

2023 FALL PROGRAM GUIDE

UCLUELET RECREATION DEPARTMENT

REGISTRATION OPENS
SEPTEMBER 6
PROGRAMS RUN SEPTEMBER - DECEMBER
WWW.UCLUELET.CA
250-726-7772



EARLY YEARS PROGRAMS

CHILDRENS PROGRAMS

YOUTH PROGRAMS

ADULT & YOUTH 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 (see inside for info)	SWEAT SERIES 6:30 - 7:30 am UCC Fitness Studio Registration or drop-in (see inside for info)	CHI GONG PRACTICE 10:30 - 11:30 am UCC Main Hall (see inside for info)	SWEAT SERIES 6:30 - 7:30 am UCC Fitness Studio Registration or drop-in (see inside for info)	DANCE FIT 50+ 9:00 - 10:00 am Main Hall (see inside for info)	THE FUTURE BELONGS TO THOSE WHO BELIEVE IN THE BEAUTY OF THEIR DREAMS.	10 BREATH YOGA 8:00 - 9:15 am UCC Fitness Studio Registration or drop-in (see inside for info)
WATER WARM UPS 2:00 - 2:45 pm West Coast Motel Registration only (see inside for info)	DANCE FIT 50+ 9:00 - 10:00 am UCC Main Hall (see inside for info)	10 BREATH YOGA 6:00 - 7:15 pm UCC Fitness Studio Registration or drop-in (see inside for info)	MIND FLOW SURFER YOGA 7:45 - 9:00 am UCC Fitness Studio Registration or drop-in (see inside for info)	MIND FLOW SURFER YOGA 5:45 - 7:00 pm UCC Fitness Studio Registration or drop-in (see inside for info)	ADULT BARRE & BALLET 10:00 - 11:00 am Registration or drop-in (see inside for dates)	UCLUELET RECREATION & PARKS 
MOVE BETTER, SURF BETTER 5:30 - 6:30 pm UCC Fitness Studio Registration or drop-in (see inside for info)	GENTLE FOUNDATIONS YOGA 5:30 - 6:30 pm UCC Fitness Studio Registration or drop-in (see inside for info)	HEELS DANCE 5:30 - 7:00 pm UCC Fitness Studio Registration only (see inside for info)	CHAIR YOGA 10:00 - 11:00 am UCC Main Hall (see inside for info)	MINDFLOW YIN YOGA 7:15 - 8:15 pm UCC Fitness Studio Registration or drop-in (see inside for info)	INDOOR BMX NIGHT 6:00 - 7:30 pm Seaplane Base Rec Hall Drop-in - \$5 (BMX only, no pegs, see inside for dates)	ELEMENTAL EMBODIMENT FLOW YOGA 7:30 - 8:30 pm UCC Fitness Studio (see inside for info)
SWEAT & SASS DANCE 6:45 - 8:15 pm UCC Fitness Studio Registration or drop-in (see inside for info)	MOON YOGA 7:00 - 8:15 pm UCC Fitness Studio Registration or drop-in (see inside for info)	TSUGA KARATE 7:00 - 8:30 pm UCC Main Hall Pre-Registration (see inside for info)	DEEP THEMES YOGA, DANCING WITH THE DIVINE, WALKING THE FOUR DIRECTIONS 5:45 - 7:00 pm UCC Fitness Studio (see inside for info)	ADULT ROLLER SKATING 7:00 - 9:00 pm Seaplane Base Rec Hall Drop-in fee (see inside for dates)	ELEMENTAL EMBODIMENT FLOW YOGA 7:30 - 8:30 pm UCC Fitness Studio (see inside for info)	ADULT GYM 8:00 - 9:00 pm UCC Main Hall Drop-in (see inside for info)
	SHOTOKAN KARATE 7:30 - 8:30 pm UCC Main Hall Pre-Registration (see inside for info)	CONTEMPORARY DANCE 7:10 - 8:10 pm UCC Fitness Studio (see inside for info)	BODHIBLISS YOGA 7:30 - 8:30 pm UCC Fitness Studio (see inside for info) BADMINTON 7:00 - 9:00 pm (USS Gym - October)	<div><p>Check out the Big Beach Cinema movies at the UCC on Thursday's with matinees at 1:30 pm & Sunday's at 2:30 pm.</p><p>SAVE THE DATES:</p><p>Edge to Edge Marathon - October 15</p><p>Halloween Howl - October 29</p><p>Breakfast with Santa - December 16</p><p>UCC CLOSED: DEC 23/23 - JAN 1/24</p></div>		
SOCCER 7:00 - 9:00 pm Drop-in - \$2 (USS Gym)	INDOOR SKATEBOARDING 8:00 - 10:00 pm Seaplane Base Rec Hall Drop-in - \$2	INDOOR VOLLEY BALL 6:30 - 8:30 pm (USS Gym) UKEE POP 8:45 - 9:45 pm Seaplane Base Rec Hall Drop-in \$2	BRAZILIAN JIU JITSU 7:00 - 8:00 pm UCC Main Hall (see inside for info) ROLLER HOCKEY 7:00 - 9:00 pm Seaplane Base Rec Hall			

WELCOME TO FALL 2023!



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 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 September 9 at 9:00 am. There is no early registration. 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 create an account or sign-up to access onlineregistration at <https://ucluelet.ca/community/parks-recreation/activity-guide-registration>

IN PERSON & OVER THE PHONE REGISTRATION

Please check our website for up to date information on the program guide before registering. You may call the Ucluelet Community Centre at 250-726-7772 during office hours, Sunday to Saturday, 9:00 am - 4:30 pm and our staff will be happy to process your request. Payments by cash, cheque, credit card or debit card is accepted.



AVAILABLE FUNDING

The Ucluelet Recreation Department subsidy program is available for all ages to residents of Ucluelet who require financial assistance. Please submit applications prior to the all program guide registration dates. Applications can be found online at www.ucluelet.ca or stop by the UCC to pick one up.

JUMPSTART - Ages (4-18 years) - JumpStart is a community-based charitable program that helps kids in financial need participate in organized sports and recreation. To request funding, 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. To apply go to: www.kidsportcanada.ca.

REFUND POLICY - A full refund or credit will be issued if a course is cancelled.

- * A full program refund will be issued to persons who cancel a program more than two weeks prior to the program start date.
- * A 5% administration fee will be charged to persons cancelling their registration without significant notice prior to the start of a program.
- * A 10% administration fee, plus a prorated program fee will be levied to persons who cancel after a program has begun.
- * Refunds due to illness will be processed as long as the Recreation Department has been notified within 24 hours after the class has taken place; an exemption can be requested from the Director of Recreation & Parks.
- * Classes missed due to vacations or appointments will not be refunded, unless granted an exception in advance.
- * 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.
- * Payments made by credit card will be refunded by the original payment method. Payments made by cash, cheque, or debit will be refunded either as an account credit or by cheque. Please allow a minimum of two weeks processing time for reimbursements.

DROP-IN INFORMATION - Participants are recommended to contact the UCC to ensure a class is running as instructors require a minimum number of registered students for classes to operate. Please note that space is limited and registered students take precedence. Drop-in students are to pay instructors directly by cash or credit card.

