

2022 FALL PROGRAM GUIDE

UCLUELET RECREATION DEPARTMENT

REGISTRATION OPENS SEPTEMBER 7

PROGRAMS RUN SEPTEMBER - DECEMBER

2022 Gymnastics Show, Comox, BC
Courtesy: Lindsay Gralewicz



EARLY YEARS PROGRAMS

CHILDRENS PROGRAMS

YOUTH PROGRAMS

ADULT & TEEN PROGRAMS

OLDER ADULT PROGRAMS

WEEKLY ADULT FITNESS PROGRAMS - FALL 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)	DANCE FIT 50+ 9:00 - 10:00 am UCC Fitness Studio Registration or 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)	CHAIR YOGA 10:00 - 11:00 am UCC Activity Room 2 (see inside for info)	DANCE FIT 50+ 9:00 - 10:00 am UCC Main Hall Registration or drop-in (see inside for info)		VINYASA YOGA 10:00 - 11:00 am UCC Fitness Studio Registration & Drop-in (see inside for info)
UCLUELET PARKS & RECREATION		JOURNEY DANCE 6:00 - 7:15 pm UCC Fitness Studio Registration & Drop-in (see inside for info)	VINYASA YOGA 10:00 - 11:00 am UCC Fitness Studio Registration & Drop-in (see inside for info)			ROLLER SKATING 12:30 - 3:00 pm Seaplane Base Rec Hall Drop-in fee (see inside for info)
	INTRO TO YOGA 5:30 - 6:30 pm UCC Fitness Studio Registration & Drop-in (see inside for info)	INDOOR VOLLEY BALL 5:30 - 7:30 pm Seaplane Base Rec Hall Drop-in \$2	DEEP THEME YOGA 5:45 - 6:45 pm UCC Fitness Studio Registration & Drop-in (see inside for info)			YIN YOGA 8:00 - 9:15 pm UCC Fitness Studio Registration only (see inside for info)
HATHA YOGA 7:00 - 8:00 pm UCC Fitness Studio Registration & Drop-in (see inside for info)	GENTLE YOGA FOUNDATIONS 5:30 - 6:30 pm UCC Fitness Studio Registration & Drop-in (see inside for info)	TSUGA - COMMUNITY SELF DEFENSE 7:00 - 8:30 pm UCC Main Hall Pre-Registration (see inside for info)	BODHIBLISS YOGA 7:15 - 8:15 pm UCC Fitness Studio Registration & Drop-in (see inside for info)	<div style="text-align: center;"> <p>CHECK OUT THE FALL WORKSHOPS INSIDE:</p> <p>Full Moon Yoga Beginner Yoga with Acupuncture Walking the Four Directions Journey to the Underworld Journey from Darkness Heart of Gold Special Effects Make-up Embodied Movement Therapy Social Media Marketing Reel Making 101 Gaming 101</p> <p>UCC WILL BE CLOSED DEC 23/22 - JAN 3/23</p> </div>		
SOCCER 6:00 - 8:00 pm Tugwell Field Drop-in \$2 (Rec Hall if raining)	ULTIMATE FRISBEE 7:00 - 8:30 pm Tugwell Field - Sept Rec Hall Field - Oct Drop-in \$2	RESTORATIVE YOGA 7:30 - 8:30 pm UCC Fitness Studio Registration & Drop-in (see inside for info)	BRAZILIAN JIU-JITSU 7:00 - 8:00 pm UCC Main Hall Pre-Registration (see inside for info)			
	INDOOR SKATEBOARDING 8:00 - 9:30 pm Seaplane Base Rec Hall Drop-in - \$2	PALS ON PLANK SKATEBOARDING 7:45 - 9:30 pm Seaplane Base Rec Hall Drop-in - \$2	ROLLER HOCKEY 7:00 - 9:00 pm Seaplane Base Rec Hall Registration at UCC Skill set and equipment required.			

WELCOME TO FALL 2022!

We are very excited to be offering a full range of programs this Fall. Recreation is a key component to a healthier and happier lifestyle, so get out and start recreating or join in one of these great indoor programs.

Please make sure to read our updated registration, cancellation and subsidy policy below.

HOW TO REGISTER

The Ucluelet Recreation Department offers three easy ways for program registration: online by phone or in person. Spaces are filled on a first come, first served basis. Registration opens on the date stated on the front of the guide. No early registration will be accepted. Payment is required at the time of registration.

ONLINE REGISTRATION

To use online registration, you will need an account and a credit card. You can sign-up to access online registration at <https://ucluelet.ca/community/parks-recreation/activity-guide-registration>.

IN PERSON REGISTRATION

Please check our website for up to date information on the program guide before registration. You may call the Ucluelet Community Centre at 250-726-7772 during office hours, Sunday to Saturday, 9:00 am - 5:00 pm and our staff will be happy to process your request. Payments by cash, cheque, credit card or debit card is accepted.

NO REFUNDS:

Swimming classes will not be refunded once a program is in session, unless granted an exception. Classes missed due to vacations or appointments will not be refunded, unless granted an exception.. Exceptions will be made at the discretion of the Director of Recreation & Parks, contact Abby Fortune at afortune@ucluelet.ca or call 250-266-0297.

REFUNDS:

Payments made by credit card will be refunded by the initial payment method. Payments made by cash, cheque, or debit will be refunded by cheque; please allow a minimum of two weeks processing time.

AVAILABLE FUNDING

The Ucluelet Parks and Recreation Subsidy Program is available for all ages and makes available \$100 per person per quarter to individuals residing in the District of Ucluelet who require financial assistance to attend our programs. Please come visit the community center in person to fill out and submit a request form, or print one off our website at www.ucluelet.ca.

JUMPSTART Ages (4-18 years)

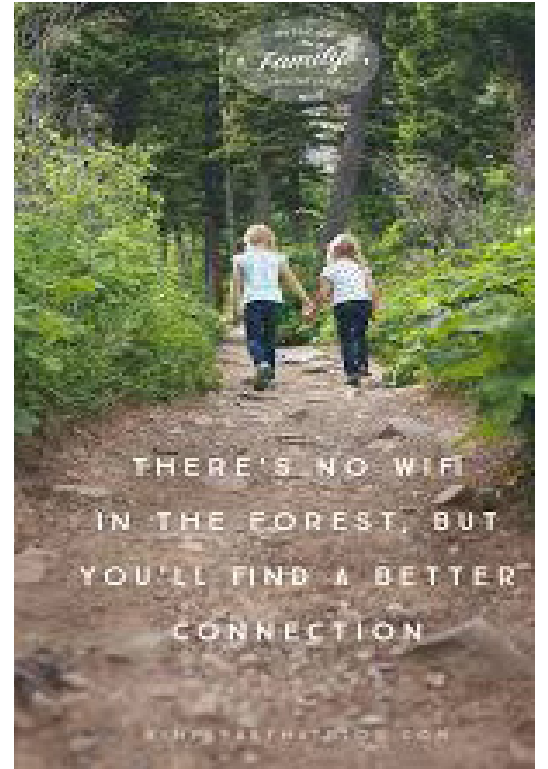
OR CONTACT

JumpStart is a community-based charitable program that helps kids in financial need participate in organized sports and recreation. To request funding for a program, complete an online application form which is available at <https://jumpstart.canadiantire.ca/pages/individual-child-grants>

KIDSPORT - So All Kids Can Play! (Ages 6-18 years)

KidSport is a community-based sport charity that provides grants for children to participate in a recognized sport. Grants are limited to \$200 per year, per child and certain restrictions apply. To apply go to: www.kidsportcanada.ca

Thank you for your continued support and patronage, ABBY, BARB, JUDY & ANNA



JOIN NOW! LOOKING FOR PARTICIPANTS & VOLUNTEERS



Girl Guides of Canada's core programming allows girls and young women to develop life and career skills in age-appropriate groups.

