



# UCLUELET PARKS & RECREATION SPRING PROGRAM GUIDE

APRIL - JUNE, 2019

BALLET CLASSES, FALL 2018



**REGISTRATION BEGINS  
MARCH 26, 2019**

UCLUELET COMMUNITY CENTRE, 500 MATTERSON DRIVE  
[WWW.UCLUELET.CA](http://WWW.UCLUELET.CA)

EARLY YEARS PROGRAMS

CHILDRENS PROGRAMS

YOUTH PROGRAMS

ADULT & TEEN PROGRAMS

## WEEKLY FITNESS PROGRAMS - SPRING CALENDAR

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<b>CHI GONG PRACTICE</b> 10:30 - 11:30 am UCC Fitness Studio \$3 drop-in	<b>DANCE FIT 50+</b> 9:00 - 10:00 am UCC Fitness Studio \$6 drop-in	<b>CHI GONG PRACTICE</b> 10:30 - 11:30 am UCC Fitness Studio \$3 drop-in		<b>DANCE FIT 50+</b> 9:00 - 10:00 am UCC Fitness Studio \$6 drop-in	<b>LATIN FURY</b> 9:00 - 10:00 am UCC Fitness Studio \$12 drop-in or punch cards
<b>TAI CHI PRACTICE</b> 6:00 - 6:45 pm UCC Main Hall \$2 drop-in *basic skill set required	<b>Do you have a talent to share with the community?</b> Contact Barb at 250-726-7772 or <a href="mailto:bgudbranson@ucluelet.ca">bgudbranson@ucluelet.ca</a>	<b>ADULT BALLET &amp; BARRE</b> 6:00 - 7:00 pm UCC Fitness Studio PRE-REGISTER	<b>TAI CHI PRACTICE</b> 6:00 - 6:50 pm USS Gym \$2 drop-in *basic skill set required	<b>RELAX</b> 10:30 - 11:30 am UCC Fitness Studio \$2 drop-in	<b>SUNDAY</b> <b>ROLLERSKATING</b> 12:00 - 3:00 pm REC HALL \$2 drop-in
<b>OUTDOOR SOCCER</b> 7:00 - 9:00 pm Tugwell Field \$2 drop-in	<b>BASKETBALL</b> 7:00 - 9:00 pm USS gym \$2 drop-in	<b>VOLLEYBALL</b> 7:00 - 9:00 pm USS Gym \$2 drop-in	<b>PILATES BASED FITNESS</b> 6:00 - 6:45 pm UCC Fitness Studio \$12 drop-in or punch card	<b>ADULT GYMNASTICS &amp; SPORT CONDITIONING</b> 7:30 - 8:30 pm UCC Main Hall \$12 drop-in or punch cards	<b>BADMINTON</b> 7:00 - 9:00 pm USS Gym \$2 drop-in



**SPRING CLEAN UP - FRIDAY, MAY 24 & SATURDAY, MAY 25**  
FOR MORE INFORMATION GO TO [WWW.UCLUELET.CA](http://WWW.UCLUELET.CA)

### UCLUELET PARKS & RECREATION SUBSIDY PROGRAM

Designed to provide support to residents of Ucluelet of all ages interested in participating in Parks & Recreation programs. Application forms are available at the UCC or online [www.ucluelet.ca](http://www.ucluelet.ca). Completed forms may be dropped off at the UCC or mailed to: PO Box 999, Ucluelet, BC, V0R 3A0 **\*Limited funds are available** For more information please contact Abby Fortune, Director of Parks & Recreation: Call 250-726-4780 or email [afortune@ucluelet.ca](mailto:afortune@ucluelet.ca)

**REFUNDS:** We will be more than happy to give you a full refund or provide an immediate credit if we have to cancel a course. A 20% administration fee will be charged for persons cancelling their registration PRIOR to the beginning of a program. A 20% administration fee, plus a pro-rated charge will be levied to persons who cancel a program AFTER the program has begun. \*Swimming is exempt. Exceptions will be at the discretion of the Director of Parks & Recreation.

