

2024 FALL PROGRAM GUIDE

UCLUELET RECREATION DEPARTMENT

REGISTRATION OPENS
SEPTEMBER 4

PROGRAMS RUN SEPTEMBER - DECEMBER

WWW.UCLUELET.CA

RECREATION@UCLUELET.CA

250-726-7772



GLEE WINTER 2024 - THE HISTORY OF ROCK & ROLL

- 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)	DANCE FIT 50+ 9:00 - 10:00 am UCC Main Hall (see inside for info)	RISE & SHINE YOGA 7:30 - 8:30 am UCC Fitness Studio Registration or drop-in (see inside for info)	SLOW TO FLOW YOGA 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)	UCLUELET RECREATION & PARKS 	FAMILY DAY ROLLER SKATING 12:30 - 3:00 pm Seaplane Base Rec Hall (see inside for dates)
ADULT GYM 12:00 - 1:00 pm UCC Main Hall Drop-in (see inside for info)		CHI GONG PRACTICE 10:30 - 11:30 am UCC Main Hall (see inside for info)	CHAIR YOGA 10:00 - 11:00 am UCC Main Hall (see inside for info)	BARRE FIT 12:00 - 1:00 pm UCC Fitness Studio Registration or drop-in (see inside for info)		ADULT GYM 6:00 - 7:00 pm UCC Main Hall Drop-in (see inside for info)
THE FUTURE BELONGS TO THOSE WHO BELIEVE IN THE BEAUTY OF THEIR DREAMS.	GENTLE YOGA FOUNDATIONS 5:30 - 6:30 pm UCC Fitness Studio Registration or drop-in (see inside for info)	DANCE COLAB 5:30 - 6:30 pm UCC Fitness Studio Registration only (see inside for info)	DEEP THEME VINYASA FLOW YOGA 5:45 - 7:00 pm BODHIBLISS YOGA 7:15 - 8:15 pm Registration or drop-in UCC Fitness Studio	FLOW & PLAY YOGA 5:45 - 6:45 pm UCC Fitness Studio Registration or drop-in (see inside for info)		BRAZILIAN JIU JITSU 6:00 - 7:00 pm UAC Hall Registration or drop-in (see inside for info)
	YIN YOGA 7:00 - 8:15 pm UCC Fitness Studio Registration or drop-in (see inside for info) Call UCC for Dec info	WAVES & FLOW YIN YOGA 7:00 - 8:15 pm UCC Fitness Studio Registration or drop-in (see inside for info)	WATER METHOD DAOIST QIGONG 7:00 - 8:30 pm UCC Main Hall Registration or drop-in (see inside for dates)	YIN YOGA & SOUND 7:00 - 8:15 pm UCC Fitness Studio Registration or drop-in (see inside for info)	The STRUGGLE you're in TODAY is developing the STRENGTH you need for TOMORROW	ELEMENTAL SOUND BATHS & RESTORATIVE YOGA 7:00 - 9:00 pm UCC Fitness Studio (see inside for dates)
	DRAGON TIGER MEDICAL QIGONG 7:00 - 8:30 pm UCC Main Hall Registration or drop-in (see inside for dates)	DANCE TEMPLE 7:00 - 8:30 pm UCC Main Hall Drop-in only (see inside for dates)	BRAZILIAN JIU JITSU 7:00 - 8:00 pm UAC Hall Registration or drop-in (see inside for info)	ADULT ROLLER SKATING 7:00 - 9:00 pm Seaplane Base Rec Hall (see inside for dates)	Check out Big Beach Cinema Thursday matinees at 1:30 pm or Sunday at 2:30 pm, call for dates. SAVE THE DATES:  Halloween Howl - October 27 Breakfast with Santa - December 7 UCC CLOSURE: December 22/24  January 4/25  	
INDOOR SOCCER 7:00 - 9:00 pm Drop-in - \$2 (USS Gym) (non-markable shoes)	INDOOR SKATEBOARDING 8:00 - 10:00 pm Seaplane Base Rec Hall INDOOR BASKETBALL 7:00 - 9:00 pm (USS Gym)	INDOOR VOLLEY BALL 6:30 - 8:30 pm (USS Gym) UKEE POP 8:00 - 9:00 pm Seaplane Base Rec Hall	BADMINTON 7:00 - 9:00 pm (USS Gym - October 3) ROLLER HOCKEY 7:00 - 9:00 pm Seaplane Base Rec Hall	INDOOR PICKLEBALL 6:00 - 8:00 pm (USS Gym) 		

WELCOME TO FALL 2024!

Stay motivated this fall by joining one of these wonderful programs. Recreation is a key component to a healthier and happier lifestyle, so keep moving! We are very excited to be offering a full range of opportunities for all ages.

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 4 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 online registration at <https://ucluelet.ca/community/parks-recreation/activity-guide-registration>. Let us know if you need your password to be re-set.

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. Payment by cash, cheque, credit card or debit card are 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 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.
- * All exceptions will be made at the discretion of the Director of Community Services, Abby Fortune, you can contact her directly 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 or email recreation@ucluelet.ca

 Abby, Barb, Judy, Candice



EARLY YEARS PROGRAMS

DANCE

MINI- MOVERS

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, flexibility, and creating a foundation for future dance practices. These classes are independent from parents. Students are to dress appropriately and wear clothing to move in.

Age 3 - 5



Thursdays,
Session A: September 12 – October 24 1:15 – 2:00 pm 7/\$70
Session B: November 14 – December 5 1:15 – 2:00 pm 4/\$40

OR

Thursdays,
Session A: September 12 – October 24 2:15 – 3:00 pm 7/\$70
Session B: November 14 – December 5 2:15 – 3:00 pm 4/\$40

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. These classes are independent from parents. Students are to dress appropriately and wear clothing to move in.



