30-11:30am	6/$95
165844	Sa	Nov 7-Dec 12	9:30-11:30am	6/$95

Ⓟ STEPPING UP TO PRESCHOOL 2.5-4yrs
This transitional program is the perfect stepping stone to preschool. In the classroom, children learn to stay with the instructor for crafts, free time, stories and circle time; then adults join the class for snacks and kindergym activities.

SAANICH COMMONWEALTH PLACE
Michelle Dyas

165809	W	Sep 23-Oct 28	9:30-11:30am	5/$79
165847	W	Nov 4-Dec 16	9:30-11:30am	6/$95

Christine Lee

165810	Th	Sep 24-Oct 29	9:30-11:30am	6/$95
166040	Th	Nov 5-Dec 17	9:30-11:30am	7/$111

EARLY CHILDHOOD - MUSIC

COLOURSTRINGS MUSIC AND MOVEMENT - PRESCHOOLERS 2.5-5yrs

In this Kodály-based early childhood music education approach, lessons use age-specific materials to teach children ways to express themselves musically through singing, movement, and instruments. Preschoolers will be introduced to music reading, writing and solfege. Love music? Love making it.

GORDON HEAD RECREATION CENTRE

Cheryl Dennett

167324	Tu	Sep 15-Oct 20	10:20-11:05am	6/$126
167325	Tu	Nov 3-Dec 8	10:20-11:05am	6/$126

MUSIC - LITTLE DRUMMERS 1.5-3yrs

Join us for a musical exploration kindergym! Open to young families with toddlers looking for musical exposure. Feel the backbeat of pop music with fun time-keeping exercises, bucket drumming and sing-along circle time.

CEDAR HILL RECREATION CENTRE

Community Drums Music Studios

168642	F	Sep 11-Oct 30	9:30-10:15am	8/$80
168648	F	Nov 6-Dec 11	9:30-10:15am	6/$80

(P) PIANO FOR PRESCHOOLERS 3-5yrs

A creative class for adult 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, rhythm and compose their own songs.

PJ Music Studio

SAANICH COMMONWEALTH PLACE

168474	Sa	Oct 17-Dec 5	9-9:30am	7/$141
168475	Sa	Oct 17-Dec 5	9:30-10am	7/$141
168476	Su	Oct 18-Dec 6	1-1:30pm	7/$141
168477	Su	Oct 18-Dec 6	1:30-2pm	7/$141

SMALL GROUP

GORDON HEAD RECREATION CENTRE

168207	W	Sep 16-Oct 28	3-3:30pm	6/$162
168288	Th	Sep 17-Oct 29	3-3:30pm	6/$162
168289	W	Nov 4-Dec 16	3-3:30pm	6/$162
168290	Th	Nov 5-Dec 17	3-3:30pm	6/$162

(P) PRESCHOOL GUITAR 4-6yrs

Give your child an early introduction to guitar with instructor Alberto Ubach's specialized method, designed for young guitarists. Classes include an introduction to basic sight reading, pitch, and rhythm. Students learn simple songs while developing finger strength and dexterity in a lively and supportive environment. Parent/caregiver participation is required.

GORDON HEAD RECREATION CENTRE

PJ Music Studio

168088	M	Sep 14-Nov 2	4-4:30pm	6/$181
168123	M	Nov 9-Dec 14	4-4:30pm	6/$181

EARLY CHILDHOOD - SPORTS

ACTIVE PRESCHOOLERS - FOUNDATIONS FOR SPORT 3-5yrs

Through games, songs, activity circuits and more, we'll have your preschooler moving, playing and having fun! Our focus will be on balance, core strength, hand-eye coordination, and other gross motor movements, which are the building blocks required for multiple sports.

GORDON HEAD MIDDLE SCHOOL

166921	Sa	Sep 12-Oct 31	10:15-11am	8/$88
166922	Sa	Nov 7-Dec 19	10:15-11am	7/$77

COLQUITZ MIDDLE SCHOOL

164141	Su	Sep 13-Oct 25	10:15-11am	6/$66
164142	Su	Nov 1-Dec 13	10:15-11am	7/$77

ROYAL OAK MIDDLE SCHOOL

167353	Th	Sep 17-Oct 22	5:15-6pm	6/$66
167356	Th	Oct 29-Dec 3	5:15-6pm	6/$66

FALCON GYMNASTICS GYM BUGS 4-5yrs

Gymnastics is a great sport to prepare your children for a lifetime of athletics. While learning basic gymnastics skills, children are taught body control and coordination. Using obstacle courses and preschool gymnastics equipment will help your child's motor skills improve. It's fun and healthy play with purpose.

FALCON GYMNASTICS CENTRE

Falcon Gymnastics

168499	M	Sep 14-Dec 7	9:15-10:15am	12/$270
168500	Tu	Sep 15-Dec 1	9:15-10:15am	12/$270
168501	Tu	Sep 15-Dec 1	10:30-11:30am	12/$270

GYMNASTICS - PRESCHOOL 3-5yrs

This interactive gymnastic program puts the "fun" in fundamentals! Through games and play, young ones learn the basics of gymnastics and develop their balance, coordination and confidence.

GORDON HEAD RECREATION CENTRE

166954	F	Sep 11-Oct 23	11:15am-12pm	7/$83
166948	Sa	Sep 12-Oct 24	10:15-11am	7/$83
166950	Sa	Sep 12-Oct 24	11:15am-12pm	7/$83
166951	Sa	Sep 12-Oct 24	12:15-1pm	7/$83
166955	F	Oct 30-Dec 11	11:15am-12pm	7/$83
166949	Sa	Oct 31-Dec 12	10:15-11am	7/$83
166952	Sa	Oct 31-Dec 12	11:15am-12pm	7/$83
166953	Sa	Oct 31-Dec 12	12:15-1pm	7/$83

HOME RUN HEROES 3-5yrs

This engaging baseball class teaches the game in a positive and supportive environment that focuses on skill development, teamwork, and fun. Drills and interactive games teach fundamental skills: hitting, throwing, catching, and running the bases. Gain confidence, improve coordination, and develop a love for the sport. Outside whenever possible.

GORDON HEAD RECREATION CENTRE

Richardson Sport

168056	Th	Nov 12-Dec 17	4-4:30pm	6/$89

(P) = ADULT PARTICIPATION REQUIRED

HOME RUN HEROES - OUTDOOR 3-5yrs

This engaging baseball class teaches the game in a positive and supportive environment that focuses on skill development, teamwork, and fun. Drills and interactive games teach fundamental skills: hitting, throwing, catching, and running the bases. Gain confidence, improve coordination, and develop a love for the sport. Outside whenever possible.

GORDON HEAD RECREATION CENTRE

Richardson Sport

168055	Th	Sep 24-Nov 5	4-4:30pm	7/$103

LITTLE KICKERS AND SLUGGERS 3-5yrs

Come join this action-packed, fun soccer and baseball program! Children will alternate between both sports, learning fundamental skills through engaging games and fun activities. This supportive, non-competitive program focuses on building confidence, coordination, teamwork, and physical literacy while helping children stay active, make friends, and develop a lifelong love of sport.

SAANICH COMMONWEALTH PLACE

Richardson Sport

165792	F	Sep 25-Oct 30	11-11:45am	6/$96
167399	F	Nov 6-Dec 18	11-11:45am	7/$111

RHYTHMIC GYMNASTICS - PRESCHOOL 3-5yrs

Build physical literacy and musical awareness while learning beginner rhythmic gymnastics skills with ropes, hoops, balls, ribbons, and scarves. Practice turns, balances, jumps, and dance steps. The final session features a performance to showcase new skills.

Island Rhythmic Gymnastics

COLQUITZ MIDDLE SCHOOL

163944	Sa	Sep 12-Oct 31	9-10am	7/$133
163946	Sa	Nov 7-Dec 12	9-10am	6/$114

GORDON HEAD RECREATION CENTRE

166786	Su	Sep 20-Dec 6	8:45-9:45am	12/$228
166787	Su	Sep 20-Dec 6	10-11am	12/$228

SPORTS - SOCCER

FUTURE SOCCER STARS 3-5yrs

Welcome, future champions! This fun, interactive program introduces the basics of soccer in a playful and engaging environment. Our sessions include fun games and exercises focusing on developing coordination, balance, and motor skills through soccer-related play. Our coaches create a supportive atmosphere where kids enjoy physical activity without pressure.

GORDON HEAD RECREATION CENTRE

Richardson Sport

168054	Tu	Nov 10-Dec 15	4-4:30pm	6/$89
168062	Sa	Nov 14-Dec 19	1:15-2pm	6/$95

FUTURE SOCCER STARS - OUTDOOR 3-5yrs

This small group program introduces children to fundamental soccer skills and play, including dribbling, shooting, passing and more. NCCP-certified coaches leave competition on the sidelines and use games, songs and positive reinforcement to help develop a love of the game.

GORDON HEAD RECREATION CENTRE

Richardson Sport

168053	Tu	Sep 22-Nov 3	4-4:30pm	7/$103
168061	Sa	Sep 26-Nov 7	1:15-2pm	6/$95

SOCIAL - EVENTS

(P) STORYTIME WITH SANTA 2-8yrs

Bring your family for a fun-filled morning with Santa and his helpers at Saanich Commonwealth Place. Gather around Santa's chair and hear a Christmas tale, then meet him personally to share your wishes. Enjoy cookies and milk while you make a Christmas craft. Registration is per child. Adult supervision required.

SAANICH COMMONWEALTH PLACE

168487	Sa	Dec 12	9:30-10:45am	$32
168488	Sa	Dec 12	11am-12:15pm	$32
168489	Sa	Dec 12	12:45-2pm	$32

(P) GRANDPARENT AND ME AND THE XMAS TREE 3-5yrs

Come together for some festive fun! Create a tree ornament, sing holiday songs, enjoy a cup of tea and decorate cookies. Price includes one grandparent or guardian and one child.

SAANICH COMMONWEALTH PLACE

Tiffany Kidder + Jo Van Dyk

165818	Su	Dec 13	10:15am-12:15pm	$42
165819	Su	Dec 13	1-3pm	$42

(P) = ADULT PARTICIPATION REQUIRED

Full Year Outdoor Programs for Preschoolers

3-5YRS



Register now for

Sept 2026 - June 2027

Registration in-person only

KIDDIE CAPERS FOREST CLASSROOM 3-5yrs

Join our 10-month play-based program in the Friendly Forest for children aged 3 to 5. This is the perfect environment to help children learn and grow while fostering a deep connection to the natural world. Led by Tammy Williams, who has 16 years of preschool experience and 6 years specializing in Nature Preschool, your child will thrive in our intentionally designed outdoor classroom, where nature serves as both teacher and playground.

Young children learn best through play and exploration, which is why we prioritize child-led activities in our thoughtfully crafted outdoor setting. Our educators provide gentle guidance to help foster social skills and independence. Each day begins with circle time, which includes stories, songs, counting, and letter work. Teacher-led activities focus on art, science, and games to develop fine and gross motor skills, complemented by field trips and nature walks that instill an appreciation for the environment.

Children must register for at least two days a week and be 3 years old by October 31, 2026. Registration is available in-person only.

SAANICH COMMONWEALTH PLACE

Tammy Williams, Jo Van Dyk, Christie Lee, Tiffany Kidder

154324	M	Sep 14-Jun 14	9am-1pm	$126/mnth
154325	Tu	Sep 15-Jun 15	9am-1pm	$126/mnth
154326	W	Sep 16-Jun 16	9am-1pm	$126/mnth
154327	Th	Sep 17-Jun 17	9am-1pm	$126/mnth
154328	Fri	Sep 18-Jun 18	9am-1pm	$126/mnth
REDUCED HOUR OPTION				
154329	Tu	Sep 15-Jun 15	9-11:30am	$94/mnth
154330	Th	Sep 17-Jun 17	9-11:30am	$94/mnth

WAITLIST ONLY

CLICK FOR MORE INFORMATION

Questions? Contact the Preschool Programmer at 250-475-7603.

School Age & Youth

6-16YRS

Children from 6 to 16yrs can dive into our School Age programs bursting with fun and opportunities! From arts and science to sports, kids can explore their passions while learning new skills. Our supportive environment encourages children to grow in confidence, make friends, and have tons of fun guided by our expert instructors.

PROGRAM QUICK LINKS

- AQUATICS - WATER SPORTS
- ARTS
- DAY CAMPS
- FRIDAY NIGHTS AT GORDON HEAD
- FRIDAY NIGHTS AT PEARKES
- FRIDAY NIGHTS AT COMMONWEALTH
- HEALTH & FITNESS
- SOCIAL
- SPORTS
- TRAINING & EDUCATION
- YOUTH CENTRES



AUG 12

GENERAL REGISTRATION
August 12, 6am

LOOKING FOR MORE?
- swimming lessons
- skating lessons
- racquet sports

AQUATICS - WATER SPORTS

JUNIOR DEVELOPMENT WATER POLO 8-12yrs

Taught by competitive water polo coaches, each session includes Powerswimming™, ball-handling, shooting techniques, and a scrimmage component. Upon successful completion, participants enter age-group competitive water polo. Prerequisite: ability to swim in deep water.

SAANICH COMMONWEALTH PLACE

Saanich Water Polo School

167926	Su	Sep 27-Dec 20	4:30-6pm	12/$216

MINI POLO 7-10yrs

Led by nationally certified coaches, these classes are taught in a shallow pool environment. Learn sport-specific strokes with the water polo ball. Emphasis is placed on the eggbeater, stop-and-go, quick turns, four basic shooting techniques, and game strategy. Sessions include a scrimmage. Prerequisite: ability to swim 10 strokes of freestyle.

SAANICH COMMONWEALTH PLACE

Saanich Water Polo School

167927	Su	Sep 27-Dec 20	5-6pm	12/$144

POWERSWIMMING™ EVERGREEN AND RED LEVEL 8-12yrs

Children registering in these levels must have completed Powerswimming White Level, or be able to swim 25 meters freestyle non-stop in deep water. Practices are held by competitive swimming and water polo coaches. Graduates of this program receive a proficient swimmer P.O.W.E.R certificate.

SAANICH COMMONWEALTH PLACE

Saanich Water Polo School

167984	Tu	Sep 22-Dec 15	7-8:15pm	13/$195
167985	Th	Sep 24-Dec 17	7-8:15pm	13/$195

ARTS - CERAMICS

CERAMICS - KIDS AND CLAY 6-9yrs

A wonderful opportunity for kids to explore clay. Your child will learn basic hand-building skills. Appropriate for all skill levels, this program emphasizes process, not product. Items made will be sculptural and not hold water. Materials included.

CEDAR HILL RECREATION CENTRE

167254	Tu	Sep 8-Oct 13	4:30-6pm	6/$153
167307	Th	Oct 29-Dec 10	4:30-6pm	7/$180

CERAMICS - KIDS AND CLAY 9-12yrs

A wonderful opportunity for kids to explore their imaginations with clay. Your child will learn basic hand-building skills. Appropriate for all skill levels, this program puts the emphasis on process, not product. Items made will be sculptural and not hold water. Materials included.

CEDAR HILL RECREATION CENTRE

167253	W	Sep 9-Oct 21	4:30-6pm	6/$153
167304	Tu	Oct 27-Dec 8	4:30-6pm	7/$180

Ⓟ CERAMICS - TOGETHER WITH KIDS 6-12yrs

Explore clay together as a team. Learn basic hand-building techniques in a fun and relaxed environment. Projects focus on non-functional sculpture and are geared towards children aged 6-9, with the adult supporting. Registration includes one adult, one child and materials. The same adult must attend with the child throughout

CEDAR HILL RECREATION CENTRE

6-9YRS

167252	Th	Sep 10-Oct 15	4:30-6pm	6/$234
167306	W	Oct 28-Dec 9	4:30-6pm	6/$234

9-12YRS

167245	Sa	Sep 12-Oct 17	1-2:30pm	6/$234
167305	Sa	Oct 31-Dec 12	1-2:30pm	7/$273

Ⓟ CERAMICS - TOGETHER CLAY GINGERBREAD HOUSE

Have fun together making a clay gingerbread house with all the trimmings! Create the house in the first week and return to decorate once it's fired. Registration includes one adult, one youth, and all materials.

CEDAR HILL RECREATION CENTRE

6-9YRS

167312	Sa	Nov 7-Nov 28	3:15-5:15pm	2/$104

9-12YRS

167313	Sa	Nov 14-Dec 5	3:15-5:15pm	2/$104

12-15YRS

167314	Sa	Nov 21-Dec 12	3:15-5:15pm	2/$104

CERAMICS - TEEN AND CLAY 12-17yrs

An opportunity for youth of all abilities to work with clay in a ceramics studio. Instructor helps guide and support students' ideas, teaching skills to those who need them and providing independent exploration for those who know the ropes. All materials included.

CEDAR HILL RECREATION CENTRE

167242	F	Sep 11-Oct 16	4-6pm	6/$204
167288	F	Oct 30-Dec 11	4-6pm	7/$238

CERAMICS - INDEPENDENT TEEN 12-17yrs

Calling all teens who have taken a pottery class or camp and want to practice what they've learned. An instructor will guide skills, but what you make is up to you. Clay and firing are included. Prerequisite: one teen or kids ceramic class or camp within the last year.

CEDAR HILL RECREATION CENTRE

167243	F	Sep 11-Oct 16	7-9pm	6/$144
167289	F	Oct 30-Dec 11	7-9pm	7/$168

Ⓟ CERAMICS - TOGETHER WITH TEENS 12-15yrs

Explore clay together as a team. Learn basic hand-building in a fun and relaxed environment. Projects are geared towards youth aged 12-15yrs with the adult supporting and focused on non-functional sculpture. Registration includes one adult, one teen and materials. The same adult and teen must attend throughout.

CEDAR HILL RECREATION CENTRE

167247	Su	Sep 13-Oct 18	12:30-2:30pm	6/$312
167303	Su	Nov 1-Dec 13	12:30-2:30pm	7/$364

Ⓟ = ADULT PARTICIPATION REQUIRED

ARTS - DANCE, MUSIC & THEATRE

ADAPTIVE DANCE AND MUSIC 6-12yrs

This class uses dance, movement games, and small percussion instruments to explore creativity and musicality. Through play, we will develop fundamental movement skills and create social connections. This program is for participants of all abilities.

CEDAR HILL RECREATION CENTRE

Embrace Arts Foundation

164244	Th	Sep 17-Nov 19	4-4:45pm	10/$97

BALLET AND JAZZ 5-7yrs

This fun class combines the high energy of jazz dance with the poise and grace of ballet technique. Children will enjoy learning a choreographed dance.

SAANICH COMMONWEALTH PLACE

Dansko Staff

165785	M	Sep 21-Dec 14	3:30-4:15pm	12/$117
165786	Sa	Sep 26-Dec 12	11:30am-12:15pm	12/$117

CEDAR HILL RECREATION CENTRE

ArtsCalibre Academy

164215	Sa	Sep 19-Dec 12	12:30-1:30pm	12/$143

BALLET BASICS 6-8yrs

Ballet Basics builds technique in an individual and explorative way, giving space and time for each dancer to find their coordination and grow with the foundations of ballet. Dancers build a foundational understanding of ballet that can be taken into a studio setting if they wish.

GORDON HEAD MIDDLE SCHOOL

Westcoast Academy Of Performing Arts

166927	Sa	Sep 12-Oct 24	1:15-2pm	7/$88
166928	Sa	Oct 31-Dec 12	1:15-2pm	7/$99

DANCE - CREATIVE MOVEMENT 5-7yrs

Discover the joy of dance and creative movement in this playful class! Through music, games, and imaginative activities, children build coordination, rhythm, and confidence while expressing themselves through movement and fun.

G. R. PEARKES RECREATION CENTRE

167519	Su	Sep 13-Oct 25	10:30-11:15am	5/$49
167520	Su	Nov 1-Dec 13	10:30-11:15am	7/$68

DANCE AND SING 6-8yrs

Does your child love to sing and move? This class perfectly mixes dance moves with singing to create performances your dancer will want to present at home over and over. With youth-friendly songs they love, dancers will learn a new piece every two weeks.

GORDON HEAD MIDDLE SCHOOL

Westcoast Academy Of Performing Arts

166933	Sa	Sep 12-Oct 24	12:30-1:15pm	7/$77
166934	Sa	Oct 31-Dec 12	12:30-1:15pm	7/$77

DANCE PARTY 7-9yrs

Dance through the decades with different styles of dance and music from the 1920's to the present day. Move and have fun!

CEDAR HILL RECREATION CENTRE

ArtsCalibre Academy

167981	Sa	Sep 19-Dec 12	3-4pm	12/$143

GUITAR FOR KIDS 6-9yrs

Guitar instruction in a fun class setting! Instruction covers reading music, tuning methods, basic theories, single string playing and finger strengthening exercises that give you the tools to play simple songs from rock to classical. This is an acoustic guitar class.

SAANICH COMMONWEALTH PLACE

PJ Music Studio

168459	Su	Oct 18-Dec 6	3-3:30pm	7/$176

GUITAR FOR KIDS 7-12yrs

Get to know your guitar and understand how it makes beautiful sounds! Discover how to read music and learn to play your favourite songs. Master basic strumming patterns and easy melodies that will amaze your family and friends and have you grooving to the beat in no time!

GORDON HEAD RECREATION CENTRE

PJ Music Studio

168141	M	Sep 14-Nov 2	4:30-5:15pm	6/$160
168142	M	Nov 9-Dec 14	4:30-5:15pm	6/$160

YOUTH GUITAR 13-16yrs

Get ready to rock the campfire or start a band! Discover reading music, learn to tune and hold your guitar like a pro, and master basic strumming patterns and easy melodies that will amaze your family and friends, and have you grooving to the beat in no time

GORDON HEAD RECREATION CENTRE

PJ Music Studio

168144	M	Sep 14-Nov 2	5:30-6pm	6/$168
168146	M	Nov 9-Dec 14	5:30-6pm	6/$168

HIGHLAND DANCE - LEVEL 1 6-12yrs

An introduction to traditional Scottish dance, music and Celtic culture that encourages fitness and friendship for brand-new dancers. Ideal for those with less than two years of experience, and younger dancers not yet proficient in four Highland dances.

CEDAR HILL RECREATION CENTRE

Glengarry Dance

165935	M	Sep 14-Dec 14	4-4:45pm	13/$205

HIGHLAND DANCE - LEVEL 2 8-14yrs

Advanced beginners in traditional Scottish dance will develop their appreciation of Celtic culture, while growing their personal fitness and friendships. Ideal for dancers with two to three years of training or more.

CEDAR HILL RECREATION CENTRE

Glengarry Dance

165936	M	Sep 14-Dec 14	4:45-6pm	13/$342

HIGHLAND DANCE - LEVEL 2+3 8-19yrs

For those participants already registered in Levels 2 and 3 of Highland Dance. Accelerate your learning and polish technique with these team-taught classes. Essential preparation for competitions and exams. Must already know up to the Seann Truibhas/Lilt.

CEDAR HILL RECREATION CENTRE

Glengarry Dance

165938	W	Sep 9-Dec 16	4:10-5:40pm	13/$371
168719	F	Sep 11-Dec 18	4-5:15pm	15/$428

Ⓟ = ADULT PARTICIPATION REQUIRED

HIGHLAND DANCE - LEVEL 3 9-19yrs

Experienced dancers proficient in three or more basic Highland dances will learn more complex steps and further develop Scottish Highland, National, and character dances and choreography.

CEDAR HILL RECREATION CENTRE

Glengarry Dance

165937	M	Sep 14-Dec 14	5:30-7:15pm	13/$482

HIP HOP 7-10yrs

Hip hop dance combines a variety of freestyle movements and is fueled by upbeat music that keeps you moving. Kids will let loose, move, groove and have fun!

7-9YRS

CEDAR HILL RECREATION CENTRE

ArtsCalibre Academy

164214	Tu	Sep 15-Dec 15	3:45-4:45pm	14/$166

7-10YRS

SAANICH COMMONWEALTH PLACE

Dansko Staff

165791	Sa	Sep 26-Dec 12	2-3pm	12/$143

JAZZ/HIP HOP 6-8yrs

A perfect combo class—high energy hip hop to make you bounce to the beat combined with important elements of jazz dance technique.

SAANICH COMMONWEALTH PLACE

Dansko Staff

165793	Sa	Sep 26-Dec 12	1-2pm	12/$143

PIANO FOR KIDS - SMALL GROUP 6-11yrs

A creative, fun 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.

PJ Music Studio

6-11 YRS

GORDON HEAD RECREATION CENTRE

168291	W	Sep 16-Oct 28	3:30-4pm	6/$153
168292	Th	Sep 17-Oct 29	3:30-4pm	6/$153
168293	W	Nov 4-Dec 16	3:30-4pm	6/$153
168294	Th	Nov 5-Dec 17	3:30-4pm	6/$153

SAANICH COMMONWEALTH PLACE

6-10YRS

168478	Sa	Oct 17-Dec 5	10-10:30am	7/$183
168479	Sa	Oct 17-Dec 5	10:30-11am	7/$183
168480	Sa	Oct 17-Dec 5	11-11:30am	7/$183
168481	Sa	Oct 17-Dec 5	11:30am-12pm	7/$183
168482	Su	Oct 18-Dec 6	2-2:30pm	7/$183
168483	Su	Oct 18-Dec 6	2:30-3pm	7/$183

PIANO FOR KIDS 6-11yrs

A creative, fun approach to learning about music and the keyboard while developing good technique, rhythm and basic note-reading and composing skills. These classes are tailored to the needs of different age groups. You do not need a piano at home to participate.

GORDON HEAD RECREATION CENTRE

PJ Music Studio

168295	W	Sep 16-Oct 28	4-4:30pm	6/$168
168299	W	Sep 16-Oct 28	4:30-5pm	6/$168
168303	W	Sep 16-Oct 28	5-5:30pm	6/$168
168296	Th	Sep 17-Oct 29	4-4:30pm	6/$168
168300	Th	Sep 17-Oct 29	4:30-5pm	6/$168
168304	Th	Sep 17-Oct 29	5-5:30pm	6/$168
168297	W	Nov 4-Dec 16	4-4:30pm	6/$168
168301	W	Nov 4-Dec 16	4:30-5pm	6/$168
168305	W	Nov 4-Dec 16	5-5:30pm	6/$168
168298	Th	Nov 5-Dec 17	4-4:30pm	6/$168
168302	Th	Nov 5-Dec 17	4:30-5pm	6/$168
168306	Th	Nov 5-Dec 17	5-5:30pm	6/$168

YOUTH PIANO 12-17yrs

A creative fun 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.

GORDON HEAD RECREATION CENTRE

PJ Music Studio

168307	W	Sep 16-Oct 28	6-6:30pm	6/$168
168308	Th	Sep 17-Oct 29	6-6:30pm	6/$168
168309	W	Nov 4-Dec 16	6-6:30pm	6/$168
168310	Th	Nov 5-Dec 17	6-6:30pm	6/$168

SOARING SINGERS POP CHOIR 11-15yrs

Soaring Singers Pop Choir is an inclusive singing group where you can practice singing fun pop songs with others, make friends and build confidence. No audition is required. Learn music by ear and build your vocal skills.

CEDAR HILL RECREATION CENTRE

167081	M	Sep 14-Oct 26	4-5pm	6/$120
167082	M	Nov 2-Dec 14	4-5pm	7/$140

ARTS - VISUAL ARTS

ART - CHANGE MAKERS 14-18yrs

Youth will be empowered to explore social issues and inspire positive change through creative expression. Using visual arts, storytelling, mixed media and collaboration, participants reflect on community challenges and develop art that reflects their vision of a more just and vibrant world.

CEDAR HILL RECREATION CENTRE

Anisa Skuce

168430	Tu	Sep 22-Nov 3	4-5:30pm	6/$135

ART EXPLORERS 5-9yrs

Young artists will explore their imaginations and develop their skills in a wide range of art media, from drawing and painting to sculpture and printmaking. Projects will draw inspiration from exhibitions in the art gallery, the seasons, and more.

CEDAR HILL RECREATION CENTRE

Shruti Tandon

5-6YRS

168125	Sa	Sep 12-Oct 24	10-11am	6/$81
168126	Sa	Oct 31-Dec 12	10-11am	7/$94

7-9YRS

168128	Sa	Sep 12-Oct 24	11:15am-12:15pm	6/$81
168129	Sa	Oct 31-Dec 12	11:15am-12:15pm	7/$94

ART FOR HOME LEARNERS 7-11yrs

Our art program encourages creative expression and skill development in a fun and inclusive environment. Young people will explore drawing, painting, printmaking and more, while finding their own creative voices.

CEDAR HILL RECREATION CENTRE

168389	W	Sep 16-Nov 4	11am-12pm	7/$94

ART HIVE YOUTH 11-17yrs

Art Hive welcomes everyone as an artist. Explore art-making in a welcoming, relaxed environment. Experiment with a range of materials and be part of a creative community. You can bring your own supplies and works-in-progress or use our supplies.

G. R. PEARKES RECREATION CENTRE

164931	W	Sep 23-Dec 2	6:30-8:30pm	10/$25

ART HIVE YOUTH 12-17yrs

Art Hive welcomes everyone as an artist. Explore art-making in a welcoming, relaxed environment. Experiment with a range of materials and be part of a creative community. You can bring your own supplies and works-in-progress or use our supplies.

CEDAR HILL RECREATION CENTRE

167759	Th	Sep 24-Nov 26	4-6pm	10/$25

ART WORKSHOP - HALLOWEEN DECORATIONS 10-15yrs

Have fun designing and creating awesome Halloween decorations. Grab a friend and join us for this social evening. We will also play some fun games and feast on some Halloween treats.

CEDAR HILL RECREATION CENTRE

167236	F	Oct 23	6:45-8:45pm	$15

ART WORKSHOP - HOLIDAY WREATHS 11-16yrs

Deck the halls! Breathe in all those wonderful tree smells and make a festive wreath for your family using boughs, bows and bling! Enjoy some hot chocolate and treats. All supplies provided but feel free to bring your own special embellishments and treasures.

CEDAR HILL RECREATION CENTRE

167234	F	Dec 11	6:45-8:45pm	$15
167235	Su	Dec 13	2-4pm	$15

ARTS AND WELLNESS GIRLS GROUP 10-13yrs

This unique arts and wellness program provides a safe and creative space for girls. Guided by themes of self love and empowerment, Tajah promotes positivity while exploring a range of art forms, from drawing and painting to writing.

ROYAL OAK MIDDLE SCHOOL

Tajah Olson

167750	Th	Oct 8-Nov 5	5-7pm	4/$120

CREATIVE KIDS 6-10yrs

Young artists will have fun expressing their creative ideas through drawing, painting, collage, printmaking, sculpture and more. Children will develop their artistic skills and confidence through imaginative projects and supportive instruction.

CEDAR HILL RECREATION CENTRE

Beth Yearwood

6-9YRS

168215	Tu	Sep 15-Oct 27	4-5:30pm	7/$141
168216	Tu	Nov 3-Dec 15	4-5:30pm	7/$141
168218	Su	Nov 1-Dec 13	1:30-3pm	7/$141

8-10YRS

Shruti Tandon

168132	Sa	Sep 12-Oct 24	1:15-2:30pm	6/$101
168135	Sa	Oct 31-Dec 12	1:15-2:30pm	7/$118

DRAWING AND PAINTING 9-13yrs

Love drawing and painting? Hone your skills in a range of media while expressing your creative ideas. We will use pencils, pastels, watercolour, acrylic, and more as we explore different styles, from realism to abstraction.

CEDAR HILL RECREATION CENTRE

Natalie Shumka

10-13YRS

168230	W	Sep 16-Dec 9	4-5:30pm	11/$222

Shruti Tandon

9-12YRS

168137	Sa	Sep 12-Oct 24	3-4:30pm	6/$121
168140	Sa	Oct 31-Dec 12	3-4:30pm	7/$141

DRAWING, PAINTING AND MIXED MEDIA 12-17yrs

Unleash your creativity in this mixed media art class! Explore a range of creative projects in drawing, painting, collage and more, while developing your skills and discovering new ways to express yourself.

CEDAR HILL RECREATION CENTRE

Eliska Tower

168226	M	Sep 14-Oct 26	4-5:30pm	6/$121
168758	M	Nov 2-Dec 14	4-5:30pm	7/$141

(P) HOBBIT DOOR ORNAMENT WORKSHOP - ADULT AND CHILD 8yrs+

Step into the Shire and craft your own Hobbit Door ornament! In this hands-on class, you'll design a 3-inch round door, perfect for decorating your home or gifting to Tolkien fans. Registration covers one adult and one child. One ornament per family.

COLQUITZ MIDDLE SCHOOL

168212	Su	Nov 29	2-3:30pm	$25

MIXED MEDIA MAGIC 9-12yrs

Explore a world of inventive projects that combine drawing, painting and sculptural elements. Express your ideas in new and creative ways that will delight and dazzle.

CEDAR HILL RECREATION CENTRE

Beth Yearwood

168223	F	Sep 18-Oct 30	4-5:30pm	7/$141
168224	F	Nov 6-Dec 11	4-5:30pm	6/$121

PRINTMAKING WORKSHOP - LINO CUT CARDS 12-16yrs

Discover the possibilities with lino cut printmaking while creating your own unique handmade cards or other creations. All tools and blank cards included. Just in time for the holidays!

CEDAR HILL RECREATION CENTRE

167241	F	Nov 27	6:30-8:45pm	$17

(P) TOGETHER TIME ART 5-8yrs

Enjoy quality time with your child. Each week we will explore new projects in a variety of mediums from drawing and painting to collage and printmaking. Project demonstrations will be directed towards children, and adults will enjoy exploring alongside.

CEDAR HILL RECREATION CENTRE

Dima Aljundi

168381	Su	Sep 13-Oct 25	11am-12:15pm	6/$162
168385	Su	Nov 1-Dec 13	11am-12:15pm	7/$189

WORKSHOP - INTRO TO LEATHERWORK 13-18yrs

Learn to sew leather by creating a simple wallet, and set snaps on a key clip. All materials provided.

CEDAR HILL RECREATION CENTRE

RadJuli Designs

164560	F	Oct 9	6:45-8:45pm	$35

(P) = ADULT PARTICIPATION REQUIRED

DAY CAMPS - GENERAL

CAMP CHILL - PRO-D DAY 5.5-11yrs

Spend the morning enjoying outdoor adventures, sports, and games, then slow things down in the afternoon with movies, card games, crafts, and laid-back hangout time.

COLQUITZ MIDDLE SCHOOL

168015	M	Sep 21	9am-4pm	$41
168018	F	Oct 23	9am-4pm	$41
168019	F	Nov 27	9am-4pm	$41

SAANICH LIFESAVING CAMP 10-14yrs

The Saanich Lifesaving Camp is a fun and active program for youth who are interested in becoming future lifeguards or wanting to refresh their lifesaving skills. This includes developing swimming skills, safety in and around aquatic environments. Learn basic first aid and try exciting rescue simulation activities. Through games, teamwork, and hands-on challenges, participants will develop water safety knowledge and leadership skills in a supportive environment that will help them in their future aquatic lifesaving endeavors. Pre-requisites: Must be between 10-14 years of age. Must be able to swim 50 meters independently.

SAANICH COMMONWEALTH PLACE

169800	F	Sep 25-Oct 30	6-7pm	5/$100
169802	F	Nov 13-Dec 18	6-7pm	5/$100

WINTER HOLIDAY CAMP 5-11yrs

Join in the fun as our experienced leaders help you celebrate the festive season. Activities may include swimming or skating, indoor and outdoor games, and arts and crafts.

G. R. PEARKES RECREATION CENTRE

167489	M-W	Dec 21-23	9am-4pm	3/$123
167492	M-Th	Dec 28-31	9am-4pm	4/$164

SAANICH COMMONWEALTH PLACE

168490	M-W	Dec 21-23	8:30am-4pm	3/$132
168491	M-Th	Dec 28-31	8:30am-4pm	4/$176

DAY CAMPS - STEM

LEGO ROBOTICS (SPIKE ESSENTIAL) AND SCIENCE CAMP 6-9Yrs

Join us for LEGO, programming, and science! Teammates will dive into engineering using LEGO's Spike Essential sets/ software. Every day is a giant theme build. Create take-home science experiments and enjoy indoor/outdoor activities, game consoles, air hockey, foosball, arts/crafts, and more

GORDON HEAD RECREATION CENTRE

LITTLUNIVERSE Education

167863	M-Th	Dec 21-24	9am-4pm	4/$332

LEGO ROBOTICS (WEDO 2.0) AND SCIENCE CAMP 6-9yrs

Join us for LEGO, programming, and science! Participants will work in teams to solve engineering challenges using LEGO's WeDo 2.0 sets and software. At the end of the week, we'll build and program Battlebots! Create take-home science experiments and enjoy indoor/outdoor activities, game consoles, air hockey, foosball, arts/crafts, and more.

GORDON HEAD RECREATION CENTRE

LITTLUNIVERSE Education

167967	M-Th	Dec 28-31	9am-4pm	4/$315

PRO-D DAY - JR MINECRAFT AND LEGO 6-8yrs

Join us for a day of Minecraft and LEGO! Campers will spend the morning working in teams to complete challenges in the wonderful world of Minecraft. The afternoon will feature some hands-on building challenges with everyone's favourite building brick: LEGO. Part of the day will also be spent outside, weather permitting.

SAANICH COMMONWEALTH PLACE

Engineering For Kids Vancouver Island

168507	F	Nov 27	9am-4pm	$75

PRO-D DAY - MINECRAFT AND AEROSPACE ENGINEERING 8-12yrs

Join us for a day of Minecraft at the speed of sound! Step into the virtual world of Minecraft and conquer engineering challenges with your awesome teamwork and ingenious ideas. The afternoon will feature a hands-on aerospace engineering challenge. Part of the day will also be spent outside, weather permitting.

SAANICH COMMONWEALTH PLACE

Engineering For Kids Vancouver Island

168506	F	Oct 23	9am-4pm	$75

DAY CAMPS - VISUAL ARTS

PRO D ART CAMP 6-9yrs

Kids will enjoy a half day of art in our beautiful studio, along with an outdoor break for balance. Projects will be different for each camp, ranging from painting to printmaking.

CEDAR HILL RECREATION CENTRE

April Caverhill

168409	M	Sep 21	9am-12pm	$34
168410	F	Oct 23	9am-12pm	$34

PRO D NEEDLE FELTING CAMP 8-11yrs

Kids will have fun learning the basics of needle felting as they craft their own animal out of wool. Together we will create an eclectic gaggle of woodland creatures!

CEDAR HILL RECREATION CENTRE

Francesca Daoust

168412	F	Nov 27	9am-1pm	$80

FRIDAY NIGHT PROGRAMS - GORDON HEAD RECREATION CENTRE

FRIDAY NIGHT SOCIAL 10-17yrs

Pre-registration is recommended
Sep 18-Dec 18 | 5-9pm

168727	Sep 18	Welcome Back BBQ	$5
168728	Sep 25	Ping Pong Tournament	$5
168729	Oct 2	UNO + Mac N Cheese Night	$5
168730	Oct 9	Thanksgiving Community Dinner	$5
168731	Oct 16	Pumpkin Spice Everything Night	$5
168732	Oct 30	Halloween Costume Party!	$5
168733	Nov 6	Movie + Pizza Night	$5
168734	Nov 13	Pool Tournament	$5
168735	Nov 20	Breakfast for Dinner Night	$5
168736	Dec 4	Spa Theme Night	$5
168737	Dec 11	Gingerbread Cookie Decorating	$5
168738	Dec 18	Holiday Party!	$5

FRIDAY NIGHT PROGRAMS - PEARKES RECREATION CENTRE

FLIPSIDE FRIDAYS 7-10yrs

Welcome to Flipside Fridays, the ultimate after-school hangout at the Flipside in Pearkes Rec Center! In this program, participants get the chance to bake their favorite snacks, create cool crafts, and challenge their minds with board games and fun challenges. Whether it's working together to conquer a tricky puzzle or showing off your creativity in a hands-on craft session, there's always something fun to dive into! When it's time to get active, we take it up a notch with ice skating, where the kids can skate, race, and show off their skills! Every week, we make sure the kids get a healthy meal, so they leave feeling full, fueled, and ready for the weekend. From baking tasty snacks to enjoying a fun-filled day with friends, Flipside Fridays is the perfect place to let loose!

G. R. PEARKES RECREATION CENTRE

164950	F	Sep 25-Dec 18	5-8pm	13/$30

SATURDAY NIGHT PROGRAMS - SAANICH COMMONWEALTH PLACE

KIDS NIGHT OUT 4-10yrs

Calling all parents and guardians of children 4-10yrs. Are you keen to have a date night, run errands, or simply be in your home kid-free for a few hours on a Saturday night? This is the program for you! Registration includes dinner, swimming, games, movies, toys, crafts, and endless fun.

SAANICH COMMONWEALTH PLACE

168189	Sa	Sep 26	4:30-9:30pm	$35
168195	Sa	Oct 3	4:30-9:30pm	$35
168196	Sa	Oct 10	4:30-9:30pm	$35
168197	Sa	Oct 17	4:30-9:30pm	$35
168198	Sa	Oct 24	4:30-9:30pm	$35
168199	Sa	Nov 7	4:30-9:30pm	$35
168200	Sa	Nov 14	4:30-9:30pm	$35
168201	Sa	Nov 21	4:30-9:30pm	$35
168202	Sa	Nov 28	4:30-9:30pm	$35
168203	Sa	Dec 5	4:30-9:30pm	$35
168204	Sa	Dec 12	4:30-9:30pm	$35
168205	Sa	Dec 19	4:30-9:30pm	$35



HEALTH & FITNESS - STRENGTH TRAINING

PERFORMANCE TRAINING FOR YOUTH 12-16yrs ♥♥

Improve your athletic performance with a certified trainer. Come learn weight training exercises designed to help youth improve their game, by increasing their strength, speed, power and stamina.

G. R. PEARKES RECREATION CENTRE

Trevor Beck

166914	Tu,Th	Sep 10-Oct 29	6-7pm	15/$154
166915	Tu,Th	Nov 3-Dec 17	6-7pm	14/$144

SAANICH COMMONWEALTH PLACE

Cameron Trim

168148	W	Sep 23-Oct 28	4:15-5:15pm	5/$51
168239	W	Nov 4-Dec 16	4:15-5:15pm	6/$62

WEIGHT TRAINING - FIT AND IMPROVED 13yrs+ ♥♥

Let qualified trainers help you meet your individual fitness goals! Improve your body composition, muscular strength, flexibility and more. We'll track your progress to help you achieve your best results. This is a small-group class that includes a 10x SCP weight room pass, valid throughout the program (max 4:1 ratio).

SAANICH COMMONWEALTH PLACE

Nina Baumbach

168170	Tu,Th	Sep 8-Oct 29	6:15-7:15am	16/$296
168171	Tu,Th	Sep 8-Oct 29	7:30-8:30am	16/$296
168254	Tu,Th	Nov 3-Dec 17	6:15-7:15am	14/$259
168255	Tu,Th	Nov 3-Dec 17	7:30-8:30am	14/$259

WEIGHT TRAINING FOR TEENS 13-16yrs

Get in the weight room with a personal trainer for an orientation and supervised personal weight training program. Youth will receive progressive strength training programs and gain independence in the weight room. New and returning participants welcome (max 4:1 participant/trainer ratio).

GORDON HEAD RECREATION CENTRE

Arie Schmal

166337	Tu	Sep 8-Oct 27	5-6pm	8/$120
166338	Tu	Nov 3-Dec 15	5-6pm	7/$105

SAANICH COMMONWEALTH PLACE

Ash Powell

168188	F	Sep 25-Oct 16	4:30-5:30pm	4/$60
168274	F	Oct 23-Nov 13	4:30-5:30pm	4/$60
168635	F	Nov 20-Dec 11	4:30-5:30pm	4/$60

Clair Leger-Downey

168187	Tu	Sep 22-Oct 13	4:30-5:30pm	4/$60
168273	Tu	Oct 20-Nov 10	4:30-5:30pm	4/$60
168632	Tu	Nov 17-Dec 8	4:30-5:30pm	4/$60

WEIGHT ROOM ORIENTATION

Familiarize yourself with our facilities and get an overview of the basics of strength training. Safe use of equipment and etiquette are important to us. An orientation is recommended before using the weight room. Youth 13-15 years and Seniors 60yrs+ years are free.

CEDAR HILL RECREATION CENTRE

W: 10-11am, **Sa:** 10:30-11:30am, **Su:** 11:30am-12:30pm

GORDON HEAD RECREATION CENTRE

Tu: 7-8pm, **Th:** 10-11am,8:30-9:30pm*, **Sa:** 10-11am**, Su:** 10-11am **Women only*

G.R. PEARKES RECREATION CENTRE

Th: 10:30-11:30am**, F:** 6-7pm, **Sa:** 10:30-11:30am

SAANICH COMMONWEALTH PLACE

Tu: 5:30-6:30pm, **W:** 5:15-6:15pm**, F:** 9-10am* **Su:** 12-1pm **Seniors 60yrs+ only*

REGIONAL YOUTH WEIGHT ROOM ORIENTATION 13-15yrs

Provides youth with an introduction to safe and courteous use of recreation centre weight rooms. Includes cardio and weight-training guidelines and etiquette, as well as basic equipment instructions. Upon completion, participants receive a regional sticker required for access to the weight rooms at Greater Victoria recreation centres. Call 250-475-7630 to register.

SAANICH COMMONWEALTH PLACE

Luis Bautista

168151	Th	Sep 10	7:30-9pm	$15
168242	Th	Sep 17	7:30-9pm	$15

Intensity Level Guide

♥ **Low Intensity**	Ideal for beginners without prior fitness experience or experienced individuals wanting to focus on technique and fundamental movement skills.
♥♥ **Moderate Intensity**	Suitable for participants ready to improve technique and increase intensity while emphasizing proper form. Best suited for those already active.
♥♥♥ **High Intensity**	Suitable for consistently active individuals, emphasizing advanced techniques and intensity that will challenge even experienced participants.

SOCIAL - GENERAL

YOUTH CENTRE - FAMILY DROP-IN

NEW

Need a fun family activity on Sunday afternoons? Check out the youth centre at SCP, where you can enjoy a variety of board games, a pool table, foosball, basketball arcade, Xbox, giant chess, and so much more. Children 5yrs+ are welcome to attend with a parent or guardian.