**CANCELLATIONS:** Sometimes great courses with talented instructors are cancelled if you wait until the last minute to register. We like to give our instructors as much notice as possible so that they can be properly prepared for their classes.  
**\*Register at least one week in advance of class date to avoid disappointment.**

**SOUL LINE DANCING**  
7:00 - 8:00 pm  
UCC Fitness Studio  
\$12 drop-in or punch cards

**BADMINTON**  
7:00 - 9:00 pm  
USS Gym  
\$2 drop-in

**KIDS SUMMER CAMPS**  
WATCH FOR THE  
SUMMER PROGRAM  
GUIDE IN MAY TO  
REGISTER.



DISTRICT OF  
UCLUELET



### UCLUELET & TOFINO CHOIR RECITAL'S

Saturday, June 1 - Tofino Community Centre  
Sunday, June 2 - Ucluelet Community Centre  
Doors open at 7:00 pm, show starts @ 7:30 pm

### UKEE'S GREATEST SHOWSTOPPERS

Friday, June 7 & Saturday, June 8  
Doors open at 6:00, show starts @ 6:30 pm  
Ucluelet Community Centre, 500 Matterson Drive  
Support our local 2019 GLEE Production

# EARLY YEARS 0-5

playschool

**UKEE PLAYSCHOOL** Age 3 - 5  
This popular playtime program will allow your tot to explore, create, learn and have fun in a safe and nurturing environment. Children will take advantage of different "play stations" each designed to build and enhance fine motor skills as well as establish group dynamics. This is an ideal environment for your tot to build confidence, be creative, socialize and prepare for Kindergarten.

Children attending kindergarten Sept 2019 will be given priority registration.  
Registration confirms attendance April - June unless otherwise indicated by parent.  
Payments can be received at the beginning of each month or in full.

**Tuesdays & Thursdays, April 2- June 13**  
UCC Main Hall (please use Main Hall entrance) 10:00 am - 12:00 pm  
April - \$96 - NO CLASS: APR 18 May - \$108 June - \$48

\*to registration new students call Barb Gudbranson, 250-726-7722  
Instructors: Cameron Graham and Barb Gudbranson

**PRESCHOOL CREATIVE MOVEMENTS** Age 3 - 4  
This class will nourish the creative instinct through body movements. Structured, yet playful, this form of dance includes finding rhythm, body awareness and use of space, while learning the basics of dance through creative exploration. Children will gain skills in coordination, listening and musical awareness to develop their natural creativity in a fun environment. Designed for children that have not yet entered kindergarten.

**Thursdays, April 11 - May 30** 8/\$72  
Age 3-4 5:15 - 5:45 pm  
Instructor: Brittany Buirs UCC Main Stage

**LITTLE PURPLE DRAGONS** Age 4 - 5  
The study of Purple Dragon martial arts begins at a young age. This program will encourage your child to build discipline, confidence, respect, integrity and physical fitness. Purple Dragon Don Jitsu Ryu blends Karate, Jiu-Jitsu, Judo, Tae Kwon Do, and Kung Fu. No experience necessary.



**Mon & Wed, April 1 - June 17 (NO CLASS: APRIL 17, 22, MAY 20)**  
Age 4 - 5 4:00 - 4:45 pm 20/\$220  
Instructor: Senpai Ian Shu UCC Main Hall

**PARENT & TOT GYMNASTICS** Age 1.5 - 3  
This program uses the fundamentals of gymnastics and basic mat work to help jumpstart physical literacy for toddlers and preschoolers. There is active gymnastics circuits with songs, games and stretches. This program makes physical development fun. Parents will participate together with their child.

**Thursdays, April 4 - June 20 (NO CLASS: APR 18; MAY 2; JUNE 6)**  
Age 1.5 - 3 1:45 - 2:30 pm 9/\$99  
Coach: Lindsay Kerdman, NCCP L2 UCC Main Hall

**TINY TUMBLERS** Age 3 - 4  
This program is designed to introduce your young child to safe, gross motor movement through organized gymnastics with play, games and circuits. The coach will lead children through an array of different gymnastics positions and skills, designed to safely experience various movements. Parents are asked to be present for this class to assist their child if needed.

