

UCLUELET PARKS & RECREATION SPRING PROGRAM SUPPLEMENT



WWW.UCLUELET.CA

AQUATICS

PRESCHOOL PROGRAMS

KIDS PROGRAMS

ADULTS PROGRAMS

CURRENT PROGRAMS & SCHEDULES FOR MARCH - JUNE, 2014



TO REGISTER OR FOR MORE INFORMATION, CALL 250 726-7772

OR DROP BY UCLUELET COMMUNITY CENTRE, 500 MATTERSON DRIVE

REGISTRATION BEGINS MARCH 24



CALENDAR DROP-IN CALENDAR DROP-IN CALENDAR DROP-IN CALENDAR

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
CHI GONG 10:30 - 11:30 am UCC Fitness Studio \$2 drop-in or pre-register March 24 - June 16	VINYASA FLOW YOGA 9:00 - 10:30 am UCC Fitness Studio \$12 drop-in or punch cards March 25 - June 24	CHI GONG 10:30 - 11:30 am UCC Fitness Studio \$2 drop-in or pre-register March 26 - June 18		VINYASA FLOW YOGA 9:00 - 10:30 am UCC Fitness Studio \$12 drop-in or punch cards March 28 - June 27	PARENT & TOT PLAYGYM 10:00 - noon UCC Main Hall \$2/child or \$5 max March 29 - mid June
AGELESS YOGA Adults/Seniors 3:30 - 4:30 pm UCC Fitness Studio \$12 drop-in or punch cards March 24 - June 23	PRACTICAL RELAXATION 10:30 - 11:30 am UCC Fitness Studio \$2 drop-in March 25 - June 24	STEP IT UP! 5:45 - 6:45 pm UCC Main Hall \$12 drop-in or punch cards April 23 - June 25 (no class May 14, June 4)		PRACTICAL RELAXATION 10:30 - 11:30 am UCC Fitness Studio \$2 drop-in March 28 - June 27	STEP IT UP! 10:00 - 11:00 am UCC Fitness Studio \$12 drop-in or punch cards April 26 - June 28 (no class May 17, June 7)
REGGAETON - CARDIO 7:15 - 8:15 pm UCC Fitness Studio \$12 drop in or punch cards March 24 - June 23		VINYASA FLOW YOGA 6:30 - 7:30 pm UCC Fitness Studio \$12 drop-in or punch cards March 26 - June 25	INTRO TO YOGA 6:00 - 7:00 pm UCC Fitness Studio \$12 drop in or punch card April 16 - May 7 May 28 - June 26		COMMUNITY YOGA 11:00 - 12:30 pm UCC Fitness Studio by donation March 29 - end of June
KICKBOXING 7:00 - 8:00 pm UCC Main Hall \$12 drop in or punch card March 24 - May 26	STEP IT UP! 6:15 - 7:15 pm UCC Main Hall \$12 drop-in or punch cards April 22 - June 24 (no class May 13, June 3)	KICKBOXING 7:00 - 8:00 pm UCC Main Hall \$12 drop in or punch card March 26 - May 28	REGGAETON - CARDIO 7:15 - 8:15 pm UCC Fitness Studio \$12 drop in or punch cards March 27 - June 26	CONTACT UCLUELET PARKS & RECREATION 250 726-7772 RECREATION@UCLUELET.CA	
TAI CHI - TAOIST 7:00 - 8:00 USS Gym Experience Necessary \$2.00 drop-in March 24 - June 23	YIN YOGA (RESTORE) 6:30 - 7:30 pm UCC Fitness Studio \$12 drop-in or punch cards March 25 - June 24	VOLLEYBALL 8:00 - 10:00 pm USS gym \$2 drop-in March 26 - end of June	TAI CHI - TAOIST 7:00 - 8:00 USS Gym Experience Necessary \$2.00 drop-in March 27 - June 26	UCLUELET PARKS & RECREATION 	
INDOOR SOCCER 8pm start \$2 drop-in March 24 - mid June Outdoor Soccer TBA	NOTE: Drop-in Programs do not run on STAT holidays (April 21, May 19)		BADMINTON 8:00 - 10:00 pm USS gym \$2 drop-in March 28 - end of June Sundays also 7:00 -9:00pm		

Check out program *descriptions & details* on pages 2-4!