Registration for 2022/23 Girl Guides programs in Ucluelet is now open!
<https://register.girlguides.ca>

Brownies (ages 7-8) - Looking for a Leader

Guides (ages 9-11) - Tuesdays from 6-8pm start date TBD

For more info, contact Heather Riddick at 250 726-4447 or 266-1667

Pathfinders (ages 12-14) - Looking for a leader

Online Registration available for all levels! www.girlguides.ca

Leaders Wanted! If you are interested in being a Leader, please contact:

Heather Riddick at 250 726-4447



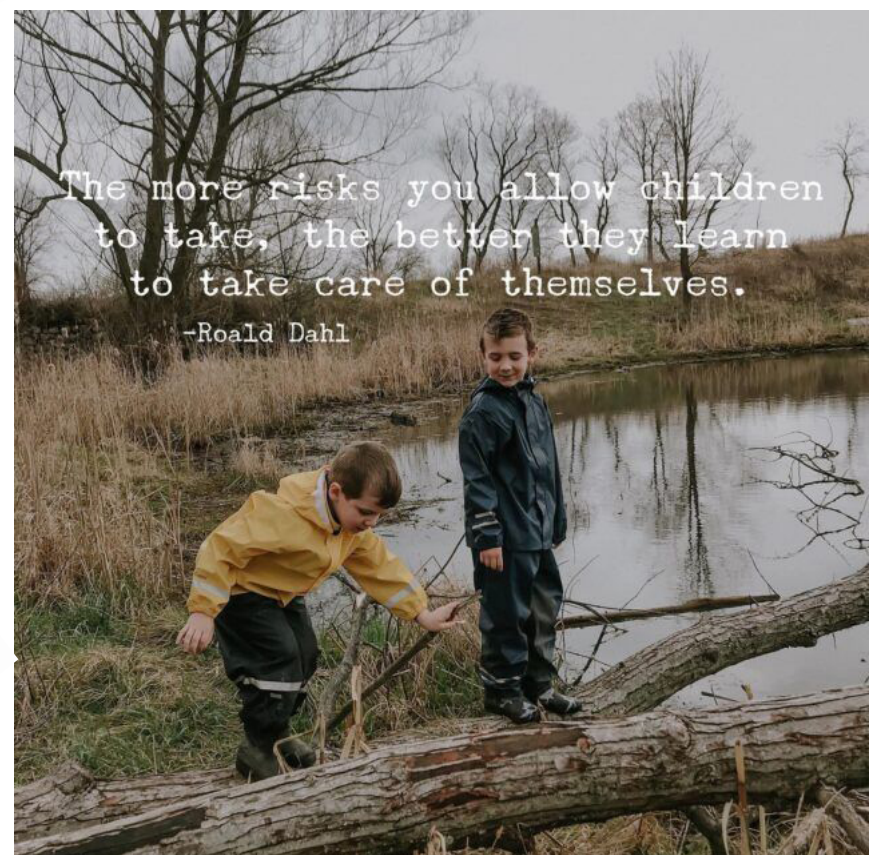
Canada

JUNIOR CANADIAN RANGERS

Registration for 2022/23 Junior Canadian Rangers is now open to all youth from all west coast communities.

The Junior Canadian Ranger (JCR) program is a challenging and rewarding program for youth in remote communities across Canada. The program integrates practical skills and cultural practices in a fun and friendly environment. For more information contact:

Bernie Herbert at zakcat@telus.net or call 250-720-7937



EARLY YEARS PROGRAMS

PRESCHOOL

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. Please send a water bottle and pack weather appropriate clothing each class. Children must be potty trained.

* Drop off & pick up at the UCC Main Hall at the rear of the building.

Children attending Kindergarten 2023 are given priority registration.

Registration will confirm students spot September thru December.

Payments can be made at the beginning of each month or in full

Tuesdays & Thursdays, September 13 - December 15, 2022
9:00 am - 11:00 am
Sept/\$84, Oct/\$112, Nov/\$126, Dec/\$70
All paper work must be completed prior to attending class.



We are still looking for instructor(s) and volunteers to run this program, email bgudbranson@ucluelet.ca if you are interested.

LA JOYEUSE RIBAMBELLE (French Language Preschool)

Age 3 - 5

Young children have an innate instinct for learning new languages. This preschool program focuses on French language development through songs, rhymes, story telling, and games fostering social and cognitive development while teaching and encouraging the use of the French language. Children must be potty trained. Please send a water bottle and pack weather appropriate clothing for each class.

Wednesdays,

Session A: September 14 - October 19 9:00 - 10:30 am 6/\$72

Session B: November 9 - December 14 9:00 - 10:30 am 6/\$72

UCC Youth Room

Instructor: Brenda (Bee) Kent



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. Parents will participate together with their child through active gymnastics circuits with songs, games, stretches and free time for exploration. This program makes physical development fun and social. Don't forget your water bottle and to wear clothes to move in.

The Ucluelet Recreation Department partners with Pacific Rim Gymnastics and Gymnastics BC for all of our classes. This partnership provides children with extended insurance as well as the opportunity to visit larger gymnastics club to participate in fun recreational events. Families have the option of paying an annual recreation membership fee of \$42 or a competitive membership fee of \$55 to the UCC when registering.

Members will also be required to sign a waiver of liability and consent from for Gym BC prior to attending classes. Please note that memberships expire at the end of August 2023.



Mondays, September 26 - December 12 (NO CLASS: OCT 10 & 17)

Age 1.5 - 3 1:15 - 2:00 pm (with adult) 10/\$110

UCC Main Hall

Coaches: Brenna Rosen, NCCP L2, Shelby McCreesh, NCCP L1, Josie Beamish, NCCP L1, Yemaya Windle, NCCP L1, Lindsay Gralewicz, NCCP L2

TINY TUMBLERS

Age 3 - 5

This program is designed to introduce your young child to safe, gross motor movement through organized gymnastics with play, games and circuits. Children will learn different positions and skills that are designed to allow the child a safe experience with various movements. Remember to bring your water bottle and wear clothing to move in.

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Mondays, September 12 - December 12 (NO CLASS: OCT 10 & 17)

Ages 3 - 5 2:15 - 3:00 pm 10/\$110

UCC Main Hall

Coaches: Brenna Rosen, NCCP L2, Shelby McCreesh, NCCP L1, Josie Beamish, NCCP L1, Yemaya Windle, NCCP L1, Lindsay Gralewicz, NCCP L2

GYMNASTICS



PARENT & TOT SWIMMING - STARFISH/DUCK/SEA TURTLE

Placement in the Red Cross Swim program depends on many variables include age, skill proficiency, previous experience and readiness. The guide below will assist you with the first three levels of Red Cross Swim.

STARFISH Age 4 - 12 months (able to hold their head up) In this level babies and their parent will work on getting wet, buoyancy and movement, front, back and vertical position in the water and shallow water entries and exits.

DUCK Age 12 - 14 months - In this level babies and their parents will work on rhythmic breathing moving forward and backward, front and back float with recovery, and shallow water entries and exits.

SEA TURTLE Age 24 - 36 months - Toddlers and parents work on submersion, front and back floats and glides, jumping into chest-deep water with assistance, kicking on front and front swims.

Tuesdays, October 4 - November 29 5:30 - 6:00 pm 9/\$126

AND/OR

Wednesdays, October 5 - November 30 2:30 - 3:00 pm 9/\$126

West Coast Motel Pool

Instructor: Jessica Hicks

WEST COAST MOTEL POOL RULES

* Swimmers are to shower before entering the pool

* Swimmers will clean-up after themselves in the changeroom

* Swimmers are to access pool by the back bottom door

PRESCHOOL SWIMMING -SEA OTTER/SALAMANDER/SUNFISH/CROC/WHALE

Tuesdays, October 4 - November 29

SEA OTTER/SALAMANDER 2:00 - 2:30 pm 9/\$126

SUNFISH/CROCODILE/WHALE 2:30 - 3:00 pm 9/\$126

AND/OR

Wednesdays, October 5 - November 30

SEA OTTER/SALAMANDER 4:30 - 5:00 pm 9/\$126

West Coast Motel Pool

Instructor: Jessica Hicks

SEA OTTER - Transitional level that transfers the preschooler to the care of the instructor. All skills are assisted by the instructor. Swimmers enter this level when they are three years old. They learn to open their eyes under the water, develop basic floats & glides and swim one metre assisted.

SALAMANDER - Swimmers must complete Sea Otter before entering this class. Swimmers will learn to swim two metres, further develop basic floats and increase their distance on front and back glide. Intro to front swim & roll-over glide, safety skills and how to use a PFD.

SUNFISH - Swimmers must complete Salamander before entering this class. Swimmers learn to swim five metres, increase their distance using buoyant objects, increase their front & back glide with kick, develop their roll-over glide, slide glide, front swim and safety skills.