DANCE

Saturdays,
Session A: September 21 – October 26* 10:00 – 10:45 am 5/\$50
***(NO CLASS: OCT 12)**
Session B: November 2 – December 7 10:00 – 10:45 am 6/\$60
UCC Fitness Studio
Instructor: Paris Zondag

GYMNASTIC CLASSES

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 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 form for Gym BC prior to attending classes. **Please note that memberships are valid from September 2024 to August 2025.**



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.



Mondays, September 9 - December 16 (NO CLASS: SEPT 30, OCT 14, NOV 11)

Age 1.5 - 3 11:00 - 11:45 am (with adult) 12/\$132
 UCC Main Hall
 Coaches: Shelby McCreesh, NCCP L1, Amanda Scott, NCCP L1
 Yemaya Windle, 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 9 - December 16 (NO CLASS: SEPT 30, OCT 14, NOV 11)

Age 3 - 5 1:15 - 2:00 pm 12/\$132
 Age 3 - 5 2:15 - 3:00 pm 12/\$132
 UCC Main Hall
 Coaches: Shelby McCreesh, NCCP L1, Amanda Scott, NCCP L1
 Yemaya Windle, NCCP L1, Josie Beamish, NCCP L1

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.

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 and parent.

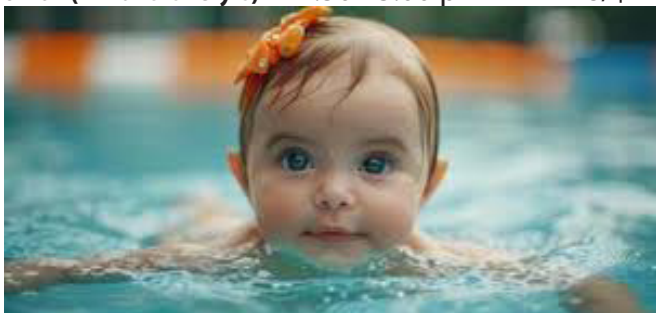
PRESCHOOL SWIM - Age 3 - 5
 The Swim for Life Preschool Program gives children a head start on learning to swim. They'll have fun developing the basics to be safe and confident little swimmers. Water Smart education is part of every Preschool level. For more information on specific level requirements go to <https://www.lifesaving.bc.ca/swim-for-life>

TUESDAYS, OCTOBER 15 - DECEMBER 3

PRESCHOOL 1 - 3 2:30 - 3:00 pm 8/\$112
PRESCHOOL 4 - 5 3:00 - 3:30 pm 8/\$112
PARENT & TOT (4 months - 3 yrs) 5:30 - 6:00 pm 8/\$112

WEDNESDAYS, OCTOBER 16 - DECEMBER 4

PARENT & TOT (4 months - 3 yrs) 2:30 - 3:00 pm 8/\$112



MINI BIKERS

Age 2 - 5

Mini Bikers is a program where young kids can get together in a safe fun space and practice their biking skills! There are cones and a small ramp to add to the indoor excitement. Helmets are mandatory for all bikers. 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.



Wednesdays, October 16 - December 18
 Seaplane Rec Hall, 160 Seaplane Base Road
 Volunteer: Louis Maddiford

3:30 - 4:30 pm
 Drop-in \$2

CHILDREN PROGRAMS

KIDS AND PARENT POTTERY PAINTING WORKSHOP

Age 5 +

Join Ebony in the studio this rainy winter for an afternoon of pottery painting fun with the kids! Parents and children are welcome to come choose from a variety of pre-made casted pottery to paint themselves. Pick out a couple pieces of bisque-ware, be it a cup, butter dish, candle holder or other options available to paint to add to your home décor or a gift this holiday season. Participants may select a choice of up to five pieces per-person ranging in size and functions. No experience needed. Work will be fired and available for pick-up in about a week's time after workshop.

Monday, November 25 5:30 - 7:00 pm \$70
 Fee includes 1 child & parent, extra child is an additional \$20
 UCC Pottery Studio
 Instructor: Ebony Faithful

SPOTS LIMITED SO BOOK EARLY!



KIDS IN THE KITCHEN

Age 8 - 12

Lisa Woodland is a certified Early Childhood Educator with a background in culinary arts. In this course, children will explore the five food groups with the intention of igniting their joy of eating well and nurturing others. Children will gain practical knowledge of safe food preparation and confidence in the kitchen. "A good day, is a good meal!"

Fridays, November 8 - December 6 4:00 - 5:30 pm 5/\$150
 UCC Kitchen
 Instructor: Lisa Woodland



WHEN KIDS HELP TO PREPARE DINNER, THEY HELP PREPARE THEMSELVES FOR LIFE!

CHILDREN PROGRAMS CON'T

UCLUELET & TOFINO GLEE MUSICAL THEATRE CLUB

PRESENTS: IN MY DIVA ERA!

Who's the best singer of ALL time? Well, the Swifties will tell you it's Taylor, but what if you like other singers? Like Beyonce or Freddie Mercury or Aretha Franklin!? Can we still get along if our music preferences differ?

Come along with us as we perform a series of skits as well as songs from some of the greatest singers in modern music history and learn that our unique musical tastes actually bring us together! Students will learn skills in singing, acting, and dancing as they perform an original script by Courtney Johnson.

*Class groups will be combined closer to performance date.

*Dress Rehearsal: Thursday, December 12

*Performance dates - December 13 and 14 at 6:30 pm



Tuesdays, October 8 - December 3 *(NO CLASS: OCT 22)

Group 1: Kindergarten - Grade 4	3:30 - 4:30 pm	\$249
Group 2: Grades 5+ & youth	4:30 - 6:00 pm	\$249

UCC Main Hall
Instructors: Courtney Johnson

KIDS CLAY

Age 7 +

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 supplies provided.