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



Abby, Barb, Judy, Candice



EARLY YEARS PROGRAMS

KIDS YOGA

This yoga class will be a forty five 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.



Age 3 -5

Wednesdays, September 13 - October 11

Age 3 -5

4:00 - 4:45 pm

5/\$50

UCC Fitness Studio

Instructor: Norannda Sigmund

MINI BIKERS

Mini Bikers is a program where young kids can get together in a safe fun space and practice their biking skills! There is a small ramp to add to the indoor excitement. Helmets are mandatory and please make sure to sign in each class. ***This program requires volunteers, if you are interested, please email recreation@ucluelet.ca to lend a hand.***



Age 2 - 5



Wednesdays, October 18 - December 20

Seaplane Rec Hall, 160 Seaplane Base Road

Volunteer: Louis Maddiford & Matic Vecko

3:30 - 4:30 pm

Drop-in \$2



EARLY YEARS PROGRAMS

GYMNASTIC CLASSES

The Ucluelet Recreation Department partners with Pacific Rim Gymnastics and Gymnastics BC for all of our of classes. This partnership provides children with extended insurance. 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 are valid from September 2023 - August 2024.

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 to explore. This program makes physical development fun and social. Don't forget your water bottle.

Mondays, September 11 - December 18
(NO CLASS: OCT 2, 9, NOV 13)

Age 1.5 - 3 11:15 - 12:00 pm (with adult) 12/\$132
UCC Main Hall
Coaches: Shelby McCreesh, NCCP L1, Yemaya Windle, NCCP L1, Amanda Scott, NCCP L1, Josie Beamish, NCCP L1.

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.



Mondays, September 11 - December 18
(NO CLASS: OCT 2, 9, NOV 13)

Ages 3 - 5 2:15 - 3:00 pm 12/\$132
UCC Main Hall
Coaches: Shelby McCreesh, NCCP L1, Yemaya Windle, NCCP L1, Amanda Scott, NCCP L1, Josie Beamish, NCCP L1.

WELCOME PARIS ZONDAG - see information on page four.

MOMMY AND ME DANCE CLASS

Age 1.5 - 3

Designed to inspire movement through observation, dance, creative exploration, and songs. We will be using games and toys to explore rhythm and learn simple dance steps. No previous dance experience is required. These classes are open to all mothers, fathers, and caregivers, and are a great way to connect with community members alike.

Thursdays,

Session A: September 14 – October 26 1:30 – 2:15 pm 7/\$70
Session B: November 2 – December 21 1:30 – 2:15 pm 8/\$80
UCC Fitness Studio
Instructor: Paris Zondag

MINI- MOVERS

Age 3 - 5

Starting at the age of three, this is a great program for littles to learn movement and musicality. These classes include fun games and exercises to assist students with their memory, mobility, and flexibility, creating a foundation for future dance practices. These classes are be independent from parents.

Thursdays,

Session A: September 14 – October 26 2:15 – 3:00 pm 7/\$70
Session B: November 2 – December 21 2:15 – 3:00 pm 8/\$80
UCC Fitness Studio
Instructor: Paris Zondag

BALLET

Age: 3 - 5

These classes help to stretch and strengthen the dancers while learning open exercises at the barre and on the floor. Exercises include ballet technique to allow the students to focus on an evolving ballet vocabulary, and musicality. Dancers will learn a combination of choreography which helps to provide self confidence in a positive, informative, and expressive atmosphere.

Saturdays,

Session A: September 16 – October 28* 9:00 – 9:45 am 5/\$50
***(NO CLASS: SEPT 30, OCT 7)**
Session B: November 4 – December 16* 9:00 – 9:45 am 6/\$60
***(NO CLASS: NOV 11)** UCC Fitness Studio
Instructor: Paris Zondag

SWIMMING PROGRAM



*Please welcome our certified Lifesaving Society Instructor
Jessica Hicks.*

WEST COAST MOTEL POOL RULES

***Swimmers are to use back entrance of motel only.**

***Swimmers must rinse off in showers & use the washroom before entering the pool.**

***Swimmers will keep the change room area clean at all times.**

TUESDAYS, OCTOBER 10 - DECEMBER 5 *(NO CLASS NOVEMBER 14)

PRESCHOOL 1 2:30 - 3:00 pm 8/\$112

JELLYFISH/GOLDFISH/SEA HORSE 5:30 - 6:00 pm 8/\$112
PARENT & TOT (4 mos - 3 yrs)

WEDNESDAYS, OCTOBER 11 - DECEMBER 6 *(NO CLASS NOVEMBER 15)

PRESCHOOL 2 2:00 - 2:30 pm 8/\$112

PRESCHOOL 3 2:30 - 3:00 pm 8/\$112

PARENT & TOT SWIM - Age 4 months - 36 months

Especially for children aged 4 months to 3+ years and their parents. Based on the principle "Within Arms Reach", these classes focus on close playful interaction and shared fun between child, parent and water.

Jellyfish - 4 -12 months - Enter & exit the water safely with tot; Readiness for submersion; Hold tot on front, eye contact; Hold tot on back, head & back support; Front float (face out) – assisted; Back float – assisted; Float wearing PFD – assisted; Arms: splashing, reaching, paddling, on front & back; Legs: tickling, splashing, kicking, on front & back.



Goldfish - 12- 24 months - Entry from sitting position - assisted; Exit the water – assisted; Blow bubbles on & in water; Face wet & in water; Attempt to recover object below surface: Entry from sitting position wearing PFD & return – assisted; Front float (face in) – assisted; Back float – assisted; Kicking on front & back – assisted; Surface passes with continuous contact.

Sea Turtle - 24 - 36 months - Jump entry – assisted; Entry & submerge from sitting position – assisted; Exit the water – unassisted; Hold breath underwater – assisted; Attempt to open eyes underwater; Attempt to recover object from bottom; Standing jump entry, return to edge – assisted; Jump entry & float wearing PFD – assisted; Front & back "starfish" floats – assisted; Front & back "pencil" floats – assisted; Kicking on front & back – assisted; Underwater passes.

PRESCHOOL SWIM - Age 3 - 5

The Swim for Life Preschool Program gives children a head start on learning to swim. They'll have fun developing the basics to be safe and confident little swimmers. Water Smart education is part of every Preschool level.

Preschool 1 - Octopus - Enter & exit shallow water - assisted; Jump into chest-deep water – assisted; Face in water; Blow bubbles in water; Float on front & back (3 sec. each) - assisted; Safe movement in shallow water – wearing PFD; Glide on back (3 m. each) - assisted.

Preschool 2 - Crab - Enter & exit shallow water wearing PFD; Jump into chest-deep water; Submerge; Submerge & exhale (3 times); Float on front & back (3sec. each) wearing PFD or with buoyant aid; Roll laterally front to back & back to front, wearing PFD; Glide on front & back wearing PFD (3 m each) wearing PFD or with buoyant aid; Flutter kick on back with buoyant aid (5m).



Preschool 3 - Orca - Jump into deep water wearing PFD, return & exit; Sideways entry wearing PFD; Hold breath under water (3 sec.); Submerge & exhale (5 times); Recover object from bottom in waist -deep water; Back float; roll to front; swim 3 m; Float on front & back (5 sec. each); Roll laterally front to back & back to front; Glide on front & back (3 m each); Flutter kick on back (5 m); Flutter kick on front (3 m).