CROCODILE - Swimmers must complete Sunfish before entering this class. Learn to swim five metres on front and back, perform dolphin kick and begin using rhythmic breathing. Will also progress with kicking drills, increase swimming distance to ten metres and safety skills.

WHALE - Swimmers must complete Crocodile before entering this class. Learn to swim five metres on front, back and side. Front crawl and back swim seven metres and a continuous swim for ten metres.

SWIMMING



UCLUELET CHILDREN CENTRE

Our qualified staff will provide a safe and fun environment with developmental programs, active play and so much more. Transfer between school and UCC programs available.

Register at: Ucluelet Children's Centre, 500 Matterson Drive, Ucluelet

Contact Manager: Kathy Devries for more information

Phone: 250-726-2339

UCLUELET STRONG START

Play based EARLY LEARNING PROGRAM for children 0 - 5 *and their caregivers*

Located at the Ucluelet Elementary School

Open Monday to Friday from 8:50 - 11:50 am

Registration is mandatory.

Contact Carolyn at clanhelt@sd70.bc.ca

or the Ucluelet Elementary School at 250-726-7793

You can find them on Facebook to at Ucluelet Strongstart @ukeeStrongstart

CHILDREN PROGRAMS



GLEE PERFORMING ARTS CLUB

Age 5 +

The Ucluelet/Tofino Glee musical theatre makes its triumphant return with:

HOW THE GRINCH STOLE THE NIGHTMARE BEFORE CHRISTMAS

Would you like to be a part of an original musical production? In this class we will use our skills and creativity to refine a script, learn how to deliver lines, stage direction, songs, and choreography. Come along singing, acting, and dancing as they perform this original script by Courtney Johnson. We couldn't be more excited to see your talented faces again and welcome new performers! Remember there are grants available.

All students are required to attend all non-instructional school day rehearsals: Monday, Sept 19, Friday, Oct 21 & Monday, Nov 21.



Production Dates: Thursday, December 9 - Full Dress Rehearsal
Evening Shows - Friday, December 10 & Saturday, December 11

Tuesdays, September 13 - December 6

Kindergarten - Grade 2	3:30 - 4:15 pm	\$180
Grade 3 - 6	4:00 - 5:30 pm	\$180
High school students	5:00 - 6:30 pm	\$180

UCC Main Hall

Instructors: Sarah Hogan & Courtney Johnson

NOTE: Class groups + times may be re-evaluated depending on attendance and will be combined closer to performance date.

KLAY KIDS

Age 7

Discover passions, creativity, and make lasting memories in Klay Kids class. Students will discover the essential fundamentals of working with clay. With a focus on creative expression, kids will learn the basic hand building techniques and let their imaginations run wild. All materials and supplies included.



Thursdays, September 15 - October 20

4:30 - 6:30 pm 6/\$140

UCC Pottery Studio

Instructor: Jamie MacKay

CHILDREN FITNESS

KIDS YOGA

Age 5 - 9

This yoga class will be a sixty minute practice to teach your child the basics of yoga in a fun and engaging way. We will be doing yoga songs, games, breathing and meditation exercises. Yoga is a great way for children to learn self regulation and to help them quiet their busy minds. Wear athletic clothes and bring a filled water bottle.

Wednesdays,

Session A: September 14 - October 26 3:00 - 4:00 pm 7/\$70

Session B: November 2 - December 14 3:00 - 4:00 pm 7/\$70

UCC Fitness Studio

Instructor: Norannda Sigmund

PRE-TEEN YOGA

Age 10+

Join Norannda for a sixty minute yoga class. In this class you will explore movement, breath and meditation. This series will introduce different kinds of yoga and give you a deeper sense of body awareness. There will be games, dancing,, partner work and music to make this class engaging for this age group. Please wear clothing you can easily move in and bring a water bottle.

Wednesdays,

Session A: September 14 - October 26 4:00 - 5:00 pm 7/\$70

Session B: November 2 - December 14 4:00 - 5:00 pm 7/\$70

UCC Fitness Studio

Instructor: Norannda Sigmund



TSUGA SPROUTS

Ages 5+

Martial Arts focused fitness classes for our youngest community members. The children who join us for these sessions will gain valuable knowledge and build body awareness, coordination, fitness and confidence. They will learn a foundational skill set that can be used to progress in the sport of their choosing as they grow. Classes will include warm up, stretching, basic drills and games. No equipment or experience required, wear comfortable clothing so you can move freely in.

Cultivate, nourish, flourish.

Wednesdays,

Session A: September 14 - October 26

5:30 - 6:30 pm 7/\$70

Session B: November 2 - December 14

5:30 - 6:30 pm 7/\$70

UCC Main Hall

Instructor: Eric Kingsley

SPORT

KIDS BRAZILIAN JIU-JITSU

Age 7 - 13

Brazilian Jiu-Jitsu is a self-defense class that promotes discipline, respect for others, spatial awareness and focus. Children can expect to learn traditional Brazilian Jiu-Jitsu positions and drills safely, under careful supervision. This sport does not involve striking or punching, is suitable for 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. Gi's will be provided for this class if you do not have one.

Thursdays,

Session A: September 8 - October 27

6:00 - 7:00 pm 8/\$80

Session B: November 3 - December 15

6:00 - 7:00 pm 6/\$60

***(NO CLASS: DEC 8)**

UCC Main Hall

Instructor: Daniel Allos & Christian Sampson

SWIMMING



Please welcome our certified Red Cross Water Safety

Instructor Jessica Hicks

WEST COAST MOTEL POOL RULES

- * Swimmers are to shower before entering the pool
- * Swimmers will clean-up after themselves in the changeroom
- * Swimmers are to access pool by the back bottom door

TUESDAYS & WEDNESDAYS

Tuesdays – October 4 – November 29

Sea Otter/Salamander	2:00 – 2:30 pm	9/\$126
Sunfish/Crocodile/ Whale	2:30 – 3:00 pm	9/\$126
Level 1 - 2	3:00 – 3:30 pm	9/\$126
Level 1 - 2	3:30 – 4:00 pm	9/\$126
Level 8 – 10	4:00 – 5:00 pm	9/\$252
Level 5 - 7	5:00 – 5:30 pm	9/\$126
Parent & tot	5:30 – 6:00 pm	9/\$126

Wednesdays, October 5 – November 30

Parent & tot	2:30 – 3:00 pm	9/\$126
Level 1 - 2	3:00 – 3:30 pm	9/\$126
Level 1 - 2	3:30 – 4:00 pm	9/\$126
Level 3 - 4	4:00 – 4:30 pm	9/\$126
Sea Otter/Salamander	4:30 – 5:00 pm	9/\$126

SWIM KIDS LEVEL 1 - Comfort in the water through basic floatation, movement and breathing skills, basic knowledge skills and attitudes necessary to prepare, stay safe and survive in, on, and around the water.

SWIM KIDS LEVEL 2 - Site rules, intro to PFD, assisted deep water activities, unassisted floats and glides, ten metre distance swim.

SWIM KIDS LEVEL 3 - When and where to swim, deep end floats, surface support for twenty seconds, sitting dives, front, back and side glides, front crawl and a fifteen metre distance swim.

SWIM KIDS LEVEL 4 - Self safety, how to contact EMS, safe diving, kneeling dives, surface support for forty five seconds, front crawl and a twenty five metre distance swim.

SWIM KIDS LEVEL 5 - How to be a safe boater, staying warm, cold water safety, treading water for one minute, stride dives, front & back crawl, intro to whip kick and a fifty metre distance swim.

SWIM KIDS LEVEL 6 - Causes of boating accidents, outdoor ice safety, victim recognition and simulation, throwing assists, tread water for ninety seconds, front dives, front and back crawl, elementary back stroke, and a distance swim of seventy five metres.

SWIM KIDS LEVEL 7 - Airway obstruction, choking rescues, reaching and throwing assists, sculling, front and back crawl, elementary backstroke and whip kick on your front, as well as a hundred and fifty metre distance swim.

SWIM KIDS LEVEL 8 - Hypothermia, dangers of open water, rescue breathing, surface dives, stride entries, front and back crawl, elementary backstroke and breaststroke, and a distance swim of three hundred metres.

SWIM KIDS LEVEL 9 - Wise choices and peer influence, boating regulations, self ice rescue, surface dives, shallow dives, refining front and back crawl, elementary backstroke and breaststroke, as well as a four hundred metre endurance swim.