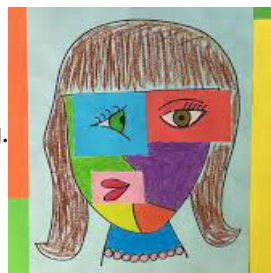
Tuesdays,

Session A: September 10 - October 8	3:15 - 4:45 pm	5/\$160
Session B: October 15 - November 12	3:15 - 4:45 pm	5/\$160

UCC Pottery Studio
Instructor: Ebony Faithful

KIDS ART WORKSHOP - 2D VISUAL ART

In this workshop, we will create 2D visual art works. We will explore different mediums and processes such as collage, painting, and drawing. We will explore techniques in visual storytelling, play creative drawing games, and hone our communication skills in an end of class art discussion. We will use fundamental art and design elements such as texture, shape, colour, line, and space, as well as develop art making skills such as drawing, painting, cutting, and glueing.



Tuesdays, October 1 - 22

Age 8 - 13	3:30 - 4:30 pm	4/\$80
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UCC Activity Room 1
Instructor: Lydia Karpenko

KIDS ART WORKSHOP - 3D VISUAL ART

In this workshop, we will create 3D visual art works. We will explore different mediums and processes such as cardboard sculpture and 3D collage, architectural model making, and felting with wool. We will explore techniques in visual storytelling and hone our communication skills in an end of class art discussion. We will use fundamental art and design elements such as texture, shape, colour, line, and space, as well as develop art making skills such as cutting, building, and glueing.



Tuesdays, October 29 - November 26 *(NO CLASS: NOV 5)

Age 8 - 13	3:30 - 4:30 pm	4/\$80
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UCC Activity Room 1
Instructor: Lydia Karpenko



CHILDREN FITNESS

KIDS & YOUTH 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.



Wednesdays, November 6 - December 11

Ages 5 - 9	3:00 - 4:00 pm	6/\$60
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Wednesdays, November 6 - December 11

Ages 10 - 14	4:00 - 5:00 pm	6/\$60
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UCC Fitness Studio
Instructor: Norannda Sigmund

FITNESS

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 12 - October 24

Age: 6 - 8	3:00 pm - 4:00 pm	7/\$70
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Age: 6 - 8	4:00 pm - 5:00 pm	7/\$70
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UCC Fitness Studio

Age: 9 +	5:00 pm - 6:00 pm	7/\$70
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UCC Main Hall

Session B: November 14 - December 5

Age: 6 - 8	3:00 pm - 4:00 pm	4/\$40
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Age: 6 - 8	4:00 pm - 5:00 pm	4/\$40
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UCC Fitness Studio

Age: 9 +	5:00 pm - 6:00 pm	4/\$40
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UCC Main Hall

Instructor: Paris Zondag

DANCE

BALLET

Age: 6+

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.

Saturday,

Session A: September 21 - October 26*	9:00 - 10:00 am	5/\$50
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*(NO CLASS: OCT 12)

Session B: November 2 - December 7	9:00 - 10:00 am	6/\$60
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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.

Thursdays,

Session A: September 12 - October 24

Age 6+	6:00 pm - 6:45 pm	7/\$70
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Session B: November 14 - December 5

Age: 6+	6:00 pm - 6:45 pm	4/\$40
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UCC Main Hall

OR

Saturdays,

Session A: September 21 - October 26 *(NO CLASS:OCT 12)

Age: 6 +	11:00 am - 12:00 pm	5/\$50
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Session B: November 2 - December 7

Age: 6 +	11:00 am - 12:00 pm	6/\$60
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UCC Fitness Studio

Instructor: Paris Zondag

ARTS

CHILDREN FITNESS

GYMNASTICS

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 form for Gym BC prior to attending classes. **Please note that memberships are valid from September 2024 - August 2025.**



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.

Gymnastrada/Cheer/Acro Performance Group

This class offers children that are 6+ and of all levels the opportunity to learn and perform stunts and choreographed routines in a non-competitive manner and perform at events along the West Coast.

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 Amanda know of any availability you might have. *Thank you!*



Sundays, September 8 - December 15 **(NO CLASS: SEPT 29, OCT 13, 20, NOV 10)**

Parkour	12:00 - 1:00 pm	11/\$121
Pre-Competitive	1:00 - 2:00 pm	11/\$121
Gymnastrada/Cheer/Acro	2:15 - 3:15 pm	11/\$121
Competitive	3:30 - 6:00 pm	11/\$302

Mondays, September 9 - December 16 **(NO CLASS: SEPT 30, OCT 14, NOV 11)**

Parent & Tot (1.5 - 3 yrs)	11:00 - 11:45 am	12/\$132
Tiny Tumblers (ages 3 - 5 yrs)	1:15 - 2:00 pm	12/\$132
Tiny Tumblers (ages 3 - 5 yrs)	2:15 - 3:00 pm	12/\$132
High School & Level 6+	3:30 - 4:45 pm	12/\$165
Ages 5 - 6 & Level 1 - 3	5:00 - 6:00 pm	12/\$132
Boys Rec & Level 3 - 5	6:15 - 7:15 pm	12/\$132

UCC Main Hall
Coaches: Shelby McCreesh, NCCP L1, Amanda Scott, NCCP L1
Yemaya Windle, NCCP L1, Josie Beamish, NCCP L1