Preschool 4 - Sea Lion - Jump into deep water, return & exit; Sideways entry; Tread water 10 sec. wearing PFD;. Open eyes under water; Recover object from bottom in chest-deep water; Wearing a PFD, sideways entry into deep water; tread (15 sec.); swim/kick (5 m); Front float; roll to back; swim 5 m; Glide on side (3 m); Flutter kick: on front (7 m); on back (7 m); on side (5 m); Front crawl (5 m) wearing PFD.

Preschool 5 - Narwhal - Forward roll entry wearing PFD; Tread water (10 sec.); Submerge & hold breath (5 sec.); Recover object from bottom in chest-deep water; Wearing PFD, sideways entry into deep water; tread (20 sec.); swim/kick (10 m); Whip kick in vertical position (20 sec.) with PFD or buoyant aid; Front crawl (5m); Back crawl (5 m); Interval training: 4 x 5 m flutter kick on back with 30 sec. rests.



You can spot people who are Water Smart® right away! They're the ones who know how to swim and behave safely in, on and around water. Swim for Life includes fun, hands on teaching activities that focus on teaching water safety for the whole family. Lessons that will last a lifetime!

SWIMMING

GYMNASTICS

DANCE

CHILDREN PROGRAMS

UCLUELET & TOFINO GLEE MUSICAL THEATRE CLUB
PRESENTS: A WEST COAST CHRISTMS CAROL



Have you ever wondered what really made Ebenezer Scrooge so grouchy? Come along with us on a magical journey inspired by the beloved literary tale by Charles Dickens. Students will learn skills in singing, acting and dancing as they perform an original script by Courtney Johnson.

*All students are required to attend the non-instructional school day rehearsal on Monday, Nov 20. Location and time TBA.

*Class groups & times maybe re-evaluated and combined closer to performance date.

*Dress Rehearsal: Thurs, Dec 7.

*Performance dates - December 8 and 9 at 6:30 pm, UCC Main.

Tuesdays, September 12 - December 5*		
*(NO CLASS: OCT 31 & NOV 7)		
Group 1: Kindergarten - Grade 4	3:00 - 3:45 pm	\$249
Group 2: Kindergarten - Grade 4	3:45 - 4:30 pm	\$249
Group 3: Grades 5+ & youth	4:30 - 5:45 pm	\$249
UCC Main Hall		
Instructors: Sarah Hogan & Courtney Johnson		

GLEE CHORAL & VOCALISTS

Do you want to sing on stage but dancing and acting aren't your thing? Well, we may have the solution for you! In this program we will learn several songs that will be performed during the Glee Christmas production. In addition, students will learn vocal skills such as harmonizing, projection, and microphone use.

*All students are required to attend the non-instructional school day rehearsals on Monday, Nov 20. Location and time frames TBA.

*Dress rehearsal: Thursday, December 7

*Performance dates - December 8 and December 9 at 6:30 pm.

Grade 6 +

Tuesday, September 12-December 5*		
*(NO CLASS: OCT 31 & NOV 7)		
Age: Grade 6 +	5:45 - 6:45 pm	\$249
*For students already registered in Glee there is no extra cost.		
UCC Main Hall		
Instructor: Courtney Johnson		

KIDS CLAY

This fun afternoon kids class will introduce 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, coil and slab. Kids will come home with something they can keep forever. All materials and supplies provided.

Age 7 +

Tuesdays,		
Session A: September 12 – October 10		
3:15 – 4:45 pm	5/\$156	
Mondays,		
Session B: October 16 - November 20*		
3:15 – 4:45 pm	5/\$156	
*(NO CLASS: NOV 13)		
UCC Pottery Studio		
Instructor: Ebony Faithful		

KIDS YOGA

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.

Age 6 - 9

Wednesdays, September 13 - October 11		
3:00 - 4:00 pm	5/\$50	
UCC Fitness Studio		
Instructor: Norannda Sigmund		

WELCOME PARIS ZONDAG

Paris grew up dancing in Langley, B.C. She began dancing at a young age and knew she had a passion for teaching early on. Paris has been teaching for ten years within the lower mainland and Victoria. Her students have won many awards and titles at various competitions throughout the lower mainland. Paris has been acknowledged with choreography awards, as well as completing her Certificate for Ballet Teaching Studies with the Royal Academy of Dance, in 2018. Along with ballet, she also teaches lyrical, jazz, musical theatre, and hip-hop. Paris prides herself on creating a welcoming, fun environment for kids where their self- esteem and love for dance can grow.

HIP-HOP

A fast paced funky class focusing on warm up, movement and routines filled with the latest popular dance steps and music. Students will learn the basic Hip-Hop moves, eventually learning and creating combinations of choreography to show off their musicality and skills.

Thursdays,		
Session A: September 14 – October 26		
Age: 6 – 9	3:15 pm – 4:15 pm	7/\$70
Age: 10 +	4:15pm – 5:15 pm	7/\$70
Session B: November 2 – December 21		
Age: 6 – 9	3:15 pm – 4:15 pm	8/\$80
Age: 10 +	4:15 pm – 5:15 pm	8/\$80
UCC Fitness Studio		
Instructor: Paris Zondag		

THEATRICAL DANCE

This is a class where acting and basic dance steps come together. This class is perfect for dancers who love to be on stage and want to put more animation and emotion in their face and dance. We will sing and learn dance steps to popular musical theatre tunes, instilling confidence and expression in a fun musical way.

Thursdays,		
Session A: September 14 – October 26		
Age: 8+	5:30 pm – 6:30 pm	7/\$70
Session B: November 2 – December 21 *		
(NO CLASS: NOV 30, DEC 7, 14)		
5:30 pm – 6:30 pm	5/\$50	
UCC Main Hall		
Instructor: Paris Zondag		

BALLET

These classes help to stretch and strengthen the dancers while learning open exercises at the barre and on the floor. Exercises include ballet technique to allow the students to focus on an evolving ballet vocabulary, and musicality. Dancers will learn a combination of choreography which helps to provide self confidence in a positive, informative, and expressive atmosphere.

Saturdays,		
Session A: September 16 – October 28*		
*(NO CLASS: SEPT 30, OCT 7)		
Age: 6 – 13	10:00 am – 11:00 am	5/\$50
Session B: November 4 – December 16 *(NO CLASS: NOV 11)		
Age: 6 - 13	10:00 am – 11:00 am	6/\$60
UCC Fitness Studio		
Instructor: Paris Zondag		

JAZZ

A fast paced and energized class with popular music. It includes stretching, strengthening, across the floor exercises & choreography. Students will learn the basics of Jazz technique including jumps, turns, and combinations, in a fun and expressive atmosphere.

Saturdays,		
Session A: September 16 – October 28*		
*(NO CLASS: OCT 7)		
Age: 6 +	11:00 am – 12:00 pm	6/\$60
Session B: November 4 – December 16		
Age: 6 +	11:00 am – 12:00 pm	7/\$70
UCC Fitness Studio		
Instructor: Paris Zondag		

Children are not things to be molded,
but are people to be unfolded.