**Thursdays, April 4 - June 20 (NO CLASS: APR 18; MAY 2; JUNE 6)**  
Age 3 - 4 2:45 - 3:30 pm 9/\$99  
Coach: Lindsay Kerdman, NCCP L2 UCC Main Hall

**SUNRISE MUSIC PROGRAM**  
Music for Young Children introduces children to the wonderful world of music through a multi sensory approach that is fun and engaging. Classes are playful and positive with a curriculum and program materials that are specially designed and produced for the child's age and development, no matter what their learning style is. Sunrise is the first level in the MYC program and is perfect for children ages 2 - 4. The diverse collection of activities, songs, stories, games, and crafts are suitable for all learning styles and assist with the development of motor skills, coordination, learning, attention, and social skills. Musical concepts are introduced using 'music friends' including Sunny the Sunrise Bear, a collection of rhythm teddies, and Buddy Croak the cool saxophone-playing frog. Rhythm and timing are taught using a variety of percussion instruments.



We are now offering Blocks 1 and 2 of the pre-keyboard music program called Sunrise. Parents are an important and welcomed participant, accompanying their children as part of the program. The parent and child bond as a music team during lessons as they co-learn the concepts and material.

**Sundays, April 28 - June 30 OR Wednesdays, April 24 - June 26**  
Age 2 - 4 10:00 am - 10:45 am 10/\$130  
Instructor: Katelyn Makowsky, MYC UCC Youth Room

preschool programs

# KIDS PROGRAMS

general interest

**AFTER SCHOOL CLUB** Grades 4 - 7  
This program, designed specifically for kids in grades 4 - 7, is to provide a healthy, active and safe environment with blocks of time allotted for snack, homework support, study time, games and active play. Kids will meet in the UES Foods Room directly after school to sign in. There will be a light snack provided, please let us know if your child has any dietary restrictions or allergies. Children will also bring home a copy of the Ucluelet Afterschool Club - Code of Conduct for parents/caregiver to sign and return to the Facilitator. The Code of Conduct assists us in providing a prepared, positive, polite and productive program.

**Tuesdays & Thursdays, April 2 - May 30** 2:45 - 4:45 pm  
Ucluelet Elementary School FREE!!  
Facilitated by Judy Gleeson

**KIDS SCULPTURE CLAY CLASSES** Age 8 - 12  
Children will have fun playing with clay while learning the basic skills needed to create their wonderful art pieces. This class will be a mixture of sculpture and slip cast creations. We will focus on painting and form. \*Clay and glaze included.



**Tuesdays, April 16 - May 14**  
Age: 8 - 12 3:30 - 4:30 pm 5/\$80  
Instructor: Karla Strickland UCC Art Room

**ART EXPLORATIONS** *New!* Age 4+  
Through an exploration of mediums, students will develop a dynamic approach to art making. This program promotes both conceptualizing ideas and bringing them to life in the physical realm. Through experimentation, the artists will work to enhance their natural creativity while recognizing their individual preferences, making creative decisions and adapting to new mediums and techniques.

Week 1: Watercolours Week 2: Collage/Mixed Media  
Week 3: Still Life Drawing Week 4: Abstract Painting  
Week 5: Illustration



**Session A: Tuesdays, April 2 - 23** 4/\$52  
**Session A: Wednesdays, April 3 - April 24** 4/\$52

**Session B: Tuesdays, May 14 - June 11** 5/\$65  
**Session B: Wednesdays, May 15 - June 12** 5/\$65

Age: 4 - 7 3:00 - 4:30 pm  
Age 8 - 12 5:00 - 6:30 pm  
Instructor: Stefanie Hedler UCC Room 2

**BALLET CLASSES** Age 5+  
Ballet teaches poise, posture, strength and technique while enjoying a fun, dynamic atmosphere. Classes are set to a wide range of music with stories, rhythm and games to increase musical sensitivity and awareness. These classes will introduce the beginning student to the technique and vocabulary of classical ballet, with an emphasis on posture, placement and movement potential. All dancers should have their hair up, appropriate ballet attire so that the instructor can see body movement for correctness and ballet shoes. We have spare ballet shoes to share in the dance studio. No experience necessary for these classes.



**Wednesdays, April 3 - May 22**  
PRE-PRIMARY BALLET Age 5 - 8 3:30 - 4:15 pm 8/\$88  
PRIMARY BALLET Age 9+ 4:15 - 5:45 pm 8/\$112  
**Instructor:** Sandra Hinder UCC Fitness Studio

**CREATIVE MOVEMENTS** Age 3+  
This class will nourish the creative instinct through body movements. Structured, yet playful, this form of dance includes finding rhythm, body awareness and use of space, while learning the basics of dance through creative exploration. Children will gain skills in coordination, listening and musical awareness to develop their natural creativity in a fun environment.