SWIMMING

Welcome Jessica Hicks our Lifesaving Instructor

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 15 - DECEMBER 3

PRESCHOOL 1 - 3	2:30 - 3:00 pm	8/\$112
PRESCHOOL 4 - 5	3:00 - 3:30 pm	8/\$112
SWIMMER 1	3:30 - 4:00 pm	8/\$112
SWIMMER 2 - 3	4:00 - 4:30 pm	8/\$112
SWIMMER 3	4:30 - 5:00 pm	8/\$112
SWIMMER 3 - 4	5:00 - 5:30 pm	8/\$112
PARENT & TOT (4 months - 3 yrs)	5:30 - 6:00 pm	8/\$112

WEDNESDAYS, OCTOBER 16 - DECEMBER 4

PARENT & TOT (4 months - 3 yrs)	2:30 - 3:00 pm	8/\$112
SWIMMER 4	3:00 - 3:30 pm	8/\$112
SWIMMER 4	3:30 - 4:00 pm	8/\$112
SWIMMER 5	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 five 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! To read about each level go to <https://www.lifesaving.bc.ca/swim-for-life>.



TSUGA SPROUTS & SAPPLINGS will be on a hiatus this season.

ROLLER HOCKEY

Stay in motion this fall and join the indoor roller hockey crew. This is a fast paced sport where children will need to have their own equipment including skates, helmet with cage, hockey pads and gloves. Don't forget to bring your water bottle and take it home too!



Wednesdays, October 2 - December 18

Age 11 - 14	4:45 - 6:30 pm	\$60
Seaplane Base Recreation Hall		
Volunteer instructor: Brent Taron		

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 1 - December 17

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: Leon Davies, Rylie Noyes, Ollie Ouellet		

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 2 - December 18

Beginners & Families	7:00 - 8:00 pm	\$2 drop-in
Adults	8:00 - 9:00 pm	\$2 drop-in
Seaplane Base Rec Hall		
Volunteers: Rylie Noyes & Krista Bohlen		

SWIMMING

SPORTS

SOCCER



Welcome to the 2024 - 2025 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.

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 bgudbranson@ucluelet.ca

For information on westcoast travel teams please contact Dave Tovell @ 250-534-9052.

SPORT

SOCCER - U5	Born in 2019/20
Practice: Fridays, 3:15 - 4:00 pm	
Coach: Amanda Cameron	Cost: \$60
SOCCER - U7	Born in 2018/19
Practice: Mondays, 3:30 - 4:30 pm at Rec Hall	
Coaches: Mandala Smulders, Matt Lock Jason Corlazzoli, Dario Phillips	Cost: \$60
SOCCER - U9 MIXED	Born in 2016/17
Practice: Tuesdays, 4:00 - 5:00 pm at Rec Hall	
Coaches: Kevin Mair, Tom Grozier	Cost: \$60
SOCCER - U9 FEMALE	Born in 2016/17
Practice: Mondays, 4:30 - 5:30 pm at Rec Hall	
Coaches: Sheldon Vos, Dario Phillips	Cost: \$60
SOCCER - U11 FEMALE	Born in 2014/15
Practice: TBA	
Coaches: Dave Tovell, Kat Rosene	Cost: \$60
SOCCER - U11 MIXED	Born in 2014/15
Practice: Thursdays, 4:30 - 5:30 pm at Rec Hall	
Coaches: Jon Hopkins, Faye Missar	Cost: \$60
SOCCER - U13 MIXED	Born in 2012/13
Practice: Mondays, 6:00 - 7:00pm at Rec Hall	
Coaches: Jessica Hicks, Tracy Andrews	Cost: \$60

YOUTH & ADULT POTTERY PAINTING WORKSOP

Age 13 +

Join Ebony in the studio this rainy winter for an afternoon of pottery painting fun! Participants may choose from a variety of pre-made casted pottery to paint themselves. Pick out a couple pieces of bisque-ware, be it a coffee cup, butter dish, plate, candle holder or other options available to paint to add to your home décor or a gift. Participants may select a choice of up to five pieces per person ranging in size and functions. No experience needed. Work will be ready for pick-up in about a week's time after workshop.



Monday, November 19 5:30 - 7:00 pm \$70 + gst
UCC Pottery Studio with Ebony Faithful

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.



FAMILY FUN

Sundays, 12:30 - 3:00 pm September 22 - December 15*
*No skate on Oct 13, Nov 10 \$5 drop-in
Seaplane Base Recreation Hall, 160 Seaplane Base Road

YOUTH & ADULT

Fridays, September 27 - December 20 - No skate - Oct 11
7:00 - 9:00 pm \$5 drop in fee Age 15+

Volunteer Instructors: Lyvi Rivera, Jill McQuaid, Jen McLeod, Christina Lanoville, Holly McPhail, Fijona Brinkman

YOUTH PROGRAMS

THE EDGE YOUTH ROOM

COORDINATORS - Toni Buston & Tristan Godberson

CLOSED DURING STATUTORY HOLIDAYS

UCLUELET COMMUNITY CENTRE - 500 MATTERSON DR

YOUTH DROP-IN

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



Mondays to Thursdays, September 3 - December 20
3:00 - 5:30 pm

BOARD GAMES

Join Toni after school for some fun and and sometimes challenging board games. Laugh and learn with friends and like minded people!



Tuesdays, September 3 - December 17
3:00 - 5:30 pm

COOKING SERIES

Enjoy eating tasty food each week while learning skills to cook and bake nourishing food. Let Toni know that you are interested as space is limited. Start this fall off with a special workshop with Tofino Community Food Initiative on how to make kombucha.



Tuesdays, September 24, October 1, 8, 15, 22, 29
5:30 - 7:30 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 4 - December 16
3:30 - 4:30 pm

GIRL TIME

A drop-in time with Susi to bring girls together. There are lots of things to do in the youth room, play board games, video games, use the computer, start journaling, bring a project to work on, or just sit back and relax with friends and enjoy a snack.