Jess Lair

CHILDREN FITNESS



Please welcome our Lifesaving Instructor - Jessica Hicks.

WEST COAST MOTEL POOL RULES

- *Swimmers are to use back entrance of motel only.
- *Swimmers must rinse off in showers & use the washroom before entering the pool.
- *Swimmers will keep the change room area clean at all times.

TUESDAYS, OCTOBER 10 - DECEMBER 5			*(NO CLASS NOVEMBER 14)
PRESCHOOL 1	2:30 - 3:00 pm	8/\$112	
SWIMMER 1	3:00 - 3:30 pm	8/\$112	
SWIMMER 1 - 2	3:30 - 4:00 pm	8/\$112	
SWIMMER 2	4:00 - 4:30 pm	8/\$112	
SWIMMER 3	4:30 - 5:00 pm	8/\$112	
SWIMMER 3	5:00 - 5:30 pm	8/\$112	
JELLYFISH/GOLDFISH/SEA HORSE PARENT & TOT (4 mos - 3 yrs)	5:30 - 6:00 pm	8/\$112	
WEDNESDAYS, OCTOBER 11 - DECEMBER 6			*(NO CLASS NOVEMBER 15)
PRESCHOOL 2	2:00 - 2:30 pm	8/\$112	
PRESCHOOL 3	2:30 - 3:00 pm	8/\$112	
SWIMMER 3 - 4	3:00 - 3:30 pm	8/\$112	
SWIMMER 4	3:30 - 4:00 pm	8/\$112	
SWIMMER 4	4:00 - 4:30 pm	8/\$112	
SWIMMER 5 - 6	4:30 - 5:00 pm	8/\$112	
ROOKIE/RANGER/STAR PATROL	5:00 - 5:45 pm	8/\$168	

Swim for Life Swimmer Levels - make sure your child learns how to swim before they get in too deep. Each level challenges school aged children 5 years and older to develop safe entries, deep water support, underwater skills, and swimming strokes. Kids learn everlasting healthy habits by getting and staying fit. Swimmer levels include fun, hands on teaching activities that focus on teaching water safety — lessons that will last a lifetime!

Swimmer 1 - Enter & exit shallow water; Jump into chest-deep water; Jump into deep water wearing PFD; Tread water (30 sec.) wearing PFD; Hold breath under water (5 sec.); Submerge and exhale (5 times); Open eyes under water; Float on front & back (5 sec. each); Roll laterally front to back & back to front; Glide on front, back & side (3 m each); Flutter kick on front & back (5 m each); Front Crawl (5 m) wearing PFD.

Swimmer 2 - Jump into deep water, return & exit; Sideways entry wearing PFD; Tread water (15 sec.); Recover object from bottom in chest-deep water; Wearing PFD jump into deep water, tread 30 sec. & swim/kick (15 m); Flutter kick on front, back & side (10 m each); Whip kick in vertical position (30 sec.) with aid; Front crawl & back crawl (10 m each); Interval training: 4 x 5 m flutter kick with 20 sec. rests.

Swimmer 3 - Kneeling dive into deep water; Forward roll entry into deep water; Tread water (30 sec.); Handstand in shallow water; Front somersault (in water); Jump into deep water, tread 30 sec. & swim / kick (25 m); Flutter kick on back (5 m); reverse direction and flutter kick on front (5 m); Flutter kick on front (5 m); reverse direction and flutter kick on back (5 m); Whip kick on back (10 m); Front crawl & back crawl (15 m each); Interval training: 4 x 15 m flutter kick with 20 sec. rests.

Swimmer 4 - Standing dive into deep water; Tread water (1 min.); Swim underwater (5 m); Canadian Swim-to-Survive Standard: Roll entry into deep water, tread 1 min. & swim 50 m; Whip kick on front (15 m); Breaststroke arms drill (15 m); Front crawl & back crawl (25 m each); Interval training: 4 x 25 m front or back crawl with 20 sec. rests; Sprint front crawl (25 m).

Swimmer 5 - Shallow dive into deep water; Tuck jump (cannonball) into deep water; Jump entry into deep water & tread 2 min; Stationary eggbeater kick (30 sec.); Back somersault (in water); Roll entry into deep water, tread 90 sec. & swim 75 m; Breaststroke (25 m)8. Front crawl & back crawl (50 m each); Head-up front crawl (10 m); Interval training: 4 x 50 m front or back crawl with 30 sec. rests; Interval training: 4 x 15m breaststroke with 30 sec. rests; Sprint front crawl & back crawl (25 m each).

Swimmer 6 - Stride entry into deep water; Compact jump into deep water; Legs-only surface support 45 sec; Swim underwater (10 m) to recover object; Eggbeater kick on back (15 m); Scissor kick (15 m); Breaststroke (50 m); Front crawl & back crawl (100 m each); Head –up swim 25 m; Interval training: 4 x 25 m breaststroke with 30 sec. rests; Sprint breaststroke (25 m); Workout (300 m).

Rookie Patrol - Swim 25 metre head-up front crawl or breaststroke; Demonstrate ready position with a stationary scull for 30 secs; Carry a 5lb object 15 m using swimmer’s choice of lifesaving kick; Demonstrate a foot first and head first surface dive to a maximum of 2 m; Demonstrate 25 m legs only using swimmers choice of lifesaving kick; Demonstrate the ability to inflate 2 items of clothing and use as an buoyant assist; Swim 25 m using any stroke; demonstrate ability to swim under an obstacle located at the halfway point; Swim front crawl, back crawl, & breaststroke 50 m; Complete a 350m workout on 3 different occasions throughout training course. Warm-up 100m, work set: 6 x 25 m, any stroke on 60 sec; cool down 100m; Swim 100 m in 3 minutes or better using any stroke or combination or strokes, swimmers choice.

Ranger Patrol - Demonstrate 1 forward & 1 backward somersault in the water as a continuous sequence; stride entry and swim 25 meters head-up front crawl or breaststroke; assume ready position; Demonstrate 25 m eggbeater kick on back; Support 5lb object for at least 1 minute in deep water; Head-up approach into surface dive to a maximum depth of 2 m. Swim underwater for at least 2- 3 metres to recover a small object. Surface and carry object to starting point; Demonstrate an assisted removal of a conscious victim; Swim front crawl, back crawl and breaststroke 75 m; Swim a 100 m individual medley as follows: 25 m each of lifesaving kick, back crawl, breaststroke, front crawl; Swim 200m in 6 minutes using any stroke or combination of strokes.

SWIMMING INFO CON'T

Star Patrol - Demonstrate at least 2 different entries with different aids; Entry with aid & swim 25 m head-up front crawl or breaststroke. Assume ready position & demonstrate ability to scull forward, backward & turn; Demonstrate defense methods from the front, side & rear; Demonstrate eggbeater kick showing ability to travel, change direction & height levels; Carry a 10lb object 25 m using swimmers choice of lifesaving kick; Demonstrate the removal of an unconscious victim with the assistance of an untrained bystander; Head-up approach into head first surface dive to a maximum of 2m. Swim underwater for 5 - 10 metres & surface. Foot first surface dive, max 2 m, recover an object and return it to the starting point; Demonstrate in shallow water, the ability to turn a victim face-up & support the face above the surface; Swim front crawl, back crawl and breaststroke 100 metres each; Complete a 600 m workout at least 3 times during training course. Warm-up 25 m lifesaving kick, 50 m each of back crawl, breaststroke, front crawl, stroke drills 5 x 25m, work set 4 x 50 m on 90 sec, cool down, 100 m; Swim 300 m in 9 minutes using any stroke or combination of strokes.