SAANICH COMMONWEALTH PLACE
CLICK HERE FOR DETAILS

SPORTS NIGHT AND SWIM 10-17yrs

NEW

Get in the game with soccer, basketball, badminton, volleyball, dodgeball, and more! Then cool off with a youth-only recreational swim. Our leaders will keep the fun going with your favourite games. Bring a friend or make new ones at this action-packed evening!

GORDON HEAD RECREATION CENTRE

168739	Sat	Sep 26-Dec 12	6-9pm	12/$75

SOCIAL - YOUTH

FREE 2SLGBTQIA+ ART SOCIAL 10-17yrs

Calling 2SLGBTQIA+ and Indigenous artists, designers, creators and makers — come create in our dedicated youth space with materials for beading, painting, clay, drawing, and so much more. You can bring your own supplies or use ours. Enjoy a snack while you hang with your friends or meet new ones.

SAANICH COMMONWEALTH PLACE

168100	M	Sep 28-Dec 14	3:30-5:30pm	FREE

FREE 2SLGBTQIA+ SOCIAL DROP-IN

Join us for a fun evening just for 2SLGBTQIA+ youth! Be yourself, make new friends, play games, get creative with crafts, hang out, and connect with supportive youth leaders. Everyone ages 11–17 is welcome in this safe, inclusive space where you belong.

G. R. PEARKES RECREATION CENTRE

164932	Th	Sep 24-Dec 17	6-8pm	FREE

GORDON HEAD RECREATION CENTRE

167748	M	Sep 28-Dec 14	6-8pm	FREE

FREE AFTER SCHOOL DROP-IN AT GORDON HEAD YOUTH CENTRE 10-17yrs

Make new friends at our fun after-school drop-in! Challenge someone to pool, ping pong, or PS5, get creative with crafts, join games and sports, or tackle homework. Enjoy a free healthy snack each day while our friendly leaders keep the fun going in a safe, welcoming space.

GORDON HEAD RECREATION CENTRE

167747	M-F	Sep 21-Jun 4	3-5pm	FREE

FREE DROP-IN - AFTER SCHOOL AT THE FLIPSIDE 11-17yrs

Come join us in the Flipside Youth Centres safe and welcoming youth friendly space, where friends can hang out together, listen to music, and play pool, ping pong, foosball or Playstation. Join us after school for our free, supervised after-school program. Healthy and filling snacks provided!

G. R. PEARKES RECREATION CENTRE

164928		Sep 14-Dec 18		FREE
	M-Th		3:15-5:15pm	
	F		3:15-4:45pm	

FREE SCP YOUTH CENTRE: AFTER SCHOOL DROP-IN 10-16yrs

Are you in middle or high school and looking for something fun to do after school? Hang out with friends, listen to music, eat some snacks, and play a game of pool, ping-pong, foosball, or Xbox. Snacks and dinner provided. Register to guarantee a spot or stop by for drop-in.

SAANICH COMMONWEALTH PLACE

168115	Tu	Sep 29-May 25	3:30-6pm	FREE

CRAFTERS AND BAKERS 10-14yrs

Calling all crafty and creative youth! Unleash your creativity with fun activities like beading, painting, and felting, plus bake delicious treats like cookies, brownies, bread, and more. Learn new skills, express yourself, make awesome creations, be social, and meet new friends along the way.

GORDON HEAD RECREATION CENTRE

167751	Tu	Sep 29-Dec 15	6-8pm	12/$80

FREE DUNGEONS & DRAGONS CLUB 10-17yrs

Are you serious about Dungeons & Dragons game play? Join us for this two-hour advanced D&D session. Youth entering this program should have a focused mindset and be prepared to play for two hours. This program is free, and a snack is provided.

SAANICH COMMONWEALTH PLACE

10-13

168114	Th	Sep 24-Dec 17	4-6pm	FREE

13-17

168113	Th	Sep 24-Dec 17	6:30-8:30pm	FREE

FITTOK – YOUTH FITNESS, HEALTH AND WELLNESS GROUP 10-17yrs

FitTok combines fun, fitness, and mental strength! Youth will build strong bodies and resilient minds through obstacle courses, team challenges, yoga, TikTok-inspired dances, mindfulness activities, journaling, and more. Each week brings new ways to move, recharge, build confidence, and create healthy snacks or smoothies in our kitchen.

GORDON HEAD RECREATION CENTRE

167758	Th	Sep 24-Dec 17	6-8pm	13/$65

MEXICAN COOKING WORKSHOP 12-17yrs

Learn to make authentic Mexican cuisine in this fun and engaging three course youth cooking workshop! Participants will make a main dish, side dish and a dessert to enjoy afterwards. All participants will receive the recipe cards to take home.

GORDON HEAD RECREATION CENTRE

168740	Sa	Nov 7	10am-1pm	$60

KIDS COOKING ACADEMY – HOLIDAY BAKING 8-17yrs

Join us for a fun day preparing special festive treats for the holidays! Participants will make a variety of treats including cookies, bars, and other delicious festive favourites.

GORDON HEAD RECREATION CENTRE

8-12YRS

168754	Sa	Dec 5	10am-12:30pm	$35
168755	Sa	Dec 12	10am-12:30pm	$35

12-17YRS

168757	Sa	Dec 5	1-3:30pm	$35
168756	Sa	Dec 12	1-3:30pm	$35

GIRLS ON THE GO! 10-15yrs

This free registered program is an evening of girls-only fun for ages 10-15. Find space to empower other girls, build self-confidence, be artsy, sporty, craft, bake, do yoga, create, and be your true self. Grab a friend or make new ones during our guided activity time.

G. R. PEARKES RECREATION CENTRE

164929	M	Sep 21-Dec 14	6-8pm	12/$60

FREE HOMESCHOOLERS HOMEWORK AND SOCIAL SPACE 10-16yrs

Are you homeschooled and looking for opportunities to make social connections in your community? Come to the Flipside Youth Centre to meet youth while doing your homework, or just to play some pool! Our leaders help make connections, provide help with homework, and serve up some great snacks too.

G. R. PEARKES RECREATION CENTRE

164933	Th	Sep 24-Dec 17	12-2pm	FREE

FREE MAGIC: THE GATHERING CLUB 11-16yrs

Join the Magic Masters Youth Club, where young strategists and spellcasters unite to explore the enchanting world of Magic: The Gathering! Our club welcomes players of all skill levels to develop friendships and encourage creativity. Bring your own decks or borrow one of ours! Snacks and treats are provided.

G. R. PEARKES RECREATION CENTRE

164930	Tu	Sep 22-Dec 15	6-8pm	FREE

SOCIAL AND SWIM

Dive into an evening of games, activities and swimming! Enjoy crafting, painting, art, foosball, ping pong, baking and more, then, hop in the pool for a 30-minute swim lesson from a certified swim instructor followed by a one-hour free-swim. Lesson includes basic first aid and aquatic lifesaving components.

SAANICH COMMONWEALTH PLACE

168116	M	Sep 28-Dec 14	6-8:30pm	11/$110

TEEN CRAFT LAB 13-17yrs

Get ready to glue, glitter, stitch, sculpt and trend your way through fall. This teen-only craft night will dive into the most viral, aesthetic and totally TikTok-approved holiday crafts. Think cozy fall decor, spooky season, DIY, cottagecore ornaments, and winter gifts that look straight out of your FYP.

SAANICH COMMONWEALTH PLACE

168211	Tu	Sep 29-Dec 15	6:30-8:30pm	12/$180

YOUTH BOOK CLUB 10-13yrs

Calling all book lovers, this program is for you! Join our book club and escape into the world of literature one book at a time. This youth-led book club meets once a week for some social time, a snack and dedicated book chat.

SAANICH COMMONWEALTH PLACE

168117	M	Sep 28-May 17	7-8:30pm	31/$248

YOUTH CHRISTMAS CRAFT MARKET AT G.R. PEARKES - NOVEMBER 7 10-17yrs

Calling youth artists, jewellers, designers, crafters and makers! Join us for our annual Youth Christmas Craft Market, held alongside other large, well-attended craft shows. Showcase your wonderful creations! This is registration for day #1, November 7. Those who also register for day #2 may leave their table up overnight.

G. R. PEARKES RECREATION CENTRE

164934	Sa	Nov 7	9am-4pm	$40

YOUTH CHRISTMAS CRAFT MARKET AT G.R. PEARKES - NOVEMBER 8 10-17yrs

Calling youth artists, jewellers, designers, crafters and makers! Join us for our annual Youth Christmas Craft Market, held alongside other large, well-attended craft shows. Showcase your wonderful creations! This is registration for day #2, November 8. Those who also register for day #1 may leave their table up overnight

G. R. PEARKES RECREATION CENTRE

164935	Su	Nov 8	9am-4pm	$40

SOCIAL - GAMES & CLUBS

BOARD GAME CAFÉ AND SWIM 9-17yrs

Join us for our own Board Game Café experience! Enjoy tea, hot chocolate, and snacks while playing a variety of games with friends. Bring your own game or choose one of ours, then finish the day with a fun, supervised recreational swim.

GORDON HEAD RECREATION CENTRE

167757	W	Sep 23-Dec 16	6-8pm	11/$55

SPORTS - ARCHERY

ARCHERY - YOU AND ME 8yrs+

This is a fun family activity for parents or guardians and children aged 8 and older. Join us to learn basic archery skills together. All equipment is provided; registration is required for each participant. The cost is per person.

SAANICH COMMONWEALTH PLACE

Victoria Bowmen Association

168424	F	Sep 25-Oct 30	5-6pm	5/$50
168425	F	Sep 25-Oct 30	6-7pm	5/$50
168426	F	Sep 25-Oct 30	7-8pm	5/$50
168428	F	Nov 6-Dec 18	5-6pm	6/$60
168429	F	Nov 6-Dec 18	6-7pm	6/$60
168431	F	Nov 6-Dec 18	7-8pm	6/$60

ARCHERY FOR YOUTH 8-16yrs

Ready, aim, bullseye! Youth will enjoy learning basic archery techniques from a Level III certified coach. All equipment provided.

SAANICH COMMONWEALTH PLACE

Victoria Bowmen Association

8-12YRS

168432	Th	Sep 24-Oct 29	4:15-5:15pm	6/$76
168433	Th	Nov 5-Dec 17	4:15-5:15pm	7/$89

11-16YRS

168434	Th	Sep 24-Oct 29	5:15-6:15pm	6/$76
168435	Th	Nov 5-Dec 17	5:15-6:15pm	7/$89

SPORTS - BADMINTON

P BADMINTON - ADULT AND CHILD 8yrs+

Badminton is fun for adults and kids! Learn together, play together, and enjoy this easy-to-learn racquet game. Great for family bonding and active play. Registration covers one adult and one child. Register the child only.

COLQUITZ MIDDLE SCHOOL

167905	Su	Sep 13-Oct 25	11:30am-12:30pm	6/$152
167907	Su	Sep 13-Oct 25	12:45-1:45pm	6/$152
167906	Su	Nov 1-Dec 13	11:30am-12:30pm	7/$177
167909	Su	Nov 1-Dec 13	12:45-1:45pm	7/$177

BADMINTON - BEGINNER 6-13yrs

Players with little or no badminton experience and who are eager to learn will have fun building their skills. Learn serves, overhead strokes and positioning. Enjoy game play to improve skills. Equipment provided.

Badminton Victoria

SAANICH COMMONWEALTH PLACE

6-12YRS

168436	W	Sep 23-Nov 4	4-5pm	6/$76
168437	W	Nov 18-Dec 16	4-5pm	5/$63

CEDAR HILL RECREATION CENTRE

7-13YRS

166824	Th	Sep 10-Oct 22	5-6pm	7/$88
166825	Th	Oct 29-Dec 17	5-6pm	8/$101

BADMINTON - NOVICE 8-14yrs

Ideal for players who have taken a beginner class or who have skill in serving and basic overhead strokes, as well as knowledge of game play. Badminton technique will be refined and speed and agility will be emphasized through drills and gameplay.

CEDAR HILL RECREATION CENTRE

Badminton Victoria

166826	Th	Sep 10-Oct 22	6-7pm	7/$88
166827	Th	Oct 29-Dec 17	6-7pm	8/$101

BADMINTON - INTERMEDIATE 11-16yrs

This more advanced class is for youth looking to improve their skills and footwork. Prerequisite skills include serving, overhead strokes, and knowledge of basic grips and court positioning. Our goal is to refine overhead strokes, grips, and net play to increase speed and agility.

Badminton Victoria

GORDON HEAD MIDDLE SCHOOL

167633	Tu	Sep 22-Nov 3	6:30-8:30pm	6/$138
167634	Tu	Nov 10-Dec 8	6:30-8:30pm	5/$115

SAANICH COMMONWEALTH PLACE

168438	W	Sep 23-Nov 4	5-6pm	6/$76
168439	W	Nov 18-Dec 16	5-6pm	5/$63

P = ADULT PARTICIPATION REQUIRED

SPORTS - BASKETBALL

ELI PASQUALE BASKETBALL LEAGUE 6-15yrs

Where great basketball begins! Have fun, learn and develop. We do not keep score. First half-hour is skill work, final hour is for games. Team t-shirt included.

SAANICH COMMONWEALTH PLACE

Eli Pasquale Staff

6-7YRS

168440	Sa	Oct 24-Feb 6	10-11:30am	12/$276

8-9YRS

168441	Sa	Oct 24-Feb 6	11:30am-1pm	12/$276

10-12YRS

168442	Sa	Oct 24-Feb 6	1:30-3pm	12/$276

13-15YRS

168443	Sa	Oct 24-Feb 6	1:30-3pm	12/$276

SPORTS - FENCING

FENCING - LEVEL 1 - BEGINNER 10-16yrs

En garde! Suit up and discover the European martial art of swordplay through the modern sport of fencing. Learn the fundamental skills and have fun! Beginners receive instruction with the foil, no experience needed, all equipment is supplied.

SAANICH COMMONWEALTH PLACE

Miko Ross

168447	Tu	Sep 29-Nov 3	4-4:45pm	6/$82
168448	Tu	Nov 10-Dec 15	4-4:45pm	6/$82

FENCING - LEVEL 2 - CONTINUING 10-16yrs

Continue to improve your fencing skills! Fencers will receive instruction in all three weapons — foil, epee, and sabre — and will apply their skills in bout situations. All equipment is supplied. Several seasons of Continuing are recommended before advancing to Academy.

SAANICH COMMONWEALTH PLACE

Miko Ross

168449	Tu	Sep 29-Nov 3	4:45-5:30pm	6/$82
168450	Tu	Nov 10-Dec 15	4:45-5:30pm	6/$82

FENCING - LEVEL 3 - ACADEMY 12-17yrs

Intensive and technical instruction in foil, epee, and sabre for fencers seeking to develop their athleticism in a progressively competitive environment. Ideal for fencers considering transitioning to club or tournament fencing. All equipment is supplied.

SAANICH COMMONWEALTH PLACE

Miko Ross

168451	Tu	Sep 29-Nov 3	5:30-6:15pm	6/$82
168452	Tu	Nov 10-Dec 15	5:30-6:15pm	6/$82

SPORTS - FLOOR HOCKEY

P FLOOR HOCKEY - YOU AND ME 7-10yrs

This is a time for parents, guardians, and their kids to play floor hockey together. You'll play games, but most of all, you'll have an awesome time playing together. Registration is required for each participant; the cost is per person.

SAANICH COMMONWEALTH PLACE

168457	M	Sep 28-Nov 9	5:15-6:15pm	6/$54
168458	M	Nov 16-Dec 14	5:15-6:15pm	5/$45

FLOOR HOCKEY FUN 7-12yrs

Plastic sticks, plastic pucks, and fast and furious action! Bring your friends and enjoy playing floor hockey together. Includes skill work and lots of time for games. Instructor will officiate games, create teams, and facilitate round-robin play. Players may be grouped by age and ability if needed.

SAANICH COMMONWEALTH PLACE

168455	M	Sep 28-Nov 9	4:15-5:15pm	6/$66
168456	M	Nov 16-Dec 14	4:15-5:15pm	5/$55

SPORTS - GENERAL

HOME RUN HEROES 5-9yrs

This engaging baseball class teaches the game in a positive and supportive environment that focuses on skill development, teamwork, and fun. Drills and interactive games teach fundamental skills: hitting, throwing, catching, and running the bases. Gain confidence, improve coordination, and develop a love for the sport. Outside whenever possible.

GORDON HEAD RECREATION CENTRE

Richardson Sport

5-9YRS

168064	Sa	Nov 14-Dec 19	2-3pm	6/$101

6-9YRS

168060	Th	Nov 12-Dec 17	4:30-5:30pm	6/$101

HOME RUN HEROES - OUTDOOR 5-9yrs

This engaging baseball class teaches the game in a positive and supportive environment that focuses on skill development, teamwork, and fun. Drills and interactive games teach fundamental skills: hitting, throwing, catching, and running the bases. Gain confidence, improve coordination, and develop a love for the sport. Outside whenever possible.

GORDON HEAD RECREATION CENTRE

Richardson Sport

5-9YRS

168063	Sa	Sep 26-Nov 7	2-3pm	6/$101

6-9YRS

168059	Th	Sep 24-Nov 5	4:30-5:30pm	7/$118

ROCK CLIMBING AT CARSA 11-17yrs

Join us and the instructors at UVic's Carsa Climbing Centre to learn and improve rock climbing techniques. Program curriculum will include basic climbing skills, technique development, strength and endurance, advanced climbing, reflection and outreach, games and more!

UNIVERSITY OF VICTORIA

167755	Tu	Sep 29-Dec 15	7-8:30pm	12/$420

FREE YOUTH SPORTS ZONE 11-14yrs

NEW

New month, new sport, new challenge! Learn new skills, compete in floor hockey, indoor soccer, dodgeball, kickball, pickleball, and more. Take on team challenges, play exciting games, and battle for championship glory—no experience necessary!

G.R. PEARKES RECREATION CENTRE

169218	Th	Sep 24-Dec 17	3:45-5:45	FREE

Ⓟ = ADULT PARTICIPATION REQUIRED

SPORTS - GYMNASTICS

GYMNASTICS 6-9yrs

This hands-on gymnastics class for school-age children promotes balance and coordination in a fun, active way! Enjoy 45 minutes of games and activities that teach basic gymnastic skills.

GORDON HEAD RECREATION CENTRE

166956	Sa	Sep 12-Oct 24	1:15-2pm	7/$83
166957	Sa	Sep 12-Oct 24	2:15-3pm	7/$83
166958	Sa	Oct 31-Dec 12	1:15-2pm	7/$83
166959	Sa	Oct 31-Dec 12	2:15-3pm	7/$83

RHYTHMIC GYMNASTICS - RECREATIONAL 6-12yrs

Our recreational class develops apparatus skills with the rope, hoop, ball, ribbon, and scarves. Participants will also develop physical literacy, body skills, and spatial awareness through balance, turn, jump, and dance techniques. The last session includes a show to demonstrate the skills we've learned through music and expression.

Island Rhythmic Gymnastics

COLQUITZ MIDDLE SCHOOL

163947	Sa	Sep 12-Oct 31	10-11am	7/$133
163948	Sa	Nov 7-Dec 12	10-11am	6/$114

GORDON HEAD RECREATION CENTRE

166788	Su	Sep 20-Dec 6	11:15am-12:15pm	12/$228
166789	Su	Sep 20-Dec 6	12:30-1:30pm	12/$228

SPORTS - MARTIAL ARTS

FREE CAPOEIRA - FREE MINIS TASTER 5-8yrs

Curious about Capoeira or wondering if it's the right fit for your child? Join a free taster class and experience movement, music, acrobatics and community in action. A welcoming opportunity to explore the program with no commitment required

GORDON HEAD RECREATION CENTRE

Evgenia Kolesnikova

167433	Tu	Sep 15	4:40-5:10pm	FREE
167438	Th	Oct 29	4:40-5:10pm	FREE

FREE CAPOEIRA - FREE YOUTH TASTER 8-12yrs

Curious about Capoeira or wondering if it's the right fit for your child? Join a free taster class and experience movement, music, acrobatics and community in action. A welcoming opportunity to explore the program with no commitment required

GORDON HEAD RECREATION CENTRE

Evgenia Kolesnikova

167435	Tu	Sep 15	5:20-5:50pm	FREE
167436	Th	Oct 29	5:20-5:50pm	FREE

CAPOEIRA - MINIS 5-8yrs

An exciting introduction to Capoeira where kids discover movement, music, acrobatics and games in a high-energy, creative environment. Children build coordination, rhythm, focus, and confidence while developing teamwork, self-expression, and love for being active and learning through play.

GORDON HEAD RECREATION CENTRE

Evgenia Kolesnikova

167423	Th	Sep 17-Oct 22	4-4:45pm	6/$63
167419	Tu	Sep 22-Oct 27	4:45-5:30pm	6/$63
167425	Tu	Nov 3-Dec 8	4:45-5:30pm	6/$63
167424	Th	Nov 5-Dec 10	4-4:45pm	6/$63

CAPOEIRA - YOUTH 8-12yrs

A dynamic Capoeira program that challenges and inspires through movement, acrobatics, music, and structured training. Youth develop strength, coordination, rhythm, discipline, and confidence while building resilience, self-expression, and a strong sense of capability in a supportive group environment.

GORDON HEAD RECREATION CENTRE

Evgenia Kolesnikova

167428	Th	Sep 17-Oct 22	5-5:45pm	6/$63
167429	Th	Nov 5-Dec 10	5-5:45pm	6/$63

IAIDO 14yrs+

Learn the Japanese martial art of the samurai sword. Beginners will require a bokuto/bokken (wooden sword). Registration required.

LOCHSIDE ELEMENTARY SCHOOL

164590	W,F	Sep 16-Dec 18	7:30-9pm	26/$70

JUDO - LITTLE NINJAS 4-6yrs

This program teaches physical literacy with a judo flavour. Using games and drills, your child will be introduced to basic tumbling, breakfalls, and other physical literacy skills. A current annual BC Judo membership is required, and is not included in registration.

GORDON HEAD RECREATION CENTRE

Michael Turner

167364	M	Sep 14-Oct 26	3:30-4pm	6/$73
167365	W	Sep 16-Oct 28	3:30-4pm	6/$73
167674	M	Nov 2-Dec 14	3:30-4pm	7/$85
167676	W	Nov 4-Dec 16	3:30-4pm	6/$73

JUDO - JUNIOR B INTRO 11-17yrs

This is a beginner class focused on white-belt skill development. Advanced students should enroll in the VRTC. Participants must have a gi (uniform). A current annual BC Judo membership is required, and is not included in registration.

GORDON HEAD RECREATION CENTRE

Michael Turner

167362	F	Sep 18-Oct 30	4-5:30pm	7/$129
167673	F	Nov 6-Dec 18	4-5:30pm	7/$129

JUDO - JUNIOR A BEGINNER 7-10yrs

Through games and drills, children are introduced to the values of self-respect, discipline, perseverance, and commitment. This program builds body awareness and strength while developing judo skills. Participants must have a gi (uniform). A current annual BC Judo membership is required, and is not included in registration.

GORDON HEAD RECREATION CENTRE

Michael Turner

167360	M,W	Sep 14-Oct 28	4:15-5:15pm	12/$158
167670	M,W	Nov 2-Dec 16	4:15-5:15pm	13/$171

JUDO - JUNIOR A ADVANCED 7-10yrs

This class is for children with at least two years of experience or competition experience. It focuses on competition readiness. Participants must have a gi (uniform). A current annual BC Judo membership is required (not included in registration).

GORDON HEAD RECREATION CENTRE

Michael Turner

167359	M,W	Sep 14-Oct 28	5:30-6:45pm	12/$189
167367	M,W	Nov 2-Dec 16	5:30-6:45pm	13/$205

JUDO - JUNIOR B MIXED 11-17yrs

This mixed class focuses on skill development for both beginner and experienced athletes. Beginners should also consider the Friday Junior B Intro class. Participants must have a gi (uniform). A current annual BC Judo membership is required, and is not included in registration.

GORDON HEAD RECREATION CENTRE

Michael Turner

167363	M	Sep 14-Oct 26	7-9pm	6/$139
167672	M	Nov 2-Dec 14	7-9pm	7/$162

KARATE CLUB - YELLOW BELTS+ 6-11yrs

This class is for returning participants who have their Yellow Belt or higher. 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. Our club follows the Shito-Ryu system of karate.

SAANICH COMMONWEALTH PLACE

Victoria Renshikan Karate

168463	W	Sep 23-Dec 16	4-5pm	11/$160

KARATE CLUB 4-11yrs

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. Our club follows the Shito-Ryu system of karate.

SAANICH COMMONWEALTH PLACE

Victoria Renshikan Karate

4-6YRS

168464	Sa	Sep 26-Dec 12	9-10am	10/$143

6-11YRS

168465	Tu	Sep 22-Dec 15	6:30-7:30pm	13/$192
168466	Th	Sep 24-Dec 17	6:30-7:30pm	13/$192
168467	Sa	Sep 26-Dec 12	10-11am	10/$148
168468	Sa	Sep 26-Dec 12	11am-12pm	10/$148
168469	Tu,Th	Sep 22-Dec 17	6:30-7:30pm	26/$325
168470	Tu,Sa	Sep 22-Dec 15	6:30-7:30pm	23/$288
168471	Tu,Sa	Sep 22-Dec 15	6:30-7:30pm	23/$288
168472	Th,Sa	Sep 24-Dec 17	6:30-7:30pm	23/$288
168473	Th,Sa	Sep 24-Dec 17	6:30-7:30pm	23/$288

KARATE - TEENS AND ADULTS 12yrs+

From basic karate for the beginner to self-defense weapons for the advanced. You will learn traditional Japanese Shito Ryu School.

SAANICH COMMONWEALTH PLACE

Victoria Renshikan Karate

168460	Tu	Sep 22-Dec 15	7:35-9pm	13/$208
168461	Tu,Th	Sep 22-Dec 17	7:35-9pm	26/$364
168462	Th	Sep 24-Dec 17	7:35-9pm	13/$208

KIDS KUK SOOL - KOREAN MARTIAL ARTS 7-12yrs

Tailored to the needs of younger students, the emphasis will be on building strength, balance, coordination, confidence and self-discipline. A great and fun way to begin martial arts training.

GORDON HEAD RECREATION CENTRE

Donald McCondach

166101	F	Sep 11-Oct 30	6-7pm	8/$70
166102	F	Nov 6-Dec 18	6-7pm	7/$61

KOREAN MARTIAL ARTS (KUK SOOL WON) 13yrs+

Learn from a 9th-Dan master of one of the most comprehensive traditional martial arts in the world. Kuk Sool combines kicking and striking, joint locks, pressure point and throwing techniques, plus meditation and traditional weapons practice.

GORDON HEAD RECREATION CENTRE

Donald McCondach

166103	Tu	Sep 8-Oct 27	7:15-8:30pm	8/$87
166104	Tu	Nov 3-Dec 15	7:15-8:30pm	7/$76
166105	F	Sep 11-Oct 30	7:15-8:30pm	8/$87
166106	F	Nov 6-Dec 18	7:15-8:30pm	7/$76

MARTIAL ARTS FOR KIDS 6-14yrs

Participate in warmups and stretching sessions, karate, kata patterns, grappling and sparring instruction (non-contact) as you develop flexibility, coordination, fitness and self-defence. Cost of gi is $50 and can be purchased at the first class.

CEDAR HILL RECREATION CENTRE

Gabriel Varga

166828	M	Sep 14-Nov 2	5-6pm	7/$98
166829	W	Sep 16-Nov 4	6:30-7:30pm	7/$98
166830	M	Nov 9-Dec 14	5-6pm	6/$84
166831	W	Nov 18-Dec 16	6:30-7:30pm	5/$70

UESHIBA AIKIDO FOR KIDS - MIXED LEVELS 8-15yrs

Learn a peaceful approach to self-defence, grounded in respect, discipline and honour. Practice unarmed techniques, aiki-ken, aiki-jo in the spirit of harmony. Enrollment is continuous, with the grading structure based on Aikikai Hombu Dojo, Japan.

GORDON HEAD RECREATION CENTRE

Rafael Oei

167810	Tu	Sep 8-Oct 27	5-6pm	8/$101
167816	Th	Sep 10-Oct 29	5-6pm	8/$101
167820	Tu	Nov 3-Dec 15	5-6pm	7/$89
167823	Th	Nov 5-Dec 17	5-6pm	7/$89

SPORTS - SOCCER

FUTURE SOCCER STARS 6-9yrs

This high-energy soccer program introduces children to fundamental soccer skills, such as dribbling, shooting, passing and more. We will also teach a basic introduction to the rules of the game. Program will be conducted outdoors whenever possible.

GORDON HEAD RECREATION CENTRE

Richardson Sport

168058	Tu	Nov 10-Dec 15	4:30-5:30pm	6/$101

FUTURE SOCCER STARS OUTDOOR 6-9yrs

This high-energy soccer program introduces children to fundamental soccer skills, such as dribbling, shooting, passing and more. We will also teach a basic introduction to the rules of the game. Program will be conducted outdoors whenever possible.

GORDON HEAD RECREATION CENTRE

Richardson Sport

168057	Tu	Sep 22-Nov 3	4:30-5:30pm	7/$118

GIRLS FUTURE SOCCER STARS 5-9yrs

This high-energy soccer program introduces children to fundamental soccer skills, such as dribbling, shooting, passing and more. We will also teach a basic introduction to the rules of the game. Program will be conducted outdoors as often as possible. Outdoors whenever possible.

GORDON HEAD RECREATION CENTRE

Richardson Sport

168066	Sa	Nov 14-Dec 19	3-4pm	6/$101

GIRLS FUTURE SOCCER STARS - OUTDOOR 5-9yrs

This high-energy soccer program introduces children to fundamental soccer skills, such as dribbling, shooting, passing and more. We will also teach a basic introduction to the rules of the game. Program will be conducted outdoors as often as possible. Outdoors whenever possible.

GORDON HEAD RECREATION CENTRE

Richardson Sport

168065	Sa	Sep 26-Nov 7	3-4pm	6/$101

SPORTS - VOLLEYBALL

FRIDAY NIGHT YOUTH VOLLEYBALL AT CEDAR HILL RECREATION CENTRE 12-17yrs

Join us for an evening of volleyball games and fun. Each session includes a warm-up, serving practice, followed by rotating games led by our experienced staff. Players of all skill levels are welcome, whether you're new to the sport or looking to build on your existing skills. Bring a friend or come make new ones!

CEDAR HILL RECREATION CENTRE

167994	F	Sep 25	7-9pm	$5
167996	F	Oct 2	7-9pm	$5
168004	F	Oct 9	7-9pm	$5
168005	F	Oct 16	7-9pm	$5
168006	F	Oct 30	7-9pm	$5
168007	F	Nov 6	7-9pm	$5
168008	F	Nov 13	7-9pm	$5
168009	F	Nov 20	7-9pm	$5
168010	F	Dec 4	7-9pm	$5
168011	F	Dec 11	7-9pm	$5
168012	F	Dec 18	7-9pm	$5

INTRO TO VOLLEYBALL - TRAIN AND PLAY 8-11yrs

This introductory program is for athletes with little to no volleyball experience. Sessions include skill development and modified gameplay on a smaller court with a lighter ball, giving athletes more touches, more action and more success from day one.

COLQUITZ MIDDLE SCHOOL

Peak Performance Volleyball

167086	Tu	Sep 15-Oct 27	6:15-7:15pm	7/$210
167088	Tu	Nov 3-Dec 15	6:15-7:15pm	7/$210

VOLLEYBALL - LEVEL 1 - TRAIN AND PLAY 10-13yrs

A program for athletes in their first season of volleyball. Each session includes technical skill development and competitive gameplay, giving players the opportunity to build real habits and apply them under game pressure.

COLQUITZ MIDDLE SCHOOL

Peak Performance Volleyball

167087	Tu	Sep 15-Oct 27	7:15-8:45pm	7/$310
167089	Tu	Nov 3-Dec 15	7:15-8:45pm	7/$310

VOLLEYBALL SKILL DEVELOPMENT LEAGUE 11-14yrs

A train-and-play program that helps young volleyball players build skill. Each session features 45 to 60 minutes of coaching on skills by local college athletes, followed by opportunities for game play. Program fee includes a t-shirt. New and intermediate volleyball players welcome.

GORDON HEAD MIDDLE SCHOOL

South Island Volleyball Association

168067	Th	Sep 17-Dec 3	6:30-8pm	12/$215
168068	Th	Sep 17-Dec 3	8-9pm	12/$144

VOLLEYBALL YOUTH LEAGUE 6'S 12-15yrs

Bump, Set, Spike! In this intramural youth league, players will be assigned to A or B pool based on skill level, with game times varying by pool between 12:45 and 4pm on Sundays. 90 minutes of game play weekly. Beginner to intermediate players welcome.

GORDON HEAD MIDDLE SCHOOL

168319	Su	Sep 20-Dec 13	12:45-4:15pm	13/$208

TRAINING & EDUCATION - GENERAL

Ⓟ SAFE KIDS PROGRAM 5-10yrs

K.I.D.S. = Keeping children Informed, Defensible, and Safer. We enlighten, not frighten. Topics include a child's six special powers, street safety, lost or in-trouble rules, safe places, my body rules, good and bad touching and realistic physical and verbal strategies. Adult attendance is mandatory.

SAANICH COMMONWEALTH PLACE

Badass With Class Adventures Inc.

168485	Sa	Sep 26	1-2pm	$40
168486	Sa	Nov 28	1-2pm	$40

TRAINING & EDUCATION - BABYSITTING

RED CROSS BABYSITTER'S TRAINING 11-14yrs

Learn the basics of babysitting and become a qualified babysitter. A Red Cross Babysitter Certificate will be issued upon successful completion of the course. Cost includes manual.

GORDON HEAD MIDDLE SCHOOL

168322	Sa	Sep 26-Oct 3	10am-2pm	2/$90
168321	Sa	Dec 5-Dec 12	10am-2pm	2/$90

G. R. PEARKES RECREATION CENTRE

168145	Su	Oct 18-Oct 25	1-5pm	2/$90

SAANICH COMMONWEALTH PLACE

168484	Sa	Nov 7-Nov 14	1-5pm	2/$90

TRAINING & EDUCATION - COOKING

Ⓟ COOKING - ADULT AND CHILD 8yrs+

Cook, bake, and create side by side in this hands-on class for adults and kids 8yrs+. Build confidence and skills in the kitchen while making and enjoying delicious recipes together. Registration covers one adult and one child. Please register the child only.

COLQUITZ MIDDLE SCHOOL

LUNCHBOX CREATIONS

167995	Sa	Sep 19	10am-12:30pm	$70

HALLOWEEN TREATS

168000	Sa	Oct 31	10am-12:30pm	$70

COZY KITCHEN CREATIONS

168002	Sa	Nov 21	10am-12:30pm	$70

HOLIDAY BAKING

168003	Sa	Dec 12	10am-12:30pm	$70

KIDS COOKING ACADEMY 8-12yrs

Spend time with friends preparing special festive treats for the holidays! Projects include cookies, chocolates, and other delicious snacks. Fee includes all supplies and ingredients.

COLQUITZ MIDDLE SCHOOL

HALLOWEEN TREATS

164147	Su	Oct 25	1:30-4pm	$35

HOLIDAY BAKING

164146	Su	Dec 6	1:30-4pm	$35
167885	Su	Dec 13	1:30-4pm	$35

KIDS COOKING CLUB 8-12yrs

Join our hands-on club and learn basic cooking skills from measurements to kitchen safety. Perfect for kids who love to cook or want to learn. Each participant will create their own recipe book

COLQUITZ MIDDLE SCHOOL

164144	Su	Sep 13-Oct 4	10am-12:30pm	4/$160
164145	Su	Oct 18-Nov 8	10am-12:30pm	4/$160
167846	Su	Nov 15-Dec 13	10am-12:30pm	5/$200

KIDS COOKING CLUB - AROUND THE WORLD 8-12yrs

Each week, kids "travel" to a new country through fun, hands-on recipes inspired by global flavors. They explore new ingredients, learn simple cooking techniques, and discover how food connects us. A perfect mix of adventure, creativity, and delicious discoveries.

ROYAL OAK MIDDLE SCHOOL

166837	Sa	Oct 31-Nov 21	10am-12:30pm	4/$160

KIDS COOKING CLUB - BAKING 8-12yrs

Kids dive into the delicious world of baking as they measure, mix, and decorate their own treats. This session builds confidence and creativity while teaching real kitchen skills. Every week ends with something warm, tasty, and proudly made by your young chef.

ROYAL OAK MIDDLE SCHOOL

166899	Sa	Nov 28-Dec 19	10am-12:30pm	4/$160

KIDS COOKING CLUB - FOOD SCIENCE AND KITCHEN EXPERIMENTS 8-12yrs

Kids become kitchen scientists as they create fizzy drinks, homemade ice cream, colourful reactions, and more. This session blends curiosity and cooking, showing how science makes food fun. Every class ends with an edible experiment they can't wait to share.

ROYAL OAK MIDDLE SCHOOL

166836	Sa	Sep 26-Oct 24	10am-12:30pm	4/$160

YOUNG CHEFS' NIGHT OUT 8-13yrs

Don't miss out on this delicious adventure! Young chefs will explore new recipes, learn kitchen skills, and unleash their creativity. Each month brings a different menu. Perfect for a parents' night off.

ROYAL OAK MIDDLE SCHOOL

166706	Sa	Oct 24	4:30-9pm	$50
166707	Sa	Nov 14	4:30-9pm	$50
166708	Sa	Dec 12	4:30-9pm	$50

YOUTH BAKING AND COOKING CLASS 10-14yrs

Let's get cooking! Join us as we try all of the best appetizers, main course, baking, and dessert recipes and meet new friends while we're at it. Create tasty dishes and take the rest home.

ROYAL OAK MIDDLE SCHOOL

168210	W	Oct 7-Dec 16	6:15-8:15pm	9/$135

TRAINING & EDUCATION - GENERAL

FIGHT BACK FOR TWEEN GIRLS 9-12yrs

Learn Kris' top-10 safety tips in this inclusive and interactive class, which includes promoting positive body image, boundary setting, assertive communication, and situational awareness. Girls gain knowledge and skills to trust their instincts while learning basic personal safety that is simple, realistic, and easy to retain under stress. Pizza included!

SAANICH COMMONWEALTH PLACE

Badass With Class Adventures Inc.

168453	F	Oct 16	6-8:30pm	$50

HOME ALONE PROGRAM 9-11yrs

Before and after school times or occasional outings for parents are easy when your child is H.A.P.P.Y. — a Home Alone Program Prepared Youth! The program focuses on home and personal safety and emergency procedures. Booklet and parent/guardian handout included.

Kate Lee

G. R. PEARKES RECREATION CENTRE

166920	Sa	Sep 19	9am-12pm	$42

GORDON HEAD MIDDLE SCHOOL

168320	Sa	Nov 21	9am-12pm	$42

SAANICH COMMONWEALTH PLACE

168413	Sa	Oct 17	9am-12pm	$42
168414	Sa	Nov 7	9am-12pm	$42

TRAINING & EDUCATION - STEM

2D GAME DESIGN MINECRAFT EDITION
BEGINNER LEVEL 7-10yrs

What if Minecraft was in 2D?! In this program, participants will create their own simplified version of Minecraft in 2D. Each participant will get to take home their project at the end of the program.

GORDON HEAD RECREATION CENTRE

LITTLUNIVERSE Education

167861	W	Sep 23-Nov 25	4-5:30pm	8/$180

2D GAME DESIGN PVP EDITION
BEGINNER LEVEL 7-10yrs

Create a PVP-style game like Super Smash Bros, Street Fighter and more! Using Gamemaker, participants will develop their creativity by designing characters with unique special abilities, backdrops, levels, and more! Participants will take home their game at the end of the program. Have your friends and family play it!

GORDON HEAD RECREATION CENTRE

LITTLUNIVERSE Education

167859	M	Sep 21-Nov 30	4-5:30pm	10/$224

ENGINEERING - ELECTRICAL
HIGH VOLTAGE HIJINKS 8-12yrs

Join us on an amped-up adventure and explore the wonders of electrical engineering! In this program, students will learn the basics of electricity and power through hands-on projects, including Snap Circuits and LED gadgets you can take home. What will spark your curiosity?

SAANICH COMMONWEALTH PLACE

Engineering For Kids Vancouver Island

168505	Tu	Nov 3-Dec 8	5:30-7pm	6/$168

ENGINEERING - JR AEROSPACE ENGINEERING
SKY RIDERS 5-7yrs

Fun and adventure will soar to new heights this Fall! Each week, students will learn the aerospace engineering concepts that enable airplanes, helicopters, and rockets to become sophisticated flying machines — all through exciting, hands-on engineering challenges. When it comes to inspiring the next generation of engineers, the sky's the limit.

SAANICH COMMONWEALTH PLACE

Engineering For Kids Vancouver Island

168504	Tu	Nov 3-Dec 8	4-5pm	6/$150

ENGINEERING - JR MECHANICAL
LET'S MAKE TOYS 5-7yrs

Gear up for an adventure into the wonders of mechanical engineering! Each week, our young engineers will apply the concepts of energy and motion to create fun toys and gadgets out of everyday materials. We can't wait to build with you.

SAANICH COMMONWEALTH PLACE

Engineering For Kids Vancouver Island

168502	Tu	Sep 22-Oct 27	4-5pm	6/$150

ENGINEERING - MECHANICAL
MASTER MACHINES 8-12yrs

Explore the fascinating forces behind the most magnificent machines! In this program, students will learn about the concepts that set the world's machines in motion through fun, hands-on engineering projects. Get the ball rolling by signing up today.

SAANICH COMMONWEALTH PLACE
Engineering For Kids Vancouver Island

168503	Tu	Sep 22-Oct 27	5:30-7pm	6/$168

LEGO ROBOTICS - SPIKE ESSENTIAL
BEGINNER LEVEL 6-9yrs

Create battlebots, animals, mini games, musicians, cars, helicopters, carnival rides, and so much more. Take your building skills to the next level while learning about motors, sensors, coding, and more! Program exciting interactive objects that move, react, and make sounds.

GORDON HEAD RECREATION CENTRE
LITTLUNIVERSE Education

167833	Sa	Sep 26-Nov 28	9:15-10:45am	10/$182

LEGO ROBOTICS MINDSTORMS EV3
ADVANCED LEVEL 8-14yrs

Rock and roll with an EV3 guitar, battle opponents with the ultimate Battlebot, organize bricks using the Colour Sorter Factory, train your pet dog, and so much more! Come and program exciting, advanced interactive objects that move, react, and make sounds.

GORDON HEAD RECREATION CENTRE
LITTLUNIVERSE Education

167836	Sa	Sep 26-Nov 28	12:45-2:15pm	10/$265

LEGO ROBOTICS SUMO BOTS
TOURNAMENT WORKSHOP 9-14yrs

Take your building and programming skills to a whole new level! You and two other participants will design, build, and program a sumo robot to compete in the tournament at Gordon Head Recreation Centre from 10am-3pm on December 19.

GORDON HEAD RECREATION CENTRE
LITTLUNIVERSE Education

167968	M,W,Sa	Dec 14-19	4-6:30pm	3/$120

LEGO ROBOTICS WEDO 2.0
INTERMEDIATE LEVEL 7-11yrs

Rock and roll with the guitarist, take a ride on the CH-47 Chinook helicopter, or run away from the mosasaurus from Jurassic World! Take your building skills to the next level while learning about motors, sensors, coding, and more. Program exciting interactive objects that move, react, and make sounds.

GORDON HEAD RECREATION CENTRE
LITTLUNIVERSE Education

167834	Sa	Sep 26-Nov 28	11am-12:30pm	10/$245

MINECRAFT MODDING
BEGINNER LEVEL 8-12 yrs

Woah, did you just take out the Ender Dragon with one hit? Transform the way you experience the game, learning how to mod by creating custom objects. Using Blockly coding, participants will program and test each mod they create, adding a new level of gameplay to their Minecraft experience.

GORDON HEAD RECREATION CENTRE
LITTLUNIVERSE Education

167837	Sa	Sep 26-Nov 28	2:45-4:15pm	10/$285

VIDEO GAME DESIGN - 2D PLATFORMER ED.
BEGINNER 10-14yrs

Don't just be a gamer, become a game developer! Participants will design their own 2D platformer-based video game. This program will help kids develop their creativity and turn their imaginations into reality. Each participant will get to take home their project at the end of the program.

GORDON HEAD RECREATION CENTRE
LITTLUNIVERSE Education

167860	M	Sep 21-Nov 30	6-7:30pm	10/$235

VIDEO GAME DESIGN 2D PLATFORMER ED.
ADVANCED LEVEL 10-14yrs

Become a game developer! Looking to challenge yourself in the world of programming? Participants will design a 2D platformer-based video game using Godot. Learn how to code using GDScript (similar to Python). Participants can put their game online and have family and friends play or even make it public.

GORDON HEAD RECREATION CENTRE
LITTLUNIVERSE Education

167862	W	Sep 23-Nov 25	6-7:30pm	8/$188

VIDEO GAME DESIGN 3D EDITION
ADVANCED LEVEL 10-14yrs

Don't just be a gamer, become a game developer! Participants will design a simple 3D arcade-style video game using some of the best game engine software out there — Godot. Participants can put their game online (HTML) so their friends and family can play it, or even make it public.