PRESCHOOL PROGRAMS

PARENT & TOT PLAYGYM

Age 0-5 & Caregiver

This is a great opportunity for parents & children to socialize, get creative and play in an open gym environment. Toys, mats, and tricycles are provided along with an open space to run around in. Contact recreation@ucluelet.ca or call 250-726-7772 for more information.

Saturdays, March 30 - May 25 10:00 am - noon
UCC Main Hall \$2/child or \$5 max

LITTLE PURPLE DRAGONS

Age 3-4

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 reliability. Purple Dragon Don Jitsu Ryu blends Karate, Jiu-Jitsu, Judo, Tae Kwon Do, and Kung Fu. Join our growing Purple Dragon community today! No previous experience required.

Mondays & Wednesdays, March 25 - June 12 (NO CLASS: April 21, May 19)
2:30 - 3:15 pm UCC Main Hall
\$180 (18 sessions) Instructor: Ian Shu

MUSIC MAKERS

NEW

Age 3-4

Join us and learn about creative movement, musical games, instrument playing, solo and ensemble singing. This class will also assist with the development of both social and educational skills through music. Children are encouraged to attend these classes without a parent/caregiver.

Tuesdays, April 22 - May 27
2:15 - 3:00 pm UCC Fitness Studio
Cost: \$45 Instructor: Candace Bastien

SWIMMING

All lessons take place at the West Coast Motel Pool (279 Hemlock St.)

Tuesdays & Thursdays, April 1- April 24

PARENT & TOT

6 months - 3 yrs 1:15 - 1:45 pm \$70.00/8 Sessions

AQUATOTS AGE 3-5

AQUATOTS classes are designed for pre-school kids (6 months-5 yrs)

SEA OTTER/SALAMANDER 1:45 - 2:15 pm \$70/8 Sessions
SALAMANDER 2:15 - 2:45 pm \$70/8 Sessions
SUNFISH/CROC/WHALE 2:45 - 3:15 pm \$70/8 Sessions

SWIM KIDS AGE 5+

SWIM KIDS classes are designed for school age children (age 5+). Children must complete all items within a level to earn a badge and progress onto the next level.

LEVEL 1-2 4:45 - 5:15 pm \$70/8 Sessions
LEVEL 2-3 5:15 - 5:45 pm \$70/8 Sessions
LEVEL 4-5 5:45 - 6:15 pm \$70/8 Sessions
LEVEL 5 6:15 - 6:45 pm \$70/8 Sessions
LEVEL 6-8 3:15 - 4:00 pm \$85/8 Sessions
LEVEL 9-10 4:00 - 4:45 pm \$85/8 Sessions

BALL PROGRAMS - KIDS/YOUTH

T-BALL

Age 4 - Kindergarten

This t-ball program covers all the basics: throwing, catching, running bases and hitting balls off a tee. Your child will enjoy running around this spring on the ball field. Parent helpers are required for this fun and instructional introduction to baseball. Must be at least 4 years old to play.

Thursdays, April 17- June 19 at Tugwell Fields (Pacific Cres. side)
Age 4-5 (Preschool) 4:00 - 4:45 pm \$25 (10 weeks)
Age 5-6 (Kindergarten) 5:00 - 5:45 pm \$25 (10 weeks)

JUNIOR LITTLE LEAGUE

Grades 1-3

Practice throwing, catching, over-hand pitching and batting in this fun-filled approach to baseball. Also covered; running bases, field positions and rules of the game. This group plays regular games with Tofino. Please bring your own glove and non-metal cleats.

Thursdays, April 17 - June 19 at Tugwell Fields (Pacific Cres. side)
Grade 1-3 6:00 - 7:00 pm \$30 (10 weeks)

SENIOR LITTLE LEAGUE

Grades 4 - 7

Hit the ball field twice/week for fun and skill development. Practice throwing, catching, over-hand pitching and batting as well as game strategy. Games will be played in Ucluelet and Tofino. Please bring your own glove. Non-metal cleats recommended. Advanced registration necessary!!