GYMNASTICS

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 are valid from September 2023 - August 2024.*

Recreational members participate in artistic, acrobatic, aerobic, parkour, cheerleading, basic circuits, and art programs.

The competitive members (age 12-18) and **pre-competitive members** (age 7-11) 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.

Cheer - All start cheer is a dynamic team sport for boys and girls that is primarily competitive adn highly athletic. Participants will perform a two minute and thirity second routine that is choreographed that includes dancing, jumping, tumbling, stunting and pyramids to music. Athletes compete at various levels. Athletes must have runners, hair tied back adn all jewelry taken off.

Gymstrada Performance Group - This performance - based class is for athletes ages 6+ who are interested in joining a travelling gymnastics and cheer performance team. Athletes in this group will travel to events across the island and the mainland to perform choreographed routines

Parkour & Gymnastics - this class is for children who would prefer to focus on equipment like the 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 to put equipment away on Monday evenings. Please let Shelby know of any availability you might have. *Thank you!*

Sundays, September 10 - December 17		
(NO CLASS: OCT 1, 8, 15, NOV 12)		
Parkour	2:40 - 3:40 pm	11/\$121
Gymstrada Performance Group	3:50 - 4:50 pm	11/\$121
Pre-Competitive	5:00 - 7:00 pm	11/\$242
Competitive	6:00 - 8:00 pm	11/\$242
Mondays, September 11 - December 18		
(NO CLASS: OCT 2, 9, NOV 13)		
Parent & Tot (1.5 - 3 yrs)	11:15 - 12:00 pm	12/\$132
Homeschool Gym & Cheer	1:15 - 2:00 pm	12/\$99
Tiny Tumblers (ages 3 - 5 yrs)	2:15 - 3:00 pm	12/\$132
High School & Levels 6 +	3:45 - 5:15 pm	12/\$198
Ages 5 - 6 & Level 1 - 3	5:15- 6:15 pm	12/\$132
Boys Rec & Level 3 - 5	6:15 - 7:15 pm	12/\$132
UCC Main Hall		
Coaches: Shelby McCreesh, NCCP L1, Yemaya Windle, NCCP L1, Amanda Scott, NCCP L1, Josie Beamish, NCCP L1		

SWIMMING

GYMNASTICS

CHILDREN FITNESS

TSUGA SPROUTS

The children who join this program will build body awareness, coordination, fitness, and confidence. They will learn a mental and physical skill set that can be used to progress in the sport of their choosing as they grow. Participants can expect a more free-form and relaxed environment with warm up, stretching, basic drills and games. No equipment or experience required, wear comfortable clothing to move freely.

Cultivate, nourish, flourish.



Wednesdays,
Session A: September 13 - October 25 5:00 - 6:00 pm 7/\$70
Session B: November 1 - December 20 5:00 - 6:00 pm 8/\$80
UCC Main Hall
Instructor: Eric Kingsley

TSUGA SAPLINGS

This program offers an introduction to traditional Karate and will be focused on sport applications of the martial arts as well as personal self-defense. Participants will gain a strong knowledge of foundational Karate techniques and their applications. Participants can expect a more structured environment with warm up, stretching, basic drills and games. Please wear all white, comfortable clothing to move freely. No other equipment is required. No experience required.

Cultivate, nourish, flourish.



Wednesdays,
Session A: September 13 - October 25 6:15 - 7:15 pm 7/\$70
Session B: November 1 - December 20 6:15 - 7:15 pm 8/\$80
UCC Main Hall
Instructor: Eric Kingsley

INDOOR 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.

Tuesdays, October 3 - December 12
Beginners & Families (ages 4 -7) 6:30 - 7:15 pm \$2 drop-in
Advanced Boarders (ages 10+) 7:15 - 8:00 pm \$2 drop-in
Adults 8:00 - 10:00 pm \$2 drop-in
Seaplane Base Rec Hall
Volunteers: Ollie Ouellet & Leon Davies

UKEE POP - PALS ON PLANKS

Join this supportive and inclusive skate night with a focus on creating representation for females and LGBTQ2S skaters. Folks of all experiences and abilities are welcome. Extra gear can be provided for those who don't have any. Helmets are mandatory.

Wednesdays, October 4 - December 13
Beginners & Families 7:45 - 8:45 pm \$2 drop-in
Adults 8:45 - 9:45 pm \$2 drop-in
Seaplane Base Rec Hall
Volunteers: Rylie Noyes & Krista Bohlen

INDOOR BMX NIGHT

Drop into the indoor BMX arena at the Rec Hall this spring. Practice your maneuverability, some jumps and tricks. **Helmets are mandatory** and participants must sign a waiver of liability.

Saturday, October 7, 21, November 4, 18, December 2, 16
All ages welcome 6:00 - 7:30 pm \$5 drop-in
Location: Seaplane Base Recreation Hall
Volunteers: Chris Denman, Layton McCleod

SOCCER season - SEPTEMBER 2023 - MARCH 2024



Welcome to the 2023 - 2024 Soccer season.

Participants playing soccer will learn the importance of teamwork, while learning the rules of the game and practicing their soccer techniques and skills.

Soccer teams U-7 to U-13 will practice once a week and play games against Tofino twice a month.

Thank you to our fabulous volunteer coaches who make this sport possible and the Ucluelet Parks Team for the field preparation and maintenance.

Please note: those teams without coaches will be on hold until volunteers are in place.

We are always looking for more coaches to assist with this program so if you are interested in volunteering with soccer please email recreation@ucluelet.ca

For information on westcoast travel teams please contact Tracy Andrews @ 250-720 -1532.

SOCCER

SOCCER - U5	Born in 2019/20
Playing soccer is a great way to develop motor skills, balance and engage your little one in physical fitness.	
Practice: TBA	
Coach: TBA	Cost: \$60
SOCCER - U7	Born in 2017/18
Practice: TBA	
Coach: Matt Lock & Toni Buston	Cost: \$60
SOCCER - U9	Born in 2015/16
Practice: TBA	
Coaches: Kevin Mair & Faye Missar, Sheldon Vos	Cost: \$60
SOCCER - U9 FEMALE	Born in 2015/16
Practice: TBA	
Coaches: Dave Tovell, & Risa Venuto	Cost: \$60
SOCCER - U11 FEMALE	Born in 2013/14
Practice: TBA	
Coach: TBA	Cost: \$60
SOCCER - U11 MIXED	Born in 2013/14
Practice: TBA	
Coach: Tracy Andrews & Jon Hopkins	Cost: \$60
SOCCER - U13 MIXED	Born in 2011/12
Practice: TBA	
Coach: Jessica Hicks	Cost: \$60

GOALKEEPER TRAINING

These goalkeeper sessions are geared towards helping kids build their confidence in net. Each session will have a different focus. I will be covering ball handling, safe diving, distribution, reflexes, agility and communication. No experience required, come out and have some fun while learning great techniques.