**Thursdays, April 11 - May 30**  
Age 5 - 6 5:45 - 6:15 pm 8/\$80  
Age 7+ 6:15 - 7:00 pm 8/\$80  
Instructor: Brittany Buirs UCC Main Stage

**TAPPIN' TOES** Age 7+  
A class to make some noise! Tap focuses on rhythms and patterns in foot work through steps and counting. This fun, interactive class will get children learning how to listen to beats while they tap their feet! As a beginner friendly class, it is intended for learning rhythm, balance, and coordination while encouraging creativity and imagination. We have a box of tap shoes, stop by and try some out.

**Thursdays, April 11 - May 30**  
Age 8+ 7:00 - 7:30 pm 8/\$72  
Instructor: Brittany Buirs UCC Main Stage

art classes

dance

**RED CROSS BABYSITTERS COURSE** Age 11+  
This fun and interactive course teaches youth age 11-15 years of age how to be prepared and responsive caregivers. We will cover how to- feed a baby and change a diaper, prepare a simple meal, play games with children of all ages, prevent injuries and keep children safe, handle an emergency if one happens. Participants will receive a Red Cross handbook and certification upon successful completion of the course.

**Friday, April 12** 9:30 - 3:00 pm  
UCC Activity Room 2 \$62 per person  
Instructor: Emre Bosut



**STAY SAFE! RED CROSS HOME ALONE COURSE** Age 9+  
This course offers basic first aid and safety skills for youth when they are home alone. Participants learn about being safe when they are without the direct supervision of a parent or guardian, both at home and in their communities. Participants learn the importance of responsibility, setting and following safety rules when on your own and how to prepare for, recognize and respond to unexpected situations.

**Sunday, April 14** 9:00 - 3:00 pm  
UCC Youth Room \$59 per person  
Instructor: Emre Bosut



# KIDS PROGRAMS (CON'T)

## PURPLE DRAGON DON JITSU RYU

Age 7+

Ancient in origin yet modern in concept, Don Jitsu Ryu is one of the most practical, effective and complete martial arts fighting systems in the world today. It blends Karate, Jiu Jitsu, Tae Kwon Do, Aikido and weaponry. The program consists of four main areas; fitness training & stretching, Kata & basics, break-falls, and self defense & sparring. New students welcome!

**Mon & Wed, April 1 - June 17 (NO CLASS: APRIL 17, 22, MAY 20)**

Age 7 - 12 3:00 - 4:00 pm 20/\$220

## PURPLE DRAGON - GIRLS CLASS

This class is designed for girls to learn confidence, self defence and the Don Jitsu disciplines in a supportive all girl environment.

**Mondays, April 1 - June 17 (NO CLASS: APRIL 22, MAY 20)**

Age 7 - 12 4:45 - 5:45 pm 10/\$110

## PURPLE DRAGON - BEGINNERS CLASS

This class is for new students just starting to learn the basics of Don Jitsu.

**Wednesdays, April 3 - June 12 (NO CLASS: APRIL 17)**

Age 7 - 12 4:45 - 5:45 pm 10/\$110  
Instructor: Senpai Ian Shu UCC Main Hall

## GYMNASTICS

Age 1.5 +

**PARENTS PLEASE REMEMBER - Our instructor requires a small break in between classes, please remind your children that they are not to use the equipment, to wait on the sidelines until called to the mat. We also greatly appreciate your assistance in returning to the hall on Fridays at 7:00pm to assist with putting the equipment away. Thank you in advance.**

Children will learn the fundamentals of sport, spacial awareness and physical literacy through the fun of gymnastics. Children will experience jumping, swinging and inverting, building upon every skill as classes develop. Come on out and have fun working on your balance, flexibility, strength and speed.

**\*ADVANCED GYMNASTIC CLASSES - ASSIGNED BY COACH**

This class is for children who are looking for a greater challenge within the gym. Athletes in this class will practice advanced skills on all apparatus as well as create small routines and develop strength and flexibility This class is skill focused and fast paced; previous gymnastics experience is required.