GORDON HEAD RECREATION CENTRE
LITTLUNIVERSE Education

167841	Sa	Sep 26-Nov 28	4:30-6pm	10/$245

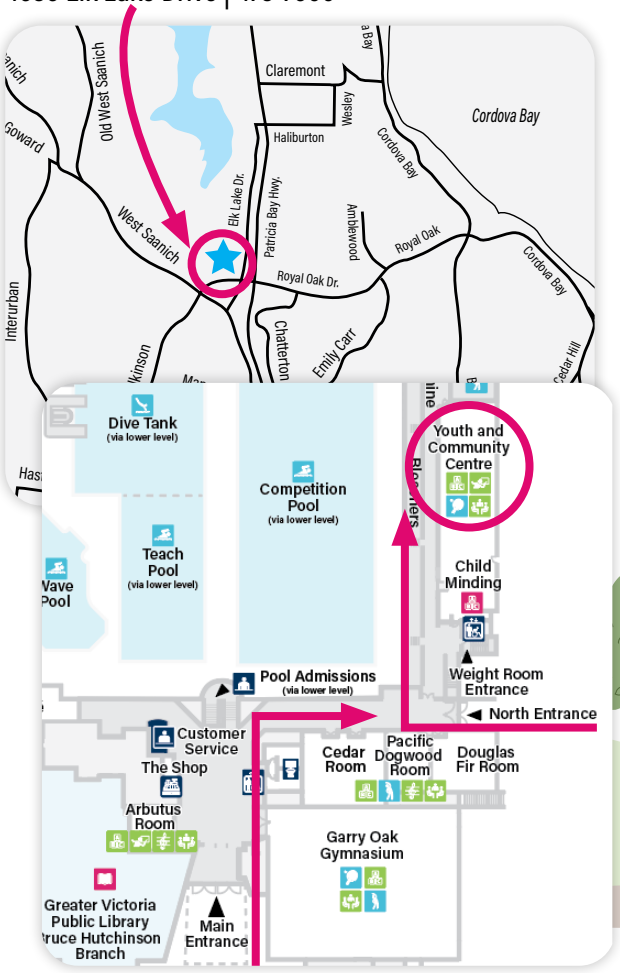
The
Youth Centre
at Saanich Commonwealth Place

10YRS+*



Come join us!

4636 Elk Lake Drive | 475-7600

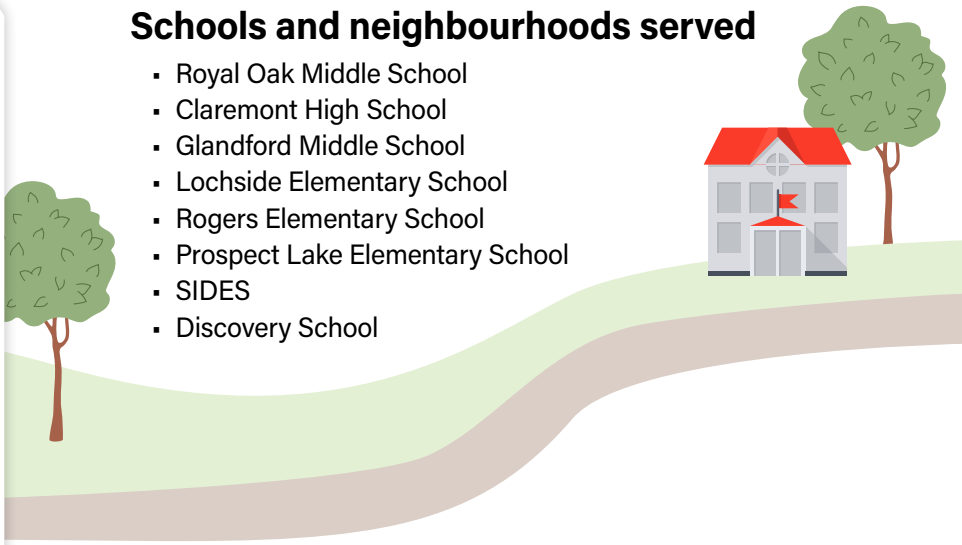


Amenities



- Ping Pong
- Pool
- Basketball Arcade
- X Box
- Fooseball
- Kitchen & Dining Area
- Art Corner
- Board Games
- 65" TV
- Sound Studio

Schools and neighbourhoods served



- Royal Oak Middle School
- Claremont High School
- Glandford Middle School
- Lochside Elementary School
- Rogers Elementary School
- Prospect Lake Elementary School
- SIDES
- Discovery School

Check out our **FAQ's**

Funding Support

All Saanich youth programs are inclusive

Saanich Commonwealth Place Weekly Youth Centre Schedule - Fall

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
LGBTQ2ia+ ART SOCIAL 3:30-5:30pm Click to view	**AFTER SCHOOL DROP IN** 3:30-6pm Click to view	**WYLD LEADERSHIP**	**DUNGEONS & DRAGONS** 4-6pm Click to view	**YOUTH BASKETBALL** 8:30-10pm Click to view		**FAMILY DROP-IN** Click to view
SOCIAL AND SWIM 6-8pm Click to view	**TEEN CRAFT LAB** 6:30-8:30pm Click to view	**YOUTH COOKING AND BAKING @ ROMS** 6:15-8:15pm Click to view	**DUNGEONS & DRAGONS** 6:30-8:30pm Click to view	**FRIDAY NIGHTS PIZZA, SWIMMING & MOVIE** 6-10pm Click to view	**KIDS NIGHT OUT SATURDAYS** 4:30-9:30 Click to view	
YOUTH BOOK CLUB 7-8:30pm Click to view				**WYLD LEADERSHIP**		



KIDS NIGHT OUT 4-10yrs
Calling all parents and guardians of children ages 4 - 10. Are you keen to have a date night, run errands or be in your home kid free for a few hours on a Saturday night? SCP is the place to be. Registration includes dinner, swimming, games, movies, toys, crafts, and endless fun. Program runs 4:30-9:30pm.

CLICK HERE TO REGISTER

PROGRAM SPOTLIGHT

SOCIAL AND SWIM 10-16yrs
Dive into an evening of games, activities and swimming! Enjoy crafting, painting, art, foosball, ping pong, baking and more, then, hop in the pool for a 30-minute swim lesson from a certified swim instructor followed by a one-hour free-swim. Lesson includes basic first aid and aquatic lifesaving components.



CLICK HERE TO REGISTER

FAMILY DROP-IN 5yrs+
Are you looking for something to do as a family on a Sunday afternoon? Look no further! Come and check out the youth centre at Saanich Commonwealth place. Enjoy a variety of board games, the pool table, foosball, basketball arcade, xbox, giant chess and so much more. Children ages 5+ are welcome to attend with a parent or guardian.

THE DETAILS

- This program runs on Sundays from 1-4pm
- To drop in, simply pay at the front desk and bring the receipt to the youth center attendant. The space is yours to enjoy.
- $10 - Includes 2 adults and up to 4 children
- Want to tag this activity on with a family swim?
  Pay $15.50 for a family swim (includes 2 adults and up to 4 children) and for just $5 extra, your family can enjoy the use of the youth centre as well during family drop in.

CLICK HERE TO REGISTER







The

Youth Centre

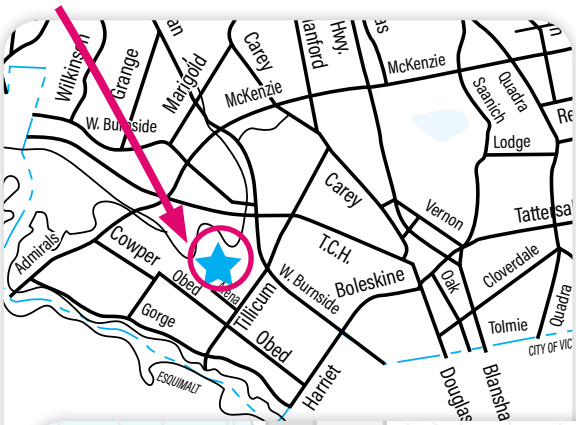
at Pearkes Recreation Centre

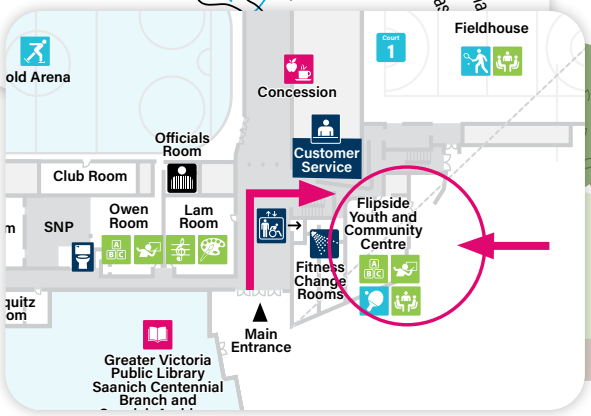
10YRS+



Come join us!

3100 Tillicum Road | 250-475-5400





Amenities

- Ping Pong
- Pool Table
- Foosball Table
- TV and PS5
- Kitchen and dining area
- Board Games
- Art Corner



Schools and neighbourhoods served

- Marigold Elementary
- Tillicum Elementary
- Colquitz Middle School
- Glanford Middle School
- Shoreline Middle School
- Spectrum Highschool



Check out our **FAQ's**

Funding Support

All Saanich youth programs are inclusive

Pearkes Recreation Centre Weekly Youth Centre Schedule - Fall

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
			HOMESCHOOLERS HOME WORK & SOCIAL SPACE 3-5pm Click to view		FLIPSIDE BIRTHDAY RENTALS AVAILABLE Click here for more information	
AFTER SCHOOL DROP-IN 3:15-5:15pm Click to view	AFTER SCHOOL DROP-IN 3:15-5:15pm Click to view	AFTER SCHOOL DROP-IN 3:15-5:15pm Click to view	AFTER SCHOOL DROP-IN 3:15-5:15pm Click to view	AFTER SCHOOL DROP-IN 3:15-4:45pm Click to view		
GIRLS ON THE GO! 6-8pm Click to view	MAGIC: THE GATHERING CLUB 6-8pm Click to view	ART HIVE YOUTH 6:30-8:30pm Click to view	2SLGBTQia+ SOCIAL 6-8pm Click to view	FLIPSIDE FRIDAYS 5-8pm		

In this program, participants get the chance to bake their favorite snacks, create cool crafts, and challenge their minds with board games and fun challenges. There's always something fun to dive into! When it's time to get active, we take it up a notch with ice skating, where the kids can skate, race, and show off their skills! Every week, we make sure the kids get a healthy meal, so they leave feeling full, fueled, and ready for the weekend.

SPECIAL EVENTS

YOUTH CHRISTMAS CRAFT MARKET AT G.R. PEARKES 10-17yrs

Calling all youth artists, jewelers, designers, crafters and makers! Join us for our annual Youth Christmas Craft Market that runs alongside other large, well attended craft shows.

CLICK HERE TO REGISTER FOR NOVEMBER 7

CLICK HERE TO REGISTER FOR NOVEMBER 8

PROGRAM SPOTLIGHT



FREE MAGIC: THE GATHERING CLUB 11-16yrs

Join the Magic Masters Youth Club, where young strategists and spellcasters unite to explore the enchanting world of Magic: The Gathering! Our club welcomes players of all skill levels to develop friendships and encourage creativity. Bring your own decks or borrow one of ours! Snacks and treats are provided.

G. R. PEARKES RECREATION CENTRE
164930 Tu Sep 22-Dec 15 6-8pm 12/FREE

NEW PROGRAMS!



YOUTH SPORTS ZONE 11-14yrs

New month, new sport, new challenge!
Learn new skills, compete in floor hockey, indoor soccer, dodgeball, kickball, pickleball, and more. Take on team challenges, play exciting games, and battle for championship glory—no experience necessary!

CLICK HERE TO REGISTER





Sports and fitness Click here

Advanced aquatics Click here

Youth skating Click here

The
Youth Centre
at Gordon Head Recreation Centre

10YRS+



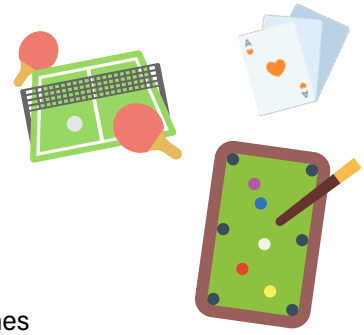
Come join us!

4100 Lambrick Way | 250-475-7100



Amenities

- Kitchen & Dining area
- Pool table
- Indoor ping pong
- Outdoor ping pong
- PS5 gaming system
- 65" TV
- Sports equipment
- Board games and card games
- Arts and crafts



Schools and neighbourhoods served

- Lambrick Park Secondary School
- Reynolds Secondary School
- Mount Douglas Secondary School
- Gordon Head Middle School
- Arbutus Global Middle School
- Cedar Hill Middle School
- Braefoot Elementary School
- Hillcrest Elementary School
- Doncaster Elementary School
- Torquay Elementary School
- Campus View Elementary School
- Lochside Elementary School



Check out our **FAQ's**

Funding Support

All Saanich youth programs are inclusive

Gordon Head Recreation Centre Weekly Youth Centre Schedule - Fall*

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
AFTER SCHOOL DROP-IN 3-5pm	**AFTER SCHOOL DROP-IN** 3-5pm	**AFTER SCHOOL DROP-IN** 3-5pm	**AFTER SCHOOL DROP-IN** 3-5pm	**AFTER SCHOOL DROP-IN** 1:30*-5pm	**ROOM/PARTY RENTALS AVAILABLE** Click here for more information	
AFTER SCHOOL DROP-IN: REGISTER FOR THE WHOLE YEAR HERE: 167747						
2SLGBTQIA+ SOCIAL DROP-IN *+ SNACKS* 6-8pm Click to view	**CRAFTERS AND BAKERS** 6-8pm **ROCK CLIMBING @CARSA** 7-8:30pm	**BOARD GAME CAFÉ AND SWIM** *+ SNACKS/DRINKS* 6-8pm NEW!	**FITTOK - YOUTH FITNESS, HEALTH AND WELLNESS GROUP** 6-8pm	**FRIDAY NIGHT SOCIAL** 5-9pm	**SPORTS NIGHT AND SWIM** 6-9pm NEW!	

*Closed on Pro D Days, STAT holidays and School District 61 holiday breaks

Swing by our supervised Friday Night Social Drop-In at Gordon Head Recreation Centre—a free, casual hangout where you can chill with friends, meet new people, and dive into a variety of awesome activities.

Sep 18	Welcome Back BBQ
Sep 25	Ping Pong Tournament
Oct 2	UNO + Mac N Cheese Night
Oct 9	Thanksgiving Community Dinner
Oct 16	Pumpkin Spice Everything Night
Oct 30	Halloween Costume Party!
Nov 6	Movie + Pizza Night
Nov 13	Pool Tournament
Nov 20	Breakfast for Dinner Night
Dec 4	Spa Theme Night
Dec 11	Gingerbread Cookie Decorating
Dec 18	Holiday Party!

SPECIAL EVENTS



MEXICAN COOKING WORKSHOP 11-17YRS

NOVEMBER 7

Learn to make authentic Mexican cuisine in this fun and engaging three course youth cooking workshop! Participants will make a main dish, side dish and a dessert with recipe cards to take home.

CLICK HERE TO REGISTER



KIDS COOKING ACADEMY: HOLIDAY BAKING

DECEMBER 5, 12

Spend time preparing special festive treats for the holidays! Projects include cookies, bars, and other delicious snacks. Fee includes all supplies and ingredients.

CLICK HERE TO REGISTER







Youth Programs

at Cedar Hill Recreation Centre

10YRS+



All Saanich youth programs are inclusive

Come join us!

Drop-in volleyball
Click here

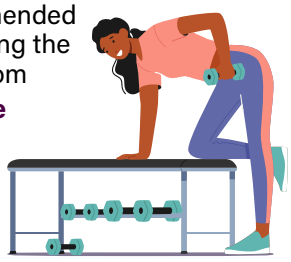
Amenities

- Weight Room
- Arts Centre
- Ceramics Studio
- Art Gallery and display spaces
- Café
- Indoor tennis courts
- Indoor squash courts
- Gymnasium

Schools and neighbourhoods served

- Cedar Hill Middle School
- Lansdowne
- Doncaster
- Reynolds

FREE WEIGHT ROOM ORIENTATIONS 13-15yrs
Familiarize yourself with our facility and get an overview of the basics of strength training. Safe use of equipment and etiquette are important to us. An orientation is recommended before using the weight room
Click here



ART HIVE YOUTH 12-18yrs
Explore art-making in a welcoming, relaxed environment. Experiment with a range of materials and be part of a creative community. You can bring your own supplies and works-in-progress or use our supplies.
Click here

CERAMICS – INDEPENDENT TEEN
Calling all teens who have taken a pottery class or camp and want to practice what you've learned. An instructor will guide skills, but what you make is up to you. Clay and firing included. Prerequisite: one teen or kids ceramic class or camp within the last year.
Click here

ART WORKSHOPS

HALLOWEEN DECORATIONS 10-15yrs
Have fun designing and creating awesome Halloween decorations. We will also play some fun games and feast on some Halloween treats.
Click here

HOLIDAY WREATHS 11-16yrs
Make a festive wreath for your family using boughs, bows and bling! Enjoy some hot chocolate and treats. All supplies provided but feel free to bring your own special embellishments and treasures.
Click here

PRINTMAKING LINO CUT CARDS 12-16yrs
Discover the possibilities with lino cut printmaking while creating your own unique hand-made cards or other creations. All tools and blank cards included.
Click here

WYLD Leadership Program

WYLD - Willing Youth Leading Diversely

GRADE 8+





Do you envision yourself as a leader in the community?

Do you enjoy working with people and on a team?



Check out our school year WYLD Program.

Sign up to be involved in a variety of special events, workshops, seminars and leadership courses.

- Special Event Crew
- Resume Building
- Interview Prep
- First Aid
- Team Building 101
- Beach Clean Up's
- Day Camp Leader Workshop
- Professional Communication Workshop

And SO MUCH MORE!

Upon registration, participants will receive an email with a schedule outlining the dates for programs listed above. Participants in this program will learn all of the necessary skills to be eligible to apply for our highly sought after WYLD Program.

To learn more about the program or to register **CLICK HERE**

Check out our **FAQ's**



See what our WYLD Leaders have to say about their leadership experiences!

CLICK HERE

WYLD Testimonials

The WYLD Program has allowed me so many opportunities through high school and post-secondary application. I learned a lot about myself an what it takes to be a leader and oversee my learning. I have a job with The District of Saanich now because I was able to apply all my learning into my everyday life. – *Ashlyn*

When I started the WYLD program, I was shy. This program helped me build my confidence and believe in myself. I also was able to meet with a mentor and learn skills that I was not taught at school that helped me reach my goals. – *Zach*

My child blossomed while completing the WYLD program. I was able to watch them become independent in their communication and achieve the goals they had set for themselves. The mentors truly cared about my teen and helped them develop professional skills for their future. – *Jennifer, WYLD Leader Parent*

Adult

16YRS+

Explore a new hobby or skill, connect with others, or reach for your goals — our Adult programs have you covered! From arts and music to dance, sports, and martial arts, these programs are a fun and welcoming way to try diverse activities that keep you involved, learning, and energetic.

QUICK LINKS

- ARTS - CERAMICS
- ARTS - DANCE, MUSIC & THEATRE
- ARTS - LITERARY
- ARTS - VISUAL ARTS
- SPORTS
- TRAINING & EDUCATION



GENERAL REGISTRATION
August 12, 6am



LOOKING FOR MORE?
- health and fitness classes
- drop-in classes
- racquet sports

ARTS - CERAMICS

CERAMICS - BEGINNER BASICS

A foundational class for those with little to no experience. Learn simple hand-building skills such as pinching, coil-building and slab work. Includes a brief intro to throwing on the potter's wheel. Materials included. Must be a beginner (no more than two previous classes).

CEDAR HILL RECREATION CENTRE

167251	Tu	Sep 8-Oct 13	7-9pm	6/$213
167250	W	Sep 9-Oct 21	10:30am-12:30pm	6/$213
167248	Sa	Sep 12-Oct 17	6:30-8:30pm	6/$213
167249	Su	Sep 13-Oct 18	3:30-5:30pm	6/$213
167308	W	Oct 28-Dec 9	7-9pm	6/$213
167291	F	Oct 30-Dec 11	10:30am-12:30pm	7/$241
167310	Sa	Oct 31-Dec 12	6:30-8:30pm	7/$241
167311	Su	Nov 1-Dec 13	3:30-5:30pm	7/$241

CERAMICS - GLAZE

This supervised glaze class is for currently registered studio users looking for glaze guidance from one of our regular instructors or wishing to finish glazing work made in one of the summer adult classes, open studio or workshops. Bring your own bisque. All bisque must have been made in our studio.

CEDAR HILL RECREATION CENTRE

167988	Tu	Oct 20	7-9pm	$28
167989	Th	Oct 22	7-9pm	$28
167990	F	Oct 23	10:30am-12:30pm	$28
167977	Tu	Dec 15	7-9pm	$28
167979	W	Dec 16	10:30am-12:30pm	$28
167978	Th	Dec 17	7-9pm	$28

CERAMICS - HANDBUILDING BASICS

Discover the possibilities of working with clay beyond the wheel. Learn hand-building skills to create unique functional and sculptural forms. Explore texture and surface decoration. Appropriate for all levels of experience. Materials included.

CEDAR HILL RECREATION CENTRE

167255	W	Sep 9-Oct 21	7-9pm	6/$213
167299	Su	Nov 1-Dec 13	6:30-8:30pm	7/$241

CERAMICS - INDEPENDENT MULTI-LEVEL

A multi-level open project class for those with some experience looking for guidance. This class is self-directed, so come with ideas in mind. Must have basic clay experience. Materials included.

CEDAR HILL RECREATION CENTRE

167246	Sa	Sep 12-Oct 17	3:15-5:15pm	6/$213
167309	Th	Oct 29-Dec 10	7-9pm	7/$241

CERAMICS OPEN STUDIO ORIENTATION

This orientation is mandatory for new participants to gain independent access to the ceramics studio. Only for newly registered open studio participants. Please secure registration in a ceramics open studio program before registering for an orientation.

CEDAR HILL RECREATION CENTRE

167971	F	Sep 4	1-2pm	$17
167972	Sa	Sep 5	2-3pm	$17
167973	Su	Sep 6	12-1pm	$17
167991	F	Oct 23	1-2pm	$17
167992	Sa	Oct 24	2-3pm	$17
167993	Su	Oct 25	12-1pm	$17

CERAMICS - OPEN STUDIO

Registered open studio time gives you access to ceramics equipment, tools, and glazes. Develop your technique alongside others. Prerequisite: two 8+ week classes (30+ hours). One registration per session per person

CEDAR HILL RECREATION CENTRE

STUDIO A				
167218	M,Th	Sep 10-Oct 15	7-10am	10/$240
167280	M,Th	Oct 26-Dec 10	7-10am	14/$336
STUDIO B				
167219	Tu,F	Sep 8-Oct 16	7-10am	12/$288
167281	Tu,F	Oct 27-Dec 11	7-10am	14/$336
STUDIO C				
167220	Tu,Th	Sep 8-Oct 15	10:30am-1pm	12/$240
167282	Tu,Th	Oct 27-Dec 10	10:30am-1pm	14/$280
STUDIO D				
167221	Tu,Th	Sep 8-Oct 15	1:30-4pm	12/$240
167283	Tu,Th	Oct 27-Dec 10	1:30-4pm	14/$280
STUDIO E				
167222	W,F	Sep 9-Oct 16	1-3:30pm	11/$220
167284	W,F	Oct 28-Dec 11	1-3:30pm	13/$260
STUDIO F				
167223	Sa	Sep 12-Oct 17	8:30am-12:30pm	6/$192
167285	Sa	Oct 31-Dec 12	8:30am-12:30pm	7/$224
STUDIO G				
167225	Su	Sep 13-Oct 18	8:30am-12pm	6/$168
167286	Su	Nov 1-Dec 13	8:30am-12pm	7/$196
STUDIO H				
167227	M	Sep 14-Oct 19	4:30-9pm	5/$180
167287	M	Nov 2-Dec 14	4:30-9pm	7/$252

CERAMICS - SCULPTURE BASICS

In this multi-level class, participants use a variety of building techniques to design and create sculptural items. This course will introduce the possibilities of slab, coil and pinching and explore surfacing and finishing techniques. Materials included.

CEDAR HILL RECREATION CENTRE

167256	Th	Sep 10-Oct 15	7-9pm	6/$213

CERAMICS - WHEEL BASICS

A foundational wheel-throwing class for beginners who want to learn how to throw clay on the wheel. Work on centering, consistency, and basic shapes like bowls and cylinders. Basic trimming and glazing techniques covered. Clay included. Prerequisite: one beginner class (or similar)

CEDAR HILL RECREATION CENTRE

167244	F	Sep 11-Oct 16	10:30am-12:30pm	6/$213
167258	Su	Sep 13-Oct 18	6:30-8:30pm	6/$213
167302	Tu	Oct 27-Dec 18	7-9pm	7/$241
167301	W	Oct 28-Dec 9	10:30am-12:30pm	6/$213

ARTS - DANCE, MUSIC & THEATRE

ADULT PIANO SEMI-PRIVATE

Have you always wanted to learn piano but never had a chance, or want to revisit your pianistic skills again? This is the class for you!

GORDON HEAD RECREATION CENTRE

PJ Music Studio

168311	W	Sep 16-Oct 28	6:30-7pm	6/$177
168312	Th	Sep 17-Oct 29	6:30-7pm	6/$177
168313	W	Nov 4-Dec 16	6:30-7pm	6/$177
168314	Th	Nov 5-Dec 17	6:30-7pm	6/$177
168315	W	Sep 16-Oct 28	7-7:30pm	6/$177
168316	Th	Sep 17-Oct 29	7-7:30pm	6/$177
168317	W	Nov 4-Dec 16	7-7:30pm	6/$177
168318	Th	Nov 5-Dec 17	7-7:30pm	6/$177

AFRO DANCE WORKSHOP

Explore the unique energy, cultural richness, and expressive movement of diverse African dance forms. Develop body awareness, connect with urban and traditional rhythms, experiment with body isolations, and gain confidence to step out of your comfort zone, let go, and move freely.

CEDAR HILL RECREATION CENTRE

Tajah Olson

168090	Su	Sep 20, 27	2:30-4pm	2/$22

BALLET - BEGINNER LEVEL 1

Learn ballet basics while focusing on strengthening your whole body in a slower paced class. Improve technique, mobility, and grace. Class includes barre, guided floor stretch and strength, cross-floor and centre movement. Beginners welcome (0-2 years dance experience). Lower-impact accommodations can be made.

CEDAR HILL RECREATION CENTRE

ArtsCalibre Academy

164207	Th	Sep 17-Dec 17	5:45-6:45pm	14/$168

BALLET - BEGINNER LEVEL 2

This class is designed for participants who have completed our Beginner Level 1 class or have some prior experience with ballet basics. We will focus on refining technique, increasing strength and flexibility, and introducing more complex movements and combinations.

CEDAR HILL RECREATION CENTRE

ArtsCalibre Academy

164208	Th	Sep 17-Dec 17	6:45-7:45pm	14/$168

BALLET - LEVEL 3

Strengthen and develop your existing ballet skills while getting a great stretch and workout in an enjoyable environment. Focus on increasing flexibility, strength and ballet vocabulary. Suitable for those that have completed 5 years or more of ballet.

CEDAR HILL RECREATION CENTRE

ArtsCalibre Academy

164209	Th	Sep 17-Dec 17	7:45-8:45pm	14/$168

BALLET - SILVER SLIPPERS 55yrs+

A welcoming ballet class for adults 55+ blending gentle movement, strength, flexibility and expression. Improve posture, balance and mobility in a supportive space. Perfect for beginners or those returning to dance and embracing the joy of movement.

CEDAR HILL RECREATION CENTRE

Evv Kaufman

167986	Su	Sep 13-Nov 1	12-1pm	7/$84
167987	Su	Nov 8-Dec 13	12-1pm	6/$72

LINE DANCING - CORDOVA BAY 55+

Learn basic dance patterns and put them together into a line dance. This course is ideal for those who are familiar with some basic steps and not recommended if you have no prior line dance experience. Drop-in available, $9/session. A partner is not required.

CORDOVA BAY 55 PLUS ASSOCIATION

Vicky McCulloch

164591	F	Sep 11-Oct 23	10:15-11:30am	7/$60
164592	F	Oct 30-Dec 11	10:15-11:30am	7/$60

NULINE DANCING - NEW BEGINNERS

Learn a variety of routines for all music genres: Latin, jazz, rock and more. Enjoy a low-impact physical and mental workout while learning to dance. No experience or partner necessary.

CEDAR HILL RECREATION CENTRE

Joe Archer

164194	Tu	Sep 8-Oct 27	7:30-9pm	8/$90
164195	Tu	Nov 3-Dec 15	7:30-9pm	7/$79
164196	Th	Sep 10-Oct 29	2:45-4:15pm	8/$90
164197	Th	Nov 5-Dec 17	2:45-4:15pm	7/$79

NULINE DANCING - LEVEL 1

Learn a variety of dance routines for all music genres while enjoying a low-impact physical and mental workout. This program is designed for those who have completed two or more sessions of a beginner line dance class and are ready to learn more advanced dances and steps at a comfortable pace.

CEDAR HILL RECREATION CENTRE

Joe Archer

164190	W	Sep 9-Oct 28	7:30-9pm	7/$79
164191	W	Nov 4-Dec 16	7:30-9pm	6/$68

NULINE DANCING - LEVEL 2

Learn a variety of dance routines danced for all music genres while enjoying a low-impact physical and mental workout. This program is designed for those who have completed three sessions of the Level 1 class and are ready to learn some exciting new dances with more difficult moves.

CEDAR HILL RECREATION CENTRE

Cindy Archer

164192	Th	Sep 10-Oct 29	1-2:30pm	8/$90
164193	Th	Nov 5-Dec 17	1-2:30pm	7/$79

GORDON HEAD RECREATION CENTRE

Joe Archer

165774	M	Sep 14-Oct 26	7:30-9pm	6/$68
165775	M	Nov 2-Dec 14	7:30-9pm	7/$79
165776	F	Sep 11-Oct 30	7-8:30pm	7/$79
165777	F	Nov 6-Dec 18	7-8:30pm	7/$79

NULINE DANCE JAMBOREE
An afternoon of dancing for experienced Nuline dancers. No lesson will be given. Rather, this is a time to dance together and socialize. Feel free to bring finger food to share.

CEDAR HILL RECREATION CENTRE

Joe Archer

164189	Sa	Nov 28	1-4pm	$15

SEATED DANCE
This fun, energetic class is designed for participants of all abilities. Taught from a seated position, this class includes 45 minutes of dancing, followed by 15 minutes of social time. Suitable for all fitness levels.

CEDAR HILL RECREATION CENTRE

Embrace Arts Foundation

164243	Th	Sep 17-Nov 19	3-4pm	10/$115

SEMI-PRIVATE ADULT GUITAR
Have you always wanted to learn guitar? Discover reading music, learn to tune and hold your guitar like a pro, and master basic strumming and picking patterns and easy melodies that will amaze your family and friends and have you grooving to the beat in no time!

GORDON HEAD RECREATION CENTRE

PJ Music Studio

168190	M	Sep 14-Nov 2	6-6:30pm	6/$153
168191	M	Nov 9-Dec 14	6-6:30pm	6/$153
168192	M	Sep 14-Nov 2	6:30-7pm	6/$153
168194	M	Nov 9-Dec 14	6:30-7pm	6/$153

SOCIAL BALLROOM DANCE
Put your dance lessons to work! These ballroom dances are fun, friendly and inclusive - all dancers are welcome. Featuring complimentary refreshments, door prizes, and a fabulous selection of the best ballroom, Latin, and swing dance music. Programs start with a one-hour workshop on a new dance, followed by general dancing.

SAANICH COMMONWEALTH PLACE

E & R Ballroom Dance

163764	Sa	Sep 26	7-9:45pm	$15
163765	Sa	Nov 28	7-9:45pm	$15

SOCIAL BALLROOM DANCE - PRE-BRONZE
A full-year course for individuals who have completed Level 3. The course will cover new dance figures and focus on enhancing overall dancing quality. The samba and quickstep will also be introduced.

SAANICH COMMONWEALTH PLACE

E & R Ballroom Dance

164482	Su	Sep 27-Nov 29	4-5:10pm	9/$140

SOCIAL BALLROOM DANCE - BRONZE
The next level after pre-bronze is a year-long course that introduces new steps and the technical skills required to master these figures, emphasizing the importance of both our dancing ability and the dances we perform.

SAANICH COMMONWEALTH PLACE

E & R Ballroom Dance

164474	Su	Sep 27-Nov 29	5:15-6:25pm	9/$140

SOCIAL BALLROOM DANCE - BEYOND BRONZE
A challenging full-year course for those who have completed bronze. More intricate figures will be introduced along with increased emphasis on technique and style.

SAANICH COMMONWEALTH PLACE

E & R Ballroom Dance

164473	Su	Sep 27-Nov 29	6:30-7:40pm	9/$140

SOCIAL BALLROOM DANCE - LEVEL 1
Our most popular ballroom course, this program introduces popular ballroom dances including the waltz, foxtrot, tango, cha-cha and jive. A fun, social activity you'll be able to enjoy for the rest of your life, with many physical and mental benefits. Perfect for beginners or as a refresher.

SAANICH COMMONWEALTH PLACE

E & R Ballroom Dance

164476	Su	Sep 27-Dec 6	4-5pm	9/$135

SOCIAL BALLROOM DANCE - LEVEL 2
Level 1 figures will be reviewed before the introduction of new material, combined with style and technique tips to help you look and feel your best on the dance floor.

SAANICH COMMONWEALTH PLACE

E & R Ballroom Dance

164478	Su	Sep 27-Dec 6	5:05-6:05pm	9/$135

SOCIAL BALLROOM DANCE - LEVEL 3
Level 2 figures will be reviewed before we introduce new figures in all six dances, combined with style and technique tips. Samba and/or quickstep may be introduced.

SAANICH COMMONWEALTH PLACE

E & R Ballroom Dance

164480	Su	Sep 27-Dec 6	6:10-7:10pm	9/$135

SOCIAL BALLROOM, LATIN AND SWING DANCE - LEVEL 1
Improve your mental, physical and social well-being through the art of dance. We offer a fun, friendly, and all-inclusive environment in which to learn the basics of popular dance styles such as waltz/foxtrot, rhumba/cha-cha, and jive. All types of couples are welcome, and if you are a solo in need of a partner, please get in touch well ahead of time.

GORDON HEAD RECREATION CENTRE

E & R Ballroom Dance

167079	F	Sep 25-Nov 27	8:10-9:05pm	10/$135

SOCIAL BALLROOM, LATIN AND SWING DANCE - LEVEL 2
Build on the basics that you learned in Level 1 through the addition of new material to add interest and variety to your repertoire, along with styling and technique tips to improve the overall quality of your dancing. All types of couples are welcome, and if you are a solo in need of a partner, please get in touch well ahead of time.

GORDON HEAD RECREATION CENTRE

E & R Ballroom Dance

167080	F	Sep 25-Nov 27	7:15-8:10pm	10/$135

UKULELE - BEGINNERS

The "Uke" is making a comeback! It's fun, affordable, and easy to play. This course is for folks who are new to playing the ukulele and who have little to no musical experience. Join our group as we learn to strum basic chords and sing popular songs. Uke can do it!

SAANICH COMMONWEALTH PLACE

164486	Th	Sep 24-Nov 12	6-7pm	8/$95

MUSIC - UKULELE

Refresh your chords, learn new ones, and make your ukulele sing with awesome stumming exercises! Open to beginners or experienced uke players. Want to join us on another strumming instrument? Bring it along!

CEDAR HILL RECREATION CENTRE

Community Drums Music Studios

168652	F	Sep 11-Oct 30	10:30-11:30am	8/$120
168653	F	Nov 6-Dec 11	10:30-11:30am	6/$90

UKULELE - CONTINUING

This class is designed for those who have taken the Beginner's course already, or who have some experience with the basics and would like to continue expanding their repertoire.

SAANICH COMMONWEALTH PLACE

164487	Th	Sep 24-Nov 12	7:15-8:15pm	8/$95

ARTS - LITERARY

WRITING - A PAGE FROM MY LIFE

Capture a page (or two!) from your life's story. Together we'll focus on writing short snapshots from your own life - from childhood memories to favourite firsts to ordinary days that turned extraordinary. Just bring a pen and your memories.

CEDAR HILL RECREATION CENTRE

Monika Davies

167754	Su	Nov 1	2-4pm	$32

WRITING - PROJECT UFO

Our mission: tackle our UFOs — unfinished objects! Bring your stalled writing project(s) and join a community of fellow scribblers who also want to build creative momentum. Each week, we'll set gentle intentions, share and celebrate our progress, and write, write, write together.

CEDAR HILL RECREATION CENTRE

Monika Davies

167752	F	Sep 11-Oct 16	7-8:30pm	6/$120

WRITING - STORY STARTS

Get creatively energized with this joyful and easygoing workshop for beginner writers or anyone looking to stretch their creative writing muscles. Together we'll learn the building blocks for a memorable story - from story spines to motivated characters to immersive settings.

CEDAR HILL RECREATION CENTRE

Monika Davies

167753	Th	Nov 5-19	6:30-8:30pm	3/$95

WRITING STORIES FOR CHILDREN

Discover how to write big stories for little readers. Together we'll write lively short stories while learning the art of active characters, the fearless details that delight young readers, and how to "write up, not down" to kids.

CEDAR HILL RECREATION CENTRE

Monika Davies

167756	Su	Nov 29	2-4pm	$32

ARTS - VISUAL ARTS

ART HIVE 55

Explore art and craft making in this relaxed, supportive and social environment! Experiment with diverse available materials or bring your own supplies and works in progress. No experience required.

CEDAR HILL RECREATION CENTRE

April Caverhill

163212	F	Sep 18-Oct 30	10-11:30am	12/$19.50
163213	F	Nov 6-Dec 11	10-11:30am	10/$16.25

ART OPEN STUDIO ORIENTATION

This orientation is mandatory for new participants to gain independent access to the painting studio. Only for first-time Art Open Studio users. Please register in an Art Open Studio program before registering for an orientation.

CEDAR HILL RECREATION CENTRE

167974	F	Sep 4	12-12:30pm	$12
167975	Sa	Sep 5	1-1:30pm	$12
167976	Su	Sep 6	2-2:30pm	$12

ART OPEN STUDIO

Shared independent painting studio time including table, easel and communal drying racks. You may register for multiple programs. New participants require an orientation before the first session. See the current programming to register. If you require storage, please register separately.

CEDAR HILL RECREATION CENTRE

STUDIO A

167315	Tu	Sep 8-Dec 8	8:30am-12:30pm	13/$260

STUDIO B

167316	W	Sep 9-Dec 9	1-5pm	12/$240

STUDIO C

167317	Th	Sep 10-Dec 10	8:30am-12:30pm	14/$280

STUDIO D

167318	Th	Sep 10-Dec 10	1-5pm	14/$280

STUDIO E

167319	Sa	Sep 12-Dec 12	8:30am-12:30pm	14/$280

FREE ART OPEN STUDIO STORAGE

Registration includes a vertical slot for storage of canvases and shelf space for paints and other materials. To register, you must be enrolled in an open studio block for the same term. Storage is limited; first-come, first-served. All storage must be cleaned out at the end of the session.

CEDAR HILL RECREATION CENTRE

167911		Sep 8-Dec 12		FREE

ART SAMPLER FOR BEGINNERS

New to art making? Try out a different medium each week. From painting and drawing to printmaking, Natalie provides a fun and encouraging environment for learning and experimentation. All supplies included!

CEDAR HILL RECREATION CENTRE

Natalie Shumka

168231	Th	Sep 17-Nov 19	1-3:15pm	9/$284

ART THERAPY FOR WOMEN 50yrs+
Explore your strengths, challenges and life transformations through creative expression and meaning-making alongside art therapist Anne-Marie Fortin. Creative processes connect you with your inner wisdom and help you discover new ways to frame your life's narrative. All materials provided; no art experience required.

CEDAR HILL RECREATION CENTRE

167835	Tu	Sep 15-Oct 20	6:30-8:30pm	6/$180

ART WORKSHOP - FLAT-FELTING
Enjoy learning the basics of flat felting. Create an artistic image needle-felted onto fabric and framed within an embroidery hoop. A selection of designs will be available, or you can create your own design. All materials provided.

SAANICH COMMONWEALTH PLACE

Francesca Daoust

168415	Su	Nov 15	1-5pm	$100

DRAWING - BEGINNERS
Learn to demystify the art of drawing. Instructor Belle Perez de Tagle will guide you through this introductory course to help you learn the basics needed to improve your drawing skills.

SAANICH COMMONWEALTH PLACE

Belle Perez De Tagle

164379	Th	Sep 24-Oct 29	3:15-5pm	6/$110
164546	Th	Nov 5-Dec 17	3:15-5pm	7/$129

FIBRE ARTS - HAND STITCHED LANDSCAPES
We will use bits of fabric and a few simple hand stitches to create small landscapes. Let's explore texture, colour and simple stitch to make evocative scenes - sunsets, seascapes, forest or mountain environments. All materials provided, no experience necessary.

CEDAR HILL RECREATION CENTRE

Nora Ready

167839	Su	Oct 4	1:30-4:30pm	$45

FIBRE ARTS - HOLIDAY ORNAMENTS
Using wool felt and Perle cotton threads, we will make an array of festive ornaments to gift, or to adorn a tree or home such as mini trees, winter animals, and gingerbread people. Simple stitch instruction will be given. All materials provided.

CEDAR HILL RECREATION CENTRE

Nora Ready

167840	Su	Dec 6	1:30-4pm	$38

FIBRE ARTS - TINY STITCH POTS
Using simple hand stitching, a mindful approach and small pieces of fabric, we will make small stitch pots. Participants will be able to create one or two unique hand stitched vessels. Great to gift or keep as a personal treasure. All materials provided.

CEDAR HILL RECREATION CENTRE

Nora Ready

167838	Su	Sep 13-20	1:30-4:30pm	2/$90

HOBBIT DOOR ORNAMENT WORKSHOP
Step into the Shire and craft your own Hobbit Door ornament! In this hands-on class, you'll design a 3-inch round door, perfect for decorating your home or gifting to Tolkien fans.

G. R. PEARKES RECREATION CENTRE

168127	F	Oct 2	7-8:30pm	$25
168130	F	Nov 13	7-8:30pm	$25

INTRO TO SEWING
Build essential sewing skills, from threading the machine to sewing seams and finishing edges. Practice with simple projects while learning to use basic tools and techniques. All supplies included. Four machines available to use. Bring a machine if you have one.

CEDAR HILL RECREATION CENTRE

Brenda Scott

168444	W	Oct 7-21	6:45-8:45pm	3/$180

JEWELLERY - SEA GLASS PENDANTS WORKSHOP
Make your own sterling silver sea glass pendant in this beginner-friendly workshop. Choose from a curated collection of beach glass, shape and solder silver circles to adorn your piece, then polish and finish it with a sterling silver chain. All supplies are included.

CEDAR HILL RECREATION CENTRE

Evenflow Studios

168675	M	Sep 28	10:30am-1:30pm	$160

JEWELLERY - SILVER STACKING RINGS WORKSHOP
Learn to make two silver stacking rings in this beginner class. Learn to size your finger, develop basic silversmith and soldering skills, and become familiar with studio safety, torch use, texturing, and finishing techniques. All supplies are included.

CEDAR HILL RECREATION CENTRE

Evenflow Studios

167982	Su	Sep 27	10am-1pm	$93

JEWELLERY - SILVER WIDE STACKING RING WORKSHOP
Learn to make a set of stacking rings - one wide and one fine - in this beginner class. Learn to size your finger, develop basic silversmith and soldering skills, and become familiar with studio safety, torch use, texturing, and finishing techniques. All supplies are included.

CEDAR HILL RECREATION CENTRE

Evenflow Studios

167983	Su	Sep 27	2-5pm	$118

PAINTING - BEGINNER ACRYLICS
Learn painting in an easy and fun class that gets results. No lesson is too frustrating or hard for anyone. Learn drawing, colour mixing and brush stroke techniques. Progress quickly and enjoy the art of acrylic painting. All essential supplies are included in the program fee.

SAANICH COMMONWEALTH PLACE

Belle Perez De Tagle

164393	Tu	Sep 22-Oct 27	1:15-3pm	6/$110
164554	Tu	Nov 3-Dec 15	1:15-3pm	7/$129

PAINTING - BEGINNER OILS
This beginner-friendly course teaches the essentials of oil painting, including color mixing, brush strokes, and material setup. Through manageable still-life and landscape projects, you'll gain hands-on techniques and create fine art to take home, enhancing your creativity along the way.

SAANICH COMMONWEALTH PLACE

Belle Perez De Tagle

164394	F	Sep 25-Oct 30	1:15-3pm	6/$110
164556	F	Nov 6-Dec 18	1:15-3pm	7/$129

PAINTING - BEGINNER WATERCOLOURS

Learn the basics of colour mixing and brushwork as you paint along with easy-to-follow instructions. Begin layering washes to make objects appear three-dimensional and learn how to create highlights and shadows. You'll quickly gain confidence with this enjoyable, stress-relieving medium.

SAANICH COMMONWEALTH PLACE

Belle Perez De Tagle

164395	Tu	Sep 22-Oct 27	3:15-5pm	6/$110
164555	Tu	Nov 3-Dec 15	3:15-5pm	7/$129

PAINTING - BRINGING STILL LIFE TO LIFE

Learn to see everyday objects in a new way, while strengthening your skills in colour mixing and composition in acrylics or oils. Find inspiration in the artwork of Mary Pratt, Georgia O'Keefe, the Dutch Masters and more. Supply list online.

CEDAR HILL RECREATION CENTRE

Natalie Shumka

168416	Th	Nov 19-Dec 10	1-3:15pm	4/$97

PAINTING - INTRO TO WATERCOLOURS

Welcome to the wonderful world of watercolours! Grow your technical skills and knowledge while exploring a variety of subjects from architecture and still life to boats and flowers. Learn about colour mixing and layering, as well as incorporating ink and sketching. All supplies included.

CEDAR HILL RECREATION CENTRE

Peter Loebel

166084	Su	Oct 18-Nov 22	9:30am-12pm	6/$201
166086	W	Oct 14-Nov 18	1-3:30pm	5/$201

PAINTING - SOCIAL STUDIO WITH NATALIE SHUMKA

Bring your supplies and enjoy painting in a casual, friendly group setting. In this self-directed class you will receive personalized mentoring, technical assistance and demonstrations from the instructor. Previous painting experience recommended. Suggested supply list online.

CEDAR HILL RECREATION CENTRE

Natalie Shumka

168228	Tu	Sep 15-Oct 27	9:30-11:45am	7/$169
168229	Tu	Nov 3-Dec 15	9:30-11:45am	7/$169

PAINTING WORKSHOP - MUSHROOMS IN WATERCOLOUR

Learn to capture the character of a variety of mushrooms using the translucent medium watercolours. Work directly from what is local and seasonally available. Previous painting experience recommended. Supply list online, or purchase supplies for $20. Call the programmer at 250-475-7127 by Oct 15 to request.