Saturdays, September 16, October 21, November 18, December 9
U-7 & U-9 9:00 am - 10:00 am \$40
U11 - U-13 10:00 am - 11:00 am \$40
Tugwell Field, Forbes Road
Coach: Risa Venuto

CPR C

Age: 16+

This is a certification course taught by local instructor Emre Bosut. Topics covered include: AED (Automated External Defibrillator), Basic patient assessment, chocking, deadly bleeding, and CPR. This is a great course for a refresher on how to deal with life threatening emergencies and practice hands on CPR.



Saturday, October 21	\$80 + gst
UCC Activity Room 1	9:30 - 1:30 pm
Instructor: Emre Bosut	
Swell Education Swell Paddle + Surf Tofino	swelltofino.com

TOTALLY FUN FRIENDS WINTER CAMP

Age 6+

Come have some fun creating a bunch of cool things! We will make snazzy fridge magnets, popsicle stick animals, enjoy sponge painting, marble painting and tie dying. Get outside to enjoy adventures to the basketball court and Big Beach! Put on your running shoes and join us in this epic four day camp of good vibes and laughter! Please bring a cotton shirt for tie dying, water bottle, lunch and appropriate clothing.



Tuesday to Friday, January, 2 - 5 9:30 am – 3:00 pm
UCC Activity Room 1 \$185
Instructor: Uma Sharma, Assistant: Radha Sharma Herrington

YOUTH PROGRAMS

THE EDGE YOUTH ROOM

COORDINATORS - Toni Buston & Tristan Godberson
ASST CO - Sheena Charleson, Lexi Toscano,
Susi Kummer

CLOSED DURING STATUTORY HOLIDAYS

UCLUELET COMMUNITY CENTRE - 500 MATTERSON DR

YOUTH DROP-IN

Come on by and just hang out, play games, do homework, get support, use our free art supplies and enjoy some snacks.

Mondays to Thursdays, September 11 - December 22
3:30 - 6:30 pm

YOUTH FOOD INITIATIVE

Enjoy eating tasty food each week while learning skills to cook and bake nourishing food.



Mondays, September 11 - December 18
5:00 - 6:30 pm

OUTDOOR LEADERSHIP GROUP

Join this group and help guide what training and activities you would like to learn while developing leadership and outdoor skills.



Thank you to the Clayoquot Biosphere Trust for program funding.

Tuesdays, September 12 - December 19
6:00 - 8:00 pm

STUDENT OF LEADERSHIP GROUP

This group meets weekly to increase connection among youth and their community by planning events, trainings and opportunities to hear the voices of our youth, see their talents, and their needs.



Wednesdays, September 13 - December 20
3:30 - 4:30 pm

ART NIGHT

A drop-in time to bring a project you're working on or start something new. We have lots of supplies in the youth room or feel free to bring your own with you.



Thursdays, September 14 - December 21
6:00 - 8:00 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, TBA
UCC Main Hall
Facilitators: TBA
6:00 - 10:00 pm

UKEE ROLLER RINK

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*, 12:30 - 3:00 pm *(NO CLASS: OCT 8 & NOV 12) \$5 drop in
Seaplane Base Recreation Hall, 160 Seaplane Base Road

YOUTH & ADULT

Fridays, September 29, October 13, November 17, December 15
7:00 - 9:00 pm \$5 drop in fee Age 15+
Join Lyvi for a fun filled skate night with Hip/Hop, RnB

Volunteer Instructor: Lyvi Rivera



ADULT PROGRAMS

INTRO TO WHEEL

This class is perfect for beginners who wish to give wheel throwing a spin! Students will learn the basics to throwing on the potter's wheel as well as the basics of glazing and the ceramic process. Although this is a beginner class, some previous hand building experience may be an asset but is not a requirement. Bring your open minds, creativity and get ready to get muddy! Cost of the class includes all materials. Bring an apron if you have one.



Age 16+

Tuesdays, September 12 - October 17

UCC Pottery Studio
Instructor: Ebony Faithful

6:00 - 8:00 pm
6/\$265 + gst

ADULT HANDBUILDING

This five week hand building class is perfect for beginners to try their hand at a new medium. Students will learn a number of ceramic techniques used in hand building such as pinch pots, coils, slab and using molds. Students will also learn the basics of glazing and the ceramic process. So bring your ideas and inspiration and your teacher will be right there with you to guide and encourage you to make beautiful items you can keep forever. Cost of the class includes all materials. Bring an apron if you have one.



Age 16+

Tuesdays, October 24 - November 28*

*(NO CLASS: OCT 31)

UCC Pottery Studio
Instructor: Ebony Faithful

6:00 - 8:00 pm
5/\$220 + gst

POTTERY STUDIO MONTHLY MEMBERSHIPS

There are a limited number of monthly members in the Pottery Studio. You must have taken at least one course, be comfortable and knowledgeable to work **independently** in the studio. The studio is intended for recreational use only and is not set-up for commercial use. Membership fees includes use of the room, equipment and firing. The studio recycles all clay so members must use clay provided by studio. Clay can be purchased from the studio coordinator and the costs includes use of glaze and underglaze. The Studio coordinator will set up an orientation with new members. A google doc allows members to schedule studio use. There is a maximum of six participants per session permitted.

* Please note we have a lengthy waitlist and patience is required to gain access to the pottery studio. Thank you.

Monthly Membership: \$120 + gst

Hours of Availability: Sunday - Saturday, 9:00 am - 4:00 pm & Wednesdays, 5:00 - 9:00 pm, **excluding all statutory holidays and programmed classes.**

BABY PRINTS WORKSHOP

Immortalize your little ones feet or hand prints in a ceramic print! A nice keepsake or a special gift. Parents are welcome to bring their toddlers or babies down to the studio to press hands or feet into a clay slab. Write whatever you like on the slab and choose a glaze option for our studio coordinator, Ebony to finish your creation and pick up once fired. Pressing should only take about 10/20 minutes and parents have a choice between one larger clay imprint or two smaller imprints.



Monday, November 27 Come to class between 5:30 pm - 7:30 pm
UCC Pottery Studio
Instructor: Ebony Faithful
\$30 + gst

XMAS CRAFT WORKSHOP

Get into the holiday cheer and join Ebony in the studio to make some Christmas ornament decorations! Come and and-build some Christmas ornaments for your tree or gifts for your friends and family. Students can expect to make roughly ten or so ornaments. The first class is for creating and the second class for glazing.



Age 15+

Monday, December 4 & 11
UCC Pottery Studio
Instructor: Ebony Faithful

5:30 pm - 7:30 pm
\$70 + gst

CERAMICS

YOUTH

ADULT FITNESS

DROP -IN INFORMATION

Participants are recommended to contact the UCC at 250-726-7772 to ensure a class is running as instructors require a minimum number of registered students for classes to operate. Please note that space is limited and registered students take precedence. Drop-in students are to pay the instructor directly at the beginning of class by cash or credit card, please do not be late.