Wednesdays, October 2 - December 18
5:30 - 6:30 pm

ART NIGHT

Drop-in on art night and see what is happening. There are lots of supplies try sketching or painting, create a bracelet by beading. Interested in knitting or crochet, we have some yarns as well. Have some new ideas let us know. Open to Grade 7 students.



Thursdays, September 5 - December 19
3:00 - 5:30 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, October - December - dates TBA 7:00 - 9:30 pm
UCC Main Hall
Facilitators: TBA

IMAGINE
WITH ALL YOUR MIND.

BELIEVE
WITH ALL YOUR HEART.

ACHIEVE
WITH ALL YOUR MIGHT.

ADULT PROGRAMS

COMMUNITY MASSAGE⁵ ARRIVES AT UCC

Jill Smith is looking at giving back to the community with a new community drop-in massage option. Jill has been offering community massage to Ucluelet residents for over ten years with a wide range of healing disciplines stemming from the Pacific Rim. Jill will be using mostly Shiatsu Therapy, a Japanese technique that allows you to arrive and be treated in your comfy clothes. Shiatsu is a gentle, yet deep approach to therapy. Massage offers so many healing benefits, some of which include: headache relief, stress reduction, autoimmune support, sciatic release and frozen shoulder maintenance. There will be a stretch area to use for before and after each session. Bring your own mug and relax with a warm cup of tea that will be waiting for you.



Sessions are 45 minutes long on a sliding scale option. Pay what you can afford, \$55 - \$70, cash, debit, credit card.

* Please note that medical receipts can not be provided.

Mondays, 5:00 - 8:00 pm

September 16, October 21, November 18, December 16

Thursdays, 5:00 - 8:00 pm

October 3, November 7, December 5

UCC Activity Room 1

Message or call Jill to secure a spot and for more information at 250-522-0240.

WELCOME NICK HAISCH

Nick has been involved with Electronic Music for 20 years. He's a jack of all trades that has done a bit of every aspect of it; from writing and recording albums in Ableton Live to building synthesizers from scratch and everything in between. He's ready to teach and share knowledge with musicians of every level and every genre.



SYNTHESIZER AND ELECTRONIC MUSIC CLUB

Come drop in, learn to play synthesizers and electronic music. There will be a wide range of instruments and production techniques available to try out, with guidance including; analog, FM, digital, software, vintage, modular, chiptune, trackers, granular, sampling, drum machines, recording, compression, patch bays, Digital Audio Workstations, Ableton Live, mixing and mastering, MIDI, composing and sequencing. No experience or equipment required. But there will also be much to explore for the experienced musician. Students can bring their own instruments if they have them. Bring headphones if you have some.



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

Wednesdays, September 25 - October 16

5:30 - 7:30 pm

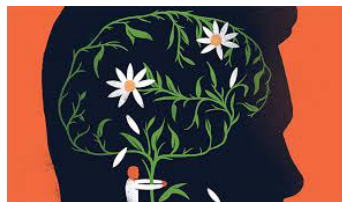
UAC Hall, 1510 Peninsula Road

4/\$40 + gst

Instructor: Nick Haisch

MIND MASTERY

Design, bridge and build your most successful self. This four part series will help individuals create a dream for the life they'd love living. The first day will include a break down of the program and a step by step guideline of how to design a life we love living. The following session delves into how we discover our dreams through listening to our longings and discontent. The third day is about designing and testing our dreams by utilizing a five point test. The fourth and final day will go over how we increase our sense of deserving to allow even more good into our lives.



Register for all four sessions @ \$100 + gst or drop-in at \$30 per class

Saturday, October 5, 12

3:00 - 4:30 pm

Saturday, October 12

3:00 - 4:30 pm

Friday, October 18

5:30 - 7:00 pm

Saturday, October 26

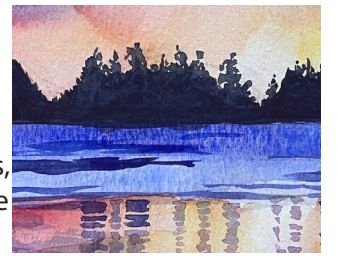
3:00 - 4:30 pm

UCC Activity Room 1

Instructor: Nikita McCullough

WATERCOLOR CLASS FOR BEGINNERS

In this class you will learn the foundation of watercolor painting through a series of guided exercises and paintings. We will practise tones and values, combining colours, using dry and wet techniques, to see how the water, colors and brushstrokes interact on the paper. By the end of this course, you will feel ready to do your own paintings applying what you learnt here and exploring your unique ideas. All supplies for the class will be provided.



Sundays, October 20 - November 24*

6:00 - 8:30 pm

***(NO CLASS: NOV 10)**

5/\$260 + gst

UCC Activity Room 2

Instructor: Miren Delgado

DINNER THEATRE SEASON TWO!

Our last dinner theatre performance was so spectacular that we have decided to do it again! Sign up to be a part of our critically acclaimed, mostly professional, Dinner Theatre extravaganza! This experience is an absolute blast, loads of laughter and new friendships. We'd love for you to join in!

Thursdays, November 7 - March 27*

7:00 - 9:00 pm

***(NO CLASS: DEC 12, 26, JAN 9)**

\$125 + gst

UCC Main Hall

Instructors: Courtney Johnson & Jacqueline Holliday

**Participants must be 19 or older.



INTRO TO WHEEL

Age 16+

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.