SWIM KIDS LEVEL 10 - Introduction to butterfly and scissor kick, fitness, sun safety, rescue of others from the ice, surface dives, as well as a five hundred metre endurance swim.

SPORT

ARTS

FITNESS

GYMNASTICS

Age 1.5 +

The Ucluelet Recreation Department partners with Pacific Rim Gymnastics and Gymnastics BC for all of our classes. This partnership provides children with extended insurance as well as the opportunity to visit larger gymnastics clubs to participate in fun recreational events. Families have the option of paying an annual recreation membership fee of \$42 or a competitive membership fee of \$55 to the UCC when registering. Members will also be required to sign a waiver of liability and consent from for Gym BC prior to attending classes. Please note that memberships expire at the end of August 2023.

Recreational members participate in artistic, acrobatic, aerobic, parkour, cheerleading, basic circuits arts and parent & tot programs.

The competitive members (age 7-16) and **pre-competitive members** (age 3-5) classes take a more technical approach to gymnastics. These classes focus on competition preparation, skill acquisition, strength and flexibility training and routine choreography. Athletes in these programs will travel to competitions, training camps and different gymnastics events throughout BC. For the safety and enjoyment of each athlete, Pacific Rim Gym coaches and Gymnastics BC must approve a child's entry into this program.

*Please note, athletes in advanced programs only have to pay their GBC fee once, regardless of how many classes they are registered in.

Cheer - All Star Cheer is a dynamic team sport including both boys and girls that is primarily competitive and highly athletic. They perform a two minute and thirty second routine that is choreographed to include dancing, jumping, tumbling, stunting and pyramids to music. Athletes compete at various levels dependent on age and skill. For our recreational Gym & Cheer class we will be focusing on learning the basics of all star cheer while building on gymnastic foundations with the goal to combine skills into a routine to be performed at the end of the session. Athletes must have runners, hair tied back and all jewelry must be taken off.

Parkour & Gymnastics - this class is for children who would prefer to focus on equipment traditionally used by males - pommel horse, rings, vault, bars and floor as well as learn the basics of parkour and falling. Open to all children.

High School Team - this program is for athletes ages 12 - 17 who are interested in competing in high-school gymnastics. Athletes in this program will represent Ucluelet Secondary School and Pacific Rim Gymnastic in events across Vancouver Island. This program is open to athletes of all competitive levels and will focus on skill development, event-specific routines, choreography, strength training and flexibility.

All gymnastics participants 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.

PARENTS PLEASE REMEMBER - WE NEED YOUR HELP.

We greatly appreciate parents supporting this program by assisting put equipment away on Monday evenings. Please let Lindsay know of any availability you might have to assist. *Thank you!*

Sundays, September 25 - December 11 (NO CLASS: OCT 9, 16)

Ages 5 - 6	1:30 - 2:30 pm	10/\$110
Parkour	2:40 - 3:40 pm	10/\$110
Cheer	3:50 - 4:50 pm	10/\$110
Pre-Competitive	5:00 - 7:00 pm	10/\$220
Competitive	5:00 - 7:00 pm	10/\$220

Mondays, September 12 - December 12 (NO CLASS: OCT 10 & 17)

Parent & Tot (1.5 - 2 yrs)	1:15 - 2:00 pm	10/\$110
Tiny Tumblers (ages 3 - 5 yrs)	2:15 - 3:00 pm	10/\$110
High School & Levels 6 - 8	3:15 - 4:45 pm	10/\$170
Ages 5 - 6 (NO CLASS: OCT 31)	5:00- 6:00 pm	9/\$99
Level 1 - 5 (NO CLASS: OCT 31)	6:00 - 7:00 pm	9/\$99
Cheer (NO CLASS: OCT 31)	7:15 - 8:15 pm	9/\$99

Coaches: Brenna Rosen, NCCP L2, Shelby McCreesh, NCCP L1, Josie Beamish, NCCP L1, Yemaya Windle, NCCP L1, Lindsay Gralewicz, NCCP L2
UCC Main Hall

CHRISTMAS GYMNASTICS CAMP

Stay busy this fall by attending our winter wonderland gymnastics camp. Build on your skills, coordination and confidence in your body's ability by learning walk overs, beam balances and swinging on the bars. Don't forget to wear gym style clothing and bring your water bottle.

The Ucluelet Recreation Department partners with Pacific Rim Gymnastics and Gymnastics BC for all of our classes. This partnership provides children with extended insurance, families have the option of paying an annual recreation membership fee of \$42, a competitive membership fee of \$55 or a casual membership of \$18 when only attending a class for five days within any given year. Members will also be required to sign a waiver of liability and consent from for Gym BC prior to attending classes. Please note that memberships expire at the end of August 2023.

December, Monday 19 - Friday 23

Level 6+ & Competitive	9:00 - 12:00 pm	\$165
Level 1 - 5	12:30 - 3:30 pm	\$165

UCC Main Hall

Coaches: Brenna Rosen, NCCP L2, Shelby McCreesh, NCCP L1, Josie Beamish, NCCP L1, Yemaya Windle, NCCP L1, Lindsay Gralewicz, NCCP L2

**SKATEBOARDING**

Drop into Ukee's radest locals nights for all ages and skill set; don't forget to sign the waiver form - children & adults. There will be a few skate ramps and rails set up. Please respect each others space and abilities. Helmets are mandatory. *This program requires volunteers to run, please email recreation@ucluelet.ca to lend a hand. THANK YOU.*

Tuesdays, October 4 - December 13

Beginners & Families (ages 4 -7)	6:30 - 7:15 pm	\$2 drop-in fee
Advanced Boarders (ages 10+)	7:15 - 8:00 pm	\$2 drop-in fee

Seaplane Base Rec Hall
Volunteers: Ollie Ouellet & Leon Davies

ROLLER HOCKEY

Age 8 +

This sport is very fast paced with children skating on roller blades. Children must have their own equipment and skates. A skill set and knowledge of the sport is most beneficial. Don't forget to bring your water bottles!

Tuesdays, September 13 - March 7, 2023

Age 8 - 12	5:00 - 6:15 pm	\$50
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Seaplane Base Recreation Hall
Volunteer: Brent Taron

SOCCER SEPTEMBER 18, 2022 - MARCH 12, 2023 **** NO PRACTICE DURING JANUARY**

Welcome to the 2022 - 2023 Soccer season. Thank you to our fabulous volunteer coaches who make this sport possible, to the West Coast Soccer League and the Ucluelet Parks Team for field preparation and maintenance. If you are intereted in volunteering with soccer please contact Barb at 250-726-7772.

SOCCER - U5 season - SEPTEMBER 13 - OCTOBER 25

Playing soccer is a great way to develop motor skills, balance and engage your little one in physical fitness. Go for gold mini soccer stars training sessions are all about having FUN, bringing home the BASICS and learning to love the sport of SOCCER! Practice will be on Tuesdays, at the Seaplane Base Recreation Hall at 2:00 - 2:45pm.

Coach: Toni Buston & Nora O'Malley

Cost: \$32

SOCCER - U7

Participants will learn the importance of teamwork, while learning the rules of the game and practicing their soccer skills. This team will practice on Thursdays from 3:30 - 4:30 at the Seaplane Base Recreation Hall Field and play a weekend game against Tofino once or twice a month.

Coach: Sheldon Vos, kaleigh Day & Kevin Mair

Cost: \$72

SOCCER - U9

This team will focus on skill development, teamwork and of course, fun! Players will have weekly practices on Thursdays from 4:30 - 5:30 at the Seaplane Base Recreation Hall Field. This team will play games against Tofino on Saturdays once a month.

Coaches: Dave Tovell & Jon Hopkins

Cost: \$72

SOCCER - U11

This team is for kids who are interested in skill development, teamwork and of course, fun! Practices will be at the Seaplane Base Recreation Hall Field on Thursdays from 5:30 - 6:30 pm. This team will play games against Tofino on Saturdays once or twice a month.

Coach: Tracy Andrews & CJ Schmidt

Cost: \$72

SOCCER - U13 HOUSE & TRAVEL TEAM

Players on this team have the option of practicing and playing locally or also registering with AVSA and play games in Port Alberni once a month. Practices will be at Tugwell Field, Forbes Road side on Thursdays at 4:00 - 5:00 pm.

Coaches: David Smith, Kat Rosene, Jessica Hicks

Cost: \$72

SOCCER - U14 - U18 HOUSE / REP / TRAVEL TEAM

This team practices in Ucluelet and Port Alberni; travels on Saturdays to play with the AVSA on the Island. Practices TBA.