ADULT GYMNASTICS

Open gym caters to all fitness and experience levels whether you want to learn new skills or maintain old ones on a variety of gymnastics apparatus including sprung floor, beam, uneven and parallel bars, vault and rings. Its starts with a guided full body warm up which contains strength and conditioning exercises followed by supervised time in the gym and then ending with a cool down stretch focused on increasing mobility and flexibility. A certified coach is available to provide conditioning, drills and progressions needed to achieve personal gymnastics goals. Skills new participant can expect to learn are rolls, bridges, cartwheels, handstands, leaps and turns. Everyone welcome.



Drop-in \$10, cash or credit card.

Sundays, September 10 - December 17 8:00 - 9:00 pm
(NO CLASS: OCT 1, 8, 15, NOV 12)
UCC Main Hall (minimum of three students required)
Instructor: Shelby McCreesh, NCCP 1

MOVE BETTER SURF BETTER

This surf fitness class is designed to improve your next day, and every day life. This practice will develop your strength, balance and range of motion through an ever-changing set of unique exercises drawing from plyometrics, calisthenics, animal flow and yoga.



Drop-in \$15, please read drop-in information.

Mondays,
Session A: September 11 - October 30 5:30 - 6:30 pm 6/\$72 + gst
*NO CLASS: OCT 2, 9)
Session B: November 6 - December 18* 5:30 - 6:30 pm 6/\$72 + gst
*NO CLASS: NOV 13)
UCC Fitness Studio
Instructor: Brett Hemstock

SWEAT & SASS DANCE

Get ready to sweat and bring the music to life with your body, in a fun and supportive environment. You can expect a sexy sizzle each week as we jump into different dance genres, such as jazz, contemporary, funk/hip hop, & Latin. Come learn new moves and improve your technique as you are guided through an easy to follow routine. All levels are welcome.



Drop-in \$15, please read drop-in information.

Mondays,
Session A: September 11 - October 30* 6:45 - 8:15 pm
* (NO CLASS: OCT 2, 9) 6/\$78 + gst
Session B: November 6 - December 18* 6:45 - 8:15 pm
* (NO CLASS: NOV 13) 6/\$78 + gst
UCC Fitness Studio
Britt Buirs

SWEAT SERIES

This early morning full body fitness class is one that will wake you up and get your heart moving in the right direction. With a combo of HIIT, circuit training and dynamic body weight exercises, you will be sure to work your whole body from head to toe! Leave class feeling, energized, empowered, and ready to embrace whatever the rest of your day has in store.



Drop-in \$15, please read drop-in information.

Tuesdays,
Session A: September 26 - October 31 6:30 - 7:30 am 6/\$72 + gst
Session B: November 7 - December 12 6:30 - 7:30 am 6/\$72 + gst
Thursdays,
Session A: September 28 - November 2 6:30 - 7:30 am 6/\$72 + gst
Session B: November 9 - December 14 6:30 - 7:30 am 6/\$72 + gst
UCC Fitness Studio
Instructor: Sierra Talbot-Kelly

ADULT BALLET & BARRE CLASS

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



Drop-in \$15, please read drop-in information.

Saturdays, September 16 - November 4*
*(NO CLASS: SEPT 30, OCT 7, 14) 10:00 - 11:00 am 5/\$60 + gst
UCC Fitness Studio
Instructor: Sandra Hinder

INTRODUCTION TO HEELS DANCE

Ever wanted to try Heels dance but wasn't sure where to start? This workshop will provide an inclusive introduction to the style that is perfect for those new to dance. Each workshop will include an overview of the history of heels/hip-hop dance, a full body warm up, technique exercises, and choreography in an upbeat environment. Heels are not required, flat shoes (such as sneakers) are also a great option.



Drop-in \$18, please read drop-in information.

Tuesdays, October 24, November 7, 21, December 5
UCC Fitness Studio 5:30 - 7:00 pm
Instructor: Kristen Walters 4/\$64 + gst

HEELS DANCE

This heels class is a progressive class composed of past students and/or experienced students. Heels dance is a style of dance that blends elements of jazz, contemporary, and hip hop dance to high-energy music (think Beyonce!). This class will provide an approachable introduction to heels dance where students will explore heels technique and musicality in a supportive, fun, atmosphere. Low heels (e.g. ankle books) are optional, but highly encouraged.

Wednesdays, October 18 - December 6 5:30 - 7:00 pm
UCC Fitness Studio 8/\$128 + gst
Instructor: Kristen Walters

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.

Drop-in \$18, please read drop-in information.

Wednesdays, October 18 - December 6 7:10 - 8:10 pm
UCC Fitness Studio 8/\$128 + gst
Instructor: Kristen Walters

WELCOME VISHAL DEVANI

Vishal Devani started training in karate when he was only five years old and has since received his 2nd Degree Black Belt in Shotokan Karate as well as his 2nd Degree Black Belt in Ryukyu Kobudo. He has competed and won medals in tournaments in both Kenya and Canada, including most recently representing BC in the International Shotokan Karate Federation National Karate Tournament in 2019.



SHOTOKAN KARATE

Learn karate, the Way of the Empty Hand! Karate is a striking martial art with both a traditional and a sport side to it. These classes will explore both, providing a fun structured way to increase fitness and coordination, as well as learn new skills and techniques. Classes open to all experience and fitness levels!

Drop-in \$15, please read drop-in information

Tuesdays, 7:30 - 9:00 pm
Session A: September 12 - October 24 7/\$84 + gst
Session B: November 7 - December 19 7/\$84 + gst
UCC Main Hall
Instructor: Vishal Devani

DANCE

FITNESS

ADULT FITNESS CON'T

MARTIAL ARTS

TSUGA

This is a traditional Karate class for youth and adults. Those who join this program will grow knowledge about Okinawan Karate, its origin, traditions, philosophies, and development. You will learn numerous Karate techniques directed at both sport and self defense applications. Participants can expect a traditional environment with bow in and bow out, warm-up, stretching, kata and combat training. Please wear all white, comfortable clothing to move freely. No other equipment is required but you may purchase a Karate uniform if you would like. No experience required.

Cultivate, nourish, flourish.



Drop-in \$12, please read drop-in information.

Wednesdays,
Session A: September 13 - October 25 7:30 - 9:00 pm 7/\$70
Session B: November 1 - December 20 7:30 - 9:00 pm 8/\$80
UCC Main Hall
Instructor: Eric Kingsley

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.



Drop-in \$10, please read drop-in information.

Thursdays,
Session A: September 7 - October 26 7:00 - 8:00 pm 8/\$80 + gst
Session B: November 2 - December 21* 7:00 - 8:00 pm 5/\$50 + gst
***(NO CLASS: NOV 30, DEC 7, 17)**
UCC Main Hall
Instructor: Daniel Allos & Christian Sampson

COMMUNITY ACUPUNCTURE

Join us at community acupuncture for affordable and accessible acupuncture care. This is a shared treatment room where folks are fully clothed in reclining chairs or yoga mats with pillows. Loose fitting clothes are worn so they easily roll up to expose the arms and legs. The room is kept as quiet as possible by whispering and relaxing music is played. Each person will have a quick and concise intake and receive acupuncture based on unique symptoms and health goals.



Thursdays,
September 14, October 12, 26, November 9, 23, December 7, 21
The sessions range from 30 - 45 minutes between 4:00 pm - 6:00 pm
UCC Activity Room 1 or 2 Payment is on a sliding scale \$35 - \$65 + gst
Certified practitioner: Lyndsay Daly

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 \$15, please review drop-in information.