CEDAR HILL RECREATION CENTRE

Bryony Wynne-Jones

166898	Sa	Oct 24	1:30-5pm	$38

PAINTING WORKSHOP - SEASONAL CARDS IN WATERCOLOUR

Four blank cards included. Previous painting experience recommended. Supply list online, or purchase the use of painting supplies for $20. Call the programmer by Nov 14 at 250-475-7127 by to request.

CEDAR HILL RECREATION CENTRE

Bryony Wynne-Jones

166900	Sa	Nov 21	1:30-5pm	$45

SCULPTURE - PAPER CASTING

Learn to cast hollow sculptural forms using paper pulp. Discover a variety of techniques for working with this versatile medium. Finish the class with several unique artworks.

CEDAR HILL RECREATION CENTRE

Anisa Skuce

168418	Tu	Nov 17-Dec 8	7-8:30pm	4/$90

SEW A CHRISTMAS STOCKING

Sew a festive Christmas stocking while learning basic sewing techniques. Personalize your stocking with fabric choices and decorative details. Perfect for beginners. All materials and equipment provided.

CEDAR HILL RECREATION CENTRE

Brenda Scott

168446	W	Dec 9	6:45-8:45pm	$40

SEW A SIMPLE CAPE

Create a fun Halloween cape while learning basic sewing skills like cutting, pinning, and hemming. Ideal for beginners, this step-by-step workshop will result in a wearable cape. Bring your own fabric and thread. Four machines available; bring your own machine if you have one.

CEDAR HILL RECREATION CENTRE

Brenda Scott

168445	W	Oct 28	6:45-8:45pm	$40

THE ART OF WOODBURNING

Learn the wonderful art of pyrography, or woodburning, which lets you create beautiful pieces with just one amazing tool: the woodburning pen. No previous art experience is required. Unleash your creative energies and ignite the flame to start "writing with fire". Start woodburning today!

SAANICH COMMONWEALTH PLACE

Belle Perez De Tagle

164484	F	Sep 25-Oct 30	3:15-5pm	6/$108
164553	F	Nov 6-Dec 18	3:15-5pm	7/$126

UGLY CHRISTMAS SWEATER WORKSHOP

This beginner-friendly ugly Christmas sweater workshop makes getting started easy and fun. Follow simple steps, experiment with decorations,and enjoy a relaxed, creative atmosphere. Bring your own sweater to decorate. All other materials provided.

Brenda Scott

G. R. PEARKES RECREATION CENTRE

168121	F	Nov 6	7-9pm	$40
168124	Su	Nov 22	7-9pm	$40

GORDON HEAD RECREATION CENTRE

167671	Tu	Oct 6	7-9pm	$40
167675	Su	Nov 15	9-11am	$40

WORKSHOP - INTRO TO LEATHERWORK

Learn to sew leather by creating a simple wallet, and set snaps on a key clip. All materials provided.

CEDAR HILL RECREATION CENTRE

RadJuli Designs

164559	Th	Sep 24	6:45-8:45pm	$35
164561	Th	Oct 8	6:45-8:45pm	$35

SPORTS - ARCHERY

ARCHERY - BEGINNER

Always wanted to shoot a bow and arrow? Learn basic archery skills and fundamental mechanics. A great opportunity to meet new people and enjoy this popular sport. All equipment supplied.

SAANICH COMMONWEALTH PLACE
Victoria Bowmen Association

164337	Su	Sep 27-Nov 15	11am-12pm	7/$122

ARCHERY - CONTINUING

Comfortable with the basics? This is your chance to improve your skills and mechanics and practice, practice, practice! All equipment will be supplied. A great way to develop your accuracy and technique.

SAANICH COMMONWEALTH PLACE
Victoria Bowmen Association

164338	Su	Sep 27-Nov 15	12-1pm	7/$122

SPORTS - MARTIAL ARTS

UESHIBA AIKIDO - ADULT - MIXED LEVELS 14yrs+

Practice a peaceful approach to self-defence. Learn unarmed techniques, aiki-ken, aiki-jo, and disarming techniques. Enrollment is continuous, with the grading structure based on Aikikai Hombu Dojo, Japan.

GORDON HEAD RECREATION CENTRE
Rafael Oei

167771	Tu	Sep 8-Oct 27	6-7pm	8/$110
167772	Tu	Nov 3-Dec 15	6-7pm	7/$96
167802	Th	Nov 5-Dec 17	6-7pm	7/$96
167805	Th	Sep 10-Oct 29	6-7pm	8/$110

SPORTS - VOLLEYBALL

VOLLEYBALL LEAGUE - COMPETITIVE CO-ED REVERSE 4'S

Competitive level volleyball league open to advanced players. Teams are to be composed of at least one player of each gender. We take registrations in teams only. Hosted by SIVA.

SOUTH ISLAND VOLLEYBALL ASSOCIATION

169084	W	Sep 9-Dec 2		$462/team
COLQUITZ MIDDLE SCHOOL			6:30-10:15pm	
GORDON HEAD MIDDLE SCHOOL			6:30-10:15pm	

TRAINING & EDUCATION - COOKING

AUTHENTIC INDIAN BUTTER CHICKEN AND NAAN

Uncover the secrets of Indian cuisine! Learn to cook delicious Indian food, with special emphasis on techniques that bring maximum flavour from a whole range of spices. Tonight's menu includes butter chicken, homemade naan bread, spiced vegetables, homemade chutneys and more.

ROYAL OAK MIDDLE SCHOOL
Chef Heidi Fink

166684	Tu	Nov 3	6-9:30pm	$120

AUTHENTIC MEXICAN

Join a fun cooking class focused on authentic Mexican flavours. Learn to make soft masa tacos with flank steak, chicken, and spiced beans, plus homemade green and red salsas, Mexican green rice, and rich Mexican chocolate brownies.

ROYAL OAK MIDDLE SCHOOL
Chef Heidi Fink

166555	Tu	Sep 15	6-9:30pm	$120

CHINESE CANADIAN TAKE-OUT CLASSICS

Learn to make your favourite Chinese take-out recipes! We will dive into the ingredients and techniques you need to make delicious Chinese-Canadian classics at home. Menu includes ginger beef, ma po tofu, vegetable chow mein, and more.

ROYAL OAK MIDDLE SCHOOL
Chef Heidi Fink

166594	Tu	Sep 22	6-9:30pm	$120

ENTERTAINING MADE EASY - APPIES AND DIPS

Create vibrant plant-based appetizers in this hands-on class featuring a variety of gluten-free, whole-food bites and dips. You'll make salad rolls, tamari almonds, walnut meatless balls, cashew queso, oil-free hummus, and quinoa and lentil fritters — perfect for entertaining, sharing, or building a beautiful, nourishing spread at home.

ROYAL OAK MIDDLE SCHOOL
Peggy White

166614	Th	Dec 3	6-9:30pm	$120

FROM FARM TO FORK - A HARVEST DINNER

Celebrate the flavours of fall with this cozy whole-food, plant-based and gluten-free cooking class. Together, we'll prepare a seasonal menu featuring harvest squash and pear soup, quinoa-and-tofu-stuffed peppers, citrusy kale salad, and a comforting apple crisp dessert that incorporates nourishing, wholesome ingredients.

ROYAL OAK MIDDLE SCHOOL
Peggy White

166551	Th	Sep 24	6-9:30pm	$120

HOLIDAY BAKING

Learn what goes into successful baking. Gain tips, tricks, and fail-proof recipes from a professional chef, just in time for the holiday season. Hands-on learning helps you understand the principles that can transform your home baking — and provides tasty treats to eat.

ROYAL OAK MIDDLE SCHOOL
Chef Heidi Fink

166687	Tu	Dec 8	6-9:30pm	$120

MEDITERRANEAN VEGETARIAN

We will explore recipes from all over the Mediterranean, from Italy and Spain, to Morocco and beyond! The delicious, seasonal menu includes homemade biscotti and focaccia, Tuscan white beans with winter greens, Spanish romesco sauce and North African specialties.

ROYAL OAK MIDDLE SCHOOL
Chef Heidi Fink

166615	Tu	Sep 29	6-9:30pm	$120

MEXICAN-INSPIRED WHOLE-FOOD COOKING

Bring the vibrant flavours of Mexico into your kitchen with this whole-food, plant-based, and gluten-free cooking class! Learn to create bold, satisfying dishes including black bean tacos, Mexican brown rice, chipotle cashew cheese, and decadent chocolate cake. Fresh ingredients and bold flavours come together in this vibrant class.

ROYAL OAK MIDDLE SCHOOL
Peggy White

166552	Th	Oct 29	6-9:30pm	$120

PIE-MAKING 101
Struggle with pastry? This fun, hands-on class will teach you step-by-step how to make a perfect fruit pie. Learn simple, foolproof techniques and take home your very own pie to impress family and friends. Easy as pie!

ROYAL OAK MIDDLE SCHOOL
Chef Heidi Fink

166616	Tu	Oct 6	6-9:30pm	$120

SOUP'S ON! - COZY AUTUMN SOUPS
November is the perfect time to enjoy homemade soup. In this hands-on class, we'll make four nourishing, gluten-free, plant-based soups: hearty white bean, sweet potato, and kale; soothing chickpea and ginger; earthy shiitake mushroom and Leek; and bold spicy coconut lentil. Wholesome and comforting flavours to brighten dark days.

ROYAL OAK MIDDLE SCHOOL
Peggy White

166556	Th	Nov 26	6-9:30pm	$120

TASTE OF INDIA - SPICE AND SAVOUR
Experience the vibrant flavours of India in this hands-on, whole-food, plant-based, and gluten-free cooking class! Learn to make tofu curry, tarka dal, chickpea saag, and carrot halwa, rich in warming spices, and perfect for creating cozy, flavourful meals at home.

ROYAL OAK MIDDLE SCHOOL
Peggy White

166553	Th	Nov 12	6-9:30pm	$120

THAI AT HOME - GREEN CURRY AND PAD THAI
Learn to cook Thai food at home. Let's explore the ingredients and cooking techniques that will help you make delicious, authentic Thai food. Tonight's menu includes tom kha kai, green curry paste from scratch, shrimp pad Thai, and more.

ROYAL OAK MIDDLE SCHOOL
Chef Heidi Fink

166627	Tu	Oct 27	6-9:30pm	$120

THAI INSPIRED WHOLE-FOOD, PLANT-BASED FAVOURITES
Discover the vibrant flavours of whole-food, plant-based and gluten-free Thai cooking in this hands-on class. We'll prepare a fragrant Thai chickpea curry, pad Thai, and creamy rice pudding using nourishing ingredients and simple techniques. Perfect for anyone looking to add more flavourful plant-based meals to their table.

ROYAL OAK MIDDLE SCHOOL
Peggy White

166554	Th	Oct 8	6-9:30pm	$120

TRAINING & EDUCATION - EMERGENCY PREP

FREE PREPAREDNESS 100:
EMERGENCY PREPAREDNESS SPEAKER SERIES
Each session covers a different topic (TBA) that could include the hazards that surround us, the utilities we use, or a different perspective related to emergencies and events in our community.

SAANICH COMMONWEALTH PLACE

164468	Tu	Oct 27	7-8pm	FREE

FREE PREPAREDNESS 100:
VOLUNTEER INFORMATION SESSION
The Saanich Emergency Program is looking for volunteers! Support your community, gain valuable experience, learn about emergency management and meet amazing people. Volunteers needed for emergency support services, neighbourhood emergency preparedness program and radio communications. Training provided.

SAANICH COMMONWEALTH PLACE

164467	Th	Nov 5	7-8pm	FREE

FREE PREPAREDNESS 101:
EMERGENCY PREPAREDNESS BEGINS WITH YOU
Are you and your family ready for an emergency? The Saanich Emergency Program offers individual and family emergency preparedness presentations for residents of Saanich. Learn how to plan and prepare before disaster strikes.

CEDAR HILL RECREATION CENTRE

163714	Tu	Sep 22	7-8pm	FREE

G. R. PEARKES RECREATION CENTRE

163833	Tu	Nov 17	7-8:30am	FREE

FREE SAANICH EMERGENCY PROGRAM-VOLUNTEER INFORMATION SESSION
The Saanich Emergency Program is looking for volunteers! Support your community, gain valuable experience, learn about emergency management and meet amazing people. Volunteers needed for emergency support services, neighbourhood emergency preparedness program and radio communications. Training provided.

GORDON HEAD RECREATION CENTRE

167172	W	Sep 23	7-8pm	FREE

FREE VIRTUAL PREPAREDNESS 101:
EMERGENCY PREP BEGINS WITH YOU
Are you and your family ready for an emergency? The Saanich Emergency Program offers individual and family emergency preparedness presentations for residents of Saanich. Learn how to plan and prepare before disaster strikes.

GORDON HEAD RECREATION CENTRE

167176	Th	Oct 22	7-8:30pm	FREE

TRAINING & EDUCATION - FIRST AID & CPR

CPR-C (WITH AED) 12yrs+
Be prepared to save a life! Knowing how to activate EMS, perform CPR and use an AED are critical lifesaving skills that everyone should have. Learn how to recognize and treat the early signs of heart attack- additional skills include how to help someone who is choking and perform CPR when there is more than one rescuer. CPR-C with AED teaches the skills needed to help adults, children and infants.

GORDON HEAD RECREATION CENTRE
169073 Sa Oct 24 9am-2:30pm $69
Registration for this course opens August 19, 6am.

CPR-C (WITH AED) — RECERTIFICATION 12yrs+
CPR-C certifications are valid for 3 years. After 3 years the CPR holder will need to attend a CPR recertification. Prerequisite: Candidates must show proof of original CPR-C certification to instructor at beginning of course.

GORDON HEAD RECREATION CENTRE
169068 Su Dec 13 9am-1:15pm $59
Registration for this course opens August 19, 6am.

EMERGENCY FIRST AID (EFA) WITH CPR-C 13yrs+
Emergency First Aid is a WorksafeBC Basic First Aid equivalent and can be used in the workplace. Using hands-on training and practice, this basic first aid course will give you confidence to respond effectively in an emergency. You will learn lifesaving skills such as CPR/AED and obstructed airway procedures to respond to adult, child, and infant emergencies. You will also learn to recognize and respond to respiratory and circulatory emergencies including asthma, allergic reactions, heart attack, stroke, and bleeding. Prerequisite: None (recommended 13 years of age). Candidates must bring a government issued ID.

SAANICH COMMONWEALTH PLACE
167913 Sa Sep 19 9am-5:30pm $109
168419 Sa Oct 3 9am-5:30pm $109
GORDON HEAD RECREATION CENTRE
169072 Sa Oct 24 9am-6pm $109
Registration for this course opens August 19, 6am.

STANDARD FIRST AID (SFA) WITH CPR-C 13yrs+
Standard First Aid is a WorkSafeBC Intermediate Occupational first aid equivalent and can be used in the workplace. This course includes comprehensive training covering all aspects of first aid, CPR and AED use. Whether you need training for employment or simply want to be prepared to respond to life-threatening emergencies, this course will give you the skills and knowledge to act with confidence. In addition to the material covered in Emergency First Aid, candidates will learn how to treat head/neck injuries, soft tissue and skeletal injuries and medical emergencies.

SAANICH COMMONWEALTH PLACE
168422 Sa,Su Dec 5-6 9am-5:30pm 2/$179
GORDON HEAD RECREATION CENTRE
169071 Sa,Su Oct 24-25 9am-6pm 2/$179
Registration for this course opens August 19, 6am.

NEW!

SAANICH neighbourhood place

CONNECTIONS FAMILY - CHILDBIRTH EDUCATION 18yrs+
Connections Family Programs, a branch of Saanich Neighbourhood Place offers a welcoming six-week prenatal program for pregnant people from 32 weeks and their support person. You'll learn about birth, comfort and coping, feeding, newborn care and postpartum with supportive, evidence-based guidance at every step.

G. R. PEARKES RECREATION CENTRE
166036 Th Sep 24-Oct 29 6:30-8:30pm 6/$300

CONNECTIONS FAMILY - CO-REGULATION 18yrs+
Parenting can be hard, and you don't have to figure it out alone. Explore co-regulation and pick up practical tools for managing stress and big reactions in tough moments. Open to guardians of children of all ages. Presented by Connections Family Programs, a branch of Saanich Neighbourhood Place.

G. R. PEARKES RECREATION CENTRE
166037 Th Sep 17 6:30-8pm $60

CONNECTIONS FAMILY - LEARNING THROUGH PLAY 18yrs+
Play is how children learn, grow and make sense of the world. Join us to explore the power of play and discover simple ways to support your child's development while building connection through everyday play. For guardians of children 0-6yrs. Presented by Connections Family Programs, a branch of Saanich Neighbourhood Place.

G. R. PEARKES RECREATION CENTRE
166038 Th Nov 5 6:30-8pm $60

STANDARD FIRST AID (SFA) WITH CPR-C-RECERTIFICATION 13yrs+

Standard First Aid certifications are valid for 3 years. After 3 years the SFA holder will attend an SFA Recertification course. Must show proof of original certification to instructor at beginning of course.

SAANICH COMMONWEALTH PLACE

167917	Su	Sep 20	9am-5:30pm	$109
168417	Su	Oct 18	9am-5:30pm	$109
168420	Su	Nov 8	9am-5:30pm	$109
168423	Sa	Dec 12	9am-5:30pm	$109

GORDON HEAD RECREATION CENTRE

169067	Su	Dec 13-Dec 13	9am-6pm	$109

DOG - FAMILY DOG MANNERS

Dogs 5mths+ learn all the basics: how to pay attention, sit, stay, come, walk without pulling, and prevention of behavioural problems. Dogs must be friendly with people and dogs and have no history of aggression. May not be suitable for reactive or fearful dogs. Proof of vaccination required.

G. R. PEARKES RECREATION CENTRE

Alison Stephens

167275	Th	Sep 17-Oct 22	6:30-7:20pm	6/$295
167276	Th	Oct 29-Dec 3	6:30-7:20pm	6/$295

DOG - FAMILY DOG MANNERS - NEXT STEPS

Next Steps takes all the basics from Family Dog Manners to the next level in a way that is fun but challenging. Prerequisite: Family Dog Manners or equivalent.

G. R. PEARKES RECREATION CENTRE

Alison Stephens

167277	Th	Sep 17-Oct 22	7:30-8:20pm	6/$295
167278	Th	Oct 29-Dec 3	7:30-8:20pm	6/$295

FREE OUTSMART THE SCAMMER PRESENTATION 50yrs+

Empower and protect yourself and your loved ones with practical techniques to increase your safety. In partnership with Outsmart the Scammer Fraud Prevention Society, this session covers aspects of financial, technological and community safety. This presentation was formerly called Beat the Fraudster.

CEDAR HILL RECREATION CENTRE

164855	Th	Oct 29	2:30-4pm	FREE

FREE SPEAKWELL ENGLISH CONVERSATION PROGRAM

Practice your English through small, informal group discussions with experienced facilitators. Learn important language skills such as pronunciation, grammar and new vocabulary. Ideal for young or mature adults who are immigrants, refugees or international students.

GORDON HEAD RECREATION CENTRE

167342	Sa	Sep 19-Jun 5	1:30-3:30pm	FREE

WORKSHOP: ART FOR WELL-BEING 50yrs+

Join us and Silver Threads Service to explore art's transformative power. Guided by art therapist Dr. Lucille Proulx., discover Cedar Hill's featured artist, Linda Bedard, reflect, discuss, and create art to enhance wellbeing, relaxation, and connection. Supplies included.

CEDAR HILL RECREATION CENTRE

163216	W	Nov 18	10am-12pm	2/$15

TRAINING & EDUCATION - LECTURE

FIGHT BACK FOR WOMEN 14yrs+

Learn personal awareness strategies to reduce your risk of becoming a victim of violence, crime, or a physical encounter. Build confidence and gain skills that are simple, easy, usable, retainable under stress, and can be adapted to all ages, sizes, or abilities. Participants 14-15yrs must register with a parent/guardian.

SAANICH COMMONWEALTH PLACE

Badass With Class Adventures Inc.

168454	Sa	Nov 14	9am-12pm	$125

FREE LECTURE: DIABETES 50yrs+

Type 2 diabetes is now one of the most widespread chronic diseases worldwide and is most prevalent in people older than 40. Causes, possible preventative measures and management strategies are discussed. Presented by a volunteer speaker from the Seniors Health and Wellness Institute

CEDAR HILL RECREATION CENTRE

163619	Th	Oct 15	2:30-3:45pm	FREE

FREE TRAFFIC SAFETY UPDATES

Empower yourself with increased safety on the road as a driver, pedestrian, cyclist, or mobility aid user. In partnership with Saanich Police's Community Engagement Division, discuss traffic circles, bike lanes, trails, transportation and various safety updates for getting around safely in Saanich. This presentation takes place in Cedar Hill's multi-purpose room.

CEDAR HILL RECREATION CENTRE

167017	Th	Oct 1	2:30-4pm	FREE

WALKING IN EUROPE - CAMINO DEL NORTE - FRANCE

In this talk, explore two different European pilgrimages: Spain's scenic, challenging Camino del Norte, and France's quieter Le Puy Camino. We'll cover routes, key sites, services, and accommodations, with a Q&A session following the presentation.

SAANICH COMMONWEALTH PLACE

164504	Th	Oct 29	6-8pm	$10

WALKING IN EUROPE - ITALY

This presentation blends stunning scenery, rich history, and unforgettable food. Experienced travellers share stories, trails, accommodations, and culinary highlights. Also featured: the Via de la Plata (Silver Way), a 1,000+ km Camino route from Seville to Santiago, known for solitude, Roman towns, and rural landscapes—best in spring or autumn. Q&A follows.

SAANICH COMMONWEALTH PLACE

164502	Th	Sep 24	6-8pm	$10

TRAINING & EDUCATION - TECHNOLOGY

APPLE WATCH - MASTERING THE BASICS AND BEYOND

Apple Watch is a wearable smartwatch that can be used to communicate, track activity and fitness workouts, and much more. In this course we will explore how to communicate, customize watch faces, find your other devices, create timers and set alarms, check the weather, use the Control Center, Siri, calculator, and more! Join Mandy for this hands-on course; all levels are welcome in this relaxed and encouraging environment.

SAANICH COMMONWEALTH PLACE
Mandy Ospina

167166	Tu	Dec 8-15	12:30-2pm	2/$59

iPAD - MASTERING THE BASICS & BEYOND

Are you using the basic features of your iPad, but wondering what else you can do with it? Join Mandy for this slower-paced, encouraging, and relaxed workshop - all levels are welcome! Explore important settings, contacts, email, privacy and security, FaceTime, and many other useful tips and tricks.

SAANICH COMMONWEALTH PLACE
Mandy Ospina

164380	Tu	Sep 22-Oct 6	12:30-2pm	3/$89

iPHONE - MASTERING THE BASICS & BEYOND

There's so much more your iPhone can do - here's where to start! Join Mandy for this slower-paced, encouraging, and relaxed workshop. Explore important settings, texting, phone and contacts, privacy and security, email and many other useful tips and tricks.

SAANICH COMMONWEALTH PLACE
Mandy Ospina

164381	Tu	Oct 13-27	12:30-2pm	3/$89

iPHONE AND iPAD - CREATING A PHOTO ALBUM

Is your iPhone/iPad full of photos that you'd love to put into an album to print? Join Mandy for this one-day workshop to learn how to create a photo album, explore techniques and procedures, and then finish the album at home and send it away for printing.

SAANICH COMMONWEALTH PLACE
Mandy Ospina

164383	F	Oct 9	12-2pm	$39

iPHONE AND iPAD - CREATIVITY WITH PHOTOS

Have you taken the Everything Photos course and are interested in learning more? In this one-day workshop, we'll explore how to use our photos in various creative ways. Possible topics include creating photo collages, exploring apps for editing photos/videos, and using apps to create cards or other projects with your photos.

SAANICH COMMONWEALTH PLACE
Mandy Ospina

164385	F	Nov 20	12-2pm	$39

iPHONE AND iPAD - EVERYTHING PHOTOS

iPhones and iPads are many peoples' primary camera. Join Mandy and learn how to use your iPhone or iPad to capture and edit images and video. Take panoramic photos, apply filters, create mini slideshows and more. Explore different ways to publish and share.

SAANICH COMMONWEALTH PLACE
Mandy Ospina

164384	Tu	Nov 17-Dec 1	12:30-2pm	3/$89

iPHONE AND iPAD - LEVEL 2

Have you taken iPhone and iPad Mastering the Basics, and are ready for more? Level 2 covers topics like how to find and download an app, add appointments to the calendar, use Siri to assist with tasks, use widgets, make grocery lists in the Notes app, and lots more!

SAANICH COMMONWEALTH PLACE
Mandy Ospina

164386	Tu	Nov 3-10	12:30-2pm	2/$59

Adult 50yrs+

In addition to our Adult Programs (open to adults of all ages), check out these opportunities for adults 50yrs+ (unless otherwise noted).

QUICK LINKS

- ARTS
- SOCIAL - ADULT 50YRS+
- TRAINING & EDUCATION - WORKSHOP
- HEALTH & FITNESS
- HEALTH & FITNESS - EDUCATION
- HEALTH & FITNESS - GROUP FITNESS
- HEALTH & FITNESS - WEIGHT ROOM

AUG 12

GENERAL REGISTRATION
August 12, 6am





Check out the Connections Older Adult Activity Guide, which highlights a variety of programs and resources for older adults in Saanich.

90 yrs+
FREE Drop-in Admission for Saanich residents 90yrs+ with the "Lifetime" rate!

reCREATE - GRANT

Saanich Legacy Foundation and Saanich Community Services have partnered to offer a new grant fund for adults 60+ living on low income to participate in Saanich programs. To apply for funding or to donate to the fund and give the gift of recreation please click here.

ARTS

ART HIVE 55

Explore art and craft making in this relaxed, supportive and social environment! Experiment with diverse available materials or bring your own supplies and works in progress. No experience required.

CEDAR HILL RECREATION CENTRE

April Caverhill

163212	F	Sep 18-Oct 30	10-11:30am	12/$19.50
163213	F	Nov 6-Dec 11	10-11:30am	10/$16.25

BALLET - SILVER SLIPPERS 55yrs+

A welcoming ballet class for adults 55+ blending gentle movement, strength, flexibility and expression. Improve posture, balance and mobility in a supportive space. Perfect for beginners or those returning to dance and embracing the joy of movement.

CEDAR HILL RECREATION CENTRE

Evv Kaufman

167986	Su	Sep 13-Nov 1	12-1pm	7/$84
167987	Su	Nov 8-Dec 13	12-1pm	6/$72

INDIGENOUS DRUMMING CIRCLE 50yrs+

Come explore and learn about the cultural significance of drumming with Nicole Mandryke. Participants will have their own drum and drumstick and will learn three drum beats and how to sing a traditional song.

CEDAR HILL RECREATION CENTRE

163215	Th	Sep 24	2:30-3:45pm	$10

FREE SOCIAL KNITTING 50yrs+

Join us for social knitting where we create beautiful blankets in support of community members in need of warmth. Bring your knitting supplies and work alongside others, including Blankets for Canada Society knitters, as we make a difference together, in our community. No session on Monday, October 12.

SAANICH COMMONWEALTH PLACE

163825	M	Sep 21-Dec 14	12:30-3:30pm	FREE

LINE DANCING - CORDOVA BAY 55+

Learn basic dance patterns and put them together into a line dance. This course is ideal for those who are familiar with some basic steps and not recommended if you have no prior line dance experience. Drop-in available, $9/session. A partner is not required.

CORDOVA BAY 55 PLUS ASSOCIATION

Vicky McCulloch

164591	F	Sep 11-Oct 23	10:15-11:30am	7/$60
164592	F	Oct 30-Dec 11	10:15-11:30am	7/$60

SOCIAL - ADULT 50+

CARPET BOWLING 55yrs+

Reconnect with familiar faces or forge new friendships at our recreational carpet bowl. We offer beginner-friendly instructions for those new to the game. It's not just about physical activity; it's a fantastic opportunity to engage both body and mind.

CEDAR HILL RECREATION CENTRE

JoAnn Gillespie

162718	F	Sep 18-Oct 30	12:30-2:30pm	7/$36.75
162719	F	Nov 6-Dec 11	12:30-2:30pm	6/$31.50

CEDAR HILL DROP-IN SOCIAL BRIDGE 55yrs+

Play bridge with friends and meet others that love the game! Join for a small drop-in fee of $3.50, or purchase a punch pass. Please note: this program is for experienced bridge players.

CEDAR HILL RECREATION CENTRE

162716	W	Sep 2-Dec 30	1-4pm	$3.50/afternoon
162717	Sa	Sep 5-Dec 19	1-4pm	$3.50/afternoon
162715	M	Sep 14-Dec 28	1-4pm	$3.50/afternoon

FREE SPEED FRIENDING 55yrs+

An opportunity to engage with new people in a welcoming, safe and fun environment! Meet up to 13 other adults and connect, share a laugh and maybe spark a friendship. Brought to you by Saanich Community Services and Luther Court Community Health Centre. Hosted at Lutheran Church of the Cross.

SAANICH COMMUNITY SERVICES

163929	W	Oct 21	1-3:30pm	$5

FREE SOCIAL DROP-IN - CEDAR HILL RECREATION CENTRE 55yrs+

Rediscover connections or cultivate new friendships at our older adult social drop-in. We offer board and card games, some handcraft supplies for knitters and stitchers, and an assortment of refreshments. Come join us!

CEDAR HILL RECREATION CENTRE

163214	F	Sep 18-Dec 11	1-3pm	FREE

FREE SOCIAL DROP-IN - G.R. PEARKES RECREATION CENTRE 55yrs+

Rediscover connections or cultivate new friendships! Enjoy a free coffee or tea while you play table tennis, pool, card or board games, chat, or more. Come join us in this social and welcoming group. Closed statutory holidays September 30, October 12, and November 11.

G. R. PEARKES RECREATION CENTRE

163614	M	Sep 14-Dec 7	12:15-2:15pm	FREE
163615	W	Sep 16-Dec 9	9:30-11:30am	FREE

FREE SOCIAL DROP-IN - GORDON HEAD RECREATION CENTRE 55yrs+

Rediscover connections or cultivate new friendships! Enjoy a free coffee or tea while you play pool, card or board games, foosball, table tennis, chat, or more. Come join us in this social and welcoming group.

GORDON HEAD RECREATION CENTRE

163830	Th	Sep 17-Dec 10	10-11:30am	FREE

FREE SOCIAL DROP-IN - SAANICH COMMONWEALTH PLACE 55yrs+

Rediscover connections or cultivate new friendships! Enjoy a free coffee or tea while you play table tennis, pool, card or board games, giant chess, foosball, chat, or more. Come join us in this social and welcoming group. Closed statutory holidays, October 12. Please note the new time for this program.

SAANICH COMMONWEALTH PLACE

163829	M	Sep 21-Dec 7	9:30-11am	FREE

FREE TRANS, TWO-SPRIT AND NON-BINARY SOCIAL DROP-IN 40yrs+

For trans, two-sprit and gender nonconforming folks over 40 and family and friends who want to accompany them. Enjoy a coffee or tea, light snacks, and games and activities while connecting with others. Hosted in the Community Centre. Register or drop-in available.

169017	F	Sep 11-Dec 4	10:30am-12pm	FREE

MAHJONG - BEGINNER

Beginner players learn the fascinating mind game Mahjong from master teacher, Belle. Mahjong is a game of skill, strategy, and calculation, with a degree of chance. It also helps keep your brain sharp! Hong Kong Mahjong is played. At least two Beginner programs are recommended before moving into the Continuing program.

SAANICH COMMONWEALTH PLACE
Belle Perez De Tagle

164387	W	Sep 23-Nov 4	11:15am-12:45pm	6/$68
164548	W	Nov 18-Dec 23	11:15am-12:45pm	6/$68

MAHJONG - CONTINUING

Players with some experience develop their Mahjong skills by learning from master teacher, Belle. Mahjong is a game of skill, strategy, and calculation, with a degree of chance. It also helps keep your brain sharp! Hong Kong Mahjong is played.

SAANICH COMMONWEALTH PLACE
Belle Perez De Tagle

164389	W	Sep 23-Nov 4	1-2:30pm	6/$68
164551	W	Nov 18-Dec 23	1-2:30pm	6/$68

MAHJONG - ADVANCED

Level up your game and feel the excitement by focusing on the energy, challenge, and skill of advanced Mahjong play and strategy, taught by Master Mahjong teacher, Belle. This course is for players who are ready to explore complex hands and conquer high-level Mahjong challenges.

SAANICH COMMONWEALTH PLACE
Belle Perez De Tagle

164547	W	Sep 23-Nov 4	2:45-4:15pm	6/$68
164549	W	Nov 18-Dec 23	2:45-4:15pm	6/$68

MAHJONG - DROP-IN

A drop-in session for players who want to continue playing the fascinating mind game Mahjong. Mahjong is a game of skill, strategy, and calculation and involves a degree of chance. It also helps keep your brain sharp! Hong Kong Mahjong played.

SAANICH COMMONWEALTH PLACE
Belle Perez De Tagle

164391	Th	Sep 24-Nov 5	1-4pm	7/$8

TRAINING & EDUCATION - WORKSHOP

FREE OUTSMART THE SCAMMER PRESENTATION 50yrs+

Empower and protect yourself and your loved ones with practical techniques to increase your safety. In partnership with Outsmart the Scammer Fraud Prevention Society, this session covers aspects of financial, technological and community safety. This presentation was formerly called Beat the Fraudster.

CEDAR HILL RECREATION CENTRE

164855	Th	Oct 29	2:30-4pm	FREE

FREE TRAFFIC SAFETY UPDATES

Empower yourself with increased safety on the road as a driver, pedestrian, cyclist, or mobility aid user. In partnership with Saanich Police's Community Engagement Division, discuss traffic circles, bike lanes, trails, transportation and various safety updates for getting around safely in Saanich. This presentation takes place in Cedar Hill's multi-purpose room.

CEDAR HILL RECREATION CENTRE

167017	Th	Oct 1	2:30-4pm	FREE

FREE LECTURE DIABETES 50yrs+

Type 2 diabetes is now one of the most widespread chronic diseases worldwide and is most prevalent in people older than 40. Causes, possible preventative measures and management strategies are discussed. Presented by a volunteer speaker from the Seniors Health and Wellness Institute

CEDAR HILL RECREATION CENTRE

163619	Th	Oct 15	2:30-3:45pm	FREE

WORKSHOP: ART FOR WELL-BEING 50yrs+

Join us and Silver Threads Service to explore art's transformative power. Guided by art therapist Dr. Lucille Proulx., discover Cedar Hill's featured artist, Linda Bedard, reflect, discuss, and create art to enhance wellbeing, relaxation, and connection. Supplies included.

CEDAR HILL RECREATION CENTRE

163216	W	Nov 18	10am-12pm	2/$15

HEALTH & FITNESS

GETTING STARTED WITH EXERCISE 50+yrs

A one-time session that provides a personalized introduction to the weight room and classes that best suit your interests and goals. Participants receive a list of basic home and weight-room exercises to get started, as well as a list of Saanich programs that promote exercise in an inclusive group setting.

GORDON HEAD RECREATION CENTRE **CLICK HERE TO VIEW DATES AND TIMES**
CEDAR HILL RECREATION CENTRE **CLICK HERE TO VIEW DATES AND TIMES**

TIME®

T.I.M.E. is an exercise class for individuals with balance and mobility challenges from conditions such as stroke, acquired brain injury or Multiple Sclerosis. Participants must be able to independently walk 10 metres with or without a walking aid. This specialized circuit-style fitness class is offered in partnership with Island Health.

CEDAR HILL RECREATION CENTRE
Janeece Miller

165634	M,W	Sep 14-Oct 28	1:30-2:30pm	12/$150
165635	M,W	Nov 2-Dec 16	1:30-2:30pm	13/$163

MINDS IN MOTION® 50yrs+

A fitness and social program for people living with any form of early-stage dementia, along with a family member, friend, or other care partner. Offered in partnership with the Alzheimer Society of B.C., gentle exercises are followed by social activities designed to be enjoyed in pairs. Care partners must attend.

G. R. PEARKES RECREATION CENTRE **CLICK HERE TO VIEW DATES AND TIMES**
GORDON HEAD RECREATION CENTRE **CLICK HERE TO VIEW DATES AND TIMES**

OLDER ADULT NEURODIVERSITY SOCIAL AND MOVEMENT CLASS 55yrs+

A fun and welcoming, social and movement class for all older adults including those with diverse neurology, such as mild dementia, Parkinson's or Alzheimer's. Led by an older adult fitness instructor. First-time registrants, please call 778-584-6812 to determine if this program is a good fit for you!

SAANICH COMMONWEALTH PLACE
JoAnn Gillespie

163826	W	Sep 23-Dec 9	12:30-2:30pm	10/$100

Looking to start a fitness journey?

Not sure where to start? Call today to speak with a Fitness Programmer, they will help find a program that best suits your goals and abilities.

CH = Cedar Hill Recreation Centre 250-475-7121 PK = G.R. Pearkes Recreation Centre 250-475-5400 GH = Gordon Head Recreation Centre 250-475-7100 SCP = Saanich Commonwealth Place 250-475-7600

Social Chair Fitness



45 minutes
STANDING TIME: None

Exercise, engaging music, and memory work that finishes with 15 minutes of facilitated social connection.

Where is it offered?
CH Tu: 1:30-2:30pm

Click here to register

Chair Fit



60 minutes
STANDING TIME: None

Safe and supportive fitness for beginners. Strength, mobility, posture and flexibility - all from the comfort of a chair.

Where is it offered?
CH Tu: 10:15-11:15am
GH Tu: 11:45am-12:45pm

Click here to register

Easy Fit



60 minutes
STANDING TIME: 30 minutes

Improve your strength and balance with a combination of seated and standing exercises.

Where is it offered?
CH Th: 11:30am-12:30pm
GH Tu: 1-2pm
PKS Tu, W: 11:15am-12:15pm
SCP F: 2:15-3:15pm

Click here to register

Keep Fit



60 minutes
STANDING TIME: Full Class

Deepen mobility and enhance endurance with easy-to-follow fully standing movements.

Where is it offered?
GH Tu: 2:15-3:15pm

Click here to register

MOVING BEYOND CANCER

Exercise has been proven to improve symptoms related to cancer at every stage of treatment and recovery. Two group fitness classes per week will empower you to feel your best while improving your strength, cardio, balance and flexibility in a supportive community environment. Modifications will be shown. Late registrations are accepted and will be pro-rated.

SAANICH COMMONWEALTH PLACE
Wanda Hanna

167786	M,W	Sep 28-Oct 28	12:45-1:45pm	8/$64
168052	M,W	Nov 2-Dec 16	12:45-1:45pm	13/$104

CHRONIC PAIN/MILD MOVEMENT CLASS

A safe mild exercise class for people living with chronic pain, fibromyalgia or for people looking for a gentle class. Ideal for those who are already mildly active. Chair exercises provided as alternatives.

SAANICH COMMONWEALTH PLACE **CLICK HERE TO VIEW DATES AND TIMES**

FAME

FAME (Fitness and Mobility Exercise) is a community-based program for people who have had a stroke or other neurological conditions such as Parkinson's Disease, Multiple Sclerosis, and traumatic brain injury. FAME is designed specifically and proven to improve fitness, mobility and strength.

SAANICH COMMONWEALTH PLACE
Mateo Cocco

164597	Tu,F	Sep 22-Dec 4	2:30-3:30pm	22/$330

= OPTION OF EXERCISING WHILE SEATED

HEALTH & FITNESS - EDUCATION

CHOOSE TO MOVE 50yrs+

This free three-month program is designed for older adults who are inactive and wish to become more active. Choose to Move is a motivational coaching program where an Activity Coach helps you explore ways to incorporate more physical activity into your life. Learn more at choosetomove.ca.

SAANICH COMMONWEALTH PLACE
Tammy Dunlop

INFORMATION SESSION

166350	W	Oct 7	2-3pm	FREE

3 MONTH PROGRAM

166349	W	Oct 14-Dec 16	2-3pm	FREE

NORDIC POLE WALKING - INTRODUCTION

Learn the basics of Nordic pole walking with a short video presentation, instructions and practical experience to familiarize and gain proficiency with walking with poles. Some walking poles will be available or participants can bring their own.

SAANICH COMMONWEALTH PLACE

164392	Sa	Oct 17	1-2:30pm	$15

FREE BEGINNER SWIM LESSONS FOR OLDER ADULTS 50yrs+

Whether you're new to swimming or looking to build confidence in the water, our experienced instructors will guide you through the fundamentals in a supportive, welcoming environment. This 45-minute class is designed for beginner older adults and is taught in small groups to provide plenty of individual attention and encouragement.

GORDON HEAD RECREATION CENTRE

169377	M	Sep 14-Oct 26	3-3:45pm	6/FREE
169384	M	Nov 2-Dec 14	3-3:45pm	7/FREE

HEALTH & FITNESS - GROUP FITNESS

FREE ACTIVAGE™ 50yrs+ ♥

A free group-led physical activity program for inactive older adults that introduces participants to physical activity and a daily movement commitment. This fun and social program is progressive and focuses on improving activities and strengthening the muscles associated with daily living. Each class incorporates physical activities and in-class discussions and resources.

SAANICH COMMONWEALTH PLACE

Tammy Dunlop

166344	Th	Oct 15-Dec 17	2-3pm	FREE

BOXING ♥

Learn boxing techniques and conditioning drills while getting a full-body workout. We focus on proper form and technique, ensuring you improve muscle memory, coordination, strength, balance and endurance and decrease your risk of injury. Taught by a real boxing coach, this fun, exciting workout will get you results.

SAANICH COMMONWEALTH PLACE CLICK HERE TO VIEW DATES AND TIMES

TAI CHI ♥

A gentle Tai Chi class focused on balance, coordination, and mindful movement. Through slow, flowing sequences, participants improve stability, mobility, posture, and body awareness in a supportive and welcoming environment. This program is suitable for beginners and older adults, with a calm pace and emphasis on healthy movement.

G. R. PEARKES RECREATION CENTRE

Jennifer Logelin

166315	Th	Sep 10-Oct 29	11:15am-12:15pm	8/$82
166316	Th	Nov 5-Dec 17	11:15am-12:15pm	7/$72

BUILD BETTER BONES 1 50yrs+ ♥

Develop and maintain bone strength while working on fall prevention and reducing the risk of fractures through core strength training, balance exercises, and proper posture.

CEDAR HILL RECREATION CENTRE CLICK HERE TO VIEW DATES AND TIMES
SAANICH COMMONWEALTH PLACE CLICK HERE TO VIEW DATES AND TIMES

BUILD BETTER BONES 2 50yrs+ ♥

An ongoing program focused on fall prevention and reducing the risk of fractures through development of core strength, balance exercises and proper posture. Participants are encouraged to attend at least two classes per week for the best results.

CEDAR HILL RECREATION CENTRE CLICK HERE TO VIEW DATES AND TIMES

STRENGTH AND CONDITIONING 50yrs+ ♥ ♥

This class offers a variety of strength exercises and functional movement patterns specially designed for active individuals. Sessions incorporate balls, bands, weighted bars and dumbbells.

SAANICH COMMONWEALTH PLACE CLICK HERE TO VIEW DATES AND TIMES

POWER THROUGH MENOPAUSE ♥

Stay strong, agile, and energized in this dynamic class for women in perimenopause and menopause. We combine strength training, high-energy interval work, mobility exercises, and relaxation to help you feel confident and resilient. This a space to connect, support each other, and thrive in a community of women.

SAANICH COMMONWEALTH PLACE CLICK HERE TO VIEW DATES AND TIMES

STRETCH AND STRENGTH 50yrs+ ♥

Stretch, strengthen and increase your core stability using hand weights, stability balls, tubing, balance boards and body bars. This class is designed for the already active participant who can get up and down to the floor safely.

SAANICH COMMONWEALTH PLACE CLICK HERE TO VIEW DATES AND TIMES

ZUMBA GOLD® ♥

Designed for active older adults and people starting their fitness journey, Zumba Gold combines easy-to-follow moves with zesty Latin and international rhythms to create an energizing and fun fitness experience that is less intense than regular Zumba.

CEDAR HILL RECREATION CENTRE CLICK HERE TO VIEW DATES AND TIMES
GORDON HEAD RECREATION CENTRE CLICK HERE TO VIEW DATES AND TIMES

HEALTH & FITNESS - WEIGHT ROOM

WEIGHT TRAINING - BEGINNER 50yrs+ ♥

Learn the components of a well-balanced strength training program and how weight room equipment can safely and effectively help you develop muscular strength and endurance.

CEDAR HILL RECREATION CENTRE CLICK HERE TO VIEW DATES AND TIMES
G. R. PEARKES RECREATION CENTRE CLICK HERE TO VIEW DATES AND TIMES
SAANICH COMMONWEALTH PLACE CLICK HERE TO VIEW DATES AND TIMES

WEIGHT TRAINING - SMALL GROUP 50yrs+ ♥

In this small group format you'll learn proper techniques for strength training with weight room equipment, including safely improving your overall strength, stamina, and flexibility. This class provides a progressive program. Suitable for all levels. (Max of 6:1 ratio).

SAANICH COMMONWEALTH PLACE CLICK HERE TO VIEW DATES AND TIMES

WEIGHT TRAINING - SMALL GROUP CIRCUIT ♥

A full-body circuit class combining strength, endurance, and cardio. Participants rotate through varied exercise stations to build strength while keeping the heart rate up. (Max of 6:1 ratio).

SAANICH COMMONWEALTH PLACE CLICK HERE TO VIEW DATES AND TIMES
CEDAR HILL RECREATION CENTRE CLICK HERE TO VIEW DATES AND TIMES

SENIORS STRENGTH TRAINING - SMALL GROUP 70yrs+ ♥

Learn to exercise safely in the weight room. The coach will teach you exercises focused on injury and fall prevention, balance, and strength to benefit your activities of daily life. Suitable for older adults with minor controlled health conditions. Seated exercises will be offered. (Max of 6:1 ratio).