Coach: TBA

Cost: \$36

ALBERNI VALLEY SOCCER ASSOCIATION TEAMS

If your child has experience playing soccer and wants to join a westcoast travel team, which plays a game once a month in the Alberni Valley Soccer league, sign up now as registration closes September 30!

Games start October 15, and an all-girls team option is available for ages 8-10. These teams are separate from the District of Ucluelet teams, and are mixed with players from Tofino.

To register, go to <http://www.avsoccer.com> and select the Registration page. If you have questions contact Tracy Andrews at 250-720-1532.



SOCCER DAY - Join us on September 18 at 10:00 am for some fun drills, skill building and an introduction to refereeing at the Seaplane Base Field. Swap out your old cleats and find some new ones in the gear totes. Don't forget your water bottles and a snack!



YOUTH PROGRAMS



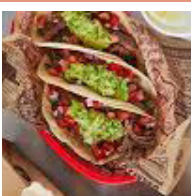
PRE-TEEN TIME

This year the Youth Room is open for Grade 6 & 7 students to come and explore the space. Hang out with Toni, listen to music, play video and board games. Check out the art supplies and be creative.

Mondays, September 12 - December 12 3:00 - 4:00 pm

YOUTH FOOD INITIATIVE

Come and learn how to make some tasty and healthy food from scratch with Toni. Vegetarian and gluten free options are available, just let us know what your favourite is and lets get creating.



Mondays, September 12 - December 12 4:30 - 6:30 pm

DROP-IN NIGHT

Come on by and drop in to the Edge Youth Room and see what's happening. Its a great space to hang out and catch up with friends. We might be playing board games, watching a movie or just hanging.

Tuesdays, Wednesdays, Thursdays 3:00 - 6:00 pm

FRIDAY NIGHT LIVE

Come hang out with your friends and make some new ones over a movie, art, silly games, karaoke, sports and have some good clean fun at the UCC. What a great way to end your week with fun and friends.

Fridays, September 16, October 7 & 28, November 18 & 25, December 16. 6:00 - 10:00 pm
UCC Main Hall
Facilitators: Sarah Hagar & Tristan Godberson

A HUGE thank you to the Alberni Clayoquot Health Network & Communities Building Youth Futures and the Clayoquot Biosphere Trust for funding to assist in west coast youth programs.

PRE-TEEN YOGA

Join Norannda for a sixty minute yoga class. In this class you will explore movement, breath and meditation. This series will introduce different kinds of yoga and give you a deeper sense of body awareness. There will be games, dancing, partner work and music to make this class engaging for this age group. Please wear clothing you can easily move in and bring a water bottle.

Age 10+



Wednesdays,
Session A: September 14 - October 26 4:00 - 5:00 pm 7/\$70
Session B: November 2 - December 14 4:00 - 5:00 pm 7/\$70
UCC Fitness Studio
Instructor: Norannda Sigmund

SUNDAY ROLLER SKATE

Come on out for some music and fun at the local Rec Hall "roller rink". Open to all ages - from wee ones to "older" wee ones. Don't fret if you don't have wheels or blades, skates are provided though there are limited amounts. It is recommended for rookies and young ones to wear protective gear, especially wrist guards and helmets. Parents/guardians must be with their young children during scheduled times. *We are looking for volunteers to assist this program, please email recreation@ucluelet.ca if you are interested.



FAMILY FUN

Sundays, September 18, October 16 & 30, November 13 & 27, December 11
12:30 - 3:00 pm \$5 drop in fee All ages are welcome
Seaplane Base Recreation Hall, 160 Seaplane Base Road

YOUTH & ADULT

Fridays, September 30, October 28, November 26
6:00 - 8:00 pm \$5 drop in fee Age 15+
Join Lyvi for a fun filled skate night with Hip/Hop, RnB on the last Friday of the month at the Seaplane Base Recreation Hall.



Volunteer Instructors: Lyvi Rivera & Emma Riddick

MARK YOUR CALENDARS!

ADULT PROGRAMS

UCLUELET & TOFINO CHOIR

Age 16+

Come join Tofino and Ucluelet's intermediate choir! Participants will sing both pop and classical tunes while working on vocal technique and music theory. Our choir has become such a beautiful musical ensemble and we are now ready to start looking at traveling to perform in other towns. Being in the choir necessitates some commitment and work at home every week. New people interested in joining the choir will have to meet with the conductor, Sophie L'Homme, for a short informal meeting. No experience needed, but being able to sing in tune is required. To set up a meeting, zoom or in person, please email tofinoanduclueletchoir@gmail.com

Thank you to the Pacific Rim Arts Society for the use of the grand piano.



Tuesday, September 27 - December 13 7:00 - 9:00 pm
UCC Main Hall \$205 + gst
Choir Director: Sophie L'Homme
Ucluelet Christmas Concert: December 17 - UCC Main Hall
Tofino Christmas Concert: December 18 - Tofino Community Centre

DOODLE AND SKETCH

An introduction to drawing practices. We will start with some basic drawing techniques - great for beginners as well as those who just need more focused time to practice their drawing skills. Some of our focuses will be on still life, perspective, and alternative sketching techniques. We will also create an online space where practicing can continue for any artist needing accountability or community.

Wednesday October 19, November 2, 16, 30 10:00 - 12:00 pm
Activity Room 2 \$120 + gst
Drop in is permitted once minimum registration requirement is met.
Drop-in fee is \$35 per class, please let us know you are coming.
Instructor: Kylie Millar

HEART OF GOLD

Create a piece of artwork showing that special person how much they mean to you. Use acrylic paint and gold leaf gilding to create a perfect "Heart of Gold" painting. Have more than one special person? No problem, we will have opportunities for you to purchase up to 3 small panels so that all your favourite people will feel the love!



Saturday November 26 7:00 - 9:00 pm
(Extra panels are available at \$5 each please bring cash) \$75 + gst
Activity Room 2
Instructor: Kylie Millar

HALLOWEEN SPECIAL EFFECTS MAKEUP CLASS

Get ready for Halloween early with this special effects workshop. Sylvie has over twenty years of experience as a professional make-up artist in the film and television industry. You will learn special effects make-up techniques such as scars, burns, black eyes, bruises, scrapes, bullet holes and much more! This is a fun hands-on workshop designed for teens and adults.



Friday, October 14 6:30 - 8:30 pm
UCC Activity Room 2 \$25 + gst
Instructor: Sylvie Godin

INTRO TO POTTERY

Age 16+

This course is for youth and adults interested in learning basic pottery skills in a fun, comfortable setting. This versatile course will explore techniques such as slab-building, molds, and pinch pots, as well as an introduction to the potter's wheel. Build confidence and unique creations with Intro to Hand Building! All materials and supplies included.



Thursdays, September 15 - October 20 7:00 - 9:00 pm
UCC Pottery Studio 6/\$220 + gst
Instructor: Jamie MacKay

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 programming to ensure you are comfortable and knowledgeable working in the space, 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 the studio space, materials, supplies and etiquette to members prior to start of membership.

A google doc allows members to schedule studio use of three hours twice daily. There is a maximum of five participants per session permitted.

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

ADULT PROGRAMS CON'T

SOCIAL MEDIA MARKETING

Are you a small business owner or entrepreneur who is having trouble managing your social media account on your own? You don't need a large marketing budget to have a rocking social presence while enjoying the daily process, let Kim Leckey show you how.

Brand builder and social media manager extraordinaire, Kim Leckey has been responsible for brands such as Tuff City Saunas, Sea Woven, and Mirror Mantra, and is currently managing socials and marketing for Lil Ronnie's BBQ and Taste of Tofino to name a few. She excels at Web design, creating on-brand engaging content, strong brand identity through targeted design, and making it all look easy! Throughout her time living in the Pacific Rim, she has noticed that while being on social media is no longer an option for a small business not everyone has the desire or knowledge to pick it up overnight. To better serve her community at large, she has created this very approachable course to get the knowledge you need for your business to thrive in the local economy!

In this two-part course, you will learn the ins and outs of the Instagram platform as a business owner in order to manage your own social media account daily in order to convert followers into sales. We will take a personalized approach to explore how you can maximize your time on the app, as well as how to implement your strategies beyond the app so that you can get back to running your business.