Practices: **Thursdays, April 17 - June 19** 6:00 - 7:00 pm
Games: **Saturdays or Sundays in Ukee & Tofino**
Little League Field (Pacific Cres) \$35 (10 weeks)

WESTCOAST JUNIOR BASEBALL

Grades 8-12

Interested in playing Minor Ball? We're taking interest lists for mixed Bantam and Midget teams. Possibility of playing in an inter-community league with Port Alberni. Practices to start mid or late April depending on interest. Sign up at USS or at the UCC front desk. Call 726-7772 for more details. Open to all West Coast teens grades 8-12!

Are you a parent interested in coaching or helping out with the leagues?
Give us a call at 250-726-7772

KIDS PROGRAMS

PURPLE DRAGON DON JITSU RYU

Age 5+

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.

Mondays & Wednesdays, March 24 - May 28 (NO CLASS: April 21, May 19)
Age 5-7 3:15 - 4:15 pm \$180 (18 sessions)
Age 8-12 4:15 - 5:15 pm \$180 (18 sessions)
Location: UCC Main Hall
Instructor: Senpai Ian Shu

RELIC SURF CLUB... IS BACK!

Age 8 - 18 yrs

Come out and have fun every week with our surf club! Learn about surf etiquette, ocean safety and conditions. There will be advancement to those with surf experience, along with an opportunity to just having fun with friends. Our sessions are two and a half hours long and include transportation to and from the beach.

Tuesdays, April 8 - May 27

3:15 - 6:00 pm (please be on time!) Pick up and drop off at RELIC

Group One: Age 8-13 yrs

Group Two: Age 13-18 yrs

8 weeks: \$240 (no gear required)
\$320 (with rental gear)
12 weeks: \$325 (no gear required)
\$435 (with rental gear)

Register at Ucluelet Community Centre or by calling 726-7772

INTRO TO WATER SPORTS

NEW

Age 5 - 8 yrs

Come on out and get wet! Join Relic Surf Shop and their highly experienced instructors and learn how to be comfortable and have fun in the ocean safely. We will be using everything from boogie boards, skim boards and surf boards to enjoy our wonderful Pacific Ocean. Gear is included! Pick up and drop off is at Relic Surf Shop (please be on time).

Wednesdays, May 21 - June 4

Age: 5-8 yrs 3:00 - 5:00 pm \$75 (3 sessions)
Registration is at the Ucluelet Community Centre or by calling 726-7772

INTRO TO MOVEMENT & MUSIC APPRECIATION

Ages 5+

This is an introductory course that will introduce students to the concepts of dance while exploring the basic rudiments of music. A variety of musical genres will invite the student to express different rhythms, tempos and styles of music through movement. Class will include elements of ballet, jazz and tap.

Tuesdays, April 22 - May 27

Age 5-6 3:15 - 4:00 pm \$60 (6 sessions)
Age 7-9 5:00 - 5:45 pm \$60 (6 sessions)
Age 10-12 6:00 - 6:45 pm \$60 (6 sessions)

Location: UCC Fitness Studio

Instructor: Candace Bastien

INTRO TO TAP DANCE

NEW

Age 5 - 7

Come on out and learn the basic techniques of tap. A great follow up class for kids that have participated in the Movement and Music Appreciation course (but not a requirement).

* Tap shoes are recommended... after registering please contact Candace via pacificrimdance@gmail.com for more info on tap shoes.

Tuesdays, April 22 - May 27

Age 5-7 4:00 - 4:45 pm \$60 (6 sessions)

Location: UCC Main Hall Stage

Instructor: Candace Bastien

LITTLE FOX MAGIC CLASS

NEW

Age 8 - 12

This class is going to be one fun packed hour filled full of magic and sleight of hand tricks that you can use to impress your family and friends. Learn the first steps of juggling and twirling of New Zealand poi balls, this will take some focus and coordination! Explore the creation of balloon animals and friends.