**Thursdays, April 4 - June 20 (NO CLASS: APR 18; MAY 2; JUNE 6)**

Age 1.5 - 3 1:45 - 2:30 pm (with adult) 9/\$99  
Age 3 - 4 2:45 - 3:30 pm 9/\$99  
\*Advanced Group 1 3:45 - 5:00 pm 9/108

**Fridays, April 5 - June 21 (NO CLASS: APR 19, 26; MAY 3; JUNE 7)**

Homeschool Group 1:15 - 2:15 pm (under 3 w/ parent) 8/\$88  
Age 5-6 2:15 - 3:15 pm 8/\$88  
Age 7-9 3:30 - 4:30 pm 8/\$88  
Age 10 - 14 4:30 - 5:30 pm 8/\$88  
\*Advanced Group 2 5:45 - 7:00 pm 8/\$96

Coach: Lindsay Kerdman, NCCP L2 UCC Main Hall

fitness

# KIDS PROGRAMS (CON'T)

## RELIC SURF CLUB

Age 7 - 12

Get your weekly surf on with **Relic Surf School!** This popular after school Surf Club teaches you about surf etiquette, ocean safety, gear, weather and ocean conditions. Advance into the world of surfing with Relic Surf School! Children must be able to swim. **Bring: towel, water, snack and sunscreen.**

**Mondays, May 27 - June 17** (4 sessions)

3:00 - 5:30 pm

Pick up and drop off at RELIC; Register at the UCC

\$120 (all rental gear included, as well as transportation and lesson)

\*Relic is offering a 10% discount if you have two or more children enrolled.

## SUP CLUB

Age 7 - 12

Stand Up Paddleboard with Relic! Come have fun in the calm waters of local beaches and the inner harbour. Check out the cool marine life and play fun water games. No experience necessary but basic swimming skills are a must.

**Bring: towel, water, snack and sunscreen**

**Wednesdays, May 29 - June 19** (4 sessions)

3:15 - 5:15 pm

Pick up and drop off at RELIC; Register at the UCC

\$120 (all rental gear included, as well as transportation and lesson)

board sports

# YOUTH PROGRAMS

## YOUTH ROOM OPEN HOUSE!

Youth, Grades 8 - 12 and parents are welcome to come check out the youth room! Learn about upcoming activities and provide your input on future programs you would like to see.

**Wednesday, April 3**

3:30-5:30 pm

UCC Youth Room

FREE

**YOGA - FREE!** Come and enjoy an hour of free yoga!

**Mondays, March 25, April 29, May 27**

4:00 - 5:00 pm

UCC Fitness Studio

FREE

## KAYAKING

Learn one of Ucluelet's most popular water skills with Hello Nature Adventure Tours. There are only eight spots available per session so register as soon as possible.

**April 30, May 28, June 5**

3:30 - 5:30 pm

Please meet at the Princess Dock in appropriate clothing.

\$20 per trip

## STAND UP PADDLE BOARDING

Celebrate the end of school and the beginning of summer with an evening SUP with Relic. We have space for twelve people so sign up quick.

**Tuesday, June 11**

4:00 - 6:00 pm

Meet at Sea Plane Base Boat Launch

\$20

general interest

# ADULT & YOUTH PROGRAMS

## INTRODUCTION TO STARGAZING: PART 1 - WHAT WE SEE **New!**

Do you love gazing skywards, but wish you knew more about what you are seeing? In this interactive, family-friendly indoor workshop, you will learn to orient the night sky using a belt of constellations; tell direction and time by the sun and moon; and understand the daily, monthly, & annual patterns of the heavenly bodies. Weather-permitting, we may also step outside to take a look at the night sky! Prerequisite: none. Recommended for all ages.

**Saturday, May 18**

6:30 - 9:00 pm

Adults \$12, Families \$20

Instructor: Daye Cooper

UCC Room 1 & 2

## INTRODUCTION TO STARGAZING: PART 2 - TIME AND TIDE **New!**

Part 2 continues our night sky explorations with a deeper orientation to the sun, moon, and stars, including telling time by the Big Dipper, understanding longitude and latitude, and predicting Tofino tides without a tide table. Prerequisite: "Introduction to Stargazing Part 1". Recommended for interested youth and adults.

**Saturday, May 25**

6:30 - 9:00 pm

Adults \$12, Families \$20

Instructor: Daye Cooper

UCC Room 1

## BASIC FIRST AID FOR ANXIETY - WILDERNESS AND URBAN **New!**

Are you prepared to respond to anxiety symptoms? While traditional first aid courses focus on physical health, experiences from nervousness to panic attacks can be overwhelming, and awareness of mental health is rising. With a special focus on our west coast communities, this course provides an orientation to what anxiety is, how it works in the body and brain, first aid assessment tools, resources and specific intervention strategies to actively support anxiety symptoms "in the field".