GORDON HEAD RECREATION CENTRE CLICK HERE TO VIEW DATES AND TIMES
G. R. PEARKES RECREATION CENTRE CLICK HERE TO VIEW DATES AND TIMES

= OPTION OF EXERCISING WHILE SEATED

Intensity Level Guide

♥ Low Intensity	Ideal for beginners without prior fitness experience or experienced individuals wanting to focus on technique and fundamental movement skills.
♥ ♥ Moderate Intensity	Suitable for participants ready to improve technique and increase intensity while emphasizing proper form. Best suited for those already active.
♥ ♥ ♥ High Intensity	Suitable for consistently active individuals, emphasizing advanced techniques and intensity that will challenge even experienced participants.

Adult Health and Fitness

16YRS+

Enhance your fitness with our Adult Health and Fitness programs! Offering a variety of classes for all fitness levels, you can find everything from gentle yoga to intense circuit training. Whether your goal is to increase flexibility, build strength, or maintain overall wellness, our expert instructors are excited to guide you through each session, helping you reach your personal best while having fun.

QUICK LINKS

- AQUAFIT
- SWIMMING FITNESS
- GROUP FITNESS
- INDOOR CYCLING
- STRENGTH TRAINING
- WELLNESS & REHAB
- YOGA, PILATES & BARRE
- OUTDOOR WALKS
- EDUCATION
- YOGA & PILATES SCHEDULE



AUG 12

GENERAL REGISTRATION
August 12, 6am

LOOKING FOR MORE?
- Drop-in classes
- Weight room hours
- Health services
- Personal training
- 50yrs+ adults

AQUATICS - AQUAFIT

AQUA STRENGTH AND STRETCH

Use the resistance of the water to stretch, strengthen and stabilize your entire body in an invigorating muscle-conditioning workout. A combination of yoga, Pilates, strength and flexibility exercises. Drop-in available if space permits: $13/class.

SAANICH COMMONWEALTH PLACE

Rachel Houle

168013	Tu	Sep 22-Nov 3	10-11am	7/$67
168016	Th	Sep 24-Nov 5	10-11am	7/$67
168014	Tu	Nov 10-Dec 15	10-11am	6/$57
168017	Th	Nov 12-Dec 17	10-11am	6/$57

AQUA ZUMBA

Ideal for those looking to make a splash by adding a low-impact, high-energy aquatic exercise to their fitness routine. There is less impact on your joints. The water creates natural resistance, making every step more challenging and helping tone your muscles. Drop-in available if space permits: $15/class.

SAANICH COMMONWEALTH PLACE

Samantha Avis

167924	W	Sep 23-Oct 28	7:15-8:15pm	5/$63
167925	F	Sep 25-Oct 30	6-7pm	6/$75
168022	F	Nov 13-Dec 18	6-7pm	4/$50
168025	W	Nov 4-Dec 16	7:15-8:15pm	6/$75

GORDON HEAD RECREATION CENTRE

169059	Su	Sep 20-Oct 25	7:30-8:30pm	7/$84
169058	Su	Nov 1-Dec 13	7:30-8:30pm	7/$84

BABE AND ME AQUAFIT

A special waterfit class for parents and babies up to 18 months. A great way to get into shape while getting your baby comfortable in the water in a fun and interactive way. Drop ins welcome, if space allows: $14/class.

SAANICH COMMONWEALTH PLACE

Karen Bogle

167923	W	Sep 23-Oct 28	10:55-11:45am	5/$48
168030	W	Nov 4-Dec 16	10:55-11:45am	6/$57

WATER WELLNESS

Experience the benefits of our Water Wellness Waterfit class, where gentle exercises are used to enhance mobility and progress toward pain-free movement. This class offers limited spots to ensure every participant receives an individualized workout.

GORDON HEAD RECREATION CENTRE

Lucia Harder

170636	Tu	Sep 8-Oct 27	3-4pm	8/$96
170637	Th	Sep 10-Oct 29	3-4pm	8/$96
170638	Tu	Nov 3-Dec 15	3-4pm	7/$84
170639	Th	Nov 5-Dec 17	3-4pm	7/$84

AQUATICS - SWIMMING FITNESS

SWIMFIT

Swim your best this year! All levels of swimmers are welcome. Become a better swimmer - this is the best place to do it! Based on a structured swim progression and includes stroke improvement. Great for masters swimmers, triathletes, or just for fitness! Designed and led by certified coaches.

SAANICH COMMONWEALTH PLACE

Paul Regensburg - Pinnacle Fitness

168045	M,W	Sep 21-Dec 23	11am-12pm	28/$349
168037	M,W,F	Sep 21-Dec 23	12-1:15pm	41/$449
168039	M	Sep 21-Dec 21	7:45-8:45pm	13/$169
168042	Tu,Th	Sep 22-Dec 22	11am-12pm	27/$349
168043	Tu,Th	Sep 22-Dec 22	12-1:15pm	27/$349
168044	Tu,Th	Sep 22-Dec 22	7:45-8:45pm	27/$349

HEALTH & FITNESS - GROUP FITNESS

20-20-20 ♥

This fun class is the total package. It starts off with 20 minutes of warm up and low impact cardio, followed by 20 minutes of weightlifting using body weight and/or dumbbells, before finishing off with 20 minutes of deep therapeutic stretch to release muscle tension, improve flexibility and reduce stress.

SAANICH COMMONWEALTH PLACE

Rosalie Russo

167773	Tu	Sep 22-Oct 27	12:45-1:45pm	6/$62
167774	F	Sep 25-Oct 30	12:45-1:45pm	6/$62
167818	Tu	Nov 3-Dec 15	12:45-1:45pm	7/$72
167822	F	Nov 6-Dec 18	12:45-1:45pm	7/$72

FREE ACTIVAGE™ 50yrs+ ♥

A free group-led physical activity program for inactive older adults that introduces participants to physical activity and a daily movement commitment. This fun and social program is progressive and focuses on improving activities and strengthening the muscles associated with daily living. Each class incorporates physical activities and in-class discussions and resources.

SAANICH COMMONWEALTH PLACE

Tammy Dunlop

166344	Th	Oct 15-Dec 17	2-3pm	FREE

AGING BACKWARDS - ESSENTRICS CHALLENGE ♥♥

This class is designed for those seeking an advanced Essentrics experience. It incorporates deeper ranges of motion, longer sequences and greater muscular involvement while sculpting a strong, lean and resilient body to improve joint mobility, balance and body alignment.

CEDAR HILL RECREATION CENTRE

Rosalie Russo

167098	M	Sep 14-Oct 26	11:15am-12:15pm	6/$93
167099	M	Nov 2-Dec 14	11:15am-12:15pm	7/$109
167100	W	Sep 9-Oct 28	11:15am-12:15pm	7/$109
167101	W	Nov 4-Dec 16	11:15am-12:15pm	6/$93

Intensity Level Guide

♥ **Low Intensity**	Ideal for beginners without prior fitness experience or experienced individuals wanting to focus on technique and fundamental movement skills.
♥♥ **Moderate Intensity**	Suitable for participants ready to improve technique and increase intensity while emphasizing proper form. Best suited for those already active.
♥♥♥ **High Intensity**	Suitable for consistently active individuals, emphasizing advanced techniques and intensity that will challenge even experienced participants.

AGING BACKWARDS - ESSENTRICS ♥

This dynamic, full-body workout combines stretching and strengthening techniques made famous in the popular book and TV show. Engage all 650 muscles in your body! Relieve chronic aches and stiffness and increases your mobility and strength. Suitable for active adults of all ages.

GORDON HEAD RECREATION CENTRE

Alexandra Norman

166025	Tu	Sep 8-Oct 27	11:30am-12:30pm	8/$124
166026	Tu	Nov 3-Dec 15	11:30am-12:30pm	7/$109

SAANICH COMMONWEALTH PLACE

Justina Bailey

164596	Th	Sep 24-Oct 29	9:15-10:15am	6/$93
164611	Th	Nov 5-Dec 17	9:15-10:15am	7/$109

AIKIDO - SHIODA STYLE 12yrs+ ♥

Explore the martial art of Aikido in classes from world-renowned instructors. Aikido is non-competitive and develops mind-body connection, fitness, balance and self-defence through collaborative partner practice. Circular movements redirect attackers' bodies and energy, focusing on timing, control, and sensitivity. 10-class passes available for those needing flexibility: adult 10/$100; student 10/$80.

PROSPECT LAKE COMMUNITY HALL

Island Aikido

167761	Tu	Sep 15-Oct 27	7-8:30pm	7/$70
167762	Th	Sep 17-Oct 29	7-8:30pm	7/$70
167763	Su	Sep 20-Nov 1	10:30am-12pm	7/$70
167766	Tu	Nov 3-Dec 15	7-8:30pm	7/$70
167767	Th	Nov 5-Dec 17	7-8:30pm	7/$70
167768	Su	Nov 8-Dec 20	10:30am-12pm	7/$70

BABY AND ME CORE AND MORE ♥

A safe core class for you to sculpt and strengthen your abdominals, lower back and glute muscles, with your baby by your side. Babies should not be older than 18mths.

G. R. PEARKES RECREATION CENTRE

Jennifer Laforet

168236	M	Sep 14-Oct 26	12:30-1:30pm	6/$62
168237	M	Nov 2-Dec 14	12:30-1:30pm	7/$72

SAANICH COMMONWEALTH PLACE

Jan Del Mistro

166617	Th	Sep 24-Oct 29	11:30am-12:15pm	6/$62
166685	Th	Nov 5-Dec 17	11:30am-12:15pm	7/$72

BABY AND ME FITNESS ♥

Experience the joy of exercising with a little one by your side and creating lasting memories in every movement. Our instructor will guide you through a full-body workout that incorporates core exercises and a special focus on your wellbeing.

G. R. PEARKES RECREATION CENTRE

Jennifer Laforet

166299	Th	Sep 10-Oct 29	12:30-1:30pm	8/$82
166300	Th	Nov 5-Dec 17	12:30-1:30pm	7/$72

GORDON HEAD RECREATION CENTRE

Alexandra Norman

166028	Tu	Sep 8-Oct 27	10:15-11:15am	8/$82
166029	Tu	Nov 3-Dec 15	10:15-11:15am	7/$72

BALANCE AND STRENGTH ♥

These strength-based exercises on and around the chair help improve your balance, coordination and stability so you can enjoy your regular activities without fear of falling or injury.

CEDAR HILL RECREATION CENTRE

Joanne Metz

167331	Th	Sep 10-Oct 29	10:30-11:25am	8/$82
167332	Th	Nov 5-Dec 17	10:30-11:25am	7/$72

SAANICH COMMONWEALTH PLACE

Cynthia Eymundson

166618	F	Sep 25-Oct 30	1-2pm	6/$62
166686	F	Nov 6-Dec 18	1-2pm	7/$72

BODY SHOP ♥

Improve your muscle activation and endurance in this functional group fitness class. Challenge yourself while you focus on technique, core stamina, agility, and flexibility. Late registrations accepted will be pro-rated. 5x pass available, cost: $70. Purchase at SCP only.

PROSPECT LAKE COMMUNITY HALL

Jennifer Ablack

167764	M	Sep 21-Oct 26	9-10am	5/$52
167769	M	Nov 2-Dec 14	9-10am	7/$72

Donna Renaud

167765	W	Sep 23-Oct 28	9-10am	5/$52
167770	W	Nov 4-Dec 16	9-10am	6/$62

BODY WORKS ♥

Build a body that works better in this great new group exercise class. Using a variety of equipment and body weight exercises, this class will strengthen your whole body while focusing on form, core strength, balance, stability and mobility. Options provided for all levels.

SAANICH COMMONWEALTH PLACE

Donna Renaud

166619	Su	Sep 27-Nov 1	10:45-11:45am	6/$62
166688	Su	Nov 8-Dec 13	10:45-11:45am	5/$52

BOLLYX ♥

A Bollywood-inspired program that combines dynamic choreography with the hottest music for an easy-to-follow dance fitness class full of swag and sass! You will have so much fun dancing; you'll forget that it's truly exercise in disguise. No dancing experience is necessary, and all levels and bodies are welcome.

G. R. PEARKES RECREATION CENTRE

Taranjot Kaur

167964	F	Nov 6-Dec 18	6:15-7:15pm	7/$84

GORDON HEAD RECREATION CENTRE

Neetu Chaturvedi

165768	Th	Sep 10-Oct 29	7:15-8:15pm	8/$96
165769	Th	Nov 5-Dec 17	7:15-8:15pm	7/$84

Adult Health and Fitness

BOXING ♥

Learn boxing techniques and conditioning drills while getting a full-body workout. We focus on proper form and technique, ensuring you improve muscle memory, coordination, strength, balance and endurance and decrease your risk of injury. Taught by a real boxing coach, this fun, exciting workout will get you results.

SAANICH COMMONWEALTH PLACE

Don Ouelette

167779	M	Sep 21-Oct 26	7:45-8:45pm	5/$58
166620	F	Sep 25-Oct 30	5:45-7pm	6/$87
168046	M	Nov 2-Dec 14	7:45-8:45pm	7/$81
166699	F	Nov 6-Dec 18	5:45-7pm	7/$101
50YRS+				
166621	Su	Sep 27-Nov 1	8:15-9:15am	6/$69
166700	Su	Nov 8-Dec 13	8:15-9:15am	5/$58

CARDIO KICK ♥♥

This medium- to high-intensity total-body workout combines kicks, punches, and conditioning exercises. The class is non-sparring but includes partner pad work. Have fun working up a sweat in the light-hearted atmosphere - no previous kickboxing experience required.

ROYAL OAK MIDDLE SCHOOL

Debbra Choo

166904	W	Oct 7-Oct 28	7:30-8:30pm	4/$41
166909	W	Nov 18-Dec 16	7:30-8:30pm	5/$41

CHAIR FIT ♥

Gently ease into a safe and supportive fitness routine in this seated exercise class. Designed for beginners with a focus on strength, mobility, posture, and flexibility. Learn sit-to-stand movements and simple coordination exercises to support daily function. Ideal for individuals with balance concerns, mobility limitations, or those recovering from injury.

Alexandrea Wade

CEDAR HILL RECREATION CENTRE

167421	Tu	Sep 8-Oct 27	10:15-11:15am	8/$74
167422	Tu	Nov 3-Dec 15	10:15-11:15am	7/$65

GORDON HEAD RECREATION CENTRE

166054	Tu	Sep 8-Oct 27	11:45am-12:45pm	8/$74
166057	Tu	Nov 3-Dec 15	11:45am-12:45pm	7/$65

DANCE FITNESS ♥

This fun, supportive and positive class is the ultimate dance fitness experience! Get in your best shape while dancing, sculpting, stretching and strengthening your muscles.

CEDAR HILL RECREATION CENTRE

Sandra Walton

167545	M	Sep 14-Oct 26	7:30-8:30pm	6/$78
167554	M	Nov 2-Dec 14	7:30-8:30pm	7/$91

DANCE, STRENGTH AND STRETCH (ONLINE) ♥

This hi/lo — high- or low-impact — blends aerobics with a flair for Latin, jazz, ballroom and line dance moves for an extended cardio session followed by core work and stretching. Offered online so you can participate from home. No equipment necessary. Beginners to advanced welcome.

SAANICH COMMONWEALTH PLACE

Tammy Dunlop

167849	W	Sep 9-23	9:15-10:15am	3/$21
168020	W	Oct 7-28	9:15-10:15am	4/$27
168021	W	Nov 4-25	9:15-10:15am	3/$21
168023	W	Dec 2-30	9:15-10:15am	5/$34

DANCEFIX - ALL LEVELS ♥

Spice up your fitness routine with a combination of cardio training and muscle conditioning. This aerobic-style dance class will have you grooving through a fun, challenging workout. No dance experience necessary but come prepared to get sweaty and silly

GORDON HEAD RECREATION CENTRE

Kirsten Chan

167073	W	Sep 16-Dec 2	6:30-7:25pm	9/$135
167072	M	Sep 14-Dec 7	7-8pm	12/$180

DANCEFIX - DFX (...THE NEXT STEP) ♥

Ready to level up? DFX classes are a similar format to Everyone Welcome DanceFix classes, but with more choreography, more mashups and possibly even a little more sweat. Prerequisite for DFX classes is regular attendance of previous Dancefix classes and comfort with choreography.

GORDON HEAD RECREATION CENTRE

Kirsten Chan

167075	Tu	Sep 15-Dec 1	9:30-10:30am	10/$150
167074	Su	Sep 20-Nov 29	8:30-9:30am	10/$150

DANCEFIX - STRENGTH AND STRETCH - EVERYONE WELCOME ♥

A combination of cardiovascular training and muscle conditioning, this aerobic-style dance and strength class will have you grooving through a fun, challenging workout! No dance experience necessary but come prepared to get sweaty and silly!

GORDON HEAD RECREATION CENTRE

Kirsten Chan

167077	W	Sep 16-Dec 2	5:30-6:25pm	9/$135
167078	Th	Sep 17-Dec 3	9:30-10:30am	10/$150

DANCEFIX CIRCUIT ♥

This aerobic-style class combines cardio training with overall muscular conditioning. The Dancefix circuit will keep you movin' and groovin' through a challenging workout that infuses the DFX routines that you know and love with a little extra-spicy strength training.

GORDON HEAD RECREATION CENTRE

Heather Leung

167443	F	Sep 18-Nov 27	6-7pm	10/$150

= OPTION OF EXERCISING WHILE SEATED

Intensity Level Guide

♥ Low Intensity	Ideal for beginners without prior fitness experience or experienced individuals wanting to focus on technique and fundamental movement skills.
♥♥ Moderate Intensity	Suitable for participants ready to improve technique and increase intensity while emphasizing proper form. Best suited for those already active.
♥♥♥ High Intensity	Suitable for consistently active individuals, emphasizing advanced techniques and intensity that will challenge even experienced participants.

EASY FIT ♥

Improve your strength, balance, and confidence in a welcoming environment. This class features low-impact exercises designed to support everyday movement. Expect a mix of seated and standing work. Recommended for participants who can comfortably stand for at least 30 minutes. Chairs are available throughout for support or rest when needed.

CEDAR HILL RECREATION CENTRE

Joanne Metz

167426	Th	Sep 10-Oct 29	11:30am-12:30pm	8/$74
167427	Th	Nov 5-Dec 17	11:30am-12:30pm	7/$65

GORDON HEAD RECREATION CENTRE

166058	Tu	Sep 8-Oct 27	1-2pm	8/$74
166059	Tu	Nov 3-Dec 15	1-2pm	7/$65

SAANICH COMMONWEALTH PLACE

Cynthia Eymundson

167857	F	Sep 25-Oct 30	2:15-3:15pm	6/$56
167858	F	Nov 6-Dec 18	2:15-3:15pm	7/$65

G. R. PEARKES RECREATION CENTRE

Joanne Metz

166304	W	Sep 9-Oct 28	11:15am-12:15pm	7/$65
166307	W	Nov 4-Dec 16	11:15am-12:15pm	6/$56

Wanda Hanna

166305	Tu	Sep 8-Oct 27	11:15am-12:15pm	8/$74
166308	Tu	Nov 3-Dec 15	11:15am-12:15pm	7/$65

EVEN BETTER BONES (ONLINE) ♥

Even Better Bones is a fun, easy full body workout to build and maintain your bones, help with balance and fall prevention, promote good posture and strength. This class is intended for participants who have already completed the in-person program of Build Better Bones.

SAANICH COMMONWEALTH PLACE

Anne Casey

167850	F	Sep 18-Oct 30	9:15-10:15am	7/$34
168024	F	Nov 6-27	9:15-10:15am	4/$27
168026	F	Dec 4-18	9:15-10:15am	3/$21

FAMILY FITNESS CIRCUIT 5yrs+ ♥

Working out is a family affair in this circuit class designed for one adult and one child (5-13yrs) that introduces a variety of safe and age-appropriate exercises. Includes a complimentary pool entry for use after the class during Family Swim (1-3pm). Register the adult only; the fee covers both participants.

GORDON HEAD RECREATION CENTRE

166072	Su	Sep 13-Oct 25	12:15-1pm	7/$112
166073	Su	Nov 1-Dec 13	12:15-1pm	7/$112

FITNESS FOR EVERY BODY ♥

This multi-week small group program is designed for people who want to move more comfortably and confidently. With adaptable exercises, a supportive trainer, and no pressure to "keep up," participants develop strength and explore movements that work for their body, at their pace.

G. R. PEARKES RECREATION CENTRE

Sikarin Meesri

166309	W	Sep 9-Oct 28	7-8pm	7/$72
166310	W	Nov 4-Dec 16	7-8pm	6/$62

GORDON HEAD RECREATION CENTRE

Alexandrea Wade

167446	F	Sep 11-Oct 30	9-10am	8/$82
167447	F	Nov 6-Dec 18	9-10am	7/$72

FLEX AND FLOW ♥♥

Stretch, strengthen, and stabilize your entire body in an invigorating muscle-conditioning workout. A combination of yoga, Pilates, strength, and flexibility exercises.

SAANICH COMMONWEALTH PLACE

Rachel Houle

167784	W	Sep 23-Oct 28	7:55-8:45am	5/$72
168050	W	Nov 4-Dec 16	7:55-8:45am	6/$62

FLEXIBILITY AND CORE ♥

A fun fusion of stretch, balance, and Pilates-inspired exercises, this rejuvenating class inspires the mind-body connection. Strengthen, lengthen, and stretch your whole body as you improve posture and build a strong, stable core. This flow-style class welcomes all levels.

GORDON HEAD RECREATION CENTRE

167448	M	Sep 14-Oct 26	12:15-1:15pm	6/$62
167449	M	Nov 3-Dec 15	12:15-1:15pm	7/$72

SAANICH COMMONWEALTH PLACE

166351	Tu	Sep 22-Oct 27	5:45-6:40pm	6/$62
166352	Tu	Nov 3-Dec 15	5:45-6:40pm	7/$72

FOUNDATIONS OF FITNESS ♥

A welcoming, beginner-friendly class for all ages who are ready to get moving, focusing on functional exercises for posture, strength, weight management, conditioning, balance, injury prevention and overall health. A variety of equipment is used to support learning and confidence.

SAANICH COMMONWEALTH PLACE

Pauline James Curtis

167856	Th	Nov 5-Dec 17	8-8:50am	6/$62

FULL BODY WORKOUT (ONLINE) ♥

This full-body workout includes an eclectic mix of cardio, strength, balance, core, and stretching and is offered in a virtual format. Participate from home with just a mat, dumbbells (optional) and yourself! Beginners to advanced welcome.

SAANICH COMMONWEALTH PLACE

Janna Reimer

167851	Su	Sep 6-27	9:15-10:15am	4/$27
168027	Su	Oct 4-25	9:15-10:15am	4/$27
168028	Su	Nov 1-29	9:15-10:15am	5/$34
168029	Su	Dec 6-27	9:15-10:15am	4/$27

FUNCTIONAL FITNESS CIRCUIT ♥♥

Make your training more functional by getting off the machines and onto your feet. Follow a circuit that uses free weights and tubing to improve functional and core strength.

CEDAR HILL RECREATION CENTRE

Janeece Miller

167523	M,W	Sep 9-28	8:45-9:45am	6/$62
167527	M,W	Sep 9-28	10-11am	6/$62
167524	M,W	Oct 5-28	8:45-9:45am	7/$72
167528	M,W	Oct 5-28	10-11am	7/$72
167525	M,W	Nov 2-30	8:45-9:45am	8/$82
167529	M,W	Nov 2-30	10-11am	8/$82
167526	M,W	Dec 2-21	8:45-9:45am	6/$62
167530	M,W	Dec 2-21	10-11am	6/$62

= OPTION OF EXERCISING WHILE SEATED

Adult Health and Fitness

Click any 6-digit code to register

FUNCTIONAL FITNESS ♥♥

Make your training more functional by getting off the machines and onto your feet. Use free weights and tubing to improve functional and core strength.

CEDAR HILL RECREATION CENTRE

Preston Schwann

167431	Tu	Sep 8-Oct 27	6:20-7:20pm	8/$82
167432	Tu	Nov 3-Dec 15	6:20-7:20pm	7/$72

SAANICH COMMONWEALTH PLACE

Nina Baumbach

166878	M	Sep 21-Oct 26	7:55-8:45am	5/$52
166885	M	Nov 2-Dec 14	7:55-8:45am	7/$72

KEEP FIT ♥

Stay active and strong with simple, effective exercises that support overall wellness. Build strength, improve mobility, and enhance endurance through easy-to-follow movements. This is a fully standing 60-minute class, so participants should be able to remain standing throughout. However, chairs can be supplied for support as required.

GORDON HEAD RECREATION CENTRE

166060	Tu	Sep 8-Oct 27	2:15-3:15pm	8/$74
166062	Tu	Nov 3-Dec 15	2:15-3:15pm	7/$65

KICKBOXING ♥ - ♥♥

This fast-paced, fun, safe, empowering introductory kickboxing program will have your fists, feet and heart pumping like you never thought possible. Learn basic kickboxing techniques and conditioning drills to increase power, speed and agility.

SAANICH COMMONWEALTH PLACE

Don Ouelette

LEVEL 1 ♥

166345	Th	Sep 24-Oct 29	7:40-8:40pm	6/$69
166348	Th	Nov 5-Dec 17	7:40-8:40pm	7/$81

LEVEL 2 ♥♥

167785	W	Sep 23-Oct 28	7:45-8:45pm	5/$58
168051	W	Nov 4-Dec 16	7:45-8:45pm	6/$69

KICKBOXING/BOXING CORE ♥♥

While often neglected, core conditioning is essential for martial arts. A strong core transcends sports and improves your everyday life. While this workout is designed to complement Saanich Commonwealth Place's kickboxing and boxing classes, it's open to anyone wanting to improve their core conditioning.

SAANICH COMMONWEALTH PLACE

Don Ouelette

166623	M	Sep 21-Oct 26	8:45-9:15pm	5/$29
166624	W	Sep 23-Oct 28	8:45-9:15pm	5/$29
166703	M	Nov 2-Dec 14	8:45-9:15pm	7/$41
166704	W	Nov 4-Dec 16	8:45-9:15pm	6/$35

NIA FITNESS AND DANCE ♥

Dance enhances cognitive function and physical health. Nia, blending dance, martial arts, and healing practices, boosts circulation and supports a healthy weight. It's suitable for everyone, offering stimulating challenges and gentle experiences. Participants gain balance, strength, coordination, and agility. Please bring a yoga mat.

CEDAR HILL RECREATION CENTRE

Candice Francis

165621	Th	Sep 17-Oct 22	1-2:15pm	6/$72
165622	Th	Oct 29-Dec 3	1-2:15pm	6/$72

PARTYFIT® PROGRESSION ♥♥

Step into your power with this high-energy, music-driven fitness experience that blends strength, cardio, balance, and core training—all through movement and rhythm. Featuring more advanced choreography and functional flow, Partyfit® Progression helps you move better, feel stronger, and build lasting confidence from the inside out.

SAANICH COMMONWEALTH PLACE

Veronique Mercier

167826	Tu	Sep 22-Oct 27	6-6:55pm	6/$72
167827	Tu	Nov 3-Dec 15	6-6:55pm	7/$84

SAANICH COMMONWEALTH PLACE

Adelène Buchanan

167787	W	Sep 23-Oct 28	6:40-7:35pm	5/$60
167825	W	Nov 4-Dec 16	6:40-7:35pm	6/$72

POWER THROUGH MENOPAUSE ♥

Stay strong, agile, and energized in this dynamic class for women in perimenopause and menopause. We combine strength training, high-energy interval work, mobility exercises, and relaxation to help you feel confident and resilient. This a space to connect, support each other, and thrive in a community of women.

SAANICH COMMONWEALTH PLACE

Cynthia Eymundson

166346	Tu	Sep 22-Oct 27	5:25-6:15pm	6/$62
166347	Tu	Nov 3-Dec 15	5:25-6:15pm	7/$72

ROWING - SMALL GROUP ♥♥

Join Trish to improve your fitness and have fun with classes on the Concept II rowing ergometer. Small class for individual attention on proper rowing form along with a complete aerobic interval workout. All levels and ages welcomed.

SAANICH COMMONWEALTH PLACE

Trish Mara

168152	Sa	Sep 12-Oct 24	11:30am-12:30pm	7/$105
168153	M	Sep 14-Oct 26	5:30-6:30pm	6/$90
168243	Sa	Oct 31-Dec 12	11:30am-12:30pm	7/$105
168244	M	Nov 2-Dec 14	5:30-6:30pm	7/$105

Intensity Level Guide

♥ **Low Intensity**	Ideal for beginners without prior fitness experience or experienced individuals wanting to focus on technique and fundamental movement skills.
♥♥ **Moderate Intensity**	Suitable for participants ready to improve technique and increase intensity while emphasizing proper form. Best suited for those already active.
♥♥♥ **High Intensity**	Suitable for consistently active individuals, emphasizing advanced techniques and intensity that will challenge even experienced participants.

SIT, STAND, STRONG 50yrs+

Build strength and confidence for everyday life. This class focuses on functional movements like lifting, carrying, balance, and getting up and down, helping make daily activities easier and safer. Suitable for all levels, with guided support and options to help you move comfortably and progress at your own pace.

SAANICH COMMONWEALTH PLACE

Catherine Hollett

166622	Tu	Sep 22-Oct 27	1:15-2:15pm	6/$62
166705	Tu	Nov 3-Dec 15	1:15-2:15pm	7/$72

SOCIAL CHAIR FITNESS 55yrs+

Engage your brain and your body with our active, fun and social class! This fitness class combines 45 minutes of seated and standing exercises with engaging music and memory work, followed by 15 minutes of social connection.

CEDAR HILL RECREATION CENTRE

JoAnn Gillespie

163762	Tu	Sep 15-Oct 27	1:30-2:30pm	7/$35
163763	Tu	Nov 3-Dec 8	1:30-2:30pm	6/$30

SOULBODY UNHITCHED™

This class blends pilates, yoga, dance and interval strength training in a high energy, low-impact format using props like weights, balls and bands. Classes are designed for all fitness levels to build endurance, alignment, and flexibility.

CEDAR HILL RECREATION CENTRE

Kumi Smith

167102	Tu	Sep 8-Oct 27	9-10am	8/$82
167103	Tu	Nov 3-Dec 15	9-10am	7/$72

STRENGTH AND CONDITIONING 50yrs+

This class offers a variety of strength exercises and functional movement patterns specially designed for active individuals. Sessions incorporate balls, bands, weighted bars and dumbbells.

SAANICH COMMONWEALTH PLACE

Cameron Trim

168157	Tu	Sep 22-Oct 27	2:10-3:10pm	6/$62
168248	Tu	Nov 3-Dec 15	2:10-3:10pm	7/$72

Jan Del Mistro

168158	Th	Sep 24-Oct 29	2:10-3:10pm	6/$62
168249	Th	Nov 5-Dec 17	2:10-3:10pm	7/$72

STRENGTH AND CONDITIONING

Get fitter and stronger as you progress through the classes in this session. Use a variety of athletic training equipment and techniques to improve your movements and mind in ways that will benefit your daily life and extracurricular activities.

G. R. PEARKES RECREATION CENTRE

Cameron Trim

168547	M	Sep 14-Oct 26	3-4pm	6/$62
168548	M	Nov 2-Dec 14	3-4pm	7/$72

GORDON HEAD RECREATION CENTRE

Arie Schmal

166090	W	Sep 9-Oct 28	5:30-6:30pm	7/$72
166091	W	Nov 4-Dec 16	5:30-6:30pm	6/$62

= OPTION OF EXERCISING WHILE SEATED

STRENGTH AND CORE

Sweat and sculpt your way to a strong core and leave feeling strong and centered. This class focuses on strengthening all the muscles of your core, including the abdominals, back, hips, and glutes.

SAANICH COMMONWEALTH PLACE

Jennifer Ablack

166874	W	Sep 23-Oct 28	9:15-10:05am	5/$62
166875	W	Nov 4-Dec 16	9:15-10:05am	6/$62

Nina Baumbach

166876	M	Sep 21-Oct 26	8:55-9:45am	5/$52
166877	M	Nov 2-Dec 14	8:55-9:45am	7/$72

STRETCH AND STRENGTH 50yrs+

Stretch, strengthen and increase your core stability using hand weights, stability balls, tubing, balance boards and body bars. This class is designed for the already active participant who can get up and down to the floor safely.

SAANICH COMMONWEALTH PLACE

Pam Glover

167788	M	Sep 21-Oct 26	11:30am-12:30pm	5/$52
167798	M	Nov 2-Dec 14	11:30am-12:30pm	7/$72

Cynthia Eymundson

167789	W	Sep 23-Oct 28	11:30am-12:30pm	5/$52
167800	W	Nov 4-Dec 16	11:30am-12:30pm	6/$62

Wanda Hanna

167790	F	Sep 25-Oct 30	11:30am-12:30pm	6/$62
167804	F	Nov 6-Dec 18	11:30am-12:30pm	7/$72

TOTAL BODY WORKOUT

Join these fun total-body shaping workouts to increase your strength, elevate your cardio, and build your core, endurance and flexibility! Be prepared to work hard and be challenged in a noncompetitive environment.

GORDON HEAD RECREATION CENTRE

Janeece Miller

166098	F	Sep 11-Oct 30	10:15-11:15am	8/$82
166099	F	Nov 6-Dec 18	10:15-11:15am	7/$72

SAANICH COMMONWEALTH PLACE

Ann Bookman

167791	Tu	Sep 22-Oct 27	9:10-10am	6/$62
167807	Tu	Nov 3-Dec 15	9:10-10am	7/$72

Jan Del Mistro

166625	F	Sep 25-Oct 30	9-9:50am	6/$62
166702	F	Nov 6-Dec 18	9-9:50am	7/$72

Nina Baumbach

167853	F	Sep 25-Oct 30	7-7:50pm	6/$62
167854	F	Nov 6-Dec 18	7-7:50pm	7/$72

TRX SUSPENSION TRAINING - ALL LEVELS

TRX Suspension Training is a bodyweight resistance system that is easily modified for all fitness levels. This program provides total-body strengthening in an innovative and fun format. Options provided for all levels.

GORDON HEAD RECREATION CENTRE

Karen Bogle

166333	Tu	Sep 8-Oct 27	5:45-6:45pm	8/$92
166334	Tu	Nov 3-Dec 15	5:45-6:45pm	7/$81

Lauren Obee

166335	Th	Sep 10-Oct 29	7-8pm	8/$92
166336	Th	Nov 5-Dec 17	7-8pm	7/$81

SAANICH COMMONWEALTH PLACE

Ann B/ Donna R

166626	F	Sep 25-Oct 30	10:30-11:20am	6/$69
166701	F	Nov 6-Dec 18	10:30-11:20am	7/$81

YOGA TRX STRENGTH

This dynamic class blends the benefits of TRX suspension training with the balance, flexibility, and mindfulness of yoga. Improve your core stability, mobility, posture, and functional strength while enhancing body awareness and breath connection. Modifications and progressions are offered throughout the class to help you move safely and confidently.

Joanne Metz

GORDON HEAD RECREATION CENTRE

167444	Th	Sep 10-Oct 29	1-2pm	8/$92
167445	Th	Nov 5-Dec 17	1-2pm	7/$81

G.R. PEARKES RECREATION CENTRE

169323	M	Sep 14-Oct 26	11:15am-12:15pm	6/$69
169324	M	Nov 2-Dec 14	11:15am-12:15pm	7/$81

ZUMBA FITNESS ❤

Zumba fitness classes eliminate the 'work' from 'working out' by combining amazing, irresistible Latin and international music with dynamic, yet simple exercise moves. Even if you have two left feet, you'll love attending ZUMBA fitness classes.

SAANICH COMMONWEALTH PLACE

Samantha Avis

167794	Th	Sep 24-Oct 29	12:45-1:45pm	6/$84
167814	Th	Nov 5-Dec 17	12:45-1:45pm	7/$98

CEDAR HILL RECREATION CENTRE

Deborah Ward

167536	Su	Sep 13-Oct 25	10:30-11:30am	6/$84
167537	Su	Nov 1-Dec 20	10:30-11:30am	8/$112

GORDON HEAD RECREATION CENTRE

Roxana Soto

167018	M	Sep 14-Nov 2	5:45-6:45pm	7/$98
167019	M	Nov 9-Dec 14	5:45-6:45pm	6/$84
167020	F	Sep 11-Oct 30	9:15-10:15am	8/$112
167021	F	Nov 6-Dec 11	9:15-10:15am	6/$84

Samantha Avis

166353	Tu	Sep 8-Oct 27	6-7pm	8/$112
166354	Tu	Nov 3-Dec 15	6-7pm	7/$98
166355	Sa	Sep 12-Oct 31	9:30-10:30am	8/$112
166356	Sa	Nov 7-Dec 19	9:30-10:30am	7/$98

ZUMBA TONING ❤

Zumba Toning is a version of Zumba that focuses on strength training using lightweight toning sticks. The class combines cardio and strength training to tone and sculpt the body. Zumba Toning is perfect for people looking to add resistance training while having fun.

GORDON HEAD RECREATION CENTRE

Samantha Avis

166359	Tu	Sep 8-Oct 27	7:15-8:15pm	8/$112
166360	Tu	Nov 3-Dec 15	7:15-8:15pm	7/$98

ZUMBA GOLD TONING ❤

Zumba Toning is a version of Zumba that focuses on strength training using lightweight toning sticks. The class combines cardio and strength training to tone and sculpt the body. Zumba Toning is perfect for people looking to add resistance training while having fun.

GORDON HEAD RECREATION CENTRE

Samantha Avis

167015	F	Sep 11-Oct 30	10:30-11:30am	8/$112
167016	F	Nov 6-Dec 18	10:30-11:30am	7/$98

ZUMBA GOLD® ❤

Designed for active older adults and people starting their fitness journey, Zumba Gold combines easy-to-follow moves with zesty Latin and international rhythms to create an energizing and fun fitness experience that is less intense than regular Zumba.

CEDAR HILL RECREATION CENTRE

Heather La Page

167548	M	Sep 14-Oct 26	10-11am	6/$84
167556	M	Nov 2-Dec 14	10-11am	7/$98

GORDON HEAD RECREATION CENTRE

Roxana Soto

167022	M	Sep 14-Nov 2	11:15am-12:15pm	7/$98
167024	Th	Sep 10-Oct 29	12:15-1:15pm	8/$112
167025	Th	Nov 5-Dec 10	12:15-1:15pm	6/$84
167023	M	Nov 9-Dec 14	11:15am-12:15pm	6/$84

Samantha Avis

166357	Sa	Sep 12-Oct 31	10:45-11:45am	8/$112
166358	Sa	Nov 7-Dec 19	10:45-11:45am	7/$98

Intensity Level Guide

❤ **Low Intensity**	Ideal for beginners without prior fitness experience or experienced individuals wanting to focus on technique and fundamental movement skills.
❤❤ **Moderate Intensity**	Suitable for participants ready to improve technique and increase intensity while emphasizing proper form. Best suited for those already active.
❤❤❤ **High Intensity**	Suitable for consistently active individuals, emphasizing advanced techniques and intensity that will challenge even experienced participants.

HEALTH & FITNESS - INDOOR CYCLING

INTRODUCTION TO CYCLE 16yrs+ ♥

This class is the perfect introduction to indoor cycling. The instructor will facilitate proper bike setup to ensure a comfortable, safe, and enjoyable 45-minute ride, exploring a variety of drills, tempos, and body positions. The session will leave you feeling informed and ready to join a reserved drop-in cycle class.

GORDON HEAD RECREATION CENTRE

Jan Del Mistro

167328	M	Sep 14-Sep 14	9:15-10:15am	$11
167329	M	Nov 16-Nov 16	9:15-10:15am	$11

INDOOR BIKE TRAINING

Looking to build fitness and have fun? Led by certified cycling and triathlon coaches, these progressive workouts will improve your outdoor cycling—racing or recreational. Thursday night sessions include an optional run after the ride. All abilities welcome. Must supply bike and stationary trainer (some trainers are available to borrow).

SAANICH COMMONWEALTH PLACE

Paul Regensburg - Pinnacle Fitness

168049	Th	Oct 1-Dec 17	6-7:15pm	12/$149

LOOKING FOR MORE?

- Check out the reserved drop-in schedule for 18 cycle classes!

HEALTH & FITNESS - STRENGTH TRAINING

PICKLEBALL PERFORMANCE TRAINING - SMALL GROUP ♥

Improve your pickleball or racquet sports performance with a certified instructor in this small-group resistance-training class. Work you through a progressive program using weight room equipment to improve speed and performance, and reduce the risk of injury in your sport. Suitable for all levels (max 6:1 ratio).

G. R. PEARKES RECREATION CENTRE

Cameron Trim

168225	Th	Sep 10-Oct 29	2-3pm	8/$120
168227	Th	Nov 5-Dec 17	2-3pm	7/$105

SAANICH COMMONWEALTH PLACE

Cameron Trim

168149	W	Sep 9-Oct 28	3:15-4:05pm	7/$105
168240	W	Nov 4-Dec 16	3:15-4:05pm	6/$90

50YRS+

Nina Baumbach

168150	F	Sep 11-Oct 30	2:30-3:20pm	8/$105

SENIOR'S STRENGTH TRAINING - SMALL GROUP 70yrs+ ♥

Learn to exercise safely, in a quiet studio with weight room equipment, and the attention of a coach in a small group class. The coach will teach you exercises focused on injury and fall prevention, balance, and strength to benefit your activities of daily life. Suitable for older adults with minor controlled health conditions. Seated exercises will be offered. (Max of 6:1 ratio).

SAANICH COMMONWEALTH PLACE

Rayanne Bimb

168154	W	Sep 9-Oct 28	12:45-1:45pm	7/$105
168245	W	Nov 4-Dec 16	12:45-1:45pm	6/$90

SENIORS STRENGTH TRAINING - SMALL GROUP 70yrs+ ♥

Learn to exercise safely in a quiet studio with a coach and weight-room equipment. Small group classes focus on fall prevention, balance, and strength for daily life. Ideal for older adults with minor controlled health conditions. Seated exercise options offered. Max 6 per class.

SAANICH COMMONWEALTH PLACE

Rayanne Bimb

168155	F	Sep 11-Oct 30	11:45am-12:45pm	8/$120
168156	F	Sep 11-Oct 30	1-2pm	8/$120
168246	F	Nov 6-Dec 18	11:45am-12:45pm	7/$105
168247	F	Nov 6-Dec 18	1-2pm	7/$105

SENIORS STRENGTH TRAINING - SMALL GROUP 70yrs+ ♥

Learn to exercise safely in the weight room. The coach will teach you exercises focused on injury and fall prevention, balance, and strength to benefit your activities of daily life. Suitable for older adults with minor controlled health conditions. Seated exercises will be offered. (Max of 6:1 ratio).

GORDON HEAD RECREATION CENTRE

Janeece Miller

166088	Th	Sep 10-Oct 29	11:15am-12:15pm	8/$120
166089	Th	Nov 5-Dec 17	11:15am-12:15pm	7/$105

G. R. PEARKES RECREATION CENTRE

Rayanne Bimb

168609	M	Sep 14-Oct 26	11am-12pm	6/$90
168613	M	Nov 2-Dec 14	11am-12pm	7/$105

WEIGHT ROOM ORIENTATION

Familiarize yourself with our facilities and get an overview of the basics of strength training. Safe use of equipment and etiquette are important to us. An orientation is recommended before using the weight room. Youth 13-15 years and Seniors 60yrs+ years are free.

CEDAR HILL RECREATION CENTRE

W: 10-11am, **Sa:** 10:30-11:30am, **Su:** 12-1pm

GORDON HEAD RECREATION CENTRE

Tu: 7-8pm, **Th:** 10-11am, *8:30-9:30pm, **Sa, Su:** 10-11am. ***womens only***

G.R. PEARKES RECREATION CENTRE

W: 10:30-11:30am**, F:** 6-7pm, **Sa:** 10:30-11:30am

SAANICH COMMONWEALTH PLACE

Tu: 5:30-6:30pm, **W:** 5:15-6:15pm**, F:** 9-10am* **Su:** 12-1pm **Seniors 60yrs+ only*

WEIGHT TRAINING - BEGINNER 50yrs+ ♥

Learn the components of a well-balanced strength training program and how weight room equipment can safely and effectively help you develop muscular strength and endurance.

CEDAR HILL RECREATION CENTRE

Sam McColl

168091	Su	Sep 13-Oct 25	1:30-2:30pm	6/$66
168092	Su	Nov 1-Dec 20	1:30-2:30pm	8/$88

G. R. PEARKES RECREATION CENTRE

Cameron Trim

166320	W	Sep 16-Oct 28	11am-12pm	6/$66
166321	W	Nov 4-Dec 16	11am-12pm	6/$66

SAANICH COMMONWEALTH PLACE

Clair Leger-Downey

168167	Tu	Sep 8-Oct 27	3-4pm	8/$88
168251	Tu	Nov 3-Dec 15	3-4pm	7/$77

WEIGHT TRAINING - SMALL GROUP ♥

Learn the components of a well-balanced strength training program and how weight room equipment can safely and effectively help you develop muscular strength and endurance (max 6:1 ratio).

GORDON HEAD RECREATION CENTRE

Janeece Miller

166340	Th	Sep 10-Oct 29	9-10am	8/$120
166342	Th	Nov 5-Dec 17	9-10am	7/$105

CEDAR HILL RECREATION CENTRE

Alex Rathy

168133	Sa	Sep 12-Oct 31	12-1pm	7/$105
168136	Sa	Nov 7-Dec 19	12-1pm	7/$105

WEIGHT TRAINING - SMALL GROUP (WOMEN'S ONLY) ♥

In this small group format you'll learn proper techniques for strength training with weight room equipment, including safely improving your overall strength, stamina, and flexibility. This class provides a progressive program. Suitable for all levels. (Max of 6:1 ratio).

SAANICH COMMONWEALTH PLACE

Clair Leger-Downey

168172	Tu	Sep 8-Oct 27	7:45-8:45pm	8/$120
168267	Tu	Nov 3-Dec 15	7:45-8:45pm	7/$105

WEIGHT TRAINING - SMALL GROUP 50yrs+ ♥

In this small group format you'll learn proper techniques for strength training with weight room equipment, including safely improving your overall strength, stamina, and flexibility. This class provides a progressive program. Suitable for all levels. (Max of 6:1 ratio).