Wednesdays, April 9 - 30

Age 8-9 3:15 - 4:15 pm \$45 (4 sessions)
Age 10-12 4:30 - 5:30 pm \$45 (4 sessions)

Location: UCC Arts & Craft Room

Instructor: Adley Bruneau

AFTER SCHOOL CLUB

FREE

Grades 4 - 7

This program is designed specifically for kids in grades 4-7 to provide a safe and fun environment with time allotted for snack, homework support, study time, games and active play. Occasional guest instructors will stop by to offer skill-building in areas of sport, fitness, nutrition and cooking. Kids will meet in the UES Foods Room directly after school and will also utilize the gym and fields.

The After School Club is a joint program between Ucluelet Parks & Recreation, Ucluelet Elementary School and the Children's Health Foundation of Vancouver Island.

Tuesdays & Thursdays, March 25 - June 19

2:45 - 5:00 pm

Ucluelet Elementary School - Foods Room

Light snack provided, please let us know if your child has any food restrictions or allergies and we will do our best to accommodate.

Facilitated by Kathy DeVries

KIDS SUMMER CAMPS

SAVE THE DATES!

These popular summer camps are not yet available for registration but some details have been confirmed.

Full summer schedule to be released **June 18, 2014** in our *Summer Parks & Recreation Program Supplement!*

PURPLE DRAGON MARTIAL ARTS CAMP

Age 4-16

This is a great opportunity for students new to Purple Dragon to come try and out for experienced students to build skills and have some fun! Ukee Days is just around the corner and we will be working on demonstrations to share with the community. Find out why this is such a popular program!

Week of July 7 - 11 Ucluelet Community Centre
 Age 4-6 9:00 - 10:00 am
 Age 7-16 9:00 - 12:30 pm
 Instructor: Senpai Ian Shu

DANCE & PERFORMING ARTS CAMP

Age 3-18

We're thrilled to welcome back **Gabrielle Springett** for this year's Dance & Performing Arts Camp. Join Sarah Hogan, Gabby, Courtney Fick and a variety of locally talented teachers that will introduce a variety of dance styles, acting, voice, musical and artistic lessons. This camp will include a recital on Friday evening, July 18 so please bring your friends & family!

Week of July 14 - 18 Ucluelet Community Centre
 Prices & Details TBD
 Instructors: Sarah Hogan, Gabrielle Springett, Courtney Fick & more

EZRA SOCCER CAMP

Ages 3-18

Ezra's summer soccer clinic focuses on all parts of the game. Improve your soccer skills and keep up with your practice in preparation for next season! ES Academy camp will be coached by a higher-level coach and kids Age 9-14 can choose to attend regular classes or Academy.

Week of July 21 - 25 at Tugwell Fields
 Age 3-5 11:00 am - noon
 Age 6-8 9:00 am - noon
 Age 9-14 9:00 am - noon
 ES Academy 9-18 9:00 am - noon

MOVIE MAGIC! Summer Film Camp

Ages 8-15

Last year's popular Movie Magic Camp is back for more movie-making madness! This hands-on program will introduce props, equipment and all kinds of Hollywood movie-making secrets. The program will conclude with a special screening for family and friends.

Check us out online at www.movie-magic.ca

Week of July 28 - August 1 at Ucluelet Community Centre
 10:00 am - 3:00 pm daily
 Instructor: Chris Jaycox

GYMNASTICS CAMP

Ages 3-14

Chris and Megan will be back this summer for their 13th consecutive year of summer gymnastics camps in Ucluelet! Gymnastics campers will become familiar with a wide variety of equipment and safe use of equipment. This is a fun and challenging camp that will build confidence and sense of accomplishment. We hope to once again offer gymnastics this fall or winter, so come brush up on your skills, have fun and learn something new!

August - TBA Ucluelet Community Centre Main Hall
 Ages 3-4 9:00 - 9:45 am
 Ages 5-6 10:00 - 11:00 am
 Ages 7-9 11:15 - 12:15 pm
 Ages 10-14 12:30 - 2:00 pm

Bursary Information:

Ucluelet Parks & Recreation Subsidy Program
 Paula Ross Dance Society Bursary Program

*Applications for both programs are available at UCC please don't hesitate to stop by, email recreation@ucluelet.ca or call Abby at 250-726-7772 ext 224

Canadian Tire Jumpstart Program
 Call 1-877-616-6600 or visit their website at www.jumpstartcanadiantire.ca

ADULT PROGRAMS

DIGITAL PHOTOGRAPHY 101

Want to take control of that digital camera of yours? Taking a vacation and want better results? This 2 hour session will fast track you through the confusion of your camera manual. Topics covered will include when to use aperture priority versus shutter speed priority, white balance, ISO, file sizes, proper exposures and formatting cards. This session will enable you to stop shooting on automatic and achieve much better results more regularly. Bring your digital camera and manual.