**Saturday, June 1 & Sunday, June 2** \$130

8:30 - 12:30 pm

Instructor: Daye Cooper, M.A. (Counselling)

UCC Room 2

\*40% discount for teachers, volunteers, youth workers, & wilderness guides.

## SPRING PADDLING CLUB

Adults/16+

One of the many perks of west coast livin' is getting out on the water! Join the popular Spring Paddling Club and experience a variety of exciting kayaking adventures in Barkley Sound. Registration entitles you to 4 outings over the five weeks of May on Sundays. Trips will go, weather permitting, from the launch site at Majestic Ocean Kayaking. Participants will receive weekly updates on paddling destinations and weather cancellations. Minimum registration must be met so spread the word!

**Fitness Level: Moderate. No paddling experience required.**

**Sundays, April 28 - May 26**

10:00 am launch

Meet at Majestic Ocean Kayaking, 1167 Helen Rd.

\$125 + GST (4 trips)\*

\*sorry, no refunds for unused trips

general interest

# BALL PROGRAMS

Are you interested in coaching or helping out with the league?

Please call Barb Gudbranson at **250 726-7772**

## T-BALL

(Preschool, Kindergarten, Grade 1) Age 4 - 6

Come out and learn the basics of baseball. Kids will burn some energy while learning great new skills! Parent helpers are welcomed.

**Thursdays, April 11 - June 27**

5:00 - 5:45 pm

Tugwell Fields on Forbes Road

\$30 (12 weeks)

## INTRO TO LITTLE LEAGUE

(Grade 2 & 3)

Age 7 - 8

Start honing your baseball skills by practicing throwing, catching and batting in this fun-filled approach to baseball. Learn about positions and game rules.

**Thursdays, April 11 - June 27**

6:00 - 7:00 pm

Tugwell Fields on Forbes Road

\$45 (12 weeks)

## JUNIOR LITTLE LEAGUE

(Grade 4 & 5)

Age 9 - 10

Let's practice our throwing, catching, pitching and batting this spring. We will also work on running bases, field positions and rules of the game. Please bring your own glove and non-metal cleats. Practise is on Thursdays, games will be set up for some Saturdays.

**Thursdays, April 11 - June 27**

5:00 - 6:00 pm

Little League Field (Pacific Crescent)

\$45 (12 weeks)

## SENIOR LITTLE LEAGUE

(Grade 6 & 7)

Age 11 - 13

Hit the ball field twice a week, practice throwing, catching, pitching and batting as well as game strategy. Games will be played in Ucluelet and Tofino. Please bring your own glove and non-metal cleats. \*Game schedule TBA

**Thursdays, April 11 - June 27**

6:00 - 7:00 pm

Little League Field (Pacific Crescent)

\$45 (12 weeks)

## UCLUELET RUGBY TEAM

**New!**

Age 11 - 13

Rugby football is a form of football, that differs from soccer in freedom to carry the ball, block with the hands and arms, and tackle, and is characterized chiefly by continuous action and prohibition against the use of substitute players. Join Jason on the field RAIN OR SHINE!!

**Mondays & Wednesdays, March 27 - May 30**

4:45 - 5:45 pm

Tugwell Field - Forbes Rd

\$35

Coach: Jason Lefevre

sports

# ADULT & YOUTH PROGRAMS

## SELF CARE ACUPRESSURE SESSIONS

**New!**

Come and learn what the ancients knew! Join me for introductory, hands on classes in self-care acupressure related to common ailments. Learn how to locate and activate key acupressure points to bring relief from pain and discomfort, increase circulation and release muscular tension. Mindfully working these points will help create balance and promote the body's innate capacity to heal itself. Breath and Relaxation techniques will be explored to deepen and enhance a feeling of well being.