SAANICH COMMONWEALTH PLACE

Clair Leger-Downey

168177	F	Sep 11-Oct 30	10:30-11:30am	8/$120
168272	F	Nov 6-Dec 18	10:30-11:30am	7/$105

Julianne Petersen

168173	M	Sep 14-Oct 26	10:15-11:15am	6/$90
168174	M	Sep 14-Oct 26	11:30am-12:30pm	6/$90
168268	M	Nov 2-Dec 14	10:15-11:15am	7/$105
168269	M	Nov 2-Dec 14	11:30am-12:30pm	7/$105

Ty Delisle

168175	W	Sep 9-Oct 28	10:15-11:15am	7/$105
168176	W	Sep 9-Oct 28	11:30am-12:30pm	7/$105
168270	W	Nov 4-Dec 16	10:15-11:15am	6/$90
168271	W	Nov 4-Dec 16	11:30am-12:30pm	6/$90

WEIGHT TRAINING - SMALL GROUP CIRCUIT ♥

A full-body circuit class combining strength, endurance, and cardio. Participants rotate through varied exercise stations to build strength while keeping the heart rate up. (Max of 6:1 ratio).

SAANICH COMMONWEALTH PLACE
FUNCTIONAL FITNESS STUDIO

Arie Schmal

168181	W	Sep 9-Oct 28	7-8pm	7/$105
168183	Sa	Sep 12-Oct 24	10:15-11:15am	7/$105
168751	Sa	Sep 12-Oct 24	11:30am-12:30pm	7/$105
168262	Sa	Oct 31-Dec 12	10:15-11:15am	7/$105
168753	Sa	Oct 31-Dec 12	11:30am-12:30pm	7/$105
168260	W	Nov 4-Dec 16	7-8pm	6/$90

Rachel Houle

168159	M	Sep 14-Oct 26	6:30-7:20pm	6/$90
168265	M	Nov 2-Dec 14	6:30-7:20pm	7/$105

CEDAR HILL RECREATION CENTRE

Janeece Miller

168099	W	Sep 9-Oct 28	12-1pm	7/$105
168097	M	Sep 14-Oct 26	12-1pm	6/$90
168098	M	Nov 2-Dec 14	12-1pm	7/$105
168118	W	Nov 4-Dec 16	12-1pm	6/$90

Preston Schwann

168120	F	Sep 11-Oct 30	12-1pm	8/$120
168122	F	Nov 6-Dec 18	12-1pm	7/$105

WEIGHT TRAINING - SMALL GROUP CIRCUIT (WOMEN'S ONLY) ♥♥

In this small-group format, you'll learn proper techniques for strength training with weight-room equipment, including safely improving your overall strength, stamina, and flexibility. This class provides a progressive program. Suitable for all levels (max 6:1 ratio).

SAANICH COMMONWEALTH PLACE

Rachel Houle

168160	M	Sep 14-Oct 26	5:30-6:20pm	6/$90
168256	M	Nov 2-Dec 14	5:30-6:20pm	7/$105

Julianne Peterson

168879	Th	Sep 10-Oct 29	5:15-6:15pm	8/$120
168880	Th	Nov 5-Dec 17	5:15-6:15pm	7/$105

Intensity Level Guide

♥ **Low Intensity**	Ideal for beginners without prior fitness experience or experienced individuals wanting to focus on technique and fundamental movement skills.
♥♥ **Moderate Intensity**	Suitable for participants ready to improve technique and increase intensity while emphasizing proper form. Best suited for those already active.
♥♥♥ **High Intensity**	Suitable for consistently active individuals, emphasizing advanced techniques and intensity that will challenge even experienced participants.

WEIGHT TRAINING - SMALL GROUP CIRCUIT 50yrs+

Circuit training is an efficient method of improving your cardio, strength and endurance. This program is suitable for individuals with minor musculoskeletal issues who need to be active at their own pace. Extra stretching is offered at the end of sessions. (Max of 6:1 ratio).

SAANICH COMMONWEALTH PLACE

Cameron Trim

168185	Tu	Sep 8-Oct 27	12:45-1:45pm	8/$120
168264	Tu	Nov 3-Dec 15	12:45-1:45pm	7/$105

Julianne Petersen

168179	Th	Sep 10-Oct 29	11:30am-12:30pm	8/$120
168182	Th	Sep 10-Oct 29	10:15-11:15am	8/$120
168258	Th	Nov 5-Dec 17	11:30-12:30pm	7/$105
168261	Th	Nov 5-Dec 17	10:15-11:15am	7/$105

Ty Delisle

168180	Tu	Sep 8-Oct 27	10:15-11:15am	8/$120
168178	Tu	Sep 8-Oct 27	11:30am-12:30pm	8/$120
168186	Su	Sep 13-Oct 25	9:15-10:15am	7/$105
168184	Su	Sep 13-Oct 25	10:40-11:40am	7/$105
168266	Su	Nov 1-Dec 13	9:15-10:15am	7/$105
168263	Su	Nov 1-Dec 13	10:40-11:40am	7/$105
168259	Tu	Nov 3-Dec 15	10:15-11:15am	7/$105
168257	Tu	Nov 3-Dec 15	11:30am-12:30pm	7/$105

WEIGHT TRAINING - FIT AND IMPROVED

Let our qualified trainers help you meet your individual fitness goals! Improve your body composition, muscular strength, flexibility and more. We'll track your progress to facilitate your best results. This is a small group class that includes 10x SCP weight room pass, valid for duration of the program. (Max 4:1 ratio).

SAANICH COMMONWEALTH PLACE

Nina Baumbach

168170	Tu,Th	Sep 8-Oct 29	6:15-7:15am	16/$296
168171	Tu,Th	Sep 8-Oct 29	7:30-8:30am	16/$296
168254	Tu,Th	Nov 3-Dec 17	6:15-7:15am	14/$259
168255	Tu,Th	Nov 3-Dec 17	7:30-8:30am	14/$259
168168	M,W	Sep 9-Oct 28	6:30-7:30pm	13/$241
168169	M,W	Sep 9-Oct 28	7:45-8:45pm	13/$241
168252	M,W	Nov 2-Dec 16	6:30-7:30pm	13/$241
168253	M,W	Nov 2-Dec 16	7:45-8:45pm	13/$241

GORDON HEAD RECREATION CENTRE

Janeece Miller

166341	Tu,Th	Sep 8-Oct 29	10:05-11:05am	16/$296
166343	Tu,Th	Nov 3-Dec 17	10:05-11:05am	14/$259

WEIGHT TRAINING - ONGOING (FORMERLY INTERMEDIATE)

This progressive program will teach you proper techniques for strength training with weight room equipment, including safely improving your overall strength, stamina, and flexibility. Suitable for those with some weight room experience.

CEDAR HILL RECREATION CENTRE

Sam McColl

168093	Su	Sep 13-Oct 25	9:45-10:45am	6/$66
168219	Su	Sep 13-Oct 25	10:45-11:45am	6/$66
168096	Su	Nov 1-Dec 20	9:45-10:45am	8/$88
168220	Su	Nov 1-Dec 20	10:45-11:45am	8/$88

G. R. PEARKES RECREATION CENTRE

Cameron Trim

168624	W	Sep 16-Oct 28	12pm-1pm	6/$66
168627	W	Nov 4-Dec 16	12pm-1pm	6/$66

WEIGHT TRAINING FOR MENTAL HEALTH

Regular exercise can increase self-confidence and help you cope with life's stressors while improving both mental and physical health. Our certified fitness instructor will guide you through an exercise program that will contribute to your overall wellness.

CEDAR HILL RECREATION CENTRE

Sam McColl

168213	Su	Sep 13-Oct 25	2:40-3:40pm	6/$30
168214	Su	Nov 1-Dec 20	2:40-3:40pm	8/$40

HEALTH & FITNESS - WELLNESS & REHAB

BUILD BETTER BONES 1 50yrs+

Develop and maintain bone strength while working on fall prevention and reducing the risk of fractures through core strength training, balance exercises, and proper posture.

CEDAR HILL RECREATION CENTRE

Alexandrea Wade

167410	W	Sep 9-23	10:15-11:15am	3/$31
167403	M	Sep 14-28	10:15-11:15am	3/$31
167405	M	Oct 5-26	10:15-11:15am	3/$31
167411	W	Oct 7-28	10:15-11:15am	4/$41
167408	M	Nov 2-30	10:15-11:15am	5/$52
167412	W	Nov 4-25	10:15-11:15am	3/$31
167414	W	Dec 2-16	10:15-11:15am	3/$31
167409	M	Dec 7-21	10:15-11:15am	3/$31

Cynthia Eymundson

167416	F	Sep 11-25	10:15-11:15am	3/$31
167417	F	Oct 2-30	10:15-11:15am	5/$52
167418	F	Nov 6-27	10:15-11:15am	4/$41
167420	F	Dec 4-18	10:15-11:15am	3/$31

SAANICH COMMONWEALTH PLACE

Wanda Hanna

167781	M	Sep 21-Oct 26	2-3pm	5/$52
167780	W	Sep 23-Oct 28	2-3pm	5/$52
168041	M	Nov 2-Dec 14	2-3pm	7/$72
168040	W	Nov 4-Dec 16	2-3pm	6/$62

BUILD BETTER BONES 2 50yrs+

An ongoing program focused on fall prevention and reducing the risk of fractures through development of core strength, balance exercises and proper posture. Participants are encouraged to attend at least two classes per week for the best results.

CEDAR HILL RECREATION CENTRE

Alexandrea Wade

167345	W	Sep 9-23	9-10am	3/$31
167333	M	Sep 14-28	9-10am	3/$31
167334	M	Oct 5-26	9-10am	3/$31
167346	W	Oct 7-28	9-10am	4/$41
167335	M	Nov 2-30	9-10am	5/$52
167347	W	Nov 4-25	9-10am	3/$31
167348	W	Dec 2-16	9-10am	3/$31
167336	M	Dec 7-21	9-10am	3/$31

Cynthia Eymundson

167349	F	Sep 11-25	9-10am	3/$31
167350	F	Oct 2-30	9-10am	5/$52
167351	F	Nov 6-27	9-10am	4/$41
167352	F	Dec 4-18	9-10am	3/$31

= OPTION OF EXERCISING WHILE SEATED

Adult Health and Fitness

CHRONIC PAIN/MILD MOVEMENT CLASS ♥

A safe mild exercise class for people living with chronic pain, fibromyalgia or for people looking for a gentle class. Ideal for those who are already mildly active. Chair exercises provided as alternatives.

SAANICH COMMONWEALTH PLACE

Diana Lewall

167782	Tu	Sep 22-Oct 27	11:30am-12:30pm	6/$62
167783	Th	Sep 24-Oct 29	11:30am-12:30pm	6/$62
168047	Tu	Nov 3-Dec 15	11:30am-12:30pm	7/$72
168048	Th	Nov 5-Dec 17	11:30am-12:30pm	7/$72

FAME

FAME (Fitness and Mobility Exercise) is a community-based program for people who have had a stroke or other neurological conditions such as Parkinson's Disease, Multiple Sclerosis, and traumatic brain injury. FAME is designed specifically and proven to improve fitness, mobility and strength. The small group class is led by fitness instructors to facilitate functional strength, fitness, agility and balance exercises. Suitable for people at any time after stroke who can stand for 5 minutes, walk for 10 metres (even with a walking aid), medically stable, and can communicate with the instructor.

SAANICH COMMONWEALTH PLACE

Mateo Cocco

164597	Tu,F	Sep 22-Dec 4	2:30-3:30pm	22/$330

MEDITATION - BUDDHIST ♥

Happiness is a calm, clear and peaceful mind. Discover the power of meditation to decrease stress, think more positively and creatively in the face of problems,and respond more openly towards others. Ideal for everyone, seated on chairs or mats.

CEDAR HILL RECREATION CENTRE

Kelsang Zopa

165619	Tu	Sep 15-Oct 27	12:15-1:15pm	7/$76
165620	Tu	Nov 3-Dec 15	12:15-1:15pm	7/$76

MINDS IN MOTION® 50yrs+

A fitness and social program for people living with any form of early-stage dementia, along with a family member, friend, or other care partner. Offered in partnership with the Alzheimer Society of B.C., gentle exercises are followed by social activities designed to be enjoyed in pairs. Care partners must attend.

G. R. PEARKES RECREATION CENTRE

Rosalie Russo

163712	W	Sep 16-Nov 4	1-2:30pm	14/$56
163713	W	Nov 18-Dec 16	1-2:30pm	10/$40

GORDON HEAD RECREATION CENTRE

Rosalie Russo

163801	M	Sep 14-Oct 26	1-2:30pm	12/$48
163802	M	Nov 9-Dec 14	1-2:30pm	12/$48

= OPTION OF EXERCISING WHILE SEATED

MOVING BEYOND CANCER ♥

Exercise has been proven to improve symptoms related to cancer at every stage of treatment and recovery. Two group fitness classes per week will empower you to feel your best while improving your strength, cardio, balance and flexibility in a supportive community environment. Modifications will be shown. Late registrations are accepted and will be pro-rated.

SAANICH COMMONWEALTH PLACE

Wanda Hanna

167786	M,W	Sep 28-Oct 28	12:45-1:45pm	8/$64
168052	M,W	Nov 2-Dec 16	12:45-1:45pm	13/$104

OLDER ADULT NEURODIVERSITY SOCIAL AND MOVEMENT CLASS 55yrs+

A fun and welcoming, social and movement class for all older adults including those with diverse neurology, such as mild dementia, Parkinson's or Alzheimer's. Led by an older adult fitness instructor. First-time registrants, please call 778-584-6812 to determine if this program is a good fit for you!

SAANICH COMMONWEALTH PLACE

JoAnn Gillespie

163826	W	Sep 23-Dec 9	12:30-2:30pm	10/$100

QIGONG - BEGINNERS ♥

Join us for gentle breathing and movement exercises to boost energy, vitality, and overall health. Whether you're a beginner or experienced, all basics will be covered, offering a great review for those familiar with Aung Medical Qi Gong.

GORDON HEAD MIDDLE SCHOOL

Linda Totino

167270	M	Nov 9-30	6-7:30pm	4/$8

SOUND BATH

Join Janette, a sound healer and Reiki master, for a truly relaxing experience as you bathe in the Reiki-infused sounds of her instruments. Please bring a yoga mat or chair for sitting, and anything else that will make you comfortable (such as a pillow, blanket, or bolster).

GORDON HEAD RECREATION CENTRE

Janette Melvin

166110	W	Oct 14	7:30-8:30pm	$30
166111	W	Nov 25	7:30-8:30pm	$30

SPINAL FITNESS ♥

Enjoy exercises to strengthen your spine and increase mobility. Developed by Dr. Sehmi after years of work with patients with spinal issues. Moderate spinal mobility is necessary, this program is not intended for people with severe balance or spinal issues. Note: not suitable for those with knee replacements.

GORDON HEAD RECREATION CENTRE

Preet Sehmi

166113	Tu	Sep 15-Oct 27	6:30-7:30pm	7/$102
166114	Tu	Nov 3-Dec 15	6:30-7:30pm	7/$90

Intensity Level Guide

♥ **Low Intensity**	Ideal for beginners without prior fitness experience or experienced individuals wanting to focus on technique and fundamental movement skills.
♥♥ **Moderate Intensity**	Suitable for participants ready to improve technique and increase intensity while emphasizing proper form. Best suited for those already active.
♥♥♥ **High Intensity**	Suitable for consistently active individuals, emphasizing advanced techniques and intensity that will challenge even experienced participants.

TAI CHI FOR BEGINNERS - INTRODUCTORY ♥

A true introductory course for newcomers. This gentle, full-body exercise focuses on improving concentration, calming the mind, and supporting overall well-being. Participants will learn foundational movements and complete the first 12 sequential forms.

CEDAR HILL RECREATION CENTRE

166330	Tu	Sep 15-Oct 27	4:45-5:45pm	7/$72
166331	Tu	Nov 3-Dec 15	4:45-5:45pm	7/$72

TAI CHI ♥

A gentle Tai Chi class focused on balance, coordination, and mindful movement. Through slow, flowing sequences, participants improve stability, mobility, posture, and body awareness in a supportive and welcoming environment. This program is suitable for beginners and older adults, with a calm pace and emphasis on healthy movement.

G. R. PEARKES RECREATION CENTRE

Jennifer Logelin

166315	Th	Sep 10-Oct 29	11:15am-12:15pm	8/$82
166316	Th	Nov 5-Dec 17	11:15am-12:15pm	7/$72

TIME ® ♥

T.I.M.E. is an exercise class for individuals with balance and mobility challenges from conditions such as stroke, acquired brain injury or Multiple Sclerosis. Participants must be able to independently walk 10 metres with or without a walking aid. This specialized circuit-style fitness class is offered in partnership with Island Health.

GORDON HEAD RECREATION CENTRE

Susanne Reul-Zastre

166093	W,F	Sep 9-Oct 30	11:45am-12:45pm	15/$188
166095	W,F	Sep 9-Oct 30	1-2pm	15/$188
166096	W,F	Nov 4-Dec 18	11:45am-12:45pm	13/$163
166097	W,F	Nov 4-Dec 18	1-2pm	13/$163

CEDAR HILL RECREATION CENTRE

Janeece Miller

165634	M,W	Sep 14-Oct 28	1:30-2:30pm	12/$150
165635	M,W	Nov 2-Dec 16	1:30-2:30pm	13/$163

HEALTH & FITNESS - YOGA, PILATES & BARRE

BARRE EXPRESS ♥

An excellent regime of ballet, Pilates, yoga, strength and flexibility training using a ballet barre. This 45-minute class is a low-intensity workout that will transform and sculpt your entire body. Strong focus on postural strength and alignment. Open to all levels.

GORDON HEAD RECREATION CENTRE

Kathleen Baker

166039	Tu	Sep 8-Oct 27	5-5:45pm	8/$100
166041	Tu	Nov 3-Dec 15	5-5:45pm	7/$88

BARRE FITNESS ♥

An excellent regime of ballet, Pilates, yoga, strength and flexibility training using a ballet barre. This total body conditioning technique is a low-intensity workout that will transform and sculpt your entire body. Strong focus on postural strength and alignment. Open to all levels.

CEDAR HILL RECREATION CENTRE

Sandra Walton

167543	M	Sep 14-Oct 26	7:15-8:15am	6/$75
167549	Tu	Sep 15-Oct 27	6:15-7:15pm	7/$88
167551	W	Sep 16-Oct 28	6-7pm	6/$75
167544	M	Nov 2-Dec 14	7:15-8:15am	7/$88
167550	Tu	Nov 3-Dec 15	6:15-7:15pm	7/$88
167552	W	Nov 4-Dec 16	6-7pm	6/$75

G. R. PEARKES RECREATION CENTRE

Jennifer Laforet

166301	Th	Sep 10-Oct 29	4-4:50pm	8/$100
166302	Th	Nov 5-Dec 17	4-4:50pm	7/$88

GORDON HEAD RECREATION CENTRE

Kathleen Baker

166046	Th	Sep 10-Oct 29	4:45-5:45pm	8/$100
166048	Th	Sep 10-Oct 29	6-7pm	8/$100
166047	Th	Nov 5-Dec 17	4:45-5:45pm	7/$88
166050	Th	Nov 5-Dec 17	6-7pm	7/$88

SAANICH COMMONWEALTH PLACE

Shannon

167777	W	Sep 23-Oct 28	5:30-6:30pm	5/$63
168036	W	Nov 4-Dec 16	5:30-6:30pm	6/$75

Ann Bookman

167778	Th	Sep 24-Oct 29	9:10-10am	6/$75
168038	Th	Nov 5-Dec 17	9:10-10am	7/$88

Kathleen Baker

167776	M	Sep 21-Oct 26	7-7:50am	5/$63
168035	M	Nov 2-Dec 14	7-7:50am	7/$88

Marilyn Wilson

167775	M	Sep 21-Oct 26	5:30-6:30pm	5/$63
168034	M	Nov 2-Dec 14	5:30-6:30pm	7/$88

PILATES - LEVEL 1 ♥

This mat-work class focuses on alignment, breath, balance and core strength. Controlled, fluid Pilates exercises improve range of motion while strengthening and stretching the body. No experience needed. Pilates mat-work classes are not recommended for chronic injuries.

CEDAR HILL RECREATION CENTRE

Debra Morrison

167538	M	Sep 14-Nov 30	5-6pm	11/$138

Sandra Walton

167546	Tu	Sep 15-Oct 27	7:35-8:35pm	7/$88
167553	Tu	Nov 3-Dec 15	7:35-8:35pm	7/$88

G. R. PEARKES RECREATION CENTRE

Jennifer Laforet

166313	Sa	Sep 12-Oct 31	12-1pm	8/$100
166314	Sa	Nov 7-Dec 19	12-1pm	7/$88

PILATES - RESTORATIVE ♥

This class promotes increased flexibility, improved mood, circulation and reduced stress. It can help with back pain or tension and is gentle on the body. Leave feeling refreshed and relaxed.

CEDAR HILL RECREATION CENTRE

Sandra Walton

167547	Th	Sep 17-Oct 29	7:30-8:30pm	7/$88
167555	Th	Nov 5-Dec 17	7:30-8:30pm	7/$88

GORDON HEAD RECREATION CENTRE

Debby Pietraszek

167190	Tu	Nov 3-Dec 15	9:30am-10:30am	7/$88
167189	Tu	Sep 8-Oct 27	9:30am-10:30am	8/$100

PILATES ATHLETIC FUSION ♥ ♥

A blend of flowing Pilates sequences incorporating sections of strengthening through dynamic movement and balance. Integrating breath work and focus on alignment results in long, lean muscle, greater strength and improved body awareness. Pilates experience required. This is a non-impact class.

CEDAR HILL RECREATION CENTRE

Debra Morrison

167542	W	Sep 16-Dec 2	5-6pm	10/$125

PILATES BODY SCULPT ♥

Discover body awareness, breath control, and fluid movement while performing intermediate, modifiable sequences. Equipment is used to bring awareness to sculpting, defining, and strengthening long, lean muscle. Equipment is optional.

CEDAR HILL RECREATION CENTRE

Debra Morrison

167105	W	Sep 16-Dec 2	7:30-8:30pm	10/$125

G. R. PEARKES RECREATION CENTRE

Jennifer Laforet

168551	Sa	Sep 12-Oct 31	1:15-2:15pm	8/$100
168554	Sa	Nov 7-Dec 19	1:15-2:15pm	7/$88

PILATES PLUS - LEVEL 1 ♥

A science-based practice that features a strong clinical education component, facilitated by Joan Buna. Emphasis on the layers of the core, breathing and biomechanical alignments that reduce tension and influence patterns in the body. A simple but effective class to help you achieve a healthy lifestyle. No experience necessary.

SAANICH COMMONWEALTH PLACE

Joan Buna

164598	M	Sep 21-Nov 2	5:10-6:10pm	6/$75
166031	M	Nov 9-Dec 14	5:10-6:10pm	6/$75

PILATES PLUS - ONGOING ♥

This effective next-level program helps you achieve a healthy lifestyle, allowing you to do what you love to do.

SAANICH COMMONWEALTH PLACE

Joan Buna

164599	M	Sep 21-Nov 2	6:20-7:20pm	6/$75
166032	M	Nov 9-Dec 14	6:20-7:20pm	6/$75

SLOW FLOW YOGA - ONLINE ♥

A dynamic mix of flowing movements to open joints and connect to your breath. Balancing poses and strong, long holds help build strength and stamina. Modifications are provided to honour where you are and gently build from there. During this online session, Laura encourages a safe, supportive and accepting environment; empowering you to be where you are.

CEDAR HILL RECREATION CENTRE

Laura Benson

166074	Tu	Sep 22-Oct 27	8:50-9:50am	6/$48

YOGA - BEGINNERS ♥

Learn basic yoga postures and yoga breathing exercises to help you establish a personal yoga routine. A good introduction to the practice of yoga.

GORDON HEAD RECREATION CENTRE

Emily Becker

165753	M	Sep 14-Nov 2	6-7pm	7/$88
165754	M	Nov 9-Dec 14	6-7pm	6/$75

YOGA - BEND IT LIKE PECKHAM GENTLE ♥

Designed for those with some yoga experience, this practice covers standing poses, leg stretches, simple backbends, hip openers, spinal twists, and restorative poses. Breath awareness and deep relaxation are also emphasized. Students must be able to move comfortably up and down from the floor.

SAANICH COMMONWEALTH PLACE

Mary Elizabeth Peckham

164601	W	Sep 23-Oct 28	5:15-6:30pm	5/$79
166253	W	Nov 4-Dec 16	5:15-6:30pm	6/$94

Intensity Level Guide

♥ **Low Intensity**	Ideal for beginners without prior fitness experience or experienced individuals wanting to focus on technique and fundamental movement skills.
♥ ♥ **Moderate Intensity**	Suitable for participants ready to improve technique and increase intensity while emphasizing proper form. Best suited for those already active.
♥ ♥ ♥ **High Intensity**	Suitable for consistently active individuals, emphasizing advanced techniques and intensity that will challenge even experienced participants.

YOGA - BEND IT LIKE PECKHAM INTERMEDIATE

The essence of yoga practice is balance in our lives and being present to the moment. Designed for those with some experience, this practice covers standing poses, leg stretches, simple backbends, hip openers, spinal twists, and restorative poses. Breath awareness and deep relaxation are also emphasized.

SAANICH COMMONWEALTH PLACE

Mary Elizabeth Peckham

164602	W	Sep 23-Oct 28	11am-12:30pm	5/$94
166251	W	Nov 4-Dec 16	11am-12:30pm	6/$113

YOGA - CHAIR YOGA

With emphasis on the breath, practice full-body movements for strength, balance and mobility. Experience the benefits of yoga including feeling calmer and more focused, increased flexibility, better balance and overall vitality.

CEDAR HILL RECREATION CENTRE

Laura Benson

166085	Th	Sep 17-Oct 29	10:45-11:45am	7/$88
166087	Th	Nov 5-Dec 17	10:45-11:45am	7/$88

Rena Sinstadt

166055	Tu	Sep 15-Oct 27	11:30am-12:25pm	7/$88
166056	Tu	Nov 3-Dec 15	11:30am-12:25pm	7/$88

SAANICH COMMONWEALTH PLACE

Rena Sinstadt

164603	W	Sep 23-Oct 28	1-2pm	5/$63
166709	W	Nov 4-Dec 16	1-2pm	6/$75

GORDON HEAD RECREATION CENTRE

Micheline (Agi) Mallory

167631	Tu	Sep 15-Oct 27	11am-12pm	6/$75
167632	Tu	Nov 10-Dec 15	11am-12pm	6/$75

Tessa Rae Hartwig

166810	W	Sep 9-Oct 28	11am-12pm	7/$88
166812	F	Sep 11-Oct 30	10:30-11:30am	8/$100
166808	M	Sep 14-Oct 26	11:30am-12:30pm	6/$75
166811	W	Nov 4-Dec 16	11am-12pm	6/$75
166813	F	Nov 6-Dec 18	10:30-11:30am	7/$88
166809	M	Nov 9-Dec 14	11:30am-12:30pm	6/$75

YOGA - FAMILY YOGA WELLNESS 6yrs+

Learn the basics of yogatogether, ideal for helping to control breathing and reduce stress. Gain fundamentals to practice together between classes. Recommended for children 6 to 11yrs. One adult 16yrs+ required. Includes a complimentary skate entry for use after the class. Register the adult only; fee covers both participants.

G. R. PEARKES RECREATION CENTRE

168234	Su	Sep 13-Oct 25	12:30-1:15pm	7/$112
168235	Su	Nov 1-Dec 20	12:30-1:15pm	8/$128

YOGA - FLEXIBILITY AND CORE

A fun fusion of yoga stretches, balance and Pilates-inspired exercises. Strengthen, lengthen, and stretch your whole body as you improve your posture and build a strong, stable core. This flow-style class welcomes all levels.

GORDON HEAD MIDDLE SCHOOL

Jennifer Laforet

167070	W	Sep 9-Oct 28	6:15-7:30pm	7/$110
167071	W	Nov 4-Dec 16	6:15-7:30pm	6/$94

YOGA - FLEXIBILITY, ABS AND GLUTES

Tighter, stronger, firmer! Yoga is the perfect way to quickly strengthen your gluteal muscles. You can sculpt, tone, and redefine your lower body using just your body weight. Stretch and lengthen your muscles while also enhancing your abs and core. You'll love the results.

GORDON HEAD MIDDLE SCHOOL

Jennifer Laforet

167068	M	Sep 14-Nov 2	6:15-7:30pm	7/$110
167069	M	Nov 9-Dec 14	6:15-7:30pm	6/$94

YOGA - FLOW AND RESTORE

Unwind your body and calm your mind in this soothing practice that begins with mindful flow and transitions into supported restorative poses with guided meditation to fully relax and reset. Students should be able to transition from the floor to standing comfortably.

SAANICH COMMONWEALTH PLACE

Rena Sinstadt

164608	Tu	Sep 22-Oct 27	5:15-6:15pm	6/$75
166249	Tu	Nov 3-Dec 15	5:15-6:15pm	7/$88

YOGA - GENTLE SOMATIC

Somatic yoga uses gentle movement and mindful breathing to support natural healing, reduce stress, and improve sleep. Classes nourish your body, release tension, and strengthen your body-mind connection. End with restorative yoga and meditation for lasting calm and resilience.

CEDAR HILL RECREATION CENTRE

Tamara Cleaver

167521	W	Sep 9-Oct 28	11:15am-12:30pm	7/$110
167522	W	Nov 4-Dec 16	11:15am-12:30pm	6/$94

YOGA - GENTLE YOGA

A practice for students comfortable with their balance and getting up and down to the floor smoothly. We'll work on a variety of yoga exercises to create a balance between strength and flexibility, building confidence so you can practice at home safely.

GORDON HEAD RECREATION CENTRE

Tessa Rae Hartwig

166814	Tu	Sep 8-Oct 27	7:15-8:15pm	8/$100
166816	Th	Sep 10-Oct 29	6:45-7:45pm	8/$100
166815	Tu	Nov 3-Dec 15	7:15-8:15pm	7/$88
166817	Th	Nov 5-Dec 17	6:45-7:45pm	7/$88

= OPTION OF EXERCISING WHILE SEATED

YOGA - HATHA FLOW ♥

By combining movement and alignment with deep breathing, this practice can improve balance, core strength, flexibility, posture and strength. Great for stress, pain management and building confidence.

CORDOVA BAY 55 PLUS ASSOCIATION

Tessa Rae Hartwig

164594	M	Sep 14-Oct 26	5:30-6:45pm	6/$94
164595	M	Nov 2-Dec 14	5:30-6:45pm	7/$110

GORDON HEAD RECREATION CENTRE

Tessa Rae Hartwig

166818	Th	Sep 10-Oct 29	5:15-6:30pm	8/$125
166819	Th	Nov 5-Dec 17	5:15-6:30pm	7/$110

YOGA - HATHA ♥

This synchronized practice of breath and movement along with strengthening poses, make Hatha yoga a well-rounded approach to promoting both physical and mental health. It's a practice that encourages balance, mindfulness, and a sense of overall well-being.

G. R. PEARKES RECREATION CENTRE

166327	Su	Sep 13-Oct 25	11:15am-12:15pm	7/$88
166328	Su	Nov 1-Dec 20	11:15am-12:15pm	8/$100

YOGA - IYENGAR - ALL LEVELS ♥♥

This class is active and challenging in a good way. It is not for students with serious physical limitations. Iyengar yoga can be adapted for all bodies with the use of props and focus on alignment. Learn to reduce stress and to improve your posture, breath function and self-awareness.

CEDAR HILL RECREATION CENTRE

Britta Poisson

165629	Th	Sep 10-Oct 29	5:30-7pm	8/$152
165630	Th	Nov 5-Dec 17	5:30-7pm	7/$133

SAANICH COMMONWEALTH PLACE

Gary Wong

166905	M	Sep 21-Oct 26	10-11:15am	5/$79
166906	M	Nov 2-Dec 14	10-11:15am	7/$110

Ty Chandler

164604	Th	Sep 24-Oct 29	4:45-6pm	6/$94
166725	Th	Nov 5-Dec 17	4:45-6pm	7/$110

YOGA - IYENGAR RESTORATIVE ♥

Iyengar restorative yoga uses props like bolsters and blankets for full support, allowing deep relaxation in each pose. Extended holds help shift your body from stress to deep rest, quieting the mind and relieving exhaustion. Students should be able to get up from the floor comfortably.

SAANICH COMMONWEALTH PLACE

Ty Chandler

166912	Th	Sep 24-Oct 29	6:15-7:15pm	6/$75
166913	Th	Nov 5-Dec 17	6:15-7:15pm	7/$88

YOGA - KUNDALINI - HEALING YOGA ♥

Kundalini yoga balances and calms the nervous system, massages the glands, builds core strength, expands and balances chakra energy. Come out to move, breathe, chant and renew your vitality. Suitable for all levels.

CEDAR HILL RECREATION CENTRE

Sherri Bird

166902	F	Sep 11-Oct 30	10:30am-12pm	8/$152
166903	F	Nov 6-Dec 18	10:30am-12pm	7/$133

YOGA - MORNING FLOW ♥♥

Start your day with an energizing full-body yoga flow designed for healthy, physically active participants with no movement restrictions. This athletic-style class focuses on mobility, balance, strength, and flexibility through standing postures, dynamic stretching, simple backbends, and mindful breathwork.

SAANICH COMMONWEALTH PLACE

Mary Elizabeth Peckham

167005	Tu	Sep 22-Oct 27	6:45-8am	6/$94
167006	Tu	Nov 3-Dec 15	6:45-8am	7/$110
167007	Th	Sep 24-Oct 29	6:45-8am	6/$94
167008	Th	Nov 5-Dec 17	6:45-8am	7/$110

YOGA - NIDRA ♥

Yoga nidra represents a structured and systematic method of physical, mental, and emotional relaxation. Relieve stress, improve sleep, and help address anxiety and depression. The practice takes place laying on the floor in a supported position and uses meditation, guided therapeutic visualization, affirmations and positive intention to achieve conscious relaxation.

SAANICH COMMONWEALTH PLACE

Yulia Bachurina

164609	M	Sep 21-Oct 26	7:30-8:30pm	5/$63
166027	M	Nov 2-Dec 14	7:30-8:30pm	7/$88

YOGA - PELVIC FLOOR ♥

This therapeutic yoga series explores the connection between body, mind, breath, and nervous system, and how they collectively support our pelvic health. Through intuitive movement, breath awareness, and calming practices, we'll gently release tension and begin building strength and resilience in support of our whole-being wellness.

Tamara Cleaver

SAANICH COMMONWEALTH PLACE

164610	M	Sep 21-Oct 26	12:45-2pm	5/$79
166030	M	Nov 2-Dec 14	12:45-2pm	7/$110

G. R. PEARKES RECREATION CENTRE

166329	F	Sep 11-Oct 30	12:45-2pm	8/$125
166908	F	Nov 6-Dec 18	12:45-2pm	7/$110

Intensity Level Guide

♥ **Low Intensity**	Ideal for beginners without prior fitness experience or experienced individuals wanting to focus on technique and fundamental movement skills.
♥♥ **Moderate Intensity**	Suitable for participants ready to improve technique and increase intensity while emphasizing proper form. Best suited for those already active.
♥♥♥ **High Intensity**	Suitable for consistently active individuals, emphasizing advanced techniques and intensity that will challenge even experienced participants.

YOGA - PRENATAL AND BIRTH PREPARATION ❤

Deepen your connection with your body, breath, heart, and baby. Feel more prepared for childbirth as you learn gentle movements, increase pelvic floor awareness, and explore breathing practices and guided meditation. All pregnant folks are welcome to join this holistic series, led by an experienced doula.

CEDAR HILL RECREATION CENTRE

Tamara Cleaver

167268	F	Sep 11-Oct 23	5:45-6:45pm	7/$88
167269	F	Oct 30-Dec 11	5:45-6:45pm	7/$88

YOGA - RETREAT - CULTIVATING KINDNESS ❤

An afternoon of yoga and meditation focused on self-kindness to nurture your well-being and foster inner peace. Includes a combination of slow flow, meditation, restorative yoga, and yoga nidra. Please bring your mat, a blanket, and cozy layers. Must be able to get up and down off the floor easily.

CEDAR HILL RECREATION CENTRE

Laura Benson

165082	Su	Nov 22	1-5pm	$100

YOGA - RETREAT - HARVEST GRATITUDE ❤

Nurture your body, mind and heart during this afternoon of yoga and meditation. Harvest well-being, reduce stress and increase contentment. Includes slow flow, meditation, restorative yoga, and yoga nidra. Please bring your mat, a blanket, and cozy layers. Must be able to get up and down off the floor easily.

CEDAR HILL RECREATION CENTRE

Laura Benson

165081	Su	Oct 4	1-5pm	$100

YOGA - SLOW FLOW ❤

This slower-paced flow class allows time to explore the postures while improving strength, flexibility, balance and calm. A gentle warmup moves into a slower flow, holding some shapes for longer. Somatic movement and breathwork help release muscular tension, reduce stress, and bring us into savasana, ending our class in relaxation.

CEDAR HILL RECREATION CENTRE

Tamara Cleaver

165627	F	Sep 11-Oct 23	7-8:15pm	7/$110
165628	F	Oct 30-Dec 11	7-8:15pm	7/$110

YOGA - STRENGTH AND EASE ❤

Create a strong practice that builds subtlety over force. This all-levels class offers modifications to activate your alignment, making your poses effective. Students should be able to get up and down from the floor easily. Yogis will focus on breath, asana, and meditation to support a lifelong practice.

SAANICH COMMONWEALTH PLACE

Kelly Urquhart

164605	Tu	Sep 22-Oct 27	10:15am-11:30am	6/$94
166034	Th	Sep 24-Oct 29	12:45pm-1:45pm	6/$75
166033	Tu	Nov 3-Dec 15	10:15am-11:30am	7/$110
166035	Th	Nov 5-Dec 17	12:45pm-1:45pm	7/$88

YOGA - YIN YOGA ❤

Improve your mobility and release deep-seated tension through a combination of slow-paced yin yoga postures and ball-rolling techniques. This class targets the body's connective tissue, helping relieve pain and tension, improve flexibility, and promote relaxation.

GORDON HEAD RECREATION CENTRE

Micheline (Agi) Mallory

166726	W	Sep 16-Oct 28	5:30-6:45pm	6/$94
166727	W	Nov 4-Dec 16	5:30-6:45pm	6/$94

YOGA FOR BETTER BALANCE ❤

A fun and creative way to improve your balance while reducing the risk of falls. This gentle yoga series utilizes chairs, massage balls and other supportive props. We'll explore practices for healthy brain function, deeper core awareness, and enhanced mobility, while building strong muscles, healthy joints and a happy heart.

Tamara Cleaver

G. R. PEARKES RECREATION CENTRE

166326	F	Sep 11-Oct 30	11:15am-12:30pm	8/$125
166907	F	Nov 6-Dec 18	11:15-12:30pm	7/$110

SAANICH COMMONWEALTH PLACE

166910	M	Sep 21-Oct 26	2:15-3:30pm	5/$79
166911	M	Nov 2-Dec 14	2:15-3:30pm	7/$110

YOGA FOR BONE HEALTH ❤

Designed to support you in developing strength and improving your postural alignment and balance. Certified in BoneFit with Osteoporosis Canada and Yoga for Osteoporosis with Dr. Loren Fishman, Agi offers a welcoming and supportive environment for you to practice yoga safely and effectively.

GORDON HEAD RECREATION CENTRE

Micheline (Agi) Mallory

166728	W	Sep 16-Oct 28	9-10:15am	6/$94
166729	W	Nov 4-Dec 16	9-10:15am	6/$94

YOGA FOR EVERY BODY ♥

Move and stretch in this full-body revitalization class designed for every body. Cultivate strength, stability and balance with options to meet you where you are and build from there. Explore breathing and mindfulness practices to promote relaxation. Must be able to get up and down off the floor. Please bring a mat.

CEDAR HILL RECREATION CENTRE

Laura Benson

166065	Th	Sep 17-Oct 29	9:30-10:30am	7/$88
166066	Tu	Sep 22-Oct 27	10:30-11:45am	6/$94
166068	Tu	Nov 3-Dec 15	10:30-11:45am	7/$112
166069	Th	Nov 5-Dec 17	9:30-10:30am	7/$88

GORDON HEAD RECREATION CENTRE

Laura Benson

165764	Tu	Sep 22-Oct 27	5:45-7pm	6/$94
165765	Tu	Nov 3-Dec 22	5:45-7pm	8/$125

YOGA FOR FITNESS (ONLINE) ♥

This energizing class combines traditional Hatha yoga with a dynamic, breath-driven flow designed to challenge your strength and stamina. Build heat, activate your core, and improve mobility as you move through powerful standing poses, balance work, and twists. Wind down with longer holds to release tight muscles, and enhance flexibility.

SAANICH COMMONWEALTH PLACE

Janna Reimer

167852	M	Sep 14-28	9:30-10:30am	3/$21
168031	M	Oct 5-26	9:30-10:30am	3/$21
168032	M	Nov 2-30	9:30-10:30am	5/$34
168033	M	Dec 7-28	9:30-10:30am	4/$27

YOGA FOR FUNCTIONAL MOVEMENT ♥

This all-level class combines yoga therapy and physical therapy approaches and teaches you how to move your body optimally. You will learn to balance strength and mobility, work your balance, and improve core strength and posture. Consistent attendance may also help your current aches and pains go away.

GORDON HEAD RECREATION CENTRE

Tessa Rae Hartwig

166820	F	Sep 11-Oct 30	12-1pm	8/$100
166821	F	Nov 6-Dec 18	12-1pm	7/$88

YOGA FOR HEALTHY AGING ♥

Designed to support your physical, mental, and emotional wellbeing as you age. This gentle class is suitable for all levels. Agi provides a welcoming and supportive environment to encourage mobility, strength, flexibility and balance.

GORDON HEAD RECREATION CENTRE

Micheline (Agi) Mallory

166732	Th	Sep 17-Oct 29	10:30-11:45am	7/$110
166733	Th	Nov 5-Dec 17	10:30-11:45am	7/$110

YOGA FOR HEALTHY AGING II ♥

This class will challenge and improve your mobility, strength, and balance. Suitable for anyone with yoga experience and the ability to get up and down from the floor with ease. Learn postures, breathing exercises and relaxation techniques to support your body, mind and spirit.

GORDON HEAD RECREATION CENTRE

Micheline (Agi) Mallory

166734	M	Sep 14-Oct 26	9-10:15am	6/$94
166736	Th	Sep 17-Oct 29	9-10:15am	7/$110
166735	M	Nov 2-Dec 14	9-10:15am	7/$110
166737	Th	Nov 5-Dec 17	9-10:15am	7/$110

YOGA FOR MOBILITY 55+yrs ♥

A gentle Hatha yoga combined with creative somatic and functional movements to encourage and enhance mobility. Explore balance and range of motion while building subtle strength to move with more ease. Students should be able to get up and down from the floor. Meditation and relaxation techniques will be offered.

SAANICH COMMONWEALTH PLACE

Kelly Urquhart

166246	Tu	Sep 22-Oct 27	11:45am-1pm	6/$94
164607	Th	Sep 24-Oct 29	2-3:15pm	6/$94
164606	Tu	Nov 3-Dec 15	11:45am-1pm	7/$110
166247	Th	Nov 5-Dec 17	2-3:15pm	7/$110

YOGA FOR RUNNERS ♥

The perfect compliment to pounding the pavement. Learn postures to lengthen the hamstrings, open up the hips and release tension created from running. An opportunity to overcome and prevent injuries, build stability and improve joint range. Flexibility not necessary.

GORDON HEAD RECREATION CENTRE

Emily Becker

165755	M	Sep 14-Nov 2	7:15-8:15pm	7/$88
165756	M	Nov 9-Dec 14	7:15-8:15pm	6/$75

YOGA PILATES FUSION ♥♥

A powerful fusion of yoga, Pilates, and traditional fitness training that enhances strength, muscle definition, flexibility and balance. The incorporation of breath control into seamless sequences promotes calorie burning and enhances overall mind-body wellness.

CEDAR HILL RECREATION CENTRE

Debra Morrison

167539	M	Sep 14-Nov 30	6:15-7:15pm	11/$138
167540	M	Sep 14-Nov 30	7:30-8:30pm	11/$138
167541	W	Sep 16-Dec 2	6:15-7:15pm	10/$125

SAANICH COMMONWEALTH PLACE

Talia Boughton

167793	Su	Sep 27-Nov 1	11-11:50am	6/$75
167812	Su	Nov 8-Dec 13	11-11:50am	5/$63

Intensity Level Guide

♥ **Low Intensity**	Ideal for beginners without prior fitness experience or experienced individuals wanting to focus on technique and fundamental movement skills.
♥♥ **Moderate Intensity**	Suitable for participants ready to improve technique and increase intensity while emphasizing proper form. Best suited for those already active.
♥♥♥ **High Intensity**	Suitable for consistently active individuals, emphasizing advanced techniques and intensity that will challenge even experienced participants.

OUTDOOR RECREATION - WALKS

WALK AND TALK

Moderate paced, social, guided walks. Join us for one-and-a-half-hours every Tuesday, from September to Decemeber, as we explore a variety of interesting Saanich parks, trails, and neighbourhoods. Enjoy fresh air, beautiful nature and safe connection!

* PARK WALKS

Dianne Murray

167237	Tu	Sep 1-29	9:30-11am	5/$12
167271	Th	Sep 3-24	9:30-11am	4/$10
167272	Th	Oct 1-29	9:30-11am	5/$12
167238	Tu	Oct 6-27	9:30-11am	4/$10
167239	Tu	Nov 3-24	9:3-11am	4/$10
167273	Th	Nov 5-26	9:30-11am	4/$12
167240	Tu	Dec 1-15	9:30-11am	3/$8
167274	Th	Dec 3-17	9:30-11am	3/$8

HEALTH & FITNESS - EDUCATION

CHOOSE TO MOVE 50yrs+

This free three-month program is designed for older adults who are inactive and wish to become more active. Choose to Move is a motivational coaching program where an Activity Coach helps you explore ways to incorporate more physical activity into your life. Learn more at choosetomove.ca.

SAANICH COMMONWEALTH PLACE

Tammy Dunlop

INFORMATION SESSION

166350	W	Oct 7	2-3pm	FREE

3 MONTH PROGRAM

166349	W	Oct 14-Dec 16	2-3pm	8/FREE

HEALTHY FEET

Learn how our feet were designed to support the body and move in space. Through gentle movement, we will learn how to bring more life and circulation to the feet and strengthen the connection between the core and the feet

GORDON HEAD RECREATION CENTRE

June Wing

167361	Tu	Nov 3	11am-1pm	$40
167366	W	Nov 18	7-9pm	$40

NORDIC POLE WALKING - INTRODUCTION

Learn the basics of Nordic pole walking with a short video presentation, instructions and practical experience to familiarize and gain proficiency with walking with poles. Some walking poles will be available or participants can bring their own.