Sunday, April 13
 2:00 - 4:00 pm \$45 + GST
 Location: Activity Room 1
 Instructor: Marilyn McEwen

GENERAL INTEREST

Big Beach Cinema

500 Matterson Drive, Ucluelet

\$6 Admission, \$4 under 12

Don't miss out on our amazing movies. Join us in the Community Room Friday evenings or Saturdays for our matinees. To check out the latest and greatest go to: www.ucluelet.ca; facebook -Ucluelet Parks & Recreation, email us at recreation@ucluelet.ca or call 250-726-7772.

Now Showing - March 28 @ 6pm or March 29 @ 1pm - The Hobbit, Desolation of Smaug
 March 28 @ 8pm or March 29 @ 3 pm - Anchorman 2



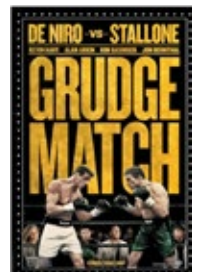
April 11 @ 6pm
 April 12 @ 1pm



April 11 @ 8pm
 April 12 @ 3pm



April 25 @ 6pm
 April 26 @ 1pm



April 25 @ 8:15pm
 April 26 @ 3:15pm

Mark it on your calendars!

Spring Flea Market - May 25th
recreation@ucluelet.ca

Edge to Edge Marathon - June 8th
edgetoedgemarathon.com

BLACK PEARLS

COMMUNITY SKATE DATES!

April 25th, May 30th, June 27th



Don't miss out on some rollerama fun at the Seaplane Base Recreation Hall. Keep an eye out for our posters as the theme will change each month. Skate Rentals \$2.00. Refreshments are available. Please bring your own safety gear.

ADULT SLO PITCH - We Need You!

Let's try and get this league back on track. Weekly scrimages at Tugwell Fields! What days are best for you? If you are interested please contact us at 250-726-7772.



BINGO

April 1st, May 6th, June 3rd
 7:00pm - Activity Rm 1
 Ucluelet Community Centre
 Fundraiser for the USS
 Global Education Class



THE EDGE YOUTH ROOM

EDGE YOUTH ROOM HOURS ARE
 MONDAY TO FRIDAY 3PM - 5:30 PM.

FEEL FREE TO HANG OUT, USE THE COMPUTERS,
 CHECK OUT WHATS HAPPENING AT THE UCC.

GIRLS & GUYS OF THE WILD COAST

Come out for two days of fun and challenging activities.

Skills: canoeing, camping, kayaking, cooking, surfing
 Workshop Themes: personal safety, healthy relationships,
 dealing with depression & increasing your leadership skills.

Dates: **April 10/11 & May 8/9**
 Contact: Sarah Hogan @ 726-2343



ADULT PROGRAMS (CONT'D)

YOGA

AGELESS YOGA

Adults/Seniors

Join a supportive, fun yoga program that combines breath awareness with movement to enhance your strength & flexibility. Excellent for opening the joints and easing tension in the body using props and chairs. Will leave you feeling relaxed and rejuvenated. Postures modified to suit individual needs.

Mondays, March 24 - June 30 (NO CLASS: April 21, May 19)

3:30 - 4:30 pm UCC Fitness Studio
\$12 drop-in, punch cards available Flickerine Stevens

VINYASA FLOW YOGA

All Levels

Workout with Yoga! Continuous flow builds heat as we learn to balance strength, alignment & flexibility. Learn arm balances, inversions and back-bends as we integrate greater levels of challenge. Multi-level approach enables progression appropriate to each student.

Tuesdays & Fridays, March 26 - June 27

9:00 - 10:30 am UCC Fitness Studio
\$12 drop-in, punch cards available Flickerine Stevens

Wednesdays, March 26 - June 25

5:30 - 7:00 pm UCC Fitness Studio
\$12 drop-in, punch cards available Flickerine Stevens

YIN YOGA (RESTORE & LENGTHEN)

All Levels, Low Impact

Yin yoga is performed to stretch the connective tissue of the body, including the hips, thighs and lower spinal area. Yin poses are held for minutes at a time to get past the superficial or muscular tissues and dive deep into connective tissues. Suitable for all levels and all ages.

Tuesdays, March 26 - June 24

6:30 - 7:30 pm UCC Fitness Studio
\$12 drop-in, punch cards available Flickerine Stevens

INTRO TO YOGA

NEW

All Levels

This class will introduce the student to basic yoga postures and breathing techniques. Participants will benefit by increased strength, toning, endurance and flexibility. You will improve your physical fitness as well as your inner fitness. Upper body, core, balance and body awareness; this class will cover it all. This would be a great complement to your regular fitness regimen. All levels are welcome.

Wednesdays, April 16 - May 7

5:30 - 6:45 pm UCC Fitness Studio
\$12 drop-in, punch cards available Cristine Martin

Wednesdays, May 28 - June 25

5:30 - 6:45 pm
\$12 drop-in, punch cards available

COMMUNITY YOGA

All Levels

Ucluelet's talented, certified yoga instructor Kat Rosene generally teach this unique class which seeks to deepen your yoga practice. We also integrate the class with different instructors and teaching styles. Interested in teaching? Call 250 726-7772. *Check Facebook (Ucluelet Parks & Recreation) for class updates.

Saturdays, March 29 - end of June

11:00 am - 12:30 pm UCC Fitness Studio
Kat Rosene &
\$ by donation Various Instructors

PRACTICAL RELAXATION

Adults/Seniors

Learn practical techniques to release tension in your body and to still your mind. Understand the "fright, fight or flight" response and how to recognize and minimize the effects. Class will include, self-massage for head, neck, hand and foot massage, gentle stretching and deep breathing. Bring a pillow and blanket if you'd like, and be prepared to laugh & relax.

Tuesdays & Fridays, March 24 - June 27

10:30 - 11:30 am UCC Fitness Studio
\$2 drop-in Lorna Watson

CHI GONG PRACTICE

Adults/Seniors

The 8 Essential Standing Exercises of Chi Gong will give you 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, March 24 - June 25

10:30 - 11:30 am UCC Fitness Studio
\$2 drop-in Jan Draeseke

SPRING PADDLING CLUB

Age 16+

Back by popular demand!

One of the many perks of west coast livin' is getting out on the water! This Spring, why not join our new Spring Paddling Club! We're teaming up with Majestic Ocean Kayaking to bring you a variety of exciting kayaking adventures in Barkley Sound. Registration entitles you to four outings over the eight week period so there are lots of dates to choose from. Tours are scheduled for Sundays from April through May and trips will go, weather permitting, from the launch site at Majestic Ocean Kayaking. Participants will receive weekly updates on paddling destinations and weather cancellations. Please register through Ucluelet Parks & Recreation Department by calling 250 726-7772.

Fitness Level: Moderate. No paddling experience required.

Sundays, April 6 - May 25 \$80 + GST (4 trips)
10:00 am launch \$120 + GST (6 trips)

Meet at Majestic Ocean Kayaking - 1167 Helen Road, Ucluelet

*Sorry, no refunds for unused trips

FITNESS

STEP IT UP!

NEW CLASS DATE

Join certified REEBOK STEP instructor Maria Kaiser in this fun, high-energy, overall STEP workout! Class begins with a warm-up followed by a STEP workout using easy to follow STEP choreography that will keep you moving to the beat of the music...work up a sweat!

Tuesdays, April 22 - June 24

6:15 - 7:15 pm UCC Main Hall

(NO CLASS: May 13, June 3)

Wednesdays, April 23-June 25

5:45-6:45 pm UCC Main Hall

(NO CLASS: May 14, June 4)

Saturdays, April 26 - June 28

10:00 - 11:00 UCC Fitness Studio

(NO CLASS: May 17, June 7)

\$12 drop-in, punch cards available

Maria Kaiser

REGGAETON - CARDIO WORKOUT

A high intensity cardio dance class influenced by the specific dance rhythms of Reggaeton and Reggae Fusion. **Reggaeton** is an urban dance form which has its roots in Latin and Caribbean Music. **Reggae Fusion** is a mixture of dancehall and reggae music. Have a blast dancing to a mixture of Latin and Caribbean beats! *Check facebook for regular updates.

Mondays & Thursdays, March 24 - June 26 (NO CLASS: April 21, May 19)

7:15 - 8:15 pm UCC Fitness Studio

\$12 drop in, punch cards available

Lyvi Rivera

KICKBOXING

Kick and punch your way to a new level of fitness! Get fit, toned and build muscles you never knew you had in this intense one hour class. Trial class on the first day if you'd like to try it out before signing up.

Mondays & Wednesdays, March 24 - May 28 (NO CLASS: April 21, May 19)

7:00 - 8:00 pm UCC Main Hall

\$12 drop-in, punch cards available

Senpai Ian Shu

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.

Mondays & Wednesdays, March 24 - May 28 (NO CLASS: April 21, May 19)

8:00 - 9:00 pm UCC Main Hall

\$180 + GST (18 sessions)

Senpai Ian Shu

SKATE DANCE

NEW

A Dance Workout on Skates! Improve core strength and overall muscle tone with a fun hour long workout on skates. The class includes a warm up, ab workout, dance routine, cool down, and a stretch. Participants will start with basic dance moves, and then move to more stylized jam skating as balance and coordination improve. This class is suitable for everyone, skates are available, safety gears is up to you.

Fridays, April 18 - June 21 (NO CLASS: April 25, May 30)

7:00 - 8:30 pm Seaplane Recreation Hall

\$45 + GST (9 sessions)

Christina Lanoville & Lyvi Rivera

INTRO TO TAP DANCE

NEW

Adults/Seniors

Learn the basics of tap technique in this fun class that will help keep your body fit, your mind sharp and your feet tapping. This class is suitable for both beginners and those with previous tap experience. Tap shoes are required - contact Candace @ pacificrimdance@gmail.com for more info.

Tuesdays, April 22 - May 27

7:15 - 8:15 pm UCC Main Hall

\$66 (6 sessions)

Candace Bastien

UMBRELLA/WALKING STICK SELF DEFENSE

Learn how to protect yourself with your umbrella or walking stick. This program is based on Austrian Foil Fencing, Wu style Tai Chi, Baritsu and Stick Fighting techniques. This introductory course will impart you with a feeling of security.

Sundays, April 6 - June 21 (NO CLASS: May 18, 25, June 8)

7:00 - 8:00 Level 1

UAC Hall

8:00 - 9:00 Level 3

Myles Morrison

\$100 + GST (8 sessions)

TASTY TRICKS OF THE KITCHEN SERIES

NEW

Join our professionals doing it homestyle!

APRIL - NICE TO MEAT YOU

April 9 Learn how to get the most out of your bird! Trussing & breaking down of a chicken and how to make your own chicken stock. (share a chicken) **\$40**, (whole chicken) **\$50**

April 23 Come on out and meet your beef, learn the different cuts of beef & their cooking methods; Create your own beef stock **\$42**

MAY - GET SAUCY

May 7 Lets get back to some basics and make a great Thai Chicken Soup & some Beef Pasties (thick stew with pie dough) yum! **\$28**

May 21 Learn how to make your own ketchup, bbq, bechamel sauces; create some real mac n cheese that will impress! **\$26**

JUNE - MAKING FRIENDS WITH CARBS

June 4 Its a night for an Italian Feast, we'll make ricotta and a filling; raviola with a pasta sauce and a roast vegetable salad **\$35**

June 18 Lets make some biscuits (regular & gluten free), some muffins (with refrigerator tips) overnight bread and gluten free foccacia bread. **\$25**

Wednesdays

7:00 - 8:30

UCC kitchen

Kasia Kromka & Bronwyn Kelleher

Book all 6 classes and receive a 15% discount.

LOW IMPACT

DANCE