*\*Note: Not recommended for those who are pregnant or dealing with life threatening illness. Certain points must be avoided in these circumstances.*

**Wednesdays,**

**April 10** Headaches & Migraines

**April 17** Cold & Flu

**April 24** Arthritis & Non-Articular Rheumatism

**May 1** Neck & Shoulder Tension/Pain; Wrist Pain

**May 8** Irritability, Frustration, Dealing with Change; Jaw Problems

**May 22** Insomnia

Instructor: Sharon Purdy

6:30 - 7:30 pm

UCC Room 2

\$12 per class + GST

## BEGINNER - INTERMEDIATE BRIDGE (BIDDING)

**New!**

Designed for those who have a beginning knowledge of bridge and would like to advance their knowledge and playing skill. Material will include a review of basic opening bids, strong and weak opening hands and no trump bidding. The class will also cover competitive bidding and play of the hand.

**Tuesdays, April 9 - May 14**

10:00 - 12:00 pm

**Thursdays, April 11 - May 16**

10:00 - 12:00 pm or 6:30 - 8:30 pm

Instructor: Nancy Barlett

\$25 + GST

UCC Room 2

## TILE COLLAGE WORKSHOP

**New!**

Learn to make tile collage and sculptural wall art. This three day class will go through many techniques of creating your own unique sculptural pieces, as well as going over the many variations of glazing.

*\*Class includes all materials*

**Monday to Wednesday, June 10, 11, 12**

UCC Ceramic Studio

6:00 - 9:00 pm

Instructor: Karla Strickland

\$120 + GST

## SUNDAY CLAY SOCIAL

Sunday Clay Drop-in will run concurrently with classes, it is available for those with clay experience or who are currently in classes. Drop-in is designed to give extra studio time to hone your skills & work alongside other potters, or for the hobbyist potter who would like to have access to a studio without the hassle of purchasing expensive tools and equipment. Includes glazing, firing, tools, equipment & instructor support. Clay can be purchased at the studio for \$35/bag. Check our Facebook page for cancellations.

**Sundays - April, May, June**

UCC Ceramic Studio

10:00 - 2:00 pm

Instructor: Karla Strickland

drop In fee \$20 + GST

## OPEN STUDIO MONTHLY MEMBERSHIP

Come enjoy the beautiful clay studio with multiple work spaces and pottery wheels for you to use. Membership includes use of pottery wheels, tools, equipment, some stock glazes and recycled clay and all of the basic studio supplies needed for ceramic work. The Pottery Studio can be accessed by students who have previous experience in ceramics and/or are currently enrolled in a Ceramics class. All work is required to be Cone 6. An instructor is available for support and to assist with the ceramic processes. There is a small amount of monthly storage available. Membership guide lines and regulations available at the UCC. The purpose of the Ceramics Studio is to foster the hobby potters and beginners, not for retail purposes.

**Membership Fee:**

Monthly: \$80 OR 3 Months: \$240

## INTRO TO KNITTING & CROCHETING

Have you ever wanted to learn how to knit or crochet? Now's your chance; join Pam to learn the basics how to cast on and bind off, work the knit and purl stitch. This group of ladies also works on bonnets and toys for our west coast babies. This class is for all ages.

**Saturdays, April 13, 27; May 11, 25; June 8, 22**

Location: UCC Youth Room

10:00 - 11:30 am

Instructor: Pamela Evans

\$\$ by donation

## EASEL'S NEST

This is a chance for artists and like-minded persons to gather together and work on their individual projects. Come share your ideas, knowledge and creative thoughts with each other.

**Tuesdays, April 3 (ongoing)**

1:00 - 3:00 pm

UCC Youth Room

\$2 drop-in fee

## HOOKED ON THE EDGE - RUG HOOKING CLUB

For those with a base familiarity of Rug Hooking, feel free to drop in to this monthly club for help with problems, wool exchanges, designs and drawing and group ordering opportunities. Third Tuesday of the month!

**Tuesdays, April 16, May 21, June 18**

UCC Youth Room

6:30 - 8:00 pm

Instructor: Cynthia Newans

\$2 Drop in Fee

# ADULT & YOUTH PROGRAMS (CONT'D)

## PURPLE DRAGON DON JITSU - TEENS/ADULTS

Ancient in origin yet modern in concept, Don Jitsu Ryu is one of the most practical, effective & complete martial arts fighting systems in the world. It blends Karate, Jiu Jitsu, Tae Kwon Do, Kung Fu, Aikido and weaponry.