Sundays, September 8 - October 20*

5:30 - 7:45 pm

***(NO CLASS: OCT 13)**

6/\$270 + gst

UCC Pottery Studio

Instructor: Ebony Faithful

ADULT HANDBUILDING

Age 16+

This five week hand building class is perfect for beginners to try their hand at a new medium as well as returning students just wanting to get back in touch with clay. Students will learn a number of ceramic techniques used in hand building such as pinch pots, coils, slab and sing 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.



Mondays, October 21 - November 18

5:30 - 7:45 pm

UCC Pottery Studio

5/\$220 + gst

Instructor: Ebony Faithful

XMAS ORNAMENT MAKING WORKSHOP

Age 15+

Get into the holiday cheer and come on down to the studio to make some Xmas decorations and ornaments! Hand-build 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.



Tuesday, November 26 & December 3

5:30 pm - 7:30 pm

UCC Pottery Studio

\$72 + gst

Instructor: Ebony Faithful

POTTERY STUDIO MONTHLY MEMBERSHIPS

Please note we have a lengthy waitlist and patience is required to gain access to the pottery studio. You must have taken at least 2 courses, have a firm grasp of the ceramic process and be comfortable and knowledgeable to work **independently**. For more information please call the UCC at 250-726-7772.

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. Everyone welcome.



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

Sundays, September 8 - December 15 6:00 - 7:00 pm
(NO CLASS: SEPT 29, OCT 13, NOV 10)

Mondays, September 9 - December 16 12:00 - 1:00 pm
(NO CLASS: SEPT 30, OCT 14, NOV 11)

UCC Main Hall (minimum of three students required)
Instructor: Shelby McCreesh, NCCP 1

DANCE TEMPLE PACIFIC RIM

Welcome to a safe, fun and intentional space to move and celebrate our amazing bodies. Dance Temple is meditative movement through music and dance, a non verbal dance floor, a space to respect yourself and fellow dancers. Come together in community to shake and groove; express through conscious movement. It is here where healing magic of dance begins! No dance experience necessary.



Each dance temple will be guided by a weekly facilitator and DJ cultivating sacred space for you to drop into your intuitive body. This event is about self-expression, freeing your mind and body and connecting with yourself and those around you. Please send any questions to itsneversummer@gmail.com.

Wednesdays, October 2, 16, November 6, 20, December 4, 18
UCC Main Hall 7:00 - 8:30 pm
Facilitators: Jen Boot, Philo Busch Drop-in \$15 - kids free

Register for all 6 classes for \$60 + gst

ALL ARE WELCOME! THIS IS A KID-FRIENDLY EVENT!

DANCE TEMPLE
PACIFIC RIM

FITNESS

HEALTH & WELLNESS

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, 5:30 - 6:30 pm
Session A: September 10 - October 29 8/\$96 + gst
Session B: November 5 - December 17 7/\$84 + gst
UCC Fitness Studio
Instructor: Norannda Sigmund

YIN YOGA

Join Norannda in this meditative yoga practice that works deeply into our body with passive, longer-held poses. This type of yoga promotes deep relaxation, calms and balances the mind and body and increased circulation and flexibility. The class will be themed with the new moon and include intention setting and journaling.

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

Tuesdays, 7:00 - 8:15 pm
Session A: September 10 - October 29 8/\$120 + gst
Session B: November 5 - December 17 7/105 + gst
UCC Fitness Studio
Instructor: Norannda Sigmund

WELCOME KEVIN HARTWELL

Kevin Hartwell is a student of nature and certified energy arts instructor of Daoist Lineage Master Bruce Frantzis. Practising for fifteen years, Kevins Qigong, Tea Ceremony & Reiki offerings share a grounded, Yin approach to restoring & enhancing peace, balance and overall presence & awareness. www.gentlepatharts.com



DRAGON TIGER MEDICAL QIGONG

This 1500-year-old self-healing practice is based on the principles of acupuncture and typically allows practitioners a tangible feeling of qi. Once you begin feeling your qi you can begin to work with it more powerfully, amplifying this sets potent health benefits. By way of moving your hands in your etheric field & pushing and pulling qi along your acupuncture meridian lines you clear, balance and strengthen all of them. Meanwhile, your internal organs receive a massage and your soft tissues get a gentle stretch. This is a low impact, complete system of self healing that works all your bodies systems. As a result, you begin to develop a healthier and functionally younger body.



Please note that the complete system will be taught over both session A & B, drop-in students will learn the movement of the day.

Drop-in \$15, cash or credit card.

Tuesdays, 7:00 - 8:30 pm
Session A: September 10 - October 29* 8/\$96 + gst
*Class will start at Big Beach gazebo and move inside with wet weather.
Session B: November 5 - December 17 7/\$84 + gst
UCC Main Hall
Instructor: Kevin Hartwell

WATER METHOD DAOIST QIGONG

A Yin or soft approach to working with your internal landscape. Learn to move with fluid integration and viscerally feel energy; dissolving layers of tension, relaxing into calm, clarity, strength and balance - body, energy & breath. Over time, your body and energy become more and more open, soft and healthy as you learn to directly feel and work with your body and the energy that courses through it. Topics include proper standing alignments, daoist breathing, scanning and sinking your energy, cloud hands, the 1st swing & the unique Daoist spine release.

Drop-in \$15, cash or credit card.

Thursdays, 7:00 - 8:30 pm
Session A: September 12 - October 24* 7/\$84 + gst
*Class will start at Big Beach gazebo and move inside with wet weather.
UCC Main Hall
Session B: November 7 - December 19 7/\$84 + gst
UCC - TBA
Instructor: Kevin Hartwell

TRAUMA INFORMED ACCESSIBLE YOGA & JOURNALING

Join Sarah and Liza for a combination class of Trauma Informed Accessible Yoga and journaling. Open to all genders looking to support their emotional and nervous system regulation. Each week we will visit a different topic related to the parasympathetic nervous system, to help ease anxiety create calm in the body, and manage stress. All levels of movers and writers welcome.