Tuesdays, September 12 - October 10 5:30 - 6:30 pm
UCC Fitness Studio 5/\$60 + gst
Instructor: Norannda Sigmund

MOON YOGA

Come and get in tune with the moon with this weekly yoga practice. Each week the class will be themed to what the moon is doing. The class will include, movement, meditation and manifestation. There will be yin, hatha and flow styles incorporated through the 5 week series. This class is suitable for all levels, come and learn about the moon's cycle and apply movement and meditations for each stage.

Drop-in \$18, please review drop-in information.

Tuesdays, September 12 - October 10 7:00 - 8:15 pm
UCC Fitness Studio 5/\$75 + gst
Instructor: Norannda Sigmund

YOGA

ADULT FITNESS CON'T

DEEP THEMES FLOW YOGA

Each 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 \$15, please read drop-in information.

Thursdays, September 7 - 28

5:45 - 6:45 pm

4/\$48 + gst

Big Beach Gazebo (UCC Fitness Studio in inclement weather)

Instructor: Heather Durward

DANCING WITH THE DIVINE

In this class we will explore invocation of a different Hindu deity and their deep teachings each week through story, mantra, pranayama and embodied practice (asana). This is a mixed level vinyasa flow style class suitable for those with some previous yoga experience and free of new injuries.

Drop-in \$18, please read drop-in information.

Thursdays, October 5 - 26

5:45 - 7:00 pm

4/\$60 + gst

UCC Fitness Studio

Instructor: Heather Durward

WALKING THE FOUR DIRECTIONS SERIES

In this series we will weave ancient teachings of the Q'ero people of Peru with the sacred practice of yoga originating from India. The medicine wheel is a cross cultural map and journey found in various parts of the world to promote health , healing and wholeness in one's life and community. Together we will explore the four directions and their associated teachings and archetypes from this lineage. This class is a mixed level flow yoga.

Drop-in \$18, please read drop-in information.

Thursdays, November 2 - December 7

5:45 - 7:00 pm

6/\$90 + gst

UCC Fitness Studio

Instructor: Heather Durward

BODHIBLISS YOGA

Bodhi bliss is a relaxation based practice to release physical and mental tension and calm the nervous system. We will explore various styles of low impact yoga, gentle flowing movements, long holds , soothing breath practices, and the support of several props while staying close to the ground. Participants will also have the option of receiving hands on massage throughout the class to take them deeper into the receptive experience. This class is suitable for everyone free of new or inflamed injuries.

Drop-in \$15, please read drop-in information.

Thursdays,

Session A: October 5 - November 9

7:30 - 8:30 pm

6/\$72 + gst

Session B: November 16 - December 14

7:30 - 8:30 pm

5/\$60 + gst

UCC Fitness Studio

Instructor: Heather Durward

A DARK NIGHTS RESTORATIVE SOUND JOURNEY

Allow yourself to be guided into a dreamy receptive state through this restorative yoga practice accompanied by the soothing sounds or various instruments. Please bring a pillow, blanket and something to cover your eyes to enhance your experience.

Drop-in \$25, please read drop-in information.

Saturday, November 18

7:00 - 8:15 pm

\$25 + gst

UCC Fitness Studio

Instructor: Heather Durward

WINTER SOLSTICE

Let us gather on the longest night of the year to honour and celebrate our light within and welcome the coming of the light. We will open Sacred space through mantra, move through a warming embodied yoga practice followed by a guided meditation where we will journey from the darkness to the light. Please bring a pillow, blanket, covering for your eyes, a journal and a pen.

Drop-in \$25, please read drop-in information.

Thursday, December 21

7:00 - 8:30 pm

\$25 + gst

UCC Fitness Studio

Instructor: Heather Durward

Yoga provides us tools and techniques to lead a stress-free and a tension-free life.

YOGA

ELEMENTAL SOUND BATH & RESTORATIVE YOGA

Recharge your frequency and bathe in the healing powers of music & sound. Come rest in restorative poses while you nurture your nervous system, soul & every cell in your body. Using musical instruments - sound bowls, cymbals, rainstick, thunder, rattles & chimes, you will leave feeling both expansive & grounded, with a deep connection to your heart's centre. Everyone is welcome.

Saturday, September 23, November 25

7:00 - 9:00 pm

\$40 + gst

Instructor: Erin Hamilton

UCC Fitness Studio

*Drop -in \$45 per session if space is available, see drop-in information

ELEMENTAL EMBODIMENT FLOW YOGA

This vinyasa flow practice leans into the sacred connection of breath, which allows students to drop into their physical body and out of their mind. The intention is to help support students by weaving in yogic inspired movements which will help create a sense of oneness.

Drop-in \$15, please read drop-in information.

Saturdays,

Session A: September 16 - November 4*

7:30 - 8:30 pm

4/\$48 + gst

*(NO CLASS: SEPT 23, OCT 14, 21)

Session B: November 25 - December 16

7:30 - 8:30 pm

4/\$48 + gst

Sundays,

Session A: September 17& November 5

7:30 - 8:30 pm

2/\$24 + gst

Session B: November 19 - December 17*

7:30 - 8:30 pm

4/\$48 + gst

*(NO CLASS: NOV 26)

UCC Fitness Studio

Instructor: Dori Sterling

OLDER ADULT PROGRAMS

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 twice weekly practice. No experience is required.

Mondays & Wednesdays, September 6 - December 20*

*(NO CLASS: OCT 2, 9)

10:30 - 11:30 am

UCC Main Hall & Fitness Studio

\$3 drop-in

Instructor: Jan Draeseke

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 combinations and a gentle stretching and cool down.

Tuesdays & Fridays, September 8 (ongoing)

9:00 - 10:00 am

UCC Main Hall

\$6 drop-in

Instructor: Sarah Hogan

CHAIR YOGA

Yoga for older adults is an excellent way 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.

Thursdays, September 8 (ongoing) *

10:00 -11:00 am

*(NO CLASS: NOV 2, 30)

\$2 drop-in

Volunteer: Cris Martin

UCC Main Hall

WATER WARM-UPS

Start your week of learning strategic movements in the water that will stretch muscles, and improving circulation. This class is for all levels and easily adaptable for advanced students. Cris's instructions will leave you with the knowledge on pool fitness for your future.

Mondays, October 23 - December 11*

2:00 - 2:45 pm

*(NO CLASS: NOV 13)

7/\$56 + gst

Volunteer: Cris Martin

West Coast Motel

PICKELBALL

No experience required, all ages welcome. Spare paddle and balls are available. Don't worry about having a partner, there are lots of people to play with. Once players have created an account at the UCC, you will be emailed a google document to schedule your play time.

Mondays, Wednesdays, Fridays, Saturdays, Sundays

9:00 - 3:00 pm

9:00 - 12:00 pm

September 4 (ongoing)

\$3 drop-in fee

Punch Cards available at UCC

25/\$50 + gst

Seaplane Base Recreation Hall, 160 Seaplane Base Road

UCLUELET PARKS & RECREATION

250 726-7772

WWW.UCLUELET.CA

10