

2024 SPRING PROGRAM GUIDE



UCLUELET RECREATION DEPARTMENT

DROP-IN VOLLEYBALL WINTER 2024



EARLY YEARS PROGRAMS

CHILDRENS PROGRAMS

YOUTH PROGRAMS

ADULT & YOUTH PROGRAMS

OLDER ADULT PROGRAMS

REGISTRATION OPENS APRIL 3

PROGRAMS RUN APRIL - JUNE

WWW.UCLUELET.CA

250-726-7772

WEEKLY ADULT FITNESS PROGRAMS - SPRING CALENDAR

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
CHI GONG PRACTICE 10:30 - 11:30 am UCC Fitness Studio (see inside for info)	POWERFUL FLOW & MOVEMENT YOGA 8:00 - 9:15 am UCC Fitness Studio Registration or drop-in	CHI GONG PRACTICE 10:30 - 11:30 am UCC Main Hall (see inside for info)	SLOW TO FLOW 6:15 - 7:15 am UCC Fitness Studio Registration or drop-in (see inside for info)	FORREST YOGA 6:30 - 7:45 am UCC Fitness Studio Registration or drop-in (see inside for info)		
	DANCE FIT 50+ 9:00 - 10:00 am UCC Main Hall Punch cards or drop-in (see inside for info)	HEELS DANCE WORKSHOPS 5:30 - 7:00 pm UCC Fitness Studio Registration or drop-in (see inside for info)	MIND FLOW SURFER YOGA 8:00 - 9:15 am UCC Fitness Studio Registration or drop-in (see inside for info)	DANCE FIT 50+ 9:00 - 10:00 am UCC Main Hall Punch cards or drop-in (see inside for info)		FAMILY ROLLER SKATING 12:30 - 3:00 pm Seaplane Base Rec Hall (see inside for dates)
	GENTLE YOGA FOUNDATIONS 5:30 - 6:30 pm UCC Fitness Studio Registration or drop-in (see inside for info)	CONTEMPORARY DANCE 6:45 - 8:00 pm UCC Fitness Studio Registration or drop-in (see inside for info)	CHAIR YOGA 10:00 - 11:00 am UCC Main Hall (see inside for info)		UCLUELET RECREATION & PARKS	BRAZILIAN JIU JITSU 6:00 - 7:00 pm UAC Hall (see inside for info)
STRETCH & STRENGTH 5:30 - 6:30 pm UCC Fitness Studio Registration or drop-in (see inside for info)	YIN YOGA 7:00 - 8:00 pm UCC Fitness Studio Registration or drop-in (see inside for info)	FLOORWORK FLOW 8:10 - 9:25 pm UCC Fitness Studio DROP-IN ONLY (see inside for info)	DEEP THEMES YOGA 5:45 - 6:45 pm Big Beach Gazebo/ UCC Fitness Studio (see inside for info)			ADULT GYM 8:00 - 9:00 pm UCC Main Hall Drop-in (see inside for info)
ROLLER FITNESS 6:30 - 7:30 pm Seaplane Base Rec Hall Registration or drop-in (see inside for dates)	SHOTOKAN KARATE 7:30 - 9:00 pm UCC Main Hall Pre-Registration (see inside for info)			MINDFLOW YIN YOGA 7:00 - 8:15 pm UCC Fitness Studio Registration or drop-in (see inside for info)		
	ULTIMATE FRISBEE 6:00 - 8:00 pm Tugwell Field Forbes Road Drop-in \$2	USS GYM DROP-IN PROGRAM SCHEDULE INSIDE FRONT PAGE Drop-in \$2	BRAZILIAN JIU JITSU 7:00 - 8:00 pm UAC Hall (see inside for info)	ADULT ROLLER SKATING 7:00 - 9:00 pm Seaplane Base Rec Hall (see inside for dates)	SAVE THE DATE JULY 26 27 28 2024 	

WELCOME TO SPRING 2024



Let's hop to it, with some spring recreation programs. There is a full slate of artistic and athletic offerings for all ages, something for everyone, as well as a few workshop opportunities for your overall health and wellbeing. Recreation is a key component to a healthier and happier lifestyle, so get started with some of these amazing offerings this spring. Stay healthy everyone!

Please make sure to read our updated 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 online registration 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 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 or email recreation@ucluelet.ca



Abby, Barb, Judy, Candice

USS GYM DROP-IN SCHEDULE



SOCCER MONDAYS 7:00 - 9:00 PM

BASKETBALL CANCELLED 7:00 - 9:00 PM
As of May 21

VOLLEYBALL WEDNESDAYS 6:30 - 8:30 PM

BADMINTON THURSDAYS 7:00