SAANICH COMMONWEALTH PLACE

164392	Sa	Oct 17	1-2:30pm	$15

SHOULDER AND NECK TENSION RELEASE

Explore unconscious postural and movement patterns contributing to shoulder and neck tension, and subtle ways to activate the deeper muscles that support the shoulder area. This class is both educational and relaxing. The gentle movements are effective for most people.

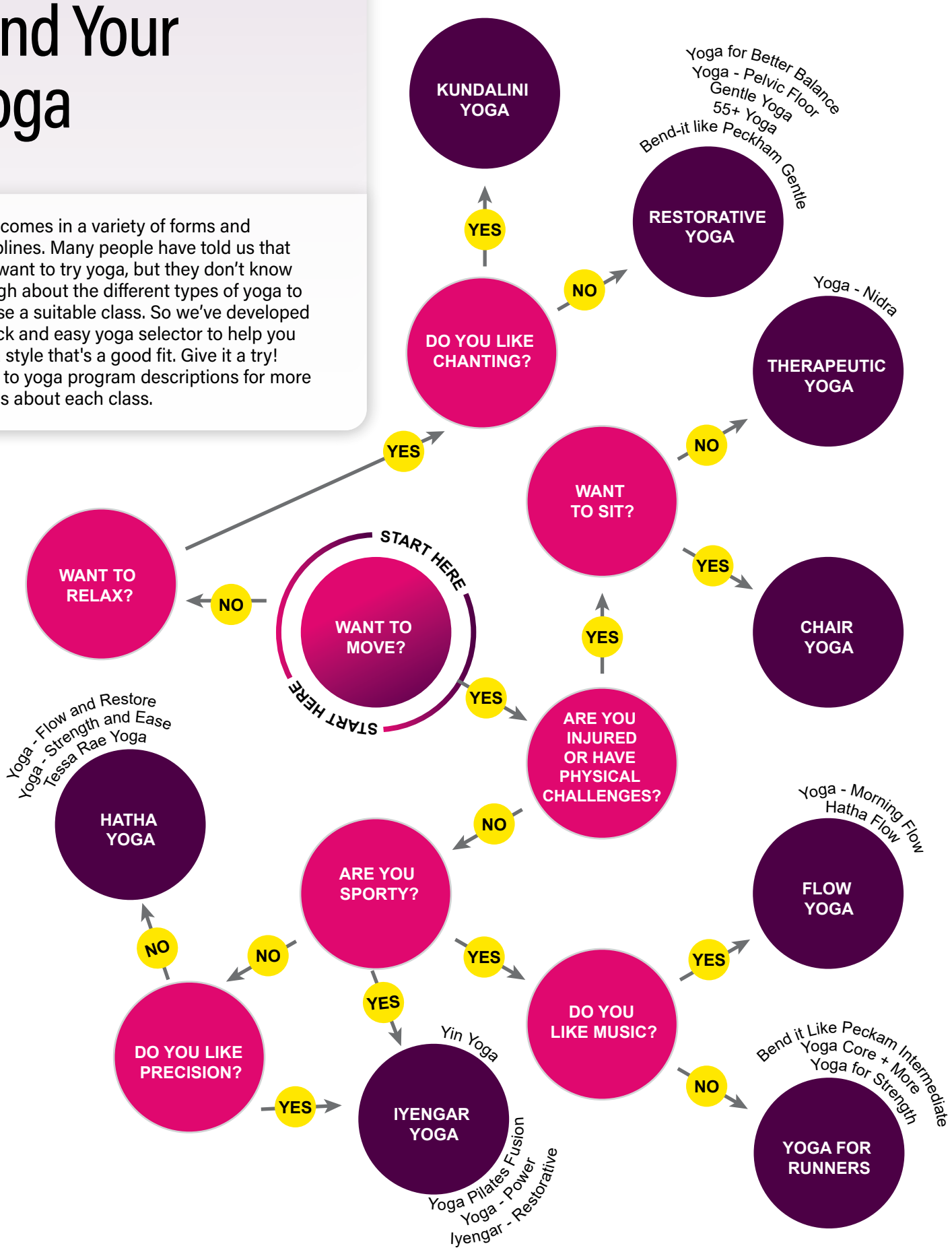
GORDON HEAD RECREATION CENTRE

June Wing

167358	W	Sep 16	7-9pm	$40
167357	Tu	Oct 21	11am-1pm	$40

Find Your Yoga

Yoga comes in a variety of forms and disciplines. Many people have told us that they want to try yoga, but they don't know enough about the different types of yoga to choose a suitable class. So we've developed a quick and easy yoga selector to help you find a style that's a good fit. Give it a try! Refer to yoga program descriptions for more details about each class.



Registered Yoga and Pilates Schedule

SEPTEMBER-DECEMBER

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
MORNING						
Yoga for Healthy Aging II 9am GH **Yoga for Fitness** 9:30am ONLINE **Yoga - Iyengar All Levels** 10am SCP **Healthy Aging** 10:15am GH **Yoga - Chair** 11:30am GH	**Yoga - Morning Flow** 6:45am SCP **Pilates - Restorative** 9:30 GH **Yoga - Strength and Ease** 10:15am SCP **Yoga for Every Body** 10:30am CH **Yoga - Chair** 11am GH 11:30am CH **Yoga and Mobility for 55yrs+** 11:45am SCP	**Yoga for Bone Health** 9am GH **Yoga for Osteoporosis** 9:45 GH **Yoga - Bend it like Peckham Intermediate** 11am SCP **Yoga - Chair** 11am GH	**Yoga – Morning Flow** 6:45am SCP **Yoga for Healthy Aging II** 9am GH **Yoga for Every Body** 9:30am CH **Yoga for Healthy Aging** 10:15am GH **Yoga - Chair** 10:45am CH	**Yoga - Chair** 10:30am GH **Yoga - Kundalini** 10:30am CH **Yoga - For Better Balance** 11:15am PKS		**Yoga - Hatha** 11:15am PKS **Yoga - Pilates Fusion** 11am SCP
AFTERNOON						
Yoga - Pelvic Floor 12:45pm SCP **Yoga for Better Balance** 2:15pm SCP		**Yoga - Chair** 1pm SCP	**Yoga - Strength and Ease** 12:45pm SCP **Yoga and Mobility 55+** 2pm SCP	**Yoga - Functional Movement** 12pm GH **Yoga – Pelvic Floor** 12:45pm PKS	**Pilates - Level 1** 12pm PKS **Pilates - Body Sculpt** 1:15pm PKS	**Yoga - Family Wellness** 12:30pm PKS
EVENING						
Pilates Level 1 5pm CH **Pilates Plus** 5:10pm SCP **Yoga - Hatha Flow** 5:30pm CB **Yoga Beginners** 6pm GH **Yoga - Flexibility Ab & Glute** 6:15pm GHMS **Yoga Pilates Fusion** 6:15pm CH 7:30pm CH **Pilates Plus - Ongoing** 6:20pm SCP **Yoga for Runners** 7:15pm GH **Yoga Nidra** 7:30pm SCP	**Yoga Flow and Restore** 5:15pm SCP **Yoga for Every Body** 5:45pm GH **Yoga - Gentle Yoga** 7:15pm GH **Pilates Level 1** 7:35pm CH	**Yoga - Bend it like Peckham Gentle** 5:15pm SCP **Pilates Athletic Fusion** 5pm CH **Yoga - Yin** 5:30pm GH **Yoga – Flexibility Core & More** 6:15pm GHMS **Yoga Pilates Fusion** 6:15pm CH **Yoga for Functional Movement** 7pm GH **Pilates Body Sculpt** 7:30pm CH	**Yoga - Iyengar All Levels** 4:45pm SCP 5:30pm CH **Yoga - Hatha Flow** 5:15pm GH **Yoga – Iyengar Restorative** 6:15pm SCP **Yoga - Gentle Yoga** 6:45pm GH **Pilates - Restorative** 7:20pm CH			

Recreation centre legend:
BPC = Braefoot Park Centre
CH = Cedar Hill Recreation Centre
CB = Cordova Bay 55+ Association
GH = Gordon Head Recreation Centre
GHMS = Gordon Head Middle School
PKS = Pearkes Recreation Centre
SCP = Saanich Commonwealth Place

Racquet Sports

Serve up some excitement with our Racquet Sports programs! Players of all levels can dive into the lively worlds of tennis, squash, and pickleball. Learn the fundamentals or build your skills and technique with the help of our experienced and enthusiastic coaches.

AUG 12

GENERAL REGISTRATION
August 12, 6am



CEDAR HILL JR. TENNIS PATHWAY

TENNIS CANADA

1 RED BALL FUN (5 to 6yrs)



Ball: Oversize, high-density foam (or red) ball. **Racquet:** 19"-21"

2 ORANGE BALL FUN (7 to 9yrs)



Ball: Low-compression balls (orange). **Racquet:** 23"

→ **ORANGE BALL COMPETITIVE** (7 to 9yrs)

3 GREEN BALL FUN (9 to 14yrs)



Ball: Low compression balls (eg. Wilson Easy Play). **Racquet:** 23"-25"

→ **GREEN BALL COMPETITIVE** (8 to 11yrs)

PROGRESSIVE TENNIS

DEVELOPMENT PROGRAM

U16 DEVELOPMENT Novice to Advanced
12 to 16yrs

→

PERFORMANCE PROGRAM

CEDAR HILL TENNIS ACADEMY
*****Coach Recommendation; Please enquire*

ADULT TENNIS CLASS LEVEL GUIDE - Cedar Hill Recreation Centre

This guide outlines what players at each level would be able to demonstrate

Class Rating	Groundstrokes (Forehand and Backhand)	Return of Serve	Net Play (Volleys and Overhead)	Serve
Level 1	This player is just starting to play tennis or has been introduced to the game but lacks consistency and fundamental skills.			
Level 2	Can put the ball in play but lacks control, resulting in inconsistent rallies. Still developing fundamental techniques and rally consistency.	Inconsistent returns and positioning. Comfortable with returning slow-paced serves mainly using a forehand.	Developing net play skills. In doubles, understands basic positioning; comfortable with only the forehand volley; avoids backhand volley and overhead.	Incomplete service motion - lacks a full range of motion. Ball toss is inconsistent and double faults are common.
Level 3	Can consistently rally 10 balls in a row, especially with the forehand, using an arched trajectory and a controlled shot speed	Can control the direction of the ball in both singles and doubles, when receiving a serve of moderate pace.	Very consistent on forehand volley with easy balls, inconsistent on backhand volley. Overall has difficulty with low or wide balls. Can smash easy lobs.	Full motion on both serves. Able to achieve more than 50% success on first serve. Second serve is much slower than the first serve.
Level 4 - Adult Development	Able to rally consistently 10-15 balls in a row on forehands and backhands. Able to maintain the rally when receiving high, short or wide balls at a varying pace.	Difficulty returning spin serves or fast serves. Can construct the point on a moderate paced serve through hitting a quality return to the opponent's weakness.	Comfortable with following an approach shot to the net and receiving a variety of balls. Can convert to offensive positioning at the net. Able to put away easy overheads.	Can vary the speed and direction of the first serve. Consistent second serve and able to direct the serve to the opponent's weakness. Able to use spin.

RACQUET SPORTS - JUNIOR TENNIS

TENNIS-RED FUN LEVEL 1 5-6yrs

Designed for brand-new players, this program focuses on developing physical literacy through the ABCs of movement: Agility, Balance, Coordination, and Speed, while introducing the fundamentals of tennis. Players will also learn the importance of sportsmanship and teamwork in a fun, supportive environment.

CEDAR HILL RECREATION CENTRE

166769	Tu,Th	Sep 15-Oct 29	3:30-4:15pm	14/$200
166770	Tu,Th	Nov 3-Dec 17	3:30-4:15pm	14/$200

TENNIS-RED FUN LEVEL 2 6-7yrs

This program is designed for players who have successfully completed Red FUN Level 1 and have been recommended by their coach to advance. It continues to develop the core technical, tactical, and athletic skills essential for progressing in the sport.

CEDAR HILL RECREATION CENTRE

166771	Tu,Th	Sep 15-Oct 29	4:15-5pm	14/$200
166772	Tu,Th	Nov 3-Dec 17	4:15-5pm	14/$200

TENNIS-ORANGE FUN 7-9yrs

Designed for 7-9-year-old beginners, this class focuses on developing essential movement and motor skills alongside core tennis techniques and tactics. Through fun and engaging activities, players build confidence and coordination while learning the basics of the game. Ideal for new or novice players.

CEDAR HILL RECREATION CENTRE

166773	M,W	Sep 14-Oct 28	3:30-4:30pm	12/$228
166774	M,W	Nov 2-Dec 16	3:30-4:30pm	13/$247

TENNIS-ORANGE COMPETITIVE 7-9yrs

This program is ideal for 7-9-year-old players with prior tennis experience who are ready to take their game to the next level. Participants will refine their techniques, build tactical awareness, and enjoy friendly competition in a supportive setting. Enrollment is by staff recommendation or prior program participation only.

CEDAR HILL RECREATION CENTRE

166775	Tu,Th	Sep 15-Oct 29	3:30-5pm	14/$399
166776	Tu,Th	Nov 3-Dec 17	3:30-5pm	14/$399

TENNIS-GREEN FUN 9-15yrs

Designed for beginners 9yrs+, this class focuses on developing essential movement and motor skills alongside core tennis techniques and tactics. Through fun and engaging activities, players build confidence and coordination while learning the basics of the game. Ideal for new or novice players.

CEDAR HILL RECREATION CENTRE

166777	Tu,Th	Sep 15-Oct 29	6:30-7:30pm	14/$266
166778	Tu,Th	Nov 3-Dec 17	6:30-7:30pm	14/$266

TENNIS-GREEN COMPETITIVE 8-12yrs

This program is ideal for 8-12-year-old players with prior tennis experience who are ready to take their game to the next level. Participants will refine their techniques, build tactical awareness, and enjoy friendly competition in a supportive setting. Enrollment is by staff recommendation or prior program participation only.

CEDAR HILL RECREATION CENTRE

166779	Tu,Th	Sep 15-Oct 29	5-6:30pm	14/$399
166780	Tu,Th	Nov 3-Dec 17	5-6:30pm	14/$399

TENNIS-JUNIOR PERFORMANCE PROGRAM

CEDAR HILL RECREATION CENTRE

166781	Tu,Th	Sep 15-Oct 29	5-6:30pm	14/$399
166782	Tu,Th	Nov 3-Dec 17	5-6:30pm	14/$399

TENNIS-U16 DEVELOPMENT 11-16yrs

Ready to push your game further? This class is designed for players with prior experience who want to continue developing their skills, tactics, and technique in a focused and motivating environment. Players are grouped based on experience to ensure optimal progression and challenge.

CEDAR HILL RECREATION CENTRE

166783	Tu,Th	Sep 15-Oct 29	6:30-7:30pm	14/$266
166784	Tu,Th	Nov 3-Dec 17	6:30-7:30pm	14/$266

RACQUET SPORTS - ADULT TENNIS

TENNIS ADULT BEGINNER

Interested in trying tennis? This beginner class uses progressive tennis equipment to make learning easier, more comfortable, and more fun for new players. Participants build confidence through modified courts, lower-compression balls, and beginner-friendly drills that slow the game down and support skill development.

CEDAR HILL RECREATION CENTRE

166750	Tu	Sep 15-Oct 27	7:30-9pm	7/$200
166752	W	Sep 16-Oct 28	6-7:30pm	6/$171
166751	Tu	Nov 3-Dec 15	7:30-9pm	7/$200
166753	W	Nov 4-Dec 16	6-7:30pm	6/$171

TENNIS LEVEL 1.5

This skills-and-drills class further develops basic skills and techniques. Appropriate players who have completed Adult Beginner lessons or have been recommended by the coach to advance to level 1.5. Please refer to our level guide to determine if this class suits you.

CEDAR HILL RECREATION CENTRE

166756	W	Sep 16-Oct 28	7:30-9pm	6/$171
166740	Th	Sep 17-Oct 29	7:30-9pm	7/$200
166757	W	Nov 4-Dec 16	7:30-9pm	6/$171
166741	Th	Nov 5-Dec 17	7:30-9pm	7/$200

TENNIS LEARN AND PLAY LEVEL 2.0

This skills-and-drills class incorporates gameplay to further develop basic skills, techniques, and tactics. Appropriate for players who have completed Level 1.5 lessons or have received a coach's recommendation to progress to level 2.0–2.5. Please refer to our level guide to determine if this class suits you.

CEDAR HILL RECREATION CENTRE

166764	M	Sep 14-Oct 26	9-10:30am	6/$171
166765	W	Sep 16-Oct 28	10:30am-12pm	6/$171
166742	Th	Sep 17-Oct 29	12-1:30pm	7/$200
166766	M	Nov 2-Dec 14	9-10:30am	7/$200
166767	W	Nov 4-Dec 16	10:30am-12pm	6/$171
166743	Th	Nov 5-Dec 17	12-1:30pm	7/$200

Racquet Sports

TENNIS LEARN AND PLAY LEVEL 3.0

Put your practice into play! Designed for level 3.0-3.5 players who are looking to continue developing skills, techniques and tactics in a game-based setting. Must be able to maintain a rally and utilize proper technique. Please refer to our level guide to determine if this is the right class for you.

CEDAR HILL RECREATION CENTRE

166748	Tu	Sep 15-Oct 27	12-1:30pm	7/$200
166745	M	Nov 2-Dec 14	6-7:30pm	7/$200
166747	M	Nov 2-Dec 14	7:30-9pm	7/$200
166749	Tu	Nov 3-Dec 15	12-1:30pm	7/$200
166744	M	Sep 14-Oct 26	6-7:30pm	6/$171
166760	M	Sep 14-Oct 26	10:30am-12pm	6/$171
166761	W	Sep 16-Oct 28	12-1:30pm	6/$171
166762	M	Nov 2-Dec 14	10:30am-12pm	7/$200
166763	W	Nov 4-Dec 16	12-1:30pm	6/$171
166746	M	Sep 14-Oct 26	7:30-9pm	6/$171

TENNIS MIXED SOCIAL

Enjoy the game of doubles in a fun and social environment! A coordinator is on hand to assess the level of play and to arrange games accordingly. Previous playing experience is required.

CEDAR HILL RECREATION CENTRE

166768	Tu	Oct 6-Dec 15	10:30am-12pm	11/$248

RACQUET SPORTS - JUNIOR SQUASH

SQUASH JUNIOR INTRO 8-15yrs

Ideal for beginner and intermediate-level players, these sessions introduce students to all the basic shots and strategies. Racquets will be provided but participants must provide their own squash safety glasses.

CEDAR HILL RECREATION CENTRE

Ben Uliana

8-11YRS

167002	W	Sep 16-Oct 28	3:45-5pm	6/$130
167003	W	Nov 4-Dec 16	3:45-5pm	6/$130

12-15YRS

167000	Tu	Sep 15-Oct 27	3:45-5pm	7/$148
167001	Tu	Nov 3-Dec 15	3:45-5pm	7/$148

RACQUET SPORTS - ADULT SQUASH

SQUASH ADULT INTRO

This beginner course provides new players with an understanding of squash rules and fundamentals including correct grip, serving technique, return of serve, and basic forehand and backhand drives. You'll be playing games too! Racquets provided. Indoor non-marking shoes must be worn.

CEDAR HILL RECREATION CENTRE

Ben Uliana

166996	M	Sep 14-Oct 26	7:15-8pm	6/$93
166997	M	Nov 2-Dec 7	7:15-8pm	6/$93
166998	M	Sep 14-Oct 26	8-8:45pm	6/$93
166999	M	Nov 2-Dec 7	8-8:45pm	6/$93

RACQUET SPORTS - JUNIOR PICKLEBALL

SHANGRI-LAW ADULT AND CHILD PICKLEBALL 8yrs+

A fun, active session for adults and children to learn and play together. Build basic pickleball skills, enjoy cooperative games, and spend quality time on court in a welcoming environment.

G. R. PEARKES RECREATION CENTRE

Shangri-Law Pickleball

168131	Sa	Sep 26-Oct 24	3-4pm	4/$104
168134	Sa	Sep 26-Oct 24	4-5pm	4/$104
168138	Sa	Oct 31-Dec 12	3-4pm	4/$104
168139	Sa	Oct 31-Dec 12	4-5pm	4/$104

SHANGRI-LAW PICKLEBALL YOUTH LESSONS U10-11

A fun introduction to pickleball for youth. Participants will build hand-eye coordination, movement skills, basic strokes, and confidence through games, drills, and age-appropriate instruction.

G. R. PEARKES RECREATION CENTRE

Shangri-Law Pickleball

167574	Sa	Sep 26-Oct 24	9-10am	4/$52
167575	Sa	Oct 31-Dec 12	9-10am	4/$52

SHANGRI-LAW OPEN PICKLEBALL PLAY 10-12yrs

A supervised open-play session for youth who want more court time. Players can practise skills, play games, meet others, and build confidence in a fun and supportive setting.

G. R. PEARKES RECREATION CENTRE

Shangri-Law Pickleball

167577	Sa	Oct 31-Dec 12	10-11am	4/$52

SHANGRI-LAW OPEN PICKLEBALL PLAY 13-14yrs

An open-play session for teens to practise, connect, and enjoy more time on court. Players will build confidence, apply skills, and enjoy friendly game play.

G. R. PEARKES RECREATION CENTRE

Shangri-Law Pickleball

167576	Sa	Sep 26-Oct 24	1-2pm	4/$52

SHANGRI-LAW PICKLEBALL YOUTH LESSONS U12

Designed for youth ready to learn or improve their pickleball skills. Players will develop serving, returning, dinking, volleys, movement, rules, and game play through fun, structured instruction.

G. R. PEARKES RECREATION CENTRE

Shangri-Law Pickleball

167580	Sa	Sep 26-Oct 24	11am-12pm	4/$52
167581	Sa	Oct 31-Dec 12	11am-12pm	4/$52

SHANGRI-LAW PICKLEBALL YOUTH LESSONS U13

Players will continue developing technique, consistency, movement, and game understanding. This session focuses on building confidence, improving shot selection, and applying skills during fun game-based activities.

G. R. PEARKES RECREATION CENTRE

Shangri-Law Pickleball

167582	Sa	Sep 26-Oct 24	12-1pm	4/$52
167584	Sa	Oct 31-Dec 12	12-1pm	4/$52

SHANGRI-LAW PICKLEBALL YOUTH LESSONS U14

For older youth looking to improve their skills and game strategy. Players will work on consistency, court positioning, communication, shot selection, and confidence through drills and game-based learning.

G. R. PEARKES RECREATION CENTRE

Shangri-Law Pickleball

167588	Sa	Sep 26-Oct 24	2-3pm	4/$52
167589	Sa	Oct 31-Dec 12	2-3pm	4/$52

RACQUET SPORTS - ADULT PICKLEBALL

PICKLEBALL - LEARN TO PLAY

Interested in playing pickleball? This beginner class covers the basics, including techniques, tactics, scoring and positioning. No experience necessary. Please provide your own paddle if possible.

CEDAR HILL RECREATION CENTRE

Joao Pereira

166832	Tu	Sep 15-Nov 3	2-3:30pm	7/$136
166833	Tu	Nov 10-Dec 15	2-3:30pm	6/$117

SAANICH COMMONWEALTH PLACE

Andy Vixaysouk

164405	M	Sep 21-Nov 2	10:30am-12pm	6/$117
164408	F	Sep 25-Oct 30	12-1:30pm	6/$117
164409	F	Nov 6-Dec 18	12-1:30pm	7/$137
164407	M	Nov 9-Dec 21	10:30am-12pm	7/$137

PICKLEBALL - LEVEL 2.0

This class is ideal for players at a 2.0 skill level or those who feel confident playing with others at that level. You'll work on refining your technique, improving consistency, and developing smarter court strategies - all while having fun and staying active!

CEDAR HILL RECREATION CENTRE

Joao Pereira

166834	Tu	Sep 15-Nov 3	3:30-5pm	7/$136
166835	Tu	Nov 10-Dec 15	3:30-5pm	6/$117

SAANICH COMMONWEALTH PLACE

Andy Vixaysouk

164406	M	Sep 21-Nov 2	12-1:30pm	6/$117
164558	M	Nov 9-Dec 21	12-1:30pm	7/$137

PICKLEBALL - CLINIC 1.0 NOVICE

Our clinics are a great opportunity to improve your pickleball skills, learn new techniques, and practice your game. This clinic is geared towards novice players at a 1.0 skill level, or those comfortable playing with others at this level or above.

SAANICH COMMONWEALTH PLACE

Andy Vixaysouk

164397	Tu	Sep 22-Oct 27	12-1:30pm	6/$59
164398	Tu	Nov 3-Dec 15	12-1:30pm	7/$69

PICKLEBALL - CLINIC 2.0 INTERMEDIATE

Our clinics are a great opportunity to improve your pickleball skills, learn new techniques, and practice your game. This clinic is geared towards novice players at a 2.0 skill level, or those comfortable playing with others at this level or above.

SAANICH COMMONWEALTH PLACE

Andy Vixaysouk

164399	Th	Sep 24-Oct 29	11:45am-1:30pm	6/$69
164400	Th	Nov 5-Dec 17	11:45am-1:30pm	7/$80

PICKLEBALL - CLINIC 3.0 EXPERIENCED

Our clinics are a great opportunity to improve your pickleball skills, learn new techniques, and practice your game. This clinic is geared towards novice players at a 3.0 skill level, or those comfortable playing with others at this level or above.

SAANICH COMMONWEALTH PLACE

Andy Vixaysouk

164401	Sa	Sep 26-Nov 7	8-10am	6/$78
164402	Sa	Nov 14-Dec 19	8-10am	5/$65

PICKLEBALL-DRILLS AND SKILLS 3.75-4.0

Work to improve your skills under the guidance of qualified instructor, Paul Fitzgerald. Players must be in the 3.75 - 4.0 DUPR rating.

G. R. PEARKES RECREATION CENTRE

Paul Fitzgerald

168075	Tu	Sep 8-Oct 13	4-6pm	6/$180
168076	Tu	Oct 20-Nov 24	4-6pm	6/$180

PICKLEBALL-WOMEN'S DOUBLES PARTNER DEVELOPMENT 3.0

Sign up with your favourite playing or tournament partner and develop together. Solidify fundamentals and learn some basic strategy and movement. Must have a pickleball brackets or DUPR rating of 3.0 and 3.49.

G. R. PEARKES RECREATION CENTRE

Paul Fitzgerald

168079	M	Sep 14-Oct 26	1:15-3:15pm	6/$360
168080	M	Nov 2-Dec 7	1:15-3:15pm	6/$360

PICKLEBALL-WOMEN'S DOUBLES PARTNER DEVELOPMENT 3.5-3.99

Sign up with your favourite playing or tournament partner and develop together. Solidify fundamentals and learn some basic strategy and movement. Must have a Pickleball brackets or DUPR rating between 3.5 and 3.99.

G. R. PEARKES RECREATION CENTRE

Paul Fitzgerald

168081	Tu	Sep 8-Oct 13	2-4pm	6/$180
168082	Tu	Oct 20-Nov 24	2-4pm	6/$180

PICKLEBALL PARTNER DRILLS AND SKILLS 3.5-3.75

Work to improve your skills under the guidance of qualified instructor, Paul Fitzgerald. Players must be in the 3.5 - 3.75 DUPR rating. Please sign up with a partner. Only one partner registers; fee covers both participants.

G. R. PEARKES RECREATION CENTRE

Paul Fitzgerald

167877	M	Sep 14-Oct 26	3:15-5:15pm	6/$360
167878	M	Nov 2-Dec 7	3:15-5:15pm	6/$360

PICKLEBALL- COMPETITIVE LEAGUE MEN'S

This league is only for those players that have successfully been vetted during our vetting day for this league as per Paul Fitzgerald. Please sign up for a vetting day.

G. R. PEARKES RECREATION CENTRE

Paul Fitzgerald

168071	Tu	Sep 15-Oct 20	6-8pm	12/$108
168072	Tu	Oct 27-Dec 1	6-8pm	12/$108

PICKLEBALL- COMPETITIVE LEAGUE WOMEN'S

This league is only for those players that have successfully been vetted during our vetting day for this league as per Paul Fitzgerald. Please sign up for a vetting day.

G. R. PEARKES RECREATION CENTRE

Paul Fitzgerald

168069	M	Sep 21-Nov 2	5:15-7:15pm	12/$108
168070	M	Nov 9-Dec 14	5:15-7:15pm	12/$108

Racquet Sports

PICKLEBALL-
MEN'S COMPETITIVE LEAGUE VETTING DAY 4.0 - 4.5

This vetting day is for those interested in joining league play. Sign up with a partner to participate in a 2.5-hour round-robin qualifying event. Must try out with the partner you plan on playing in the league with. Participants must have a DUPR between 4.0 and 4.5.

G. R. PEARKES RECREATION CENTRE

Paul Fitzgerald

167879	Su	Sep 13-Sep 13	4-6:30pm	3/$40
167882	Su	Nov 1-Nov 1	4-6:30pm	2/$40

PICKLEBALL-
WOMEN'S COMPETITIVE LEAGUE VETTING DAY 3.75-4.5

This vetting day is for those interested in joining league play. Sign up with a partner to participate in a 2.5-hour round-robin qualifying event. Must try out with the partner you plan on playing in the league with. Participants must have a DUPR between 3.75 and 4.5.

G. R. PEARKES RECREATION CENTRE

Paul Fitzgerald

168073	Su	Sep 13	1:30-4pm	$40
168074	Su	Nov 1	1:30-4pm	$40

SHANGRI-LAW LEVEL 1: INTRO TO PICKLEBALL

Perfect for new players or those wanting a refresher. Learn the basic rules, scoring, serving, court positioning, and foundational shots in a welcoming and supportive environment.

G. R. PEARKES RECREATION CENTRE

Shangri-Law Pickleball

167568	F	Sep 25-Oct 23	10am-12pm	4/$52
167569	F	Oct 30-Dec 11	10am-12pm	5/$65

SHANGRI-LAW LEVEL 2: BEYOND THE BASICS

For players who understand the basics and are ready to build consistency. Develop stronger serves, returns, dinks, volleys, and court movement while learning simple game strategies.

G. R. PEARKES RECREATION CENTRE

Shangri-Law Pickleball

167570	F	Sep 25-Oct 23	12-2pm	4/$52
167571	F	Oct 30-Dec 11	12-2pm	5/$65

SHANGRI-LAW PICKLEBALL FITNESS AND PLAY

This class blends pickleball-specific fitness training with skill-building drills, mentored gameplay, and instructor feedback. Players will strengthen shot execution, court positioning, decision-making, confidence, and overall fitness through targeted activities and live rally play.

G. R. PEARKES RECREATION CENTRE

Shangri-Law Pickleball

167566	F	Sep 25-Oct 23	8-10am	4/$52
167567	F	Oct 30-Dec 11	8-10am	5/$65

SHANGRI-LAW PICKLEBALL SKILLS AND DRILLS 3 - 3.24

Join Shangrilaw Pickleball to take your game to the next level in a fun, supportive class designed for intermediate players with a DUPR rating of 3.00 to 3.24. Build your skills, improve consistency and sharpen your strategy while enjoying plenty of play along the way.

G. R. PEARKES RECREATION CENTRE

Shangri-Law Pickleball

167557	Tu	Sep 15-Oct 20	1-3pm	6/$78
167559	Tu	Oct 27-Dec 8	1-3pm	7/$91

SHANGRI-LAW PICKLEBALL SKILLS AND DRILLS 3.25 - 3.49

Join Shangrilaw Pickleball to take your game to the next level in a fun, supportive class designed for intermediate players with a DUPR rating of 3.25 to 3.49. Build your skills, improve consistency and sharpen your strategy while enjoying plenty of play along the way.

G. R. PEARKES RECREATION CENTRE

Shangri-Law Pickleball

167558	Tu	Sep 15-Oct 20	3-5pm	6/$78
167560	Tu	Oct 27-Dec 8	3-5pm	7/$91

SHANGRI-LAW PICKLEBALL SKILLS AND DRILLS 3.5 - 3.75

Join Shangrilaw Pickleball to take your game to the next level in a fun, supportive class designed for intermediate players with a DUPR rating of 3.5 to 3.75. Build your skills, improve consistency and sharpen your strategy while enjoying plenty of play along the way.

G. R. PEARKES RECREATION CENTRE

Shangri-Law Pickleball

167563	Th	Oct 29-Dec 10	1-3pm	5/$65

SHANGRI-LAW PICKLEBALL SKILLS AND DRILLS 3.75 - 3.99

Join Shangrilaw Pickleball to take your game to the next level in a fun, supportive class designed for intermediate players with a DUPR rating of 3.75 to 3.99. Build your skills, improve consistency and sharpen your strategy while enjoying plenty of play along the way.

G. R. PEARKES RECREATION CENTRE

Shangri-Law Pickleball

167562	Th	Sep 17-Oct 22	3-5pm	5/$65
167564	Th	Oct 29-Dec 10	3-5pm	5/$65

SHANGRI-LAW PICKLEBALL: TEAM TACTICS 3.0 - 3.49

Improve your doubles play through communication, positioning, and partner strategy, and intentional patterns to capture each rally. Register with a partner or as a single and build the skills to move better as a team and make smarter decisions during gameplay.

G. R. PEARKES RECREATION CENTRE

Shangri-Law Pickleball

167572	F	Sep 25-Oct 23	2-4pm	4/$52
167573	F	Oct 30-Dec 11	2-4pm	5/$65

SHANGRIL-LAW PICKLEBALL SKILLS AND DRILLS 3.5 - 3.75

Join Shangrilaw Pickleball to take your game to the next level in a fun, supportive class designed for intermediate players with a DUPR rating of 3.5 to 3.75. Build your skills, improve consistency and sharpen your strategy while enjoying plenty of play along the way.

G. R. PEARKES RECREATION CENTRE

167561	Th	Sep 17-Oct 22	1-3pm	5/$65

Swimming Lessons

Dive into our comprehensive Swimming Lessons program, where learning meets leisure—for all ages! Whether you're just dipping your toes in for the first time or looking to refine your stroke techniques, our trained instructors are ready for you.

On your journey to become a lifeguard or aquatic instructor? See our offerings to build skill, experience and get certified.



AUG
19

SWIM LESSON REGISTRATION TERM 1
August 19, 6am

ADULT AND TOT

P JELLYFISH 4-12months
Jellyfish (4-12 months) provides an orientation to water for infants and their Adult/caregiver(s). You will learn how to swim safely with your infant in the pool through instruction of supports and holds. Infants will be introduced to getting their face wet, blowing bubbles, and floating with the help of a caregiver. Infants progress into Goldfish once they are 12 months old.

P GOLDFISH 12-24months
Goldfish (12-24 months) teaches toddlers how to play in the water safely! They'll learn how to enter and exit the water with help from their Adult/caregiver(s), and will play games to encourage getting their face wet and blow bubbles in the water. Toddlers will also develop floating and kicking skills with the support of their caregiver and buoyant objects. Toddlers progress into Seahorse once they are 24 months old.

P SEAHORSE 2-3yrs
Seahorse (2-3 years) teaches toddlers to become more independent in the water with their Adult/caregiver(s) close by to help. They'll learn how to safely enter the water wearing a PFD and will develop underwater skills such as submersion and opening their eyes underwater. "Starfish" floats, "pencil" floats, and kicking skills are taught using songs and games. Toddlers progress into Octopus once they are 3 years old.

PRESCHOOL

OCTOPUS 3-5yrs
Octopus is a transitional level which transfers the preschooler from the Adult/caregiver to the care of the instructor. Preschoolers will have fun learning to get in and out of the water safely and learn how to put their face in the water. They'll blow bubbles, open their eyes underwater, and learn how to float and glide. Lots of games and songs will make them excited to go swimming! Prerequisite: None - minimum 3 years old.

CRAB 3-5yrs
Crab teaches preschoolers how to safely jump into chest-deep water and how to swim wearing a PFD. They'll learn submersion skills and continue to work on floats, glides, and kicking with buoyant objects. Songs and games are used to teach concepts and skills. Independence in the water is encouraged. Prerequisite: Completion of Octopus.

ORCA 3-5yrs
Orca teaches preschoolers how to enter deep water safely while wearing a PFD. They'll learn how to submerge and exhale under water, how to retrieve objects underwater, and will continue to develop their floating, gliding, and kicking skills. Songs and games are used to teach concepts and skills. Independence in the water is developed. Prerequisite: Completion of Crab.

SEA LION 3-5yrs
Sea Lion teaches preschoolers deep-water entries and treading water while wearing a PFD. They will become skilled at retrieving objects from the bottom of the pool (in chest-deep water) and performing front and side glide. Front crawl wearing a PFD is introduced. Games are used to teach concepts and skills. Prerequisite: Completion of Orca.

NARWHAL 3-5yrs
Narwhal (the unicorn of the sea) teaches Swim to Survive™ skills wearing a PFD. Front crawl and back crawl are introduced, as well as interval fitness training. Preschoolers will learn how to tread water and perform vertical whip kicks with a buoyant aid. Once complete, swimmers register into Swimmer 2. Prerequisite: Completion of Sea Lion.

SWIMMERS:

SWIMMER 1 5yrs+
These beginners will become comfortable jumping into the water with and without a PFD. They'll learn how to open their eyes, exhale, and hold their breath underwater. Floats, glides, and kicking skills with buoyant objects are introduced. Prerequisite: None - minimum 5 years old.

SWIMMER 2 5yrs+
These swimmers will jump into deep water and learn to be comfortable falling sideways into the water while wearing a PFD. They'll learn how to tread water, develop kicking skills, and will be introduced to front and back crawl. Prerequisite: Completion of Swimmer 1 or Narwhal.

SWIMMER 3 5yrs+
These swimmers will learn how to dive and how to do in-water somersaults and handstands to develop weight-transfer skills. They'll learn Swim to Survive™ skills, whip kick on back, and will further develop their front and back crawl. Prerequisite: Completion of Swimmer 2.

SWIMMER 4 5yrs+
In this level, swimmers will become better at diving, treading water, and swimming underwater. They'll learn the Swim to Survive™ standard and start to develop breaststroke. Front crawl and back crawl are further developed. Prerequisite: Completion of Swimmer 3.

SWIMMER 5 5yrs+
These swimmers will master dives and swimming in deep water. They'll further develop their Swim to Survive™ skills and start to develop eggbeater kick. Breaststroke, front crawl, and back crawl are further developed. Interval training and sprinting drills develop fitness. Prerequisite: Completion of Swimmer 4.

SWIMMER 6 5yrs+
These swimmers will become proficient at deep water skills including stride entries and compact jumps. They'll develop lifesaving kicks such as eggbeater and scissor kick. Breaststroke, front crawl, and back crawl are further developed. Head-up swims, interval training, and a 300 m workout challenges swimmers. Prerequisite: Completion of Swimmer 5.

ROOKIE PATROL – SWIMMER 7 7yrs+
Swimmers in Rookie Patrol develop water proficiency, first aid, and recognition/rescue skills. They'll develop individual fitness to meet a timed 100 m swim and a 350 m workout. Water proficiency skills include strokes, swimming with clothes, ready position, and feet/head-first surface dives. Demonstrating the ability to conduct a primary assessment on a conscious person, treatment for bleeding, and calling EMS are included as first aid skills. Prerequisite: Completion of Swimmer 6.

RANGER PATROL – SWIMMER 8 7yrs+
Rangers enhance their capability in the water including perfecting their stride entries and underwater, forward, and backward somersaults. Swimmers learn lifesaving sport skills with a lifesaving sport medley, timed object support, and a non-contact rescue with a buoyant aid. Eggbeater kick and increased fitness development are included. First aid in this level focuses on unconscious victims and obstructed airway procedures. Prerequisite: Completion of Swimmer 7 (Rookie Patrol).

STAR PATROL – SWIMMER 9 7yrs+
Star Patrol challenges swimmers with a 300 m timed swim, 600 m workout, and a 25 m object recovery. Lifesaving skills include use of rescue aids, defense methods, victim removals, and supporting a victim in shallow water. First aid topics in this level include treatment of bone or joint injuries and respiratory emergencies. Once complete, swimmers register into Bronze Star. Prerequisite: Completion of Swimmer 8 (Ranger Patrol).

TEEN AND ADULT

TEEN AND ADULT 1 12yrs+
This is an introductory program developed to support new swimmers who are at least 12 years of age. You'll work towards swimming 10-15 m on your front and back. You'll learn safe entries into shallow and deep water (when you're ready), develop skills wearing a PFD, and learn breath control and underwater skills. Floats, glides, flutter kick, and vertical whip kick are introduced. You'll develop your fitness through interval training and learn how to perform front crawl and back crawl. Prerequisite: None, minimum 12 years old.

TEEN AND ADULT 2 12yrs+
For intermediate level swimmers. Develop your fitness by working on two interval training workouts, sprints, and further developing your front and back crawl. You'll learn Swim to Survive™ skills and further develop deep water entries/skills while wearing a PFD. Whip kick is developed along with an introduction to breaststroke. Prerequisite: Completion of Adult and Teen 1 – Beginner.

TEEN AND ADULT 3 12yrs+
For advanced level swimmers. In this level, you'll perfect your front crawl, back crawl, and breaststroke. Continue your fitness training with a 300 m workout, sprint challenges, and interval training. You'll learn eggbeater, diving, and compact jumps, along with developing your treading water and underwater skills. Prerequisite: Completion of Teen and Adult 2 - Intermediate.



SWIM SKILLS JUNIOR - YEARLONG PROGRAM 6-9yrs
Swim Skills Junior takes children from beginner, to comfortable, to confident in the water! Run by Island Swimming Club coaches and staff, participants in these swimming lessons are sorted into classes on the first day, and then focus on mastering the basics in a positive, safe environment. Register here to secure a spot from September to June.

SAANICH COMMONWEALTH PLACE
Island Swimming

169325	F	3:45-4:25pm	27/$389
169326	F	4:30-5:10pm	27/$389
169327	F	5:15-5:55pm	27/$389
169328	F	6-6:40pm	27/$389

Click on the AM or PM links to see lesson options

Saanich Commonwealth Place
September through December 2026

AUG 19
REGISTRATION DAY

CLASS	MONDAY Sep 21 - Dec 14 *(no lesson Oct 12)*	TUESDAY Sep 22 - Dec 15	WEDNESDAY Sep 23 - Dec 16 *(no lessons Sep 30, Nov 11)*	THURSDAY Sep 24 - Dec 17	FRIDAY *Sep 25 - Dec 18 (no lessons Oct 9, Nov 6, Dec 4)*	SATURDAY Sep 26 - Dec 19	SUNDAY Sep 27 - Dec 20 *(no lessons Oct 11, Nov 8, Dec 6)*	
ADULT AND TOT								
JELLYFISH AND GOLDFISH 4-12 and 12-24 months; 30mins	AM | PM	AM | PM	AM | PM	AM | PM	AM | PM	AM | PM	AM | PM	View all classes
SEAHORSE 2-3yrs; 30mins	AM | PM	AM | PM	AM | PM	AM | PM	AM | PM	AM | PM	AM | PM	View all classes
PRESCHOOL								
OCTOPUS 3-6yrs; 30mins	AM | PM	AM | PM	AM | PM	AM | PM	AM | PM	AM | PM	AM | PM	View all classes
CRAB 3-6yrs; 30mins	AM | PM	AM | PM	AM | PM	AM | PM	AM | PM	AM | PM	AM | PM	View all classes
ORCA 3-5yrs; 30mins	AM | PM	AM | PM	AM | PM	AM | PM	AM | PM	AM | PM	AM | PM	View all classes
SEA LION & NARWHAL 3-6yrs; 30mins	AM | PM	AM | PM	AM | PM	AM | PM	AM | PM	AM | PM	AM | PM	View all classes
SCHOOL AGE								
SWIMMER 1 5yrs+; 30mins	AM | PM	AM | PM	AM | PM	AM | PM	AM | PM	AM | PM	AM | PM	View all classes
SWIMMER 2 5yrs+; 30mins	AM | PM	AM | PM	AM | PM	AM | PM	AM | PM	AM | PM	AM | PM	View all classes
SWIMMER 3 5yrs+; 45mins	AM | PM	AM | PM	AM | PM	AM | PM	AM | PM	AM | PM	AM | PM	View all classes
SWIMMER 4 5yrs+; 45mins	AM | PM	AM | PM	AM | PM	AM | PM	AM | PM	AM | PM	AM | PM	View all classes
SWIMMER 5 5yrs+; 60mins	AM | PM	AM | PM	AM | PM	AM | PM	AM | PM	AM | PM	AM | PM	View all classes
SWIMMER 6 5yrs+; 60mins	AM | PM	AM | PM	AM | PM	AM | PM	AM | PM	AM | PM	AM | PM	View all classes
SWIM PATROL - ROOKIE 7yrs+; 60mins	AM | PM	AM | PM	AM | PM	AM | PM	AM | PM	AM | PM	AM | PM	View all classes
SWIM PATROL - RANGER/STAR 7yrs+; 60mins	AM | PM	AM | PM	AM | PM	AM | PM	AM | PM	AM | PM	AM | PM	View all classes
ADULT								
ADULT 1 16yrs+; 60mins	AM | PM	AM | PM	AM | PM	AM | PM	AM | PM	AM | PM	AM | PM	View all classes
ADULT 2 AND 3 16yrs+; 60mins	AM | PM	AM | PM	AM | PM	AM | PM	AM | PM	AM | PM	AM | PM	View all classes
PRIVATE LESSONS								
Private Lessons-Preschool/ School Age/Adult 4 months+; 30mins	AM | PM	AM | PM	AM | PM	AM | PM	AM | PM	AM | PM	AM | PM	View all classes
Private Lessons-Preschool/ School Age/Adult 4 months+; 45mins	AM | PM	AM | PM	AM | PM	AM | PM	AM | PM	AM | PM	AM | PM	View all classes

LESSON COSTS VARIES DEPENDING ON LENGTH AND DURATION OF SESSIONS. PLEASE SEE COURSE INFORMATION FOR PRICING.