**Mon & Wed, April 1 - June 17 (NO CLASS: APRIL 17, 22, MAY 20)**

Pre-register: 20/\$220 + GST

7:30 - 8:30 pm

Instructor: Senpai Ian Shu

UCC Main Hall

## ADULT BALLET & BARRE CLASS

Indulge your inner ballerina in this combination dance/low-impact fitness class. This class is designed for those who want to learn classical dance in a fun, supportive and creative environment. Your experience will consist of a series of exercises at the barre, mat work and ballet technique, with a focus on alignment and gentle rehabilitation. Improve posture, balance and coordination through the expressive movement of dance! Suitable for all ages and abilities.

**Wednesdays, April 3 - May 22**

6:00 - 7:00 pm

Pre-register: 8/88 + GST

UCC Fitness Studio

Instructor: Sandra Hinder

## PILATES BASED FITNESS

This class combines Pilates-style workouts with sport conditioning to create a total body workout free of weights and machines.

**Thursdays, April 4 (ongoing) (NO CLASS: APR 18; MAY 2; JUNE 6)**

\$12 drop-in or universal punch card

6:00 - 6:45 pm

Instructor: Lindsay Kerdman

UCC Fitness Studio

## SOUL LINE DANCING

Do you like to groove to the soulful sounds of rhythm and blues? What better way to enjoy it than by line dancing? In each class we will warm-up, review dances taught in previous week(s) and learn some new ones too! Class is for all ages and genders. No experience or partner necessary.

**Thursdays, April 4 (ongoing) (NO CLASS: APR 18, MAY 16)**

7:00 - 8:00 pm

\$12 drop-in or universal punch cards

UCC Fitness Studio

Instructor: Lyvi Rivera

## ADULT GYMNASISTICS & SPORT CONDITIONING

This class is open to all adults of all fitness levels! Adult class combines gymnastic style conditioning and flexibility workouts with basic skill development to create a total body workout that is as fun as it is effective.

**Fridays, April 5 - June 21 (NO CLASS: APRIL 19, 26; MAY 3; JUNE 7)**

\$12 drop-in or universal punch card

7:30 - 8:30 pm

Instructor: Lindsay Kerdman

UCC Main Hall

## LATIN CARDIO - DANCE WORKOUT

A Saturday morning fitness dance class that will jumpstart your day! Join Lyvi for this medium to high energy, exciting class which combines rhythms from Cha Cha Cha, Merengue, Salsa and Reggaeton with the latest latin hits on the radio. No experience necessary, just show up ready to have fun and dance!

**Saturdays, March 30 (ongoing) (NO CLASS: APRIL 20, MAY 18)**

\$12 drop-in or universal punch cards

9:00 - 10:00 am

Instructor: Lyvi Rivera

UCC Fitness Studio

## DANCE FIT 50+

Learn simple and fun dance routines to a wide variety of musical styles while exercising your memory, coordination, and balance in a relaxed and social atmosphere. This class will consist of a warm up, dance combination instruction, gentle stretching and a cool down.

**Tuesdays & Fridays, April 2 (ongoing) (NO CLASS: APR 12)**

9:00 - 10:00 am

\$6 drop-in

UCC Fitness Studio

Instructor: Sarah Hogan

## RELAX

Relax, everything is going to be okay! All is good in life! This class has an optimistic approach to health through massage, meditation and movement. If you want to learn how to relax and laugh this is the class for you.

**Fridays, April 5 (ongoing)**

10:30 - 11:30 am

\$2 drop-in fee

UCC Fitness Studio

Instructor: Lorna Watson

## CHI GONG

Learn the 8 Essential Standing Exercises of Chi Gong and gain greater strength and balance in a gentle, flowing exercise style. Naturally anti-aging and detoxifying, greater flexibility and range of motion are just a few of the benefits you can expect from this weekly practice.

**Mondays & Wednesdays, April 1 (ongoing)**

10:30 - 11:30 am

\$3 drop-in fee

UCC Fitness Studio

Instructor: Jan Draeseke

## TAI CHI

A Chinese martial art and form of stylized, meditative exercise, characterized by methodically slow circular and stretching movements and positions of body balance. Basic skill set required.

**Mondays April 1 (ongoing)**

6:00 - 6:45 pm

\$2 drop-in fee

UCC Main Hall

**Thursdays, April 4 (ongoing)**

6:00 - 6:45 pm

\$2 drop-in fee

USS Gym

general interest

arts

fitness

low impact