*Mats and chairs available for the movement portion, but feel free to bring your own.

*Pens and paper will be provided for journaling, but bring your own journal if you'd like.

Don't want to write, feel free to draw!

NEW DATES

Instructed by: Sarah Hogan and Liza Hutton
(Westcoast Community Resources Society staff members)

Thursdays, October 3 - 24

7:00 - 8:00 pm

\$2 or by donation

UCC Main Hall



ADULT FITNESS CON'T

RISE N' SHINE YOGA

Set your day up with positivity and a happy body & mind. A slow & mindful flow begins this class, building fire mid-sequence to give you a bit of a sweat! Set daily intentions while chilling in a few seated postures before savasana. All levels welcome.



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

Wednesdays, 7:30 - 8:30 am
Session A: September 11 - October 30 8/\$96 + gst
Session B: November 6 - December 18 7/\$84 + gst
 UCC Fitness Studio
 Instructor: Erin Hamilton

DANCE COLLAB

The Dance Collab class is about creating and exploring movements as a group. Every week, we will put together a short choreography piece, allowing each individual to express themselves and work on technique. Dancers will take turns to create and lead a choreography number. Style and dance genres will vary from one week to another. Expect some high-energy music, lots of sweat and laughter. Intermediate level, and open to individuals with some dance experience. *Please note this class is by registration only.

Wednesdays, October 23 - December 18 5:30 - 6:30 pm
 UCC Fitness Studio 9/\$72 + gst
 Volunteer: Kiki Lalancette

WELCOME CHELSEA JOSUE

Chelsea has been practicing yoga for fifteen years and is a 200 RYT with Yoga Alliance. Chelsea was a dancer and educator for over fifteen years and found yoga through a desire to explore movement outside of dance. She leads classes with a focus on breathe as the foundation, mobility, and safe movement, warming up the muscles before deep engagement, Forest Yoga, and Healing Yin. She practices yoga for longevity and overall wellbeing and hopes to share that with the community. Outside of yoga, Chelsea is an environmental professional, surfer, amateur photographer, and likes to spend time outdoors with her four-legged little lady.



WAVES FLOW & YIN YOGA

Like a set rolling in, this class starts with a wave of power that gently fades. Let the waves wash over you as we tap into breathe in this energizing vinyasa flow, then move slowly through healing yin with gentle natured postures to wrap up the practice. This class is just that practice. We flow together and learn together in this open level class. Massage balls, blocks, bolsters, and/or straps may be used to support your practice.



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

Wednesdays, 7:00 - 8:15 pm
Session A: September 11 - October 30 8/\$120 + gst
Session B: November 6 - December 4 5/\$75 + gst
 UCC Fitness Studio
 Instructor: Chelsea Josue

SLOW TO FLOW YOGA

Start your morning off in a calm and slow setting with some gentle movements. We will begin slowly with a meditation, then warm up our bodies with gentle movements before moving into slow standing flows. This class is for all levels and bodies. You can expect to feel, awake and invigorated for your day after this gentle class.

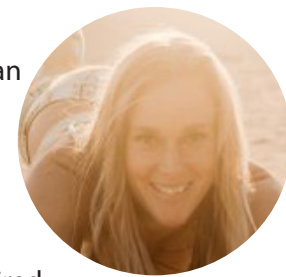


Drop-in \$15, please review drop-in information.

Thursdays, 6:30 - 7:30 am
Session A: September 12 - October 31 8/\$96 + gst
Session B: November 7 - December 19 7/\$84 + gst
 UCC Fitness Studio
 Instructor: Norannda Sigmund

DEEP THEMES VINYASA FLOW YOGA

The teachings of yoga are so much deeper than just a physical practice. In this mixed level vinyasa flow class we will explore a different theme each week that we will embody throughout our practice physically, mentally and spiritually. You can expect to be challenged but leave feeling relaxed and inspired on a spiritual level. Class is suitable for people free of injuries



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

Thursdays,
Session A: October 3 - November 7* 5:45 - 7:00 pm 5/\$75 + gst
***(NO CLASS: OCT 31)**
Session B: November 14 - December 19 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, with 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 3 - November 14* 7:15 - 8:15 pm 5/\$60 + gst
***(NO CLASS: OCT 31, NOV 7)**
Session B: November 21 - December 19 7:15 - 8:15 pm 5/\$60 + gst
 UCC Fitness Studio
 Instructor: Heather Durward

A DARK NIGHTS LULLABY SOUND JOURNEY

Get cozy under the stars and allow yourself to untangle from your mental and physical clutter in this deeply restorative gentle practice accompanied by the healing sounds of ancient songs and various instruments from around the world. Together we will open sacred space with mantra, followed by gentle ovements, a guided sleep meditation and a sound journey.



Drop-in \$40, please read drop-in information.

Thursday, November 7 7:30 - 9:30 pm \$40 + gst
 UCC Fitness Studio
 Instructor: Heather Durward

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 in cash.