Click on the AM or PM links to see lesson options

Saanich Commonwealth Place

September through December 2026

AUG 19
REGISTRATION DAY

CLASS	MONDAY Sep 21 - Dec 14 *(no lesson Oct 12)*	TUESDAY Sep 22 - Dec 15	WEDNESDAY Sep 23 - Dec 16 *(no lesson Sep 30, Nov 11)*	THURSDAY Sep 24- Dec 17	FRIDAY Sep 25 - Dec 18 *(no lesson Oct 9, Nov 6, Dec 4)*	SATURDAY Sep 26 - Dec 19 *(no lesson Oct 10, Nov 7, Dec 5)*	SUNDAY Sep 27 - Dec 20 *(no lesson Oct 11, Nov 8, Dec 6)*	
HOMESCHOOL LESSONS								
HOMESCHOOL 1 & 2 5yrs+; 45mins	AM | PM	AM | PM	AM | PM	AM | PM	AM | PM	AM | PM	AM | PM	View all classes
HOMESCHOOL 3 & 4 5yrs+; 45mins	AM | PM	AM | PM	AM | PM	AM | PM	AM | PM	AM | PM	AM | PM	View all classes
HOMESCHOOL 5 & 6 5yrs+; 45mins	AM | PM	AM | PM	AM | PM	AM | PM	AM | PM	AM | PM	AM | PM	View all classes
TEEN PROGRAM								
TEEN 1 10-16yrs; 45 mins	AM | PM	AM | PM	AM | PM	AM | PM	AM | PM	AM | PM	AM | PM	View all classes
TEEN 2 & 3 10-16yrs; 45 mins	AM | PM	AM | PM	AM | PM	AM | PM	AM | PM	AM | PM	AM | PM	View all classes

LESSON COSTS VARIES DEPENDING ON LENGTH AND DURATION OF SESSIONS. PLEASE SEE COURSE INFORMATION FOR PRICING.

Click on the AM or PM links to see lesson options

Gordon Head Recreation Centre

September through October 2026

AUG 19
REGISTRATION DAY

CLASS	MONDAY Sep 14 - Oct 26 6 lessons *(no lessons Oct 12)*	TUESDAY Sep 8 - Oct 27 8 lessons	WEDNESDAY Sep 9 - Oct 28 7 lessons *(no lessons Sep 30)*	THURSDAY Sep 10 - Oct 29 8 lessons	FRIDAY Sep 11 - Oct 30 8 lessons	SATURDAY Sep 12 - Oct 24 7 lessons	SUNDAY Sep 13 - Oct 25 7 lessons	
ADULT AND TOT								
JELLYFISH AND GOLDFISH 4-12 and 12-24 months; 30mins	AM | PM	AM | PM	AM | PM	AM | PM	AM | PM	AM | PM	AM | PM	View all classes
SEAHORSE 2-3yrs; 30mins	AM | PM	AM | PM	AM | PM	AM | PM	AM | PM	AM | PM	AM | PM	View all classes
PRESCHOOL								
OCTOPUS 3-6yrs; 30mins	AM | PM	AM | PM	AM | PM	AM | PM	AM | PM	AM | PM	AM | PM	View all classes
CRAB 3-6yrs; 30mins	AM | PM	AM | PM	AM | PM	AM | PM	AM | PM	AM | PM	AM | PM	View all classes
ORCA 3-5yrs; 30mins	AM | PM	AM | PM	AM | PM	AM | PM	AM | PM	AM | PM	AM | PM	View all classes
SEA LION & NARWHAL 3-6yrs; 30mins	AM | PM	AM | PM	AM | PM	AM | PM	AM | PM	AM | PM	AM | PM	View all classes
SCHOOL AGE								
SWIMMER 1 5yrs+; 30mins	AM | PM	AM | PM	AM | PM	AM | PM	AM | PM	AM | PM	AM | PM	View all classes
SWIMMER 2 5yrs+; 30mins	AM | PM	AM | PM	AM | PM	AM | PM	AM | PM	AM | PM	AM | PM	View all classes
SWIMMER 3 5yrs+; 45mins	AM | PM	AM | PM	AM | PM	AM | PM	AM | PM	AM | PM	AM | PM	View all classes
SWIMMER 4 5yrs+; 45mins	AM | PM	AM | PM	AM | PM	AM | PM	AM | PM	AM | PM	AM | PM	View all classes
SWIMMER 5 5yrs+; 60mins	AM | PM	AM | PM	AM | PM	AM | PM	AM | PM	AM | PM	AM | PM	View all classes
SWIMMER 6 5yrs+; 60mins	AM | PM	AM | PM	AM | PM	AM | PM	AM | PM	AM | PM	AM | PM	View all classes
SWIM PATROL - ROOKIE 7yrs+; 60mins	AM | PM	AM | PM	AM | PM	AM | PM	AM | PM	AM | PM	AM | PM	View all classes
SWIM PATROL - RANGER/STAR 7yrs+; 60mins	AM | PM	AM | PM	AM | PM	AM | PM	AM | PM	AM | PM	AM | PM	View all classes
ADULT								
ADULT 1 16yrs+; 60mins	AM | PM	AM | PM	AM | PM	AM | PM	AM | PM	AM | PM	AM | PM	View all classes
ADULT 2 AND 3 16yrs+; 60mins	AM | PM	AM | PM	AM | PM	AM | PM	AM | PM	AM | PM	AM | PM	View all classes
PRIVATE LESSONS								
Private Lessons-Preschool/ School Age/Adult 4 months+; 30mins	AM | PM	AM | PM	AM | PM	AM | PM	AM | PM	AM | PM	AM | PM	View all classes
Private Lessons-Preschool/ School Age/Adult 4 months+; 45mins	AM | PM	AM | PM	AM | PM	AM | PM	AM | PM	AM | PM	AM | PM	View all classes

LESSON COSTS VARIES DEPENDING ON LENGTH AND DURATION OF SESSIONS. PLEASE SEE COURSE INFORMATION FOR PRICING.

Click on the AM or PM links to see lesson options

Gordon Head Recreation Centre

October through December 2026

AUG 19
REGISTRATION DAY

CLASS	MONDAY Nov 2 - Dec 14 7 lessons	TUESDAY Nov 3 - Dec 15 7 lessons	WEDNESDAY Nov 4 - Dec 16 6 lessons *(no lessons Nov 11)*	THURSDAY Nov 5 - Dec 17 7 lessons	FRIDAY Nov 6 - Dec 18 7 lessons	SATURDAY Oct 31 - Dec 12 7 lessons	SUNDAY Nov 1 - Dec 13 7 lessons	
ADULT AND TOT								
JELLYFISH AND GOLDFISH 4-12 and 12-24 months; 30mins	AM | PM	AM | PM	AM | PM	AM | PM	AM | PM	AM | PM	AM | PM	View all classes
SEAHORSE 2-3yrs; 30mins	AM | PM	AM | PM	AM | PM	AM | PM	AM | PM	AM | PM	AM | PM	View all classes
PRESCHOOL								
OCTOPUS 3-6yrs; 30mins	AM | PM	AM | PM	AM | PM	AM | PM	AM | PM	AM | PM	AM | PM	View all classes
CRAB 3-6yrs; 30mins	AM | PM	AM | PM	AM | PM	AM | PM	AM | PM	AM | PM	AM | PM	View all classes
ORCA 3-5yrs; 30mins	AM | PM	AM | PM	AM | PM	AM | PM	AM | PM	AM | PM	AM | PM	View all classes
SEA LION & NARWHAL 3-6yrs; 30mins	AM | PM	AM | PM	AM | PM	AM | PM	AM | PM	AM | PM	AM | PM	View all classes
SCHOOL AGE								
SWIMMER 1 5yrs+; 30mins	AM | PM	AM | PM	AM | PM	AM | PM	AM | PM	AM | PM	AM | PM	View all classes
SWIMMER 2 5yrs+; 30mins	AM | PM	AM | PM	AM | PM	AM | PM	AM | PM	AM | PM	AM | PM	View all classes
SWIMMER 3 5yrs+; 45mins	AM | PM	AM | PM	AM | PM	AM | PM	AM | PM	AM | PM	AM | PM	View all classes
SWIMMER 4 5yrs+; 45mins	AM | PM	AM | PM	AM | PM	AM | PM	AM | PM	AM | PM	AM | PM	View all classes
SWIMMER 5 5yrs+; 60mins	AM | PM	AM | PM	AM | PM	AM | PM	AM | PM	AM | PM	AM | PM	View all classes
SWIMMER 6 5yrs+; 60mins	AM | PM	AM | PM	AM | PM	AM | PM	AM | PM	AM | PM	AM | PM	View all classes
SWIM PATROL - ROOKIE 7yrs+; 60mins	AM | PM	AM | PM	AM | PM	AM | PM	AM | PM	AM | PM	AM | PM	View all classes
SWIM PATROL - RANGER/STAR 7yrs+; 60mins	AM | PM	AM | PM	AM | PM	AM | PM	AM | PM	AM | PM	AM | PM	View all classes
ADULT								
ADULT 1 16yrs+; 60mins	AM | PM	AM | PM	AM | PM	AM | PM	AM | PM	AM | PM	AM | PM	View all classes
ADULT 2 AND 3 16yrs+; 60mins	AM | PM	AM | PM	AM | PM	AM | PM	AM | PM	AM | PM	AM | PM	View all classes
PRIVATE LESSONS								
Private Lessons-Preschool/ School Age/Adult 4 months+; 30-45mins	AM | PM	AM | PM	AM | PM	AM | PM	AM | PM	AM | PM	AM | PM	View all classes

LESSON COSTS VARIES DEPENDING ON LENGTH AND DURATION OF SESSIONS. PLEASE SEE COURSE INFORMATION FOR PRICING.

AQUATICS - ADVANCED

SAANICH LIFESAVING CAMP 10-14yrs

The Saanich Lifesaving Camp is a fun and active program for youth who are interested in becoming future lifeguards or wanting to refresh their lifesaving skills. This includes developing swimming skills, safety in and around aquatic environments. Learn basic first aid and try exciting rescue simulation activities. Through games, teamwork, and hands-on challenges, participants will develop water safety knowledge and leadership skills in a supportive environment that will help them in their future aquatic lifesaving endeavors. Pre-requisites: Must be between 10-14 years of age. Must be able to swim 50 meters independently.

SAANICH COMMONWEALTH PLACE

169800	F	Sep 25-Oct 30	6-7pm	5/$100
169802	F	Nov 13-Dec 18	6-7pm	5/$100

JUNIOR LIFEGUARD CLUB (JLC) 8-14yrs

Junior Lifeguard Club introduces children aged 8 to 14 to Lifesaving Sport. Its a great way for kids to make friends and learn how to enjoy the water safely. Participants will be introduced to lifesaving sport skills and will learn team building, fair play, ethics in sports and responsibility. Prerequisite: Ability to swim. It is also recommended that candidates can demonstrate the Lifesaving Society's Swim to Survive challenge.

GORDON HEAD RECREATION CENTRE

169062	F	Sep 11-Oct 30	6-8pm	8/$160
169077	F	Nov 6-Dec 18	6-8pm	7/$140

BRONZE STAR 8-14yrs

The Lifesaving Society's Bronze Star develops swimming proficiency, lifesaving skill and personal fitness. Candidates refine their stroke mechanics, acquire self-rescue skills, and apply fitness principles in training workouts. Bronze Star is an excellent preparation for success in Bronze Medallion and provides a fun introduction to lifesaving sport. Prerequisite: Ability to swim.

SAANICH COMMONWEALTH PLACE

169301	Sa,Su	Sep 26-27	9am-2:30pm	2/$115
169306	M-F	Nov 16-20	7-9pm	5/$115

GORDON HEAD RECREATION CENTRE

169065	M	Sep 14-Oct 5	6-8:30pm	4/$115
169069	M	Oct 19-Nov 9	6-8:30pm	5/$115
169074	M	Nov 16-Dec 14	6-8pm	5/$115

BRONZE MEDALLION 13yrs+

Bronze Medallion challenges the candidate both mentally and physically. Judgment, knowledge, skill and fitness- the four components of water rescue- form the basis of Bronze Medallion training. Candidates acquire the assessment and problem-solving skills needed to make good decisions in, on and around the water. Bronze Medallion is a prerequisite for Assistant Lifeguard training in Bronze Cross. Pre-requisite: 13 years of age OR Bronze Star.

SAANICH COMMONWEALTH PLACE

169304	Sa,Su	Oct 3-10	10am-5pm	2/$199

GORDON HEAD RECREATION CENTRE

169061	W	Sep 9-Oct 21	5:30-9:30pm	6/$199
169064	Su	Sep 13-27	9am-5:30pm	3/$199
169078	Sa,Su	Nov 21-28	9am-5:30pm	3/$199

BRONZE CROSS 13yrs+

The Lifesaving Society's Bronze Cross begins the transition from lifesaving to lifeguarding and prepares candidates for responsibilities as Assistant Lifeguards. Candidates strengthen and expand their lifesaving skills and begin to apply the principles and techniques of active surveillance in aquatic facilities. Bronze Cross emphasizes the importance of teamwork and communication in preventing and responding to aquatic emergencies. Bronze Cross is a prerequisite for advanced training in the Society's National Lifeguard and leadership certification programs. Prerequisite: Bronze Medallion

SAANICH COMMONWEALTH PLACE

169305	F,Sa,Su	Oct 23-5	8am-7pm	3/$199

GORDON HEAD RECREATION CENTRE

169066	S	Oct 4-18	9am-5:30pm	3/$199
169075	W	Nov 4-Dec 9	4:30-9:30pm	5/$199
169079	Sa,Su	Dec 5-12	9am-5:30pm	3/$199

AQUATIC EMERGENCY CARE (AEC) 15yrs+

Aquatic Emergency Care (AEC) is designed to prepare candidates to respond to first aid emergencies in aquatic environments. AEC bridges the gap in skills between Standard First Aid and National Lifeguard to prepare candidates for success in the National Lifeguard awards and employment. The Lifesaving Society recommends that candidates complete the AEC course prior to the start of their National Lifeguard course. Prerequisites: 15 years old by last day of course, Bronze Cross, and Standard First Aid with CPR-C. Bronze Cross and Standard First Aid do not need to be current.

GORDON HEAD RECREATION CENTRE

169300	W	Oct 28-31	4:45-9:30pm	2/$150
	Sa	Oct 28-31	9am-6pm	

Greater Victoria Advanced Aquatic Assistance Program

Funding opportunities available for Lifeguard and Swim Instructor Training



Contact connor.reiter@saanich.ca for more information.

NATIONAL LIFEGUARD (NL) POOL OPTION 15yrs+
The National Lifeguard Pool certification is designed to develop the fundamental values, judgment, knowledge, skills, principles and fitness required by lifeguards. The National Lifeguard course emphasizes the lifeguarding skills, principles and practices, and the decision-making processes which will assist the lifeguard to provide effective safety supervision in swimming pool environments.Pre-requisites: 15 years old by last day of course, Bronze Cross & Standard First Aid with CPR-C.

SAANICH COMMONWEALTH PLACE

169307	M-Th	Oct 26-Nov 10	5-9pm	11/$429

GORDON HEAD RECREATION CENTRE

169076	Sa,Su	Nov 1-21	9am-5:30pm	6/$429

NATIONAL LIFEGUARD (NL) POOL OPTION RECERTIFICATION 15yrs+
All NL certifications are valid for 2 years. After 2 years the NL holder will attend an NL Recertification in the option they wish to recertify to continue lifeguarding. Candidates with an expired NL can attend an NL Recertification at any time. It is recommended that a candidate who is more than 10 years expired take a full NL course again. Prerequisite: Proof of previous NL pool option (Need not be current). A current CPR-C is recommended but not required.

SAANICH COMMONWEALTH PLACE

169322	Su	Nov 15	9am-5:30pm	$125

GORDON HEAD RECREATION CENTRE

169871	Sa	Sep 12	9-5:30 pm	$125

NATIONAL LIFEGUARD (NL) POOL & WATERPARK COMBO 15yrs+
The National Lifeguard course emphasizes the lifeguarding skills, principles and practices, and the decision-making processes which will assist the lifeguard to provide effective safety supervision in swimming pool environments. Pre-requisites: Bronze Cross & Standard First Aid

SAANICH COMMONWEALTH PLACE

169320	M-Th,Sa,Su	Dec 21-Jan 2	9am-4:30pm	9/$555

NATIONAL LIFEGUARD (NL) WATERPARK - RECERTIFICATION 15yrs+
All NL certifications are valid for 2 years. After 2 years the NL holder will attend an NL Recertification in the option they wish to recertify to continue lifeguarding. Candidates with an expired NL can attend an NL Recertification at any time. It is recommended that a candidate who is more than 10 years expired take a full NL course again.

SAANICH COMMONWEALTH PLACE

169321	Sa	Nov 14	9am-5:30pm	$125

SWIM INSTRUCTOR (SI) 15yrs+
This Lifesaving Society course certifies candidates as a Swim for Life Instructor. Using a competency-based model, candidates are taught the principles and philosophy of teaching and evaluation specific to swimming. This leadership course provides candidates with the theory, knowledge, and skills to certify individuals in the Swim for Life and Canadian Swim Patrol programs. The course includes 32 hours of instructional time and up to 8 hours of practical teaching experience. Prerequisites: 15 years of age by last day of course, completion of Bronze Cross, and must be able to demonstrate the skills to a Swimmer 6 level. Prerequisites must be shown on the first day of the course.
NOTE: The session on Tuesday, Sep 8, 2026 is an informal pre-course skills assessment designed to provide candidates with additional time to ensure they are demonstrating swim strokes and skills to a Swimmer 6 level before the course begins. All other course dates are Saturdays from 9:00am to 5:30pm.

GORDON HEAD RECREATION CENTRE

169063	Tu	Sep 8	7:30-8:30pm	6/$429
	Sa	Sep19-Oct 17	9am-5:30pm	

SWIM INSTRUCTOR (SI) — RECERTIFICATION 15yrs+
The Swim Instructor Recert renews a candidate's Swim Instructor award for 24 months. Candidates must successfully pass the course and complete a Swim for Life® skills assessment. Prerequisite: Proof of previous Lifesaving Society Swim Instructor award.

GORDON HEAD RECREATION CENTRE

169083	W	Dec 16	4:30-9:30pm	$119

Skating Lessons

Lace up your skates and glide into fun with our Skating programs, where icy adventures begin! Tailored for all ages and experience levels, our classes cover everything from first-time balancing to spins and building fast-paced hockey skills. Our skilled instructors ensure you're skating safely while having the absolute best time out on the ice.



There will be TWO registration dates:

Term 1

AUG 19

September through October
Register for Term 1 online beginning at 6am August 19.

Term 2

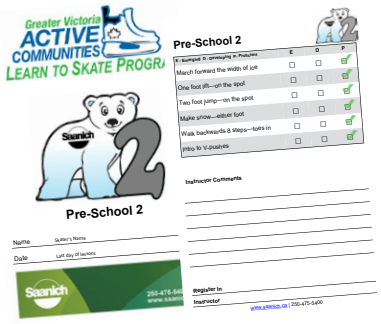
OCT 14

November through December
Register for Term 2 online beginning at 6am October 14.

BEFORE YOU REGISTER FOR FALL SKATING LESSONS, YOU SHOULD...

Ensure your skater has the required prerequisites *before* registration day.

Most skating lessons in Saanich now require a prerequisite — a complete report card for a lower-level class. This is to help place students in the most appropriate classes and ensure success by increasing skill levels.



Skating Lesson prerequisites

If your child is registering in lessons for the **FIRST TIME.**	If your child has participated in skating lessons with Saanich **SINCE 2019.**	If your child has participated in skating lessons with Saanich **BEFORE** 2019.	If your child **HAS NOT** participated in skating lessons with Saanich, but has with another municipality.
No prerequisite is required for Adult and Tot, Stepping Up, Preschool 1 and School Age 1 classes.	Your child's previous class report cards have been recorded in RecOnline. Please check your child's records online **BEFORE** registration opens.	Please call GR Pearkes to have your child's records added to RecOnline **BEFORE** registration opens.	Please bring in your child's most recent report card to G.R. Pearkes to have your child's records added to Rec Online **BEFORE** registration opens!

Who can I contact for more information? Please contact customer service at G.R. Pearkes Recreation Centre in person, or by phone, 250-475-5400 for more information.

SKATING LESSON DESCRIPTIONS

Ⓟ ADULT AND TOT LESSONS 2-5yrs
First-timers learn the basics of balancing on two feet, touching toes, marching, falling down and getting up. The instructor will circulate and assist the group. HELMETS MANDATORY for children and adults. Adults can wear skates or spikes, available at skateshop.
No Prerequisites.

STEPPING UP TO SKATING LESSONS 30mths-5 yrs
This is the perfect stepping stone to independent skating. Children and their caregiver both go on the ice with the goal of skaters learning to stay with the instructor independently.
No Prerequisites.

PRESCHOOL 1 3-5yrs
Participants will build confidence and have fun on the ice while learning basic skating skills including balancing on two feet, touching toes, walking forwards, marching as well as falling down and getting up. No parent participation.
No Prerequisite.

PRESCHOOL 2 3-5yrs
This class is for children who are 100% independently skating on their own. Skaters will learn making snow, jumping on the spot, walking backwards, two-foot glides, and an introduction to v-pushes. No parent participation.
Prerequisite: Preschool 1, Stepping Up, or Parent & Tot.

PRESCHOOL 3 3-5yrs
In this level skaters will learn V-pushes, one foot gliding, two foot jump while gliding, walking backwards with some glide, two foot quarter-turns on the spot and stopping. No parent participation.
Prerequisite: Preschool 2.

PRESCHOOL 4 3-5yrs
In this pre-school level your child will learn two foot glides on a curve, an introduction to walking cross cuts, backward skating and an introduction to backward stopping.
Prerequisite: Preschool 3.

SCHOOL AGE 1 6-12yrs
This beginner, school age level will build your child's confidence on the ice. Skills covered include forward gliding, marching forward, making snow, falling down and getting up, and walking backwards. No parent participation.
No Prerequisite.

SCHOOL AGE 2 6-12yrs
This class is for children who can skate independently. Skills include: Forward sculling, one-foot forward glides, stopping, walking backwards with some glide, two foot jumps while gliding, and an introduction to edges.
Prerequisite: School Age 1 or Preschool 3.

SCHOOL AGE 3 6-12yrs
Children will learn skills including one-foot glides on a curve, forward walking cross-cuts, backwards skating and sculling, half turns on the spot, and snowplow stop.
Prerequisite: School Age 2 or Preschool 4.

SCHOOL AGE 4 6-12yrs
Children will learn skills including two-foot stop, an introduction to forward cross-cuts, turning forward to backwards/ backwards to forward, two-foot jumps in a glide backwards, and backwards one foot glides.
Prerequisite: School Age 3.

SCHOOL AGE 5 6-12yrs
Children will learn skills including backwards transitions (c-step turns), two foot stop in both directions, one-foot jump gliding forward, forward cross cuts, and backwards one foot glide on the circle.
Prerequisite: School Age 4.

SCHOOL AGE 6 6-12yrs
Children will learn skills including backwards cross-cuts clockwise/counter clockwise, one-foot side stop both directions, forward outside edges, tight turns with speed or two-foot spins, pivots or one-foot jump forward to backwards.
Prerequisite: School Age 5

SCHOOL AGE 7 6-12yrs
This course is designed for participants that have completed School Age 6 and want an additional challenge.

Ⓟ = ADULT PARTICIPATION REQUIRED

SKATING LESSON DESCRIPTIONS

FAMILY SKATE LESSON
Enjoy some family time.... Learn to skate in this family class. Bring your family, up to 5 members and learn to skate together with an instructor. At least 1 parent must be on the ice.

ADULT SKATE LESSON 18yrs+
Improve your level of comfort while learning basic gliding, stopping and intro to backward skating. And if you are looking to challenge yourself: learn striding, turning, new stops, backwards skating and crossovers. The instructor will help you achieve your goals.
Helmets are Mandatory.

ADULT INTRO TO HOCKEY 18yrs+
A class for skaters interested in learning basics of hockey without all the gear. In this fun, non-competitive class you will stick-handle, pass, shoot, and scrimmage. Shin pads recommended.
CSA approved hockey helmet and gloves mandatory.

ADULT HOCKEY SKILLS 19yrs+
This fun class allows you to improve your passing, stick handling, shooting skills, and ends with an informal scrimmage.
Full gear required.

ADULT FIGURE SKATE 18yrs+
An introductory class in figure skating for comfortable skaters. Get ready, you'll be learning spins, edges and possibly even jumps!
Helmets are Mandatory.

LEARN TO FIGURE SKATE 5-10yrs
Learn the basics of Figure Skating and progress into spins and an introduction to jumping using toe-picks. Skater must have basic skating skills.
Prerequisite: Preschool 3 or School Age 2.

TOT HOCKEY 3-6yrs
Tots learn basic hockey skills in a fun and encouraging class. Full gear required.
Prerequisite: Preschool 2.

INTRO TO HOCKEY 6-12yrs
A class for skaters interested in learning basics of hockey. You'll stick handle, pass, shoot, and scrimmage. Helmet with a face cage, shin pads and gloves mandatory. Not suggested for minor hockey players.
Prerequisite: School Age 1 or equivalent.

PEARKES HOCKEY PROGRAM 7-13yrs
Non-contact hockey for comfortable skaters focused on skill development while having fun. Learn new skills and play some games. Full hockey gear required. Contact Geralyn Nonesa 250-475-5468 if you would like to try goalie gear.
No Minor Hockey players. Prerequisite: School Age 2.

YOUTH SKATING LESSON 11-16yrs
Want to learn to skate? Afraid to skate? This is the lesson for you. You will learn the basics of skating from falling safely to stopping and going backwards. The instructor will help you achieve your goals. No prerequisites, just a desire to have some fun!

YOUTH LEARN TO FIGURE SKATE 11-16yrs
This class is great for trying something new! Learn the basics of Figure Skating and progress into spins and an introduction to jumping using toe-picks. Youth Skating Lesson or other skating lessons recommended as prerequisite, but not required. Skater must have basic skating skills, and a desire to have some fun!

HOME LEARNERS LESSON 5-15yrs
This program is specifically for home learners. This class is inclusive and will be tailored to the needs of the participants. Children may be divided based on age and level.

PRE-SET PRIVATE SKATING LESSONS 3-17yrs
Up to three skaters learning together. The registrant is required to organize all participants. The same participants must attend each week.

WOMEN'S REGISTERED 19yrs+
This program is offered for beginner and intermediate players and will be based on skill and development with modified game play and stick check only. Full gear required.

(P) = ADULT PARTICIPATION REQUIRED

Click on the AM or PM links to see lesson options

G.R. PEARKES FALL SKATING LESSONS

SEPTEMBER - OCTOBER 2026

REGISTRATION DAY AUG 19

CLASS	TUESDAY Sep 8 - Oct 27	WEDNESDAY Sep 9 - Oct 28 *No class Sep 30	THURSDAY Sep 10 - Oct 29	SATURDAY Sep 12 - Oct 31	
ADULT AND TOT LESSONS 2-4yrs, 30mins	AM | PM	AM | PM	AM | PM	AM | PM	View all classes
STEPPING UP TO SKATING LESSONS 30months-4yrs, 30mins	AM | PM	AM | PM	AM | PM	AM | PM	View all classes
PRESCHOOL 1 3-5yrs, 30mins	AM | PM	AM | PM	AM | PM	AM | PM	View all classes
PRESCHOOL 2 3-5yrs, 30mins	AM | PM	AM | PM	AM | PM	AM | PM	View all classes
PRESCHOOL 3 3-5yrs, 30mins	AM | PM	AM | PM	AM | PM	AM | PM	View all classes
PRESCHOOL 4 3-5yrs, 30mins	AM | PM	AM | PM	AM | PM	AM | PM	View all classes
SCHOOL AGE 1 6-12yrs, 30mins	AM | PM	AM | PM	AM | PM	AM | PM	View all classes
SCHOOL AGE 2 6-12yrs, 30mins	AM | PM	AM | PM	AM | PM	AM | PM	View all classes
SCHOOL AGE 3 6-12yrs, 30mins	AM | PM	AM | PM	AM | PM	AM | PM	View all classes
SCHOOL AGE 4 6-12yrs, 30mins	AM | PM	AM | PM	AM | PM	AM | PM	View all classes
SCHOOL AGE 4 6-12yrs, 45mins	AM | PM	AM | PM	AM | PM	AM | PM	View all classes
SCHOOL AGE 5 6-12yrs, 30mins	AM | PM	AM | PM	AM | PM	AM | PM	View all classes
SCHOOL AGE 5 6-12yrs, 45mins	AM | PM	AM | PM	AM | PM	AM | PM	View all classes
SESSION PRICES 30 MINS	8/$64 Pre-Set Private 8/$271	7/$56 Pre-Set Private 7/$237	8/$64	8/$64 Family 8/$271 Pre-Set Private 8/$271	
SESSION PRICES 45 MINS	8/$95	7/$84		8/$95	

Click on the AM or PM links to see lesson options

G.R. PEARKES FALL SKATING LESSONS

SEPTEMBER - OCTOBER 2026

REGISTRATION DAY AUG 19

CLASS	MONDAY Sep 14 - Oct 26 *No class Oct 26	TUESDAY Sep 8 - Oct 27	WEDNESDAY Sep 9 - Oct 28 *No class Sep 30	THURSDAY Sep 10 - Oct 29	SATURDAY Sep 12 - Oct 31	SUNDAY Sep 6 - Oct 25	
SCHOOL AGE 6 6-12yrs, 30mins	AM | PM	AM | PM	AM | PM	AM | PM	AM | PM	AM | PM	View all classes
SCHOOL AGE 6 6-12yrs, 45mins	AM | PM	AM | PM	AM | PM	AM | PM	AM | PM	AM | PM	View all classes
SCHOOL AGE 7 6-12yrs 45mins	AM | PM	AM | PM	AM | PM	AM | PM	AM | PM	AM | PM	View all classes
FAMILY SKATE LESSON 30mins	AM | PM	AM | PM	AM | PM	AM | PM	AM | PM	AM | PM	View all classes
LEARN TO FIGURE SKATE 5-10yrs, 30mins	AM | PM	AM | PM	AM | PM	AM | PM	AM | PM	AM | PM	View all classes
LEARN TO FIGURE SKATE 5-10yrs, 45mins	AM | PM	AM | PM	AM | PM	AM | PM	AM | PM	AM | PM	View all classes
YOUTH LEARN TO FIGURE SKATE 11-16yrs, 30mins	AM | PM	AM | PM	AM | PM	AM | PM	AM | PM	AM | PM	View all classes
TOT HOCKEY 3-6yrs, 30mins	AM | PM	AM | PM	AM | PM	AM | PM	AM | PM	AM | PM	View all classes
TOT HOCKEY 3-6yrs, 45mins	AM | PM	AM | PM	AM | PM	AM | PM	AM | PM	AM | PM	View all classes
INTRO TO HOCKEY 6-12yrs, 30mins	AM | PM	AM | PM	AM | PM	AM | PM	AM | PM	AM | PM	View all classes
PEARKES HOCKEY PROGRAM 7-13yrs, 45mins	AM | PM	AM | PM	AM | PM	AM | PM	AM | PM	AM | PM	View all classes
ADULT INTRO TO HOCKEY 18yrs+, 45mins	AM | PM	AM | PM	AM | PM	AM | PM	AM | PM	AM | PM	View all classes
ADULT HOCKEY SKILLS & GOALIE 19yrs+, 75mins	AM | PM	AM | PM	AM | PM	AM | PM	AM | PM	AM | PM	
YOUTH SKATING LESSON 11-16yrs, 45mins	AM | PM	AM | PM	AM | PM	AM | PM	AM | PM	AM | PM	View all classes
HOME LEARNERS LESSON 5-15yrs, 30mins	AM | PM	AM | PM	AM | PM	AM | PM	AM | PM	AM | PM	View all classes
ADULT SKATE LESSON 1/2 18yrs+, 45mins	AM | PM	AM | PM	AM | PM	AM | PM	AM | PM	AM | PM	
ADULT FIGURE SKATE 18yrs+, 45mins	AM | PM	AM | PM	AM | PM	AM | PM	AM | PM	AM | PM	
PRE-SET PRIVATE SKATING LESSON 3-17yrs, 30mins	AM | PM	AM | PM	AM | PM	AM | PM	AM | PM	AM | PM	View all classes
SESSION PRICES 30 MINS	8/$64 Pre-Set Private 8/$271	8/$64 Pre-Set Private 8/$271	8/$64	8/$61 Family 8/$152 Pre-Set Private 8/$263	8/$61 Family 8/$152 Pre-Set Private 8/$263	$95	
SESSION PRICES 45 MINS	8/$95	8/$95		8/$82	8/$82		
SESSION PRICES 75 MINS	6/$120			8/$82	8/$82		

G.R. PEARKES FALL SKATING LESSONS

NOVEMBER - DECEMBER 2026

REGISTRATION DAY OCT 14

CLASS	TUESDAY Nov 3 - Dec 15	WEDNESDAY Nov 4 - Dec 16 **No class Nov 11*	THURSDAY Nov 5 - Dec 17	SATURDAY Nov 7 - Dec 12	
ADULT AND TOT LESSONS 2-4yrs, 30mins	AM | PM	AM | PM	AM | PM	AM | PM	View all classes
STEPPING UP TO SKATING LESSONS 30months-4yrs, 30mins	AM | PM	AM | PM	AM | PM	AM | PM	View all classes
PRESCHOOL 1 3-5yrs, 30mins	AM | PM	AM | PM	AM | PM	AM | PM	View all classes
PRESCHOOL 2 3-5yrs, 30mins	AM | PM	AM | PM	AM | PM	AM | PM	View all classes
PRESCHOOL 3 3-5yrs, 30mins	AM | PM	AM | PM	AM | PM	AM | PM	View all classes
PRESCHOOL 4 3-5yrs, 30mins	AM | PM	AM | PM	AM | PM	AM | PM	View all classes
SCHOOL AGE 1 6-12yrs, 30mins	AM | PM	AM | PM	AM | PM	AM | PM	View all classes
SCHOOL AGE 2 6-12yrs, 30mins	AM | PM	AM | PM	AM | PM	AM | PM	View all classes
SCHOOL AGE 3 6-12yrs, 30mins	AM | PM	AM | PM	AM | PM	AM | PM	View all classes
SCHOOL AGE 4 6-12yrs, 30mins	AM | PM	AM | PM	AM | PM	AM | PM	View all classes
SCHOOL AGE 4 6-12yrs, 45mins	AM | PM	AM | PM	AM | PM	AM | PM	View all classes
SCHOOL AGE 5 6-12yrs, 30mins	AM | PM	AM | PM	AM | PM	AM | PM	View all classes
SCHOOL AGE 5 6-12yrs, 45mins	AM | PM	AM | PM	AM | PM	AM | PM	View all classes
SESSION PRICES 30 MINS	7/$56 Pre-Set Private 7/$237	6/$48 Pre-Set Private 6/$203	7/$56	6/$48 Family 6/$203 Pre-Set Private 6/$203	
SESSION PRICES 45 MINS	7/$83	6/$71		6/$71	

G.R. PEARKES FALL SKATING LESSONS

NOVEMBER - DECEMBER 2026

REGISTRATION DAY OCT 14

CLASS	MONDAY	TUESDAY Nov 3 - Dec 15	WEDNESDAY Nov 4 - Dec 16 *No class Nov 11	THURSDAY Nov 5 - Dec 17	SATURDAY Nov 7 - Dec 12	SUNDAY Nov 1 - Dec 13	
SCHOOL AGE 6 6-12yrs, 30mins	AM | PM	AM | PM	AM | PM	AM | PM	AM | PM	AM | PM	View all classes
SCHOOL AGE 6 6-12yrs, 45mins	AM | PM	AM | PM	AM | PM	AM | PM	AM | PM	AM | PM	View all classes
SCHOOL AGE 7 6-12yrs 45mins	AM | PM	AM | PM	AM | PM	AM | PM	AM | PM	AM | PM	View all classes
FAMILY SKATE LESSON 30mins	AM | PM	AM | PM	AM | PM	AM | PM	AM | PM	AM | PM	View all classes
LEARN TO FIGURE SKATE 5-10yrs, 30mins	AM | PM	AM | PM	AM | PM	AM | PM	AM | PM	AM | PM	View all classes
LEARN TO FIGURE SKATE 5-10yrs, 45mins	AM | PM	AM | PM	AM | PM	AM | PM	AM | PM	AM | PM	View all classes
YOUTH LEARN TO FIGURE SKATE 11-16yrs, 30mins	AM | PM	AM | PM	AM | PM	AM | PM	AM | PM	AM | PM	View all classes
TOT HOCKEY 3-6yrs, 30mins	AM | PM	AM | PM	AM | PM	AM | PM	AM | PM	AM | PM	View all classes
TOT HOCKEY 3-6yrs, 45mins	AM | PM	AM | PM	AM | PM	AM | PM	AM | PM	AM | PM	View all classes
INTRO TO HOCKEY 6-12yrs, 30mins	AM | PM	AM | PM	AM | PM	AM | PM	AM | PM	AM | PM	View all classes
PEARKES HOCKEY PROGRAM 7-13yrs, 45mins	AM | PM	AM | PM	AM | PM	AM | PM	AM | PM	AM | PM	View all classes
ADULT INTRO TO HOCKEY 18yrs+, 45mins	AM | PM	AM | PM	AM | PM	AM | PM	AM | PM	AM | PM	View all classes
ADULT HOCKEY SKILLS & GOALIE 19yrs+, 75mins	AM | PM	AM | PM	AM | PM	AM | PM	AM | PM	AM | PM	View all classes
YOUTH SKATING LESSON 11-16yrs, 45mins	AM | PM	AM | PM	AM | PM	AM | PM	AM | PM	AM | PM	View all classes
HOME LEARNERS LESSON 5-15yrs, 30mins	AM | PM	AM | PM	AM | PM	AM | PM	AM | PM	AM | PM	View all classes
ADULT SKATE LESSON 1/2 18yrs+, 45mins	AM | PM	AM | PM	AM | PM	AM | PM	AM | PM	AM | PM	View all classes
ADULT FIGURE SKATE 18yrs+, 45mins	AM | PM	AM | PM	AM | PM	AM | PM	AM | PM	AM | PM	View all classes
PRE-SET PRIVATE SKATING LESSON 3-17yrs, 30mins	AM | PM	AM | PM	AM | PM	AM | PM	AM | PM	AM | PM	View all classes
SESSION PRICES 30 MINS	8/$64 Pre-Set Private 8/$271	8/$64 Pre-Set Private 8/$271	8/$64	8/$61 Family 8/$152 Pre-Set Private 8/$263	8/$61 Family 8/$152 Pre-Set Private 8/$263	$95	
SESSION PRICES 45 MINS	8/$95	8/$95		8/$82	8/$82		
SESSION PRICES 75 MINS	6/$120			8/$82	8/$82		

SKATING - HOCKEY

SKATE - TOT HOCKEY 3-6yrs

Tots learn basic hockey skills in a fun and encouraging class. Full gear required. Prerequisite: Preschool 2.

G. R. PEARKES RECREATION CENTRE

164772	Su	Sep 6-Oct 25	11:45am-12:30pm	8/$95
168277	Su	Nov 1-Dec 13	11:45am-12:30pm	7/$83
168531	W	Sep 9-Oct 28	5:30pm-6pm	7/$56
168532	W	Nov 4-Dec 16	5:30pm-6pm	6/$48

SKATE - INTRO TO HOCKEY

A class for skaters interested in learning basics of hockey. You'll stick handle, pass, shoot, and scrimmage. Helmet with a face cage, shin pads and gloves mandatory. Not suggested for minor hockey players. Prerequisite: School Age 1 or equivalent.

G. R. PEARKES RECREATION CENTRE

168537	W	Sep 9-Oct 28	6-6:30pm	7/$56
168538	W	Nov 4-Dec 16	6-6:30pm	6/$48

SKATE - PEARKES HOCKEY PROGRAM 7-13yrs

Non-contact hockey for comfortable skaters focused on skill development while having fun. Learn new skills and play some games. Full hockey gear required. Contact Geralyn Nonesa 250-475-5468 if you would like to try goalie gear. No minor hockey players. Prerequisite: School Age 2.

G. R. PEARKES RECREATION CENTRE

164778	Su	Sep 6-Oct 25	12:30-1:15pm	8/$95
168278	Su	Nov 1-Dec 13	12:30-1:15pm	7/$83

SKATE - ADULT INTRO TO HOCKEY 18yrs+

A class for skaters interested in learning basics of hockey without all the gear. In this fun, non-competitive class you will stick-handle, pass, shoot, and scrimmage. Shin pads recommended. CSA approved hockey helmet and gloves mandatory.

G. R. PEARKES RECREATION CENTRE

164781	Su	Sep 6-Oct 25	7:30-8:15pm	8/$95
168539	W	Sep 9-Oct 28	6:45-7:30pm	7/$84
168540	W	Nov 4-Dec 16	6:45-7:30pm	6/$71
168279	Su	Nov 1-Dec 13	7:30-8:15pm	7/$83

SKATE - ADULT HOCKEY SKILLS - 19yrs+

This fun class allows you to improve your passing, stick handling, shooting skills, and ends with an informal scrimmage. Full gear required.

G. R. PEARKES RECREATION CENTRE

SKATER

164856	M	Sep 14-Oct 26	9:15-10:30am	6/$120
168275	M	Nov 2-Dec 14	9:15-10:30am	7/$139

GOALIE - FULL GOALIE GEAR REQUIRED. NO CLASS OCT 12

G. R. PEARKES RECREATION CENTRE

164857	M	Sep 14-Oct 26	9:15-10:30am	6/FREE
168276	M	Nov 2-Dec 14	9:15-10:30am	7/FREE

SKATE - WOMEN'S REGISTERED HOCKEY 19yrs+

This program is offered for beginner and intermediate players and focuses on skill development, with modified gameplay and stick-check only. Full gear required. The third and fourth goalies registered will be backups only. Registration order will be confirmed by the Programmer. Please call 250-475-5400 for more information.

G. R. PEARKES RECREATION CENTRE

SKATER

168284	W	Sep 9-Oct 28	9:15-10:30pm	7/$140
168286	W	Nov 4-Dec 16	9:15-10:30pm	6/$119

GOALIE

168285	W	Sep 9-Oct 28	9:15-10:30pm	7/FREE
168287	W	Nov 4-Dec 16	9:15-10:30pm	6/FREE



SKATING - POWER SKATING

SKATE - POWER SKATING

Unlock your full potential on the ice with Edges on Ice!

This high impact program designed for hockey and ringette players is formatted to elevate player performance by sharpening edge control, boosting balance, enhancing agility, and unlocking more powerful, explosive skating—giving every athlete the tools to elevate their game. It's an affordable, sustainable way to gain the confidence and performance boost you need to excel. Full gear is required.

Please Note: This is not a learn to skate program. Participants must already be able to skate forward, backward, and stop.

To ensure every skater thrives, all athletes will be assessed in the first class (or upon request) and placed in the skill group that best matches their ability—age doesn't determine level; skill does.

G. R. PEARKES RECREATION CENTRE

Blaine Redmond

U9

168378	M	Sep 14-Sep 28	5:15-6pm	3/$75
168379	M	Oct 5-Oct 26	5:15-6pm	3/$75
168380	M	Nov 2-Nov 23	5:15-6pm	4/$100
168382	M	Nov 30-Dec 14	5:15-6pm	3/$75

U11

168374	M	Sep 14-Sep 28	4:15-5pm	3/$75
168375	M	Oct 5-Oct 26	4:15-5pm	3/$75
168376	M	Nov 2-Nov 23	4:15-5pm	4/$100
168377	M	Nov 30-Dec 14	4:15-5pm	3/$75
168401	Th	Sep 10-Oct 1	4:45-5:30pm	4/$100
168402	Th	Oct 8-Oct 29	4:45-5:30pm	4/$100
168403	Th	Nov 5-Nov 26	4:45-5:30pm	4/$100
168404	Th	Dec 3-Dec 17	4:45-5:30pm	3/$75

U13-15

168393	Tu	Sep 8-Sep 29	7-8am	4/$100
168394	Tu	Oct 6-Oct 27	7-8am	4/$100
168395	Tu	Nov 3-Nov 24	7-8am	4/$100
168396	Tu	Dec 1-Dec 15	7-8am	3/$96

U13-U18

168405	Th	Sep 10-Oct 1	5:45-7:45pm	4/$200
168406	Th	Oct 8-Oct 29	5:45-7:45pm	4/$200
168407	Th	Nov 5-Nov 26	5:45-7:45pm	4/$200
168408	Th	Dec 3-Dec 17	5:45-7:45pm	3/$175

U15-18

168383	M	Sep 14-Sep 28	6:15-7:15pm	3/$75
168384	M	Oct 5-Oct 26	6:15-7:15pm	3/$75
168386	M	Nov 2-Nov 23	6:15-7:15pm	4/$100
168387	M	Nov 30-Dec 14	6:15-7:15pm	3/$75

SKATE - POWER SKATING ADULTS

Blaine Redmond is known for his expertise in skating technique and skill analysis. Edges On Ice will enhance the performance of hockey players, allowing an affordable, sustainable program for all wishing to be stronger, more successful players. Full gear required. Combined with U15-18.

G. R. PEARKES RECREATION CENTRE

Blaine Redmond

168397	M	Sep 14-Sep 28	6:15-7:15pm	3/$75
168398	M	Oct 5-Oct 26	6:15-7:15pm	3/$75
168399	M	Nov 2-Nov 23	6:15-7:15pm	4/$100
168400	M	Nov 30-Dec 14	6:15-7:15pm	3/$75

SKATING - PRO-D CAMPS

SKATE - POWER SKATING PRO-D DAY CAMP

Keep your kids "on the edge" of their skills. Maintain all the basics of powerskating, including tight turns, stops, pivots, stride, and fun. There will be two ice sessions and a dryland session. Bring your energy and enthusiasm! Full hockey gear required.

G. R. PEARKES RECREATION CENTRE

Blaine Redmond

U9-U11

168388	F	Oct 23	9am-1:15pm	$96
168390	F	Nov 27	9am-1:15pm	$96

U13

168391	F	Oct 23	10:30am-2:45pm	$96
168392	F	Nov 27	10:30am-2:45pm	$96