- Our course topics include:**
- + Develop your brand identity
 - + Social media strategy
 - + Learn about SEO (search ranking) and how to improve your LOCAL searchability.
 - + Content brainstorming
 - + Convert followers to sales

Sunday, November 6 & 13 10:00 - 12:00 pm
UCC Youth Room \$240 + gst
Instructor: Kim Leckey



REEL MAKING 101

With the rise of video content throughout all social media platforms, simply posting a single photo is no longer an option for the small business owner using social media as a marketing tool. The constantly changing algorithms can feel immensely frustrating and while not being a professional video editor you can feel lost in the times. If this resonates then this course is for you!

Kim Leckey has been creating content for local companies including Tuff City Saunas, Sea Woven, and Lil Ronnie's BBQ, that is brand driven, engaging, and fun. She sees the importance of reels for small businesses as a marketing tool through social media as it has been prioritized by the algorithms. By taking this course you will learn the process of creating reels from start to finish, how to make it a simple part of your daily work routine, or learn new skills to your already daily practice.

Course Breakdown:

- + Why reels are so important for the small business owner
- + What content to capture
- + Tricks and skills with the camera
- + How to create on-brand engaging content
- + To convert your followers into sales using reels

Sunday, November 20 10:00 - 1:00 pm
Activity Room 2 \$150 + gst
Instructor: Kim Lecke



DROP-IN INFORMATION

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

FULL MOON YOGA

Join for this Full Moon Ritual yoga class. This class will include a Full Moon themed meditation as well as movement. We will begin with a Yang practice, moving our bodies to build heat for the full moon. We will finish with Yin style yoga practice where we will hold postures for longer to settle our nervous system and relax our bodies and minds. Please bring a journal for reflections to follow. All levels welcome and an open mind is encouraged.

Tuesday, September 13, October 11, November 8, December 6 7:00 - 8:30 pm
\$48 + gst

Drop -in \$15 per session if space is available, see drop-in information
UCC Fitness Studio
Instructor: Norannda Sigmund

ADULT FITNESS

HATHA YOGA

This Hatha class promotes dropping into shapes and exploring what comes up by moving through postures one at a time. Breathe deeply and practice being in the moment. This class is suitable for all levels; a familiarity with some foundational yoga is welcomed but not necessary. This class promotes balance, strength, flexibility, and stillness in the mind. Modifications and the option to use props will always be offered to support your practice.

Drop-In available once minimal registration received, please pay the instructor \$15 in cash.

Mondays,
Session A: Sept 12 - Oct 24* 7:00 - 8:00 pm 5/\$60 + gst
*** NO CLASS: SEPT 26, OCT 10**
Session B: November 7 - December 12 7:00 - 8:00 pm 6/\$72 + gst
Location: UCC Fitness Studio
Instructor: Andrea D'Angelo

INTRO TO YOGA

This class is intended for beginner yoga students or people who have never practiced yoga before. We will learn, postures, language, breathing and meditation. This class is a very safe, non-judgmental space for beginner students to explore their body and mind in yoga. This class will be a progressive program where we will learn many different styles of yoga in hopes to transition into classes in the future.

Drop-In available once minimal registration received, please pay the instructor \$15 in cash.

Tuesdays, September 13 - October 25 5:30 - 6:30 pm 7/\$84 + gst
UCC Fitness Studio
Instructor: Norannda Sigmund

GENTLE YOGA FOUNDATIONS

This class is suitable for beginner to intermediate students who are looking to work on the foundations of yoga. We will be moving slowly focusing on alignment and modifications to make yoga accessible for all bodies. This class will have a mix of standing and floor postures with props and tools available to make the experience comfortable and enjoyable for all.

Drop-In available once minimal registration received, please pay the instructor \$15 in cash.

Tuesdays, November 1 - December 13 5:30 - 6:30 pm 7/\$84 +gst
UCC Fitness Studio
Instructor: Norannda Sigmund

RESTORATIVE YOGA

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

Drop-In available once minimal registration received, please pay the instructor \$15 in cash.

Wednesdays,
Session A: September 14 - October 19 7:30 - 8:30 pm 6/\$72 + gst
Session B: November 9 - December 14* 7:30 - 8:30 pm 5/\$60 + gst
***(NO CLASS: NOV 30)**
UCC Fitness Studio
Instructor: Brenda (Bee) Kent

WELCOME TO LYNDSEY DALY

Lyndsay Daly is a Registered Acupuncturist and graduated in 2017 from the Pacific Rim College, School of Acupuncture and Chinese Medicine in Victoria, British Columbia. She is also a Certified Yoga Instructor with 200 hours RYT. Before attending Pacific Rim College, Lyndsay worked as an outdoor guide. Though the work was rewarding in many ways, it was also very taxing on the body. She found that the best way to ease her aches and pains was through acupuncture and the movement of yoga. With interest in wellness and a passion for helping others, she decided that a career in acupuncture was the right path for her. Lyndsay believes that healing and wellness require a whole lifestyle approach, weaving strategies for a healthier daily life, incorporating things like dietary therapy, physical movement, and lifestyle changes.



BEGINNER YOGA WITH GROUP ACUPUNCTURE

Join Lyndsay in this beginner friendly styled yoga, open to all levels, followed by a themed gentle group acupuncture treatment while relaxing in Savasana.

Drop-In available once minimal registration received, please pay the instructor \$15 in cash.

Wednesdays,
October 26 6:30 - 8:00 pm \$50 + gst
November 30 6:30 - 8:00 pm \$50 + gst
and/or
Thursday, December 22 6:30 - 8:00 pm \$50 + gst
UCC Fitness Studio
Instructor: Lyndsay Daly

ADULT FITNESS CON'T

DEEP THEMES FLOW YOGA

In this class we will explore a different theme which we will embody throughout our practice physically, mentally and spiritually. Class will be a mixed level Vinyasa Flow style suitable for all levels with some experience and free from injuries. You can expect to be challenged but leave feeling relaxed and inspired on a spiritual level.

Drop-In available once minimal registration received, please pay the instructor \$15 in cash.

Thursdays,

Session A: September 8 - 29*

5:45 - 6:45 pm 3/\$36 + gst

*NO CLASS: SEPT 22

Big Beach Gazebo

Session B: November 17 - December 15

5:45 - 6:45 pm 5/\$60 + gst

UCC Fitness Studio

Instructor: Heather Durward

WALKING THE 4 DIRECTIONS SERIES

In this introduction series we will journey through the four directions and explore the four main archetypes, serpent, jaguar, hummingbird, eagle; honoured within the Incan Medicine Wheel (healing and transformational initiations practiced cross culturally) through dynamic yoga practice.

These teachings have been inspired to me through my journey with the Shamanic Yoga Institute over the last few years. Mixed level yoga practice for injury free participants.

Drop-In available once minimal registration received, please pay the instructor \$15 in cash.

Thursdays, October 20 - November 10

5:30 - 6:30 pm 4/\$48 + gst

UCC Fitness Studio

Instructor: Heather Durward

BODHIBLISS YOGA

In this class we will work with various styles of relaxation yoga to calm the nervous system to relieve physical and mental tension. We will stay close to the ground working with fluid movements and long holds emphasizing presence through breath. Students will have the option to receive hands on massage. Class is suitable for all levels free of recent injuries. The perfect way to end your day.

Drop-In available once minimal registration received, please pay the instructor \$15 in cash.

Thursdays, October 20 - December 15

7:15 - 8:15 pm 9/\$108 + gst

UCC Fitness Studio

Instructor: Heather Durward

VINYASA YOGA

This class will take you on a journey. It will start nice and slow, coming into the body and breath, before moving through a variable sequence that challenges your practice while strengthening your pre existing foundation. Accessible for all skill levels.

Drop-In available once minimal registration received, please pay the instructor \$15 in cash.

Thursdays,

Session A: September 8 - October 27

10:00 - 11:00 am 8/\$96 + gst

Session B: November 3 - December 15

10:00 - 11:00 am 7/\$84 + gst

Sundays,

Session A: September 11 - October 30

9:00 - 10:00 am 8/\$96 + gst

Session B: November 6 - December 18

9:00 - 10:00 am 7/\$84 + gst

UCC Fitness Studio

Instructor: Brett Hemstock

PARTNER MASSAGE WORKSHOP

Get cozy on the floor and allow yourself and a loved one to be guided through performing a full body massage to one another. In this 2.5 hour workshop participants will experience giving as well as receiving hands on touch. Please bring a blanket, pillow and yoga mat to enhance your comfort.