Thursdays, 7:00 - 8:00 pm
Session A: September 5 - October 24 8/\$80 + gst
Session B: November 7 - December 19 7/\$70 + gst
Sundays, 6:00 - 7:00 pm
Session A: September 8 - October 27 7/\$70 + gst
Session B: November 3 - December 29 9/\$90 + gst
 UAC Hall, 1510 Peninsula Road
 Instructors: Daniel Allos & Christian Sampson

FITNESS

YOGA

YOGA

MARTIAL ARTS



“
 There is no losing in Jiu-Jitsu.
 You either win or you learn.
 — Rickson Gracie
 ”

ADULT FITNESS CON'T

FITNESS

BARRE FIT

Elevate your fitness routine with our dynamic, full-body Barre Fit class! This 60-minute session blends ballet-inspired movements with elements of Pilates, yoga, and strength training to create a low-impact yet highly effective workout. Designed to sculpt and tone muscles, improve posture, and enhance flexibility, each class focuses on small, controlled movements that target specific muscle groups. You'll work through sequences that incorporate bodyweight exercises, light hand weights, resistance bands, and of course, the ballet barre. Whether you're a beginner or a seasoned fitness enthusiast, our Barre Fit class offers modifications to suit all fitness levels. Join us to strengthen your core, lift your seat, and improve your overall endurance while enjoying an upbeat and energizing atmosphere.



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

Fridays, 12:00 – 1:00 pm
Session A: September 20 – October 25* 5/\$60 + gst
***(NO CLASS: OCT 4)**
Session B: November 1 – December 6 6/\$72 + gst
 UCC Fitness Studio
 Instructor: Paris Zondag

FLOW & PLAY YOGA

Expect to sweat out your week with this fiery asana flow, with a focus on inviting breath & energy into the body! From beginners to seasoned practitioners, as modifications are provided, we will play with standing balances, arm balances & inversions throughout the weeks!

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

Fridays,
Session A: September 6 - October 25 5:45 - 6:45 pm 8/\$96 + gst
Session B: November 1 - December 20 5:45 - 6:45 pm 8/\$96 + gst
 UCC Fitness Studio
 Instructor: Erin Hamilton

YOGA



YIN & SOUND YOGA

Reset your nervous system & recalibrate your frequency. Targeting stuck fascia, postures are held for 2-5mins as you let the waves of dreamy tones wash over you. Sounds of crystal & brass bowls, chimes, cymbals, rattles, Native Spirit flute, rain & thunder leave you feeling cleansed & rejuvenated. All levels welcome.

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

Fridays,
Session A: September 6 - October 25 7:00 - 8:15 pm 8/\$120 + gst
Session B: November 1 - December 20 7:00 - 8:15 pm 8/\$120 + gst
 UCC Fitness Studio
 Instructor: Erin Hamilton

ELEMENTAL SOUND BATH & RESTORATIVE YOGA

During this workshop you will recharge, slow down, & let the waves of healing music bathe you. Reset your cellular frequency with sound, ignite your energy body with breathwork & soothe your physical body by holding poses for 5-10 mins. Class will begin with intentions, mantra & breathwork, moving into sound & yoga. We will be ending with a transformational guided meditation before melting into bliss during savasana. Everyone is welcome.

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

Sunday, September 8, Saturday October 5, Sunday, November 3
 7:00 - 9:00 pm \$40 + gst
 Instructor: Erin Hamilton
 UCC Fitness Studio



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 weekly practice. No experience is required, just come and join the group.



Mondays & Wednesdays, September 4 - December 18*

***(NO CLASS: SEPT 30, OCT 14, NOV 11)**

10:30 - 11:30 am
 UCC Main Hall & Fitness Studio
 Instructor: Jan Draeseke

\$3 drop-in fee
 28/ \$84 + gst

CHAIR YOGA

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



Thursdays, September 5 - December 19

UCC Main Hall
 Volunteer: Cris Martin

10:00 - 11:00 am
 \$2 drop-in fee

TAOIST TAI CHI

Taoist Tai Chi is an exercise form of T'ai Chi Ch'uan, a modified form of Yang-style T'ai Chi Ch'uan developed by Taoist monk Moy Lin-shin in Toronto, Ontario. Participants must already know the "108 movements", this is not a teaching class.

Mondays, September 9 (ongoing) Fitness Studio 4:30 - 5:15 pm
Thursdays, September 5 (ongoing) Main Hall 4:00 - 4:45 pm
 Volunteer Led \$2 drop-in fee

DANCE FIT 50+

This program has been re-worked to a low impact and low intensity class. Learn simple and fun dance routines to a wide variety of musical styles while exercising your memory, coordination, and balance in a relaxed and social atmosphere. This class will consist of a warm up, dance combination instruction, gentle stretching and a cool down. All abilities welcome.



Fridays, September 6 - December 20

UCC Main Hall
 Instructor: Sarah Hogan

9:00 - 10:00 am
 \$6 drop-in fee

Punch cards available

PICKELBALL

No experience is needed to play this sport, all ages are welcome. You don't need to worry about having a partner either there are lots of people to play with. There are spare paddles to try out before purchasing one yourself. Pickleball is a paddle ball sport (similar to a racquet sport) where opponents hit a perforated ball over a net. Come by the UCC and set up your account!



Mondays, Wednesdays, Fridays, Saturdays, Sundays

9:00 - 3:00 pm \$2 drop-in fee Punch cards available
 4:00 - 6:45 pm Sundays
 Seaplane Base Recreation Hall, 160 Seaplane Base Road

FREE MOVEMENT AND RELAXATION PHYSIOTHERAPY CLASSES FOR CHRONIC PAIN

This seven week physiotherapy class series is specifically designed for people in pain. The focus is on desensitizing the nervous system of those in persistent pain using breathing, relaxation techniques and gentle movement which allows participants to learn to safely move with more ease and thus overall decrease their pain and improve their function.

Wednesdays, Oct 16, 23, 30, Nov 13, 20, 27, Dec 4 - 9:30 - 11:00 am
 Ucluelet Community Centre Fitness Studio

To participate, you must be referred by a doctor or nurse in Tofino or Ucluelet and be seen by the Tofino Hospital Physiotherapist before the classes start.

Contact the Doctors' office, or local homecare team to get a referral and if more information and assistance is needed.

Taught by Island Health Physiotherapist Carley Grigg 