

2022 SUMMER PROGRAM GUIDE

UCLUELET RECREATION DEPARTMENT



REGISTRATION OPENS JUNE 15
PROGRAMS RUN JULY - AUGUST

CALL: 250-726-7772

EMAIL: RECREATION@UCLUELET.CA

ONLINE: WWW.UCLUELET.CA



SAVE THE DATE:

UKEE DAYS

JULY 22 - 24

EARLY YEARS PROGRAMS

CHILDRENS CAMPS

CHILDREN PROGRAMS

YOUTH PROGRAMS

ADULT & SENIOR PROGRAMS

WEEKLY ADULT FITNESS PROGRAMS - SUMMER CALENDAR



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
CHI GONG PRACTICE 10:30 - 11:30 am UCC Main Hall Registration & Drop-in (see inside for info)		CHI GONG PRACTICE 10:30 - 11:30 am UCC Main Hall Registration or Drop-in (see inside for info)		DANCE FIT 50+ 9:00 - 10:00 am UCC Main Hall Drop-in fee (see inside for more info)	MORNING FLOW YOGA 7:45 - 8:45 am UCC Fitness Studio Registration & Drop-in (see inside for info)	MORNING FLOW YOGA 7:45 - 8:45 am UCC Fitness Studio Registration & Drop-in (see inside for info)
	DANCE FIT 50+ 9:00 - 10:00 am UCC Fitness Studio Drop-in fee (see inside for info)	YANG TO YIN YOGA 10:00 - 11:00 am RESTORATIVE YOGA 7:00 - 8:00 pm UCC Fitness Studio Registration & Drop-in (see inside for info)	CHAIR YOGA 10:00 - 11:00 am Activity Room 1/2 Drop-in fee (see inside for info)	BARRE BURN 5:30 - 6:15 pm UCC Main Hall Registration & Drop-in (see inside for info)	MOVE BETTER, LIVE BETTER 7:30 - 8:30 pm UCC Fitness Studio Registration & Drop-in (see inside for info)	
UKEE REC  	TSUGA COMMUNITY DEFENSE 6:30 - 8:00 pm UCC Main Hall Registration or Drop-in	PILATES 5:30 - 6:15 pm UCC Fitness Studio Registration & Drop-in (see inside for info)	DEEP THEMES FLOW YOGA 5:45 - 6:45 pm Registration & Drop-in (see inside for info)	IMPORTANT REGISTRATION INFORMATION ONLINE REGISTRATION: If you don't already have an account with us, you can create one for yourself and your families at: http://ucluelet.ca/community/parks-recreation/activity-guide-registration PHONE: Feel free to give us a call at 250-726-7772 to register your family over the phone if paying by credit card. DEBIT/CASH: Come on into the the Ucluelet Community Centre to register, our facility is open and back to regular business hours 9:00 am - 5:00 pm, Sunday to Saturday. For assistance or additional information please feel free to call us at 250-726-7772, email recreation@ucluelet.ca , come by the UCC at 500 Matterson Drive.		
SOCCER 6:00 - 8:00 pm Tugwell Field \$2 Drop-in fee	ULTIMATE FRISBEE 7:00 - 9:00 pm Tugwell Field \$2 Drop-in fee	VOLLEYBALL 7:00 - 9:00 pm UCC Volleyball Court across from Skate Park \$2 Drop-in fee	BRAZILIAN JIU-JITSU 7:00 - 8:15 pm UCC Main Hall Registration & Drop-in (see inside for info)			

SUMMER FUN HAS ARRIVED,

Check out our amazing list of summer camps and classes to keep you motivated this summer. Top these classes off with a few trips to the beach or lake and who could ask for a better summer. Recreation truly is a pathway to a balanced and healthy lifestyle.

Thank you for your patience and understanding over the past two years while we've worked through some challenging times. Your willingness to follow the rules and participate in some interesting challenges has truly been inspirational.

As we move into Summer please remember to stay home if you or anyone in your home is feeling ill, lets continue to protect each other.

Keep cleaning those hands by washing those germs down the drain every time you have the chance.

Don't forget to control your sneeze by sneezing into your elbow.

Call us anytime if you have any questions at 250-726-7772.

Ucluelet Recreation Team Abby, Barb, Judy, Anna



EARLY YEARS PROGRAMS

FITNESS CLASS

MOMMY BARRE

3 Months +

This thirty minute ballet and pilates inspired class, will help mama's build their strength and flexibility while bonding with their baby. This class has the option for you to sweat while wearing your baby or you can also set your little one on the floor to interact with others. Nursing, feeding, bouncing and crying are all normal and acceptable activities. No barre experience necessary, please bring your own baby carrier if using one. Yoga mats and light weights provided, don't forget your water bottle.



Wednesdays, July 6 - August 24 (NO CLASS: JULY 20, AUG 3)

Age: 3 Months + 4:00 - 4:30 pm 6/\$54 + gst
UCC Fitness Studio
Instructor: Britt Buirs

KINDER GYM CAMP

Age 3.5 - 5

This program is designed for students wanting to continue their gymnastics journey. Students will work on gross motor movement through organized gymnastics with play, games and circuits. **Remember to bring your filled water bottle.**



The Ucluelet Recreation Department partners with Pacific Rim Gymnastics and Gymnastics BC for all our gymnastic programs. In doing so, children will receive extended insurance and the opportunity to experience larger gymnastics clubs with Lindsay Gralewicz. Families will be required to pay an additional fee for a membership with Gymnastics BC, there are three membership options so please ask for assistance when registering.

Monday - Friday, July 11 - 15

Monday - Friday, August 8 - 12

AND/OR

Ages 3.5 - 5 12:30 - 2:30 pm \$110
UCC Main Hall
Coach: Lindsay Gralewicz, NCCP L2, Brenna Rosen, NCCP L2, Keanna Hasz, NCCP L1

VIP SOCCER TOTS CAMP

Age 5 - 6

Lets have some fun this summer with VIP's Soccer Tots Camp. Children will be introduced to soccer through fun and structured activities. Coaches will engage players in a positive and fun environment with an emphasis on skill development and age appropriate games. There will be lots of ball contact to encourage motor skill development and techniques. Dress in layers for outdoor play and don't forget to wear your sunscreen and bring a filled water bottle.



SPONSORED BY: West Coast Motel

This program made possible by the generous donation from West Coast Motel & the West Coast Fitness Centre

Monday - Thursday, August 22 - 25

Ages 5 - 6 11:00 - 12:00 pm \$85
Location: Seaplane Base Recreation Hall, 160 Seaplane Base Road
Instructor: Jazz Sohal & RUSH Soccer Academy Coaches

SUMMER CAMPS

SUMMER CAMPS

SUMMER CELEBRATION CAMP

Age 7 - 12

This summer camp is going to be nothing but fun! Join us this week to play interesting games and experience fun new challenges. Let's try some strategy games, build an obstacle course or two, and try out some classic games like California Kick Ball, Four Squares and Kick the Can. What camp isn't complete with crafts like pool noodle fingers or a few experiments. Don't miss out on some wild and wacky fun.



* Don't forget a filled water bottle, lunch, snacks, and appropriate clothing.

Monday - Friday, July 4 - 8

Age 7 - 12 9:30 - 3:30 pm \$210
UCC Activity Room 2
Instructor: Summer Recreation Staff

MINI DANCE CAMP

Age 5+

This program will incorporate elements of ballet, modern dance, and yoga. Expect short meditative exercises, playful yoga sequences, and group choreographies. A fun way to explore strengthening, flexibility, balance, and artistic expression. This is a great fit for anyone looking to stay active while also building physical and emotional self-awareness. Bring a notebook as once in a while we will delve into short journaling prompts. No experience is needed, just come and dance.



* Don't forget to bring a filled water bottle and snack.

Monday - Friday, July 4 - 8

9:30 - 11:30 am \$70

Monday - Friday, August 22 - 26

9:30 - 11:30 am \$70

UCC Fitness Studio & Main Hall
Instructor: Brenda (Bee) Kent

SURVIVOR CAMP

Age 7 - 13

Out Live! Out Last! How are you in decoding clues and putting puzzles together? Work with your team mates to win challenges and see if you can find the hidden immunity idol. Be prepared to visit Tribal Council if you should fail at your task. This week will be full of mental and physical challenges, along with a whole lotta fun and laughs. This camp is for all levels and everyone should come.



* Don't forget a filled water bottle, lunch, snacks, and appropriate clothing.

Monday - Friday, July 11 - 15

9:30 - 3:30 pm \$210

UCC Activity Room 2
Instructor: Recreation Summer Staff

EXPLORING THE EDGE - CREATIVE CREATURES CAMP

Ages 6+

Calling all nature loving Picassos! Be inspired by nature's beauty through creative arts and adventure. With Raincoasts new "Exploring the Edge" camps, you will make plant tie-dye, slide down sand dunes, create epic crafts, go kayaking and so much more! Get ready for a week of endless innovation, exploration and fun in the sun!

Please ensure your child brings: a packed lunch, snacks x 2, filled water bottles, sunscreen, bathing suit, sweater, rain jacket and pants (please check the weather, as our activities will run rain or shine), proper walking shoes, extra socks a bonus.



* Drop off & Pick up - UCC Parking Lot.

Watch for Raincoast Education Society's pop-up interpretive programs this summer; check out www.raincoasteducation.org for more information.

Monday - Friday, July 11 - 15

Age 6 - 12 9:00 - 3:00 pm \$250

Instructor: Raincoast Education Society Summer Interns

EARLY YEAR CAMPS

SUMMER CAMPS

GYMNASTICS CAMP - JULY & AUGUST

Age 6+

Join coach Lindsay and staff this summer for a week of fun at Gymnastics Camp. During this camp, children will build upon their physical skills, coordination, flexibility, and confidence. This camp will focus on developing skills such as handstands, walk overs, beam balances, bar swings and jumping. Open to children of all levels, this camp caters to each child's needs and physicality. Come on out and have fun working on your balance, flexibility, strength and speed.

The Ucluelet Recreation Department partners with Pacific Rim Gymnastics and Gymnastics BC for all our gymnastic programs. In doing so, children will receive extended insurance and the opportunity to experience larger gymnastics clubs with Lindsay Gralewicz. Families will be required to pay an additional fee for a membership with Gymnastics BC, there are three membership options so please ask for assistance when registering.

We appreciate parents assistance putting away equipment on Friday at 3:30pm. Please contact Lindsay to let her know your availability.



Monday - Friday, July 18 - 22	AND/OR	
Monday - Friday, August 8 - 12		
Level 6 + & Competitive	9:00 - 12:00 pm	\$165
Levels 1 - 5	12:30 - 3:30 pm	\$165
UCC Main Hall		
Coach: Lindsay Gralewicz, NCCP L2, Brenna Rosen, NCCP L2, Keanna Hasz, NCCP L1		

SOCIAL ADVENTURE & CREATIVITY CAMP

Age 7+

This camp is all about working together to create some epic adventures, games and fun art projects. We will play games like pickleball, basketball, hacky sack and explore on some great adventure walks. Our art projects might be inspired by artists such as Van Gogh, Jackson Pollock and Piet Mondrian. Have you ever created a mosaic at the beach? There's all sorts of supplies from shells, driftwood and more. Let's play some fun confidence building games and connect with camp members. Put your running shoes on and join us in this epic week of fun and creativity.



Monday - Friday, July 25 - 29		
Age 7+	9:30 - 3:30 pm	\$210
UCC Activity Room 2		
Instructor: Uma Sharma, M.Ed, B.Ed, B.A.		
Assistant: Radha Sharma Herrington		

MISSION IMPOSSIBLE CAMP

Age: 7 - 12

Nothing is impossible when we work together. This awesome camp will include strategy building experiences in many different genres so bring both your mind and energy for this exciting week. We will also be creating secret messages, learning spy code and sharing one minute mysteries. We will incorporate some sport games too as they all have strategies for us to work on. We need your help to find solutions for this camp so make sure to join and share your thoughts.



Tuesday - Friday, August 2 - 5		
Age: 7 - 12	9:30 - 3:30 pm	\$210
UCC Activity Room 2		
Instructor: Summer Recreation Staff		

UCLUELET RECREATION SUBSIDY PROGRAM

Designed to provide support to residents of Ucluelet of all ages interested in participating in Recreation programs. Application forms are available online www.ucluelet.ca and at the UCC. Completed forms may be dropped off at the UCC or emailed to afortune@ucluelet.ca

***Please note that limited funds are available**

For more information contact Abby Fortune, Director of Parks & Recreation
Call **250-266 - 0297** or email afortune@ucluelet.ca

REFUNDS: We will be more than happy to give you a full refund or credit your account if we have to cancel a course. A 10% administration fee will be charged for persons cancelling their registration prior to the beginning of a program. Persons requesting a refund after a program has started will receive a prorated refund with a 20% administration charge. Exceptions will be at the discretion of the Director of Parks & Recreation.

CANCELLATIONS: Sometimes great courses with talented instructors are cancelled due to last minute registration. Avoid disappointment for both you and the instructor(s) and register at least one week in advance.

WATERWORLD WEEK

Age: 7 - 12

How many ways can you play with water? We must create a slip-and-slide and of course play water balloon volleyball! What about Tug O Water, relay games and freeze? Talk about freezing, how many games do you know that use ice? You can't be afraid to get wet in Water World Week. Don't forget to bring a towel and a change of clothes.



* Don't forget a filled water bottle, snacks and lunch.

Monday - Friday, August 8 - 12		
Age: 7 - 12	9:30 - 3:30 pm	\$210
Location: UCC Activity Room 2		
Instructor: Summer Recreation Staff		

TIME TRAVELER CAMP

Age 7 - 13

Its time warp week! What year is it? Where are you? Share your travel experience. This week we will delve into different era's and locations around the world. Maybe we'll travel to the Egyptian Pyramids, the Great Wall of China or the Grand Canyon? Come on out and help us to build a Time Machine so we can transport ourselves to some fabulous new destinations. Will we end up in Jurassic Park or on the moon? You won't know unless you join us!



* Don't forget a filled water bottle, lunch, snacks and appropriate clothing.

Monday - Friday, August 15 - 19		
UCC Activity Room 2	9:30 - 3:30 pm	\$210
Instructor: Summer Recreation Staff		

EXPLORING THE EDGE - ECO HEROES CAMP

Age 6 - 12

Calling all superheres! Grab your cape and join us for a week of non-stop adventure! With Raincoast's new "Exploring the Edge" camps. You will fly down sand dunes, race through eco obstacle courses, hop in kayaks to explore kelp forests and so much more! Get ready for a week of endless excitement, exploration and fun in the sun!

Please ensure your child brings: a packed lunch, snacks x 2, filled water bottles, sunscreen, bathing suit, sweater, rain jacket and pants (our camps run rain or shine), proper walking shoes, extra socks and a mask.



* Drop off & Pick up - UCC Parking Lot.

Monday - Friday, August 15 - 19		
Ages 6+	9:00 - 3:00 pm	\$250
Instructor: Raincoast Education Society Summer Interns		

VIP SOCCER CAMP

Ages 6 - 13

VIP Sports is here to help you kick-off your summer soccer skills! Coaches will engage players in a positive and fun environment with an emphasis on skill and technique development. Groups will be divided by ages and skill levels. Dress in layers for weather as we play rain or shine. No experience is needed, everyone welcome! Let's get ready for the Fall soccer season with Jazz.



* Don't forget to bring your filled water bottles and a snack.

SPONSORED BY: West Coast Motel
This program made possible by the generous donation from West Coast Motel & West Coast Fitness Centre.



Monday - Thursday, August 22 - 25		
Age: 7+	12:30 - 3:30 pm	\$199
Location: Seaplane Base Rec Hall Field, 160 Seaplane Base Road		
Coached by: Jazz Sopah & RUSH Soccer Academy Coaches		

IMPORTANT SUMMER CAMP INFO:

*Summer camps will not run unless minimum registration is met so sign up early to avoid any disappointment.

*Make sure to dress for weather, bring a change of clothes, a hat and your sunscreen as we will be outside alot!

*Subsidy is available, see information in opposite column.

CHILDRENS PROGRAMS



CHILDRENS PROGRAMS

KIDS CLAY

This five week kids course is perfect for beginner potter. This fun afternoon summer kids clay class will introduce the kids to the basic skills of hand building. Students will discover the art and love of ceramics while having fun and letting their creative minds be free! Kids will learn basic sculptural clay techniques such as pinch pots, coils and slab. All materials provided and the kids will come home with something they made and can keep forever!

Age 8+



Mondays, July 11 - August 15* 4:00 - 5:00 pm 5/\$120
 *(NO CLASS: AUG 1)
 UCC Pottery Studio
 Instructor: Ebony Faithfull

KIDS BRAZILIAN JIU-JITSU

Brazilian Jiu-Jitsu is a self-defense class that promotes discipline, respect for others, spatial awareness and focus. Children will learn traditional Jiu-Jitsu positions and drills safely, under careful supervision. This sport does not involve striking or punching, is suitable for all ages, inclusive of all genders and abilities. Brazilian Jiu-Jitsu is not solely a marital art, but is also a sport, a method for promoting physical fitness and building character in young people, a way of life.

Age 7 - 13



Thursdays,
Session A: July 7, 14, 21, 28 6:00 - 7:00 pm 4/\$40
Session B: August 4, 11, 18 6:00 - 7:00 pm 3/\$30
 UCC Main Hall
 Instructor: Daniel Allos

THE EDGE YOUTH ROOM

YOUTH ROOM COORDINATORS:
TONI BUSTON & TRISTAN GODBERSON
 UCLUELET COMMUNITY CENTRE - 500 MATTERSON DRIVE
 RECREATION@ULUELET.CA
 250-726-7772

YOUTH PROGRAMS

WELCOME TO TRISTAN GODBERSON

Tristan is a Registered Nurse originally from Calgary, Alberta where he grew up spending most of his time in the Rocky Mountains. The ocean called and Tristan is very grateful to call Ucluelet home. Tristan has worked with youth in a variety of roles, from working adolescent psychology to running day camps. Tristan has also set up various youth after school programs, with ages varying from preschoolers to young adults and is very keen to be working here with us in Ucluelet.



BEACH HANG OUTS

Join us for food, games and good times with friends at the beach! We will have bonfires when its permissible, but we don't need a fire to have fun at the beach! Meet at the UCC Youth Room.



Tuesdays, July & August 4:00 - 6:00 pm

WILD COAST OUTDOOR CLUB

Join this club for some exciting activities and outdoor education. Some events will require participants to register ahead of time and we will discuss expenditures while creating the program. We would love youth input and participation in this club, lets build it together. Meet at the UCC Youth Room.



Wednesdays, July & August 4:00 - 6:00 pm

FRIDAY NIGHT LIVE

Come hang out with your friends on Friday nights at the UCC. Lend a hand in the kitchen making snacks, challenge a friend to a game, practice your karaoke, its all just good clean Friday night fun.



Fridays, July 8, 22 & August 12, 19 6:00 - 10:00 pm
 UCC Main Hall
 Facilitator: Sarah Hagar

SUMMER SKATE NIGHT

Come on out for some music and fun in the evening air at the UCC Basketball Court with our Skating Queen - Lyvi Rivera. Open to all ages from wee ones to "older" ones. Bring your blades or skates as we we will have a limited supply on hand. It is recommended for rookies and young ones to wear protective gear, especially wrist guards. Helmets are mandatory. Parents/guardians must be with their young children at all times.



Sundays, July 10 6:00 - 8:00 pm \$2 drop in fee
 UCC Basketball Court, 500 Matterson Drive

TO ALL OUR AMAZING COACHES AND VOLUNTEERED IN THE SPRING SEASON, **THANK YOU** FOR YOUR COMMITMENT TO COMMUNITY RECREATION.

U-5 SOCCER: Toni Buston, Nora O'Malley, Candice Bone, Josh Anker

ADULT SOCCER: Faye Missar, Ariel Weiser Novak.

BASEBALL: Brent Taron, Scott Reed, David Smith, Paul Galloway, Eva Brushley, Shanti Davis, Joe Leslie, Sim Clouthier, Mayco Noel, Layton McLeod, Jason Rosene,

PRESCHOOL YOGA: Willow Hopkins **ROLLER SKATING:** Lyvi Rivera, Emma Riddick.

YOUTH PROGRAMS: Sarah Hagar, Tristan Godberson

PROGRAM INSTRUCTORS: Cris Martin

Our apologies if we missed anyone.

ADULT PROGRAMS

WELCOME TO EBONY FAITHFUL

Ebony is originally from the Sunshine Coast, Australia and has had the honour to travel and live in many places in the world and in Canada. After coming to Ucluelet in 2016, she fell in love with the town, the community and it's beautiful surroundings and has called Ukee home ever since. Ebony has a love for all creativity and art forms but took a special interest in ceramics and is now coordinating the community pottery studio here at the UCC. Ebony is looking forward to sharing some of the delights and trials of the ceramic world with you.



INTRO TO HAND BUILDING

This beginner clay class is perfect for anyone whose interested in learning the basic skills of hand building with clay. Students will learn the ceramic process and be introduced to the basic skills of forming clay into something artistic or functional while having fun with exploring a new medium. This is an opportunity to learn basic hand building skills along with techniques such as coiling, slab rolling and pinch pottery. So, bring your creative minds, maybe an apron and let's have some fun while playing with clay! No previous experience needed.

Age 16+



Mondays, July 11 - August 15* 6:30 - 8:30 pm 5/\$200 + gst
 *NO CLASS: AUG 1
 UCC Pottery Studio
 Instructor: Ebony Faithful

POTTERY STUDIO MONTHLY MEMBERSHIPS

A limited amount of space is available for Monthly Membership in the UCC Pottery Studio. You must have taken at least one class with the UCC clay programs to ensure you are comfortable and knowledgeable working in the space alone. Members will be expected to work completely independently in the studio. The studio is intended for recreational use only and is not set-up for commercial use. The costs of membership include use of the room, equipment and firing. The room has wheels, a slab roller and many other tools and decorative elements available for use. The studio recycles all clay so it is recommended that only white or buff clay is used in the studio. Clay can be purchased from the studio coordinator and the costs include use of glaze and underglaze. Studio coordinator will introduce materials, supplies and etiquette to members.

* There are three hour time frames scheduled for studio user twice daily for members to book on a google doc.

Monthly Membership: \$120 + gst
Hours of Availability: Sunday to Saturday, 9:00 - 12:00 pm & 1:00 - 4:00 pm
 Wednesday's 5:00 - 8:00 pm;
 Friday's 5:00 - 8:00 pm;
 *excluding holidays and programmed classes.



WAX ON WAX OFF

No this is not karate but a playful abstract painting class with the unique medium of encaustic wax. This class is perfect for those looking to let loose and enjoy a completely different way of creating. Join this relaxing summer class and go home with a beautifully wild and textured painting ready to hang on your gallery wall. Everyone is able to create in this class

Age 19+



Friday, July 8 7:00 - 9:00 pm \$75 + gst
Monday, August 8 7:00 - 9:00 pm \$75 + gst
 UCC Activity Room 1 & 2
 Instructor: Kylie Millar

FUNKY PET PORTRAITS

Join us this summer to play with bright colours and energetic patterns while paying tribute to our furry friends. Please bring a 8.5 x 11 black and white photocopy of your animal or email your image the week prior to class to kylie.t.millar@hotmail.com.

Age 16+



Friday, August 5 7:00 - 9:00pm \$45 + gst
 UCC Youth Room
 Instructor: Kylie Millar

ADULT FITNESS

WELCOME BRETT HEMSTOCK

After growing up involved in extreme sports Brett had a growing list of injuries that began causing physical pain in his day to day life. Brett was introduced to yoga at the age of twenty one and is happy to say that with a consistent practice he now moves pain free. The correlation between surfing and yoga really helped push Brett further into his practice. Bretts certification is centered on Vinyasa with a special focus on meditation and trauma sensitive teaching.



MOVE BETTER, LIVE BETTER CLASS

Move Better Live Better is a movement class focusing on improving mobility, flexibility and range of motion throughout the body. We will journey through a range of movement sequences followed by static stretching to finish off the class. All you will need is your body and a mat. Move Better Live Better is low impact and accessible to all levels.

Drop-In is permitted for this class, please pay the instructor \$15 in cash.
 Please read drop-in information.

Saturdays,
Session A: July 9 - 30 7:30 - 8:30 pm 4/\$48 + gst
Session B: August 6 - 27 7:30 - 8:30 pm 4/\$48 + gst
 UCC Fitness Studio
 Instructor: Brett Hemstock

BARRE BURN

(see Mommy Barre in Early Years sections)

This forty five minute barr-less class fuses ballet and pilates movements. Expect to sizzle and sweat and leave satisfied as we work our bodies from top to bottom. This low impact class can help improve posture, muscle definition, flexibility and balance. We will move to upbeat tunes in this easy to follow, choreographed class. All levels welcome. Yoga mats and light weights provided but feel free to bring your own.



Drop-In is permitted for this class, please pay the instructor \$15 in cash.
 Please read drop-in information.

Fridays,
July 8 - August 26 (NO CLASS: AUG 5) 5:30 - 6:15 pm 7/\$84 + gst
 UCC Main Hall
 Instructor: Britt Buirs

BRAZILIAN JIU-JITSU

This traditional Brazilian Jiu-Jitsu class is a form of release through movement. Expect a cardio intensive class featuring various drills with self-defense in mind. Guided with clear and safe instruction, students will practice sparring without striking. All levels are welcome, no experience is necessary. Wear tight fitting sport clothing with minimal zippers and pockets. Gi's will be available upon request.



Drop-In is permitted for this class, please pay the instructor \$15 in cash.
 Please note that space is limited.

Thursdays,
Session A: July 7, 14, 21, 28 7:00 - 8:15 pm 4/\$40 + gst
Session B: August 4, 11, 18 7:00 - 8:15 pm 3/\$30 + gst
 UCC Main Hall
 Instructor: Daniel Allos

YANG TO YIN FLOW YOGA

Expect varied flows incorporating balances, strengthening, stretching, and a dash of Pilates. This class bridges sweaty, fiery movements and relaxing stillness. No experience required, moves can be adapted to all levels. Remember to bring your water bottle!

Drop-In is permitted for this class, please pay the instructor \$15 in cash.
 Please read drop-in information.

Wednesdays,
July 6, 13, 20, August 17, 24, 31 10:00 - 11:00 am 6/\$72 + gst
 UCC Fitness Studio
 Instructor: Brenda (Bee) Kent

DROP- IN INFORMATION

Students wanting to "drop-in" to programs are recommended to contact the UCC to ensure the class is happening as there is a minimum registration requirement that must be met. Please note that space is limited and registered students take precedence. Drop-in students can pre-purchase a class via credit card up until 4:30pm on the day of class by calling or stopping by the UCC, otherwise please bring correct cash.

RESTORATIVE YOGA

Wind down from your day with a meditative, restorative practice. This class involves breath work, guided meditations, and juicy stretches. Bring your cozy clothes, pillows, and blankets! Open to all levels; no prior experience necessary.

Drop-In is permitted for this class, please pay the instructor \$15 in cash.
 Please read drop-in information.

Wednesdays,
July 6, 13, 20, August 17, 24, 31 7:00 - 8:00 pm 6/\$72 + gst
 UCC Fitness Studio
 Instructor: Brenda (Bee) Kent

DEEP THEMES YOGA

The yoga journey is so much deeper than just physical movements. Each week we will work with a different theme which we will embody throughout our practice physically, mentally and spiritually. Class will be a mixed level slow flow style suitable for all levels of students with some experience and free of acute injuries. You can expect to be challenged but leave relaxed and inspired on a spiritual level.

Drop-In is permitted for this class, please pay the instructor \$15 in cash.
 Please read drop-in information.

Thursdays,
Session A: July 7 - 28 5:45 - 6:45 pm 4/\$48 + gst
Session B: August 4 - 25 5:45 - 6:45 pm 4/\$48 + gst
 Big Beach Gazebo
 Instructor: Heather Durward

MORNING FLOW

This class begins nice and slow bringing awareness to the breath and body before moving into a creative flow finishing in savasana. This ever changing practice is accessible for the beginner and will challenge those more experienced practitioners.

Drop-In is permitted for this class, please pay the instructor \$15 in cash.
 Please read drop-in information.

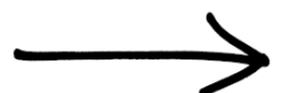
Saturdays,
Session A: July 9 - 30 7:45 - 8:45 am 4/\$48 + gst
Session B: August 6 - 27 7:45 - 8:45 am 4/\$48 + gst
AND/OR
Sundays,
Session A: July 10 - 31 7:45 - 8:45 am 4/\$48 + gst
Session B: August 7 - 28 7:45 - 8:45 am 4/\$48 + gst
 UCC Fitness Studio
 Instructor: Brett Hemstock

**"It's your road, and yours alone.
 others may walk it with you,
 but no one can walk it for you."**

- Rumi



MORE PROGRAMS



OLDER ADULT FITNESS



CHI GONG

Learn the eight 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. No experience is required.

Mondays & Wednesdays, July 4 - August 31*
 * (NO CLASS: AUG 1) 10:30 - 11:30 am 17/ \$51 + gst
 UCC Main Hall & Fitness Studio
 Instructor: Jan Draeseke

DANCE FIT 50+

This program has been re-worked to a low impact and low intensity class. 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. All abilities welcome.

Fridays, July 8 - August 26 (NO CLASS: JULY 15, 22) 9:00 - 10:00 am
 UCC Main Hall 6/\$36 + gst
 Instructor: Sarah Hogan

CHAIR YOGA

Senior yoga is an excellent way for older adults to loosen and stretch painful muscles, reduce stress, and improve circulation. It also reduces anxiety, helps lower blood pressure, protects joints, builds strength and balance and can help with a better sleep. No experience or physical fitness levels required. This class is not limited to seniors, just come out and have some fun.

Thursdays, July 7 - August 25 10:00 - 11:00 am
 UCC Activity Room 1 & 2 8/\$16 + gst
 Volunteer: Cris Martin

PICKELBALL

No experience is needed to play this sport, come out and give it a try, there are lots of people to help you learn. Pickleball is a paddle ball sport (similar to a racquet sport) where opponents hit a perforated ball over a net. To register contact the UCC.

Mondays, Wednesdays, Fridays, Saturdays, Sundays 9:00 - 3:00 pm
 Seaplane Base Recreation Hall, 160 Seaplane Base Road \$3 drop-in fee

WELCOME TO LAURIAN GREEN

Laurian completed her mat and reformer pilates training through STOTT Pilates in 2019. After suffering a small injury, Laurian became curious about body alignment and muscle activation. She is now passionate about helping others better connect to their own bodies through movement. Her classes are fun, challenging and effective, and her hope is that you will learn something new in every session.



MAT PILATES

This class focuses on the technical elements of Pilates to create functional strength in a safe, equipment-free environment. Pilates is a method of exercise that consists of low-impact flexibility and muscular strength and endurance movements. Pilates emphasizes proper postural alignment, core strength and muscle balance. No experience necessary, all steps can be modified or intensified.

Drop-In is permitted for this class, please pay the instructor \$15 in cash. Please read drop-in information.

Wednesdays,
Session A: July 6 - 27 5:30 - 6:15 pm 4/\$48 + gst
Session B: August 3 - 31 (NO CLASS: AUG 17)*
 UCC Fitness Studio 5:30 - 6:15 pm 4/\$48 + gst
 Instructor: Laurian Green

Walk for Wellness

A gentle walking group for any 55+ adults

Pacific Rim Hospice Society's Better at Home Coordinator - Pan. Thymaras

BCEH's Community Paramedic - Rachele Cole

* Multi-levelled based on your comfort and ability**

No cost, just a commitment to living better
 Waivers must be signed, walks go Rain or Shine
 Tuesday's, 2pm - 3pm at Big Beach Parking Lot



For Info Call: 250-266-3780, or
 email betterathome@pacificrimhospice.ca



WEAR YOUR COLOURS

HAPPY CANADA DAY FRIDAY, JULY 1, 2022



12:00 - 3:00 pm

200 Main Street on the Village Green

Live Music, artisans, kids activities

Free bbq hot dogs & cake

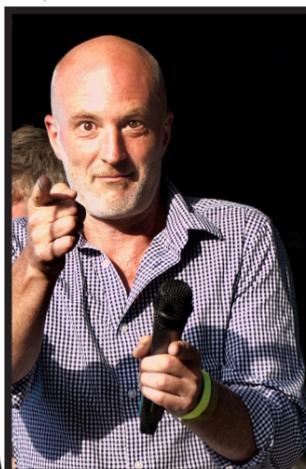
UKEE DAYS 2022

Jamie says let's make it rock!

GREAT FOOD



EXCELLENT MUSIC
 FUN COMPETITIONS



FABULOUS MEMORIES