Heather Durward has been studying and practicing various styles of the healing arts for twenty years. She has been practicing massage for over sixteen years and offering yoga teachings for several years. Heather is extremely passionate about facilitating healing experiences and holding space for others.

Saturday, November 12

6:00 - 8:30 pm \$45 + gst

UCC Fitness Studio

Instructor: Heather Durward



YOGA

WELCOME ELENA RICHMOND

Elena believes whole-heartedly in the language and wisdom of the body known as the 'felt sense', and brings this into her work as a registered counsellor and embodiment facilitator. Elena holds yoga certifications in Hatha, Yin, and Adaptive Yoga, and has provided yoga classes to people with diverse abilities throughout her ten years of teaching. Elena's offerings are root-ed in the alchemy of trauma-informed practice, curiosity, connection and play!

Elena moved to the beautiful West Coast of Vancouver Island two years ago and is grateful to reside on the traditional territory of the Yuuulithath peoples.



YIN YOGA TO LIVE MUSIC

Join Elena Richmond and Rory Henderson as they curate an evening of yin yoga postures to the sound of live acoustic guitar. Allow your body and mind to sink into deep spaces of rest and relaxation as you are serenaded in each pose. No previous experience necessary. This class will have a strong focus on minimal talking and instruction.

Drop-In is permitted for this class, please pay the instructor \$25 in cash.

Sundays, October 23, November 6 & 20

8:00 - 9:15 pm

UCC Fitness Studio

\$60 + gst

Instructor: Elena Richmond



JOURNEY TO THE UNDERWORLD

This workshop is an introduction to mountain shamanism and teachings from the Qero people of Peru and the Shamanic Yoga Institute. Together we will open sacred space through calling on the four directions and their associated archetypes, earth, sky and spirit. We will explore the embodiment of these archetypes through a dynamic yoga practice followed by a guided journey to the underworld where you will meet your power animal. Please bring a blanket, a journal, a cloth to cover your eyes, and an item to place on the altar which you will bring home with you.

Saturday, November 26

6:00 - 8:00 pm

\$40 + gst

UCC Fitness Studio

Instructor: Heather Durward

JOURNEY FROM DARKNESS TO LIGHT

Let us gather on the longest night of the year to honor and celebrate our spark within and welcome the coming of the light. We will open sacred space through mantra(chanting) and you will be guided through a warming yoga flow followed by deep relaxation and a guided meditation where we will journey from the darkness to the light. Please bring a journal, pen and blanket.

Wednesday, December 21

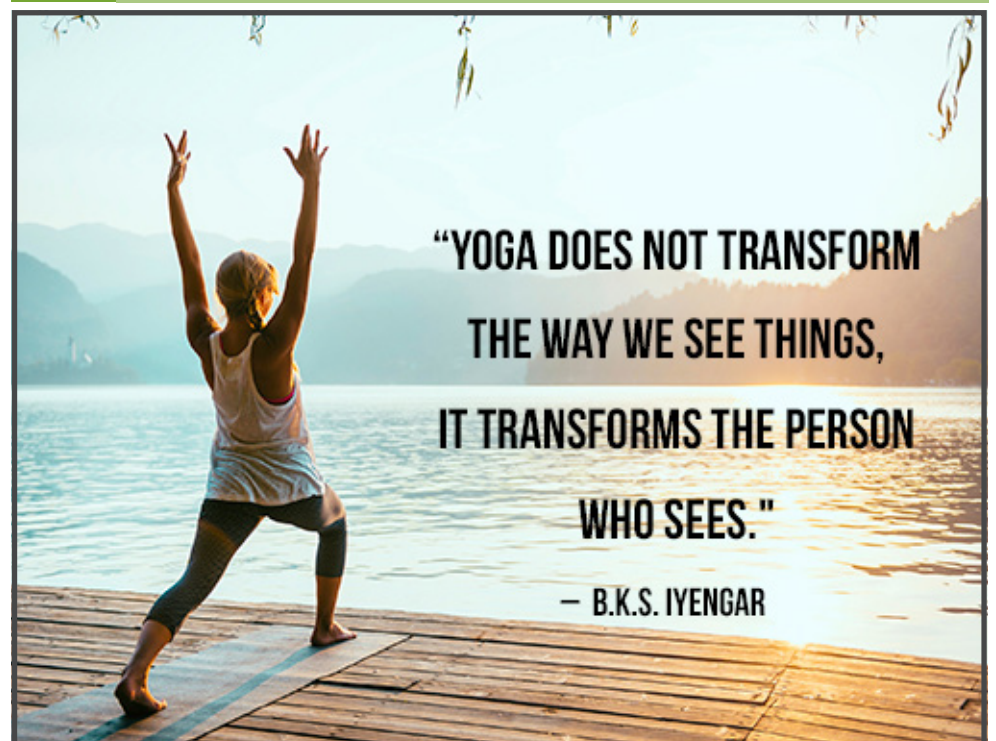
6:00 - 8:00 pm

\$40 + gst

UCC Fitness Studio

Instructor: Heather Durward

YOGA



ADULT FITNESS CON'T

WELCOME KRISTEN WALTERS

Kristen began dancing at the age of three, and grew up training in a variety of dance genres including ballet, jazz, hip hop, tap, and heels both in the U.S and Canada. More recently, Kristen has been dancing and teaching with the Sea to Sky Dance Collective and Luminesque Dance out of Squamish and Vancouver. She is excited to bring a Contemporary dance opportunity to adults in Ucluelet and build an inclusive community through movement.



CONTEMPORARY DANCE

Contemporary Dance is a genre of dance that blends elements of classical ballet, jazz and modern in a creative style that celebrates expression. This course will provide an inclusive and accessible space for individuals to explore dance and learn choreography over a six week period. Whether you have no dance experience or are an intermediate/advanced dancer, there will be opportunities for every student to build technique, body alignment/strength, and musicality in a supportive environment.

Sundays, October 23 - December 11* 6:30 - 7:30 pm
*** NO CLASS: NOV 20** 7/\$84 + gst
 UCC Fitness Studio
 Instructor: Kristen Walters

JOURNEY DANCE - IS BACK!

Journey Dance is a transformational movement experience designed to move you out of your head and into your body. Through a specially curated playlist and gentle guidance you will be led on a journey of self expression, inner discovery and freedom. Sessions are one and half hours in total where we will meet in community first to connect together before the music starts nice and slow to warm up the body. As the music starts to increase, Jen will guide you into your body to allow the music to infiltrate your muscles and bones and be supported to listen to your own internal guidance system to move in whichever way feels good to you. In the peak of the journey there will be a guided visualization to move through any stickiness before coming out into celebration, joy and freedom. This will be an intimate experience of connection to self, connection to others and creating community. No dance experience is necessary. Reach out with any questions.

Drop-In is permitted for this class, please pay the instructor \$20 in cash.

Wednesdays, October 12 - November 23* 6:00 - 7:15 pm
*** (NO CLASS: OCT 26)** 6/\$90 + gst
 UCC Fitness Studio
 Instructor: Jen Boot



EMBODIED MOVEMENT THERAPY: A 3 PART WORKSHOP SERIES

Join Jen Boot and Elena Richmond as they explore various critical aspects of the human experience through self-exploration, embodied movement and dance. Through a specially curated playlist and gentle guidance, you will be led on a journey of self expression, inner discovery, and freedom while obtaining a better understanding of the following topics: boundaries, self-compassion, and empowerment. Jen and Elena join forces with backgrounds in embodiment facilitation, life coaching, somatic therapy, yoga, and JourneyDance.

Each Workshop is three hours and will involve discussions exploring the featured topic, a tailored JourneyDance experience, guided breath-work, and conclude with a debrief and embodied integration. All are welcome to this event. No prior dance experience is necessary.

Saturday,
October 22 Boundaries 1:00 - 4:00 pm \$55 + gst
November 5 Self-Compassion 1:00 - 4:00 pm \$55 + gst
November 26 Empowerment 1:00 - 4:00 pm \$55 + gst
Or register for all three 1:00 - 4:00 pm \$140 + gst
 UCC Fitness Studio
 Instructors: Jen Boot & Elena Richmond

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.



Thursdays,
Session A: September 8 - October 27 7:00 - 8:00 pm 8/\$80 + gst
Session B: November 3 - December 15* 7:00 - 8:00 pm 6/\$60 + gst
***(NO CLASS: DEC 8)**
 UCC Main Hall
 Instructor: Daniel Allos & Christian Sampson

FITNESS

TSUGA – COMMUNITY SELF-DEFENSE

In this class we will pull from multiple systems of Martial Arts to build practical skills suiting your own style and body type. These sessions will offer experience avoiding as well as delivering common punches, kicks, grabs/holds and more with the intention to disengage and get to a safe space. You can expect a warm up, stretching, basic drills, games, group work and applying what we've learn. Wear comfortable clothing and bring your water bottle. No equipment or experience required.



*Like the trees in a forest,
 together we can grow stronger than any of us could alone.*

Wednesdays,
Session A: September 14 - October 26 7:00 - 8:30 pm 7/\$70 + gst
Session B: November 2 - December 14 7:00 - 8:30 pm 7/\$70 + gst
 UCC Main Hall
 Instructor: Eric Kingsley

ADULT GYMNASTICS

This class is for all levels! Adult classes combine skill acquisition with gymnastics-based workouts and deep flexibility to create a total body workout through the development of fun skills and drills.

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

Sundays, September 25 - December 11* 7:15 - 8:15 pm
*** (NO CLASS: OCT 9, 16)** 10/\$120 + gst
 UCC Main Hall (minimum of three students required)
 Instructor: Shelby McCreesh, NCCP L2

DANCE



Facilitator: Karen Hlady
www.vigamingsupport.ca
www.gamblingguidelines.ca

GAMING 101 PRESENTATION

Interested in learning more about gaming support? This Gaming 101 workshop is a brief overview for parents, caregivers, adults and youth regarding the nature of gaming, its value and purpose, signs of benefit and concerns, resources, and strategies and options to address and prevent gaming disorders.

Join us for one of two workshops on **November 21, 2022**

at either 2:00 - 4:00 pm or 6:00 - 8:00 pm.

Light refreshments will be available.

Ucluelet Community Centre, Activity Room 1



OLDER ADULT PROGRAMS

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. Come and meet some great people and exercise at the same time.

Mondays & Wednesdays, September 7 - December 21*
 *(NO CLASS: OCT 10) 10:30 - 11:30 am
 UCC Main Hall & Fitness Studio 29/\$87 +gst
 Instructor: Jan Draeseke \$3 drop-in fee optional

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, September 9 (ongoing) 9:00 - 10:00 am
 UCC Fitness Studio & Main Hall \$6 drop in fee
 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, and builds strength and balance. Join Cris at the UCC to get your groove on. A toonie for a tune up!

Thursdays, September 8 - December 15 (ongoing) 10:00 - 11:00 am
 UCC Activity Room 2 \$2 fee
 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. Don't worry about having a partner either there are lots of people to play with. Pickleball is a paddle ball sport (similar to a racquet sport) where opponents hit a perforated ball over a net. There are a couple spare paddles for you to try out before purchasing one yourself. Once players have created an account at the UCC, you will be emailed a google doc to schedule your play time. There are "Open Houses" on Mondays and Fridays from 10:00 - 10:50 am for people to drop in, meet people and learn to play.

Mondays, Wednesdays, Fridays, Saturdays, Sundays 9:00 - 2:00 pm
September 7 (ongoing) 9:00 - 12:00 pm
 Seaplane Base Recreation Hall, 160 Seaplane Base Road \$3 drop-in fee

MOVIE MATINEE'S

Join us on Thursday afternoons for a movie matinee special, there will be a combination of movie classics, golden oldies and newer films. Bring your own refreshments/snacks, or stop by the concessions stand to see what's happening. See the poster below for the Fall movie schedule. Let us know if there is a special movie you would like to see or if you have suggestions.

Thursday's, 1:30 - 3:00 pm \$2 fee
 UCC Community Room

CHOOSE TO MOVE - ONLINE THIS FALL

Being active is one of the most important things you can do to maintain your overall health so keep moving this Fall by joining Choose to Move online at www.bcrpa.ca/everything-else/actvage-choose-to-move/ or call **604-975-411 ext 21787, or email contact@choosetomove.info**. Choose to Move is available online or over-the-phone everywhere in B.C, so you can join us from the comfort of your own home.

SENIORS SOCIAL

For Older Adults 55+

Tuesdays, 10:30 - 11:30am

October 18, November 15, December 20

Activity Room 1, Ucluelet Community Centre
 Light Snacks and Refreshments provided by the Pacific Rim Better at Home Program
 Pan.Thymaras, Pacific Rim Better at Home Coordinator
betterathome@pacificrimhospice.ca
 (250) 266-3780
 Hosted by Pacific Rim Hospice Society



MOVING = HEALTH Would you be interested ingive us a call 250-726-7772!

FLOOR CURLING - this sport is a great way to exercise indoors over the fall. No special skills required and we have pushers so no bending required. Come have some laughs and meet new friends.

WINTER WALKING GROUP - Men or Womens? Inside or Out? If you're interested in getting a group moving let us know. We can possibly assist with an indoor setting for those cold, wet winter days.

TALENT WANTED - We know there are many talented people in the community. Are you interested in sharing your knowledge & experiences with the community? Or interestd in volunteering with one of our programs or special events? Give Barb a call to discuss at the UCC 250-726-7772.

FALL SPORTS AT A GLANCE

SOCCER - Monday - 6:00pm - Tugwell Field * Volunteer Facilitator: Faye Missar
 *watch the Ucluelet Soccer facebook page for more info.

ULTIMATE FRISBEE - Tuesday - 7:00pm, Tugwell Field * Volunteer Facilitator: Rory Henderson
 * 705.787.8913 or henderson.rory.d@gmail.com for more info.

SKATEBOARDING - Tuesday - 8:00pm -Seaplane Base Rec Hall *Volunteer Facilitators: Ollie Ouellet & Leon Davies * Adults only, all levels welcome.

VOLLEYBALL - Wednesday - 5:30 - 7:30pm - Seaplane Base Rec Hall* Volunteer Facilitator: Sarita Meikle * watch the Ukee Volleyball on Facebook for updates.

PALS on PLANKS - Wednesdays - 7:45 - 9:30 pm -Seaplane Base Rec Hall * Volunteer Facilitators: Rylie Noyes & Krista * Ladies & LGBTQ, all abilities welcome.

ROLLER HOCKEY - Thursdays - 7:00 -9:00pm - Seaplane Base Rec Hall * Volunteer Facilitator: Brent Taron * Skill set & personal equipment required

ROLLERSKATING - Friday - 6:00 - 8:00pm - Seaplane Base Rec Hall * Volunteer Facilitator: Lyvi Rivera * check the advertisement inside for dates

PICKLEBALL - Monday, Wednesday, Friday, Saturday & Sundays, check out the ad under Older Adults above for more information.

BIG BEACH CINEMA

Matinees 2:30 PM

THURSDAYS

SUNDAYS

SEPTEMBER 8 GRAND BUDAPEST HOTEL (14A)
 SEPTEMBER 22 PIRATE RADIO 14(A)
 OCTOBER 13 BEETLE JUICE (PG)
 OCTOBER 27 SLEEPY HOLLOW (R)
 NOVEMBER 3 CAPTAIN FANTASTIC (14A)
 NOVEMBER 17 THE IMITATION GAME (PG)
 DECEMBER 1 ROCKET MAN (14A)
 DECEMBER 15 HOME ALONE (PG)

SEPTEMBER 25 SCHOOL OF ROCK (PG)
 OCTOBER 2 ISLE OF DOGS (PG)
 OCTOBER 16 ADAMS FAMILY (PG)
 OCTOBER 30 CORPSE BRIDE (PG)
 NOVEMBER 6 MRS. DOUBTFIRE (PG)
 NOVEMBER 20 PRINCESS BRIDE (PG)
 DECEMBER 4 FANTASTIC MR. FOX (PG)
 DECEMBER 18 ELF (PG)

ADULTS..... \$6
 KIDS..... \$4
 SENIORS..... \$4

*Packaged snacks are welcome!

“Its your road, and yours alone,
 others may walk it with you,
 but no one can walk it for you”

Rumi

RUN THE COAST

HALF MARATHON & 10K

October 16, 2022

Register Now!

edgetoedgemarathon.com



FOR MORE INFORMATION - CONTACT RECREATION@UCLUELET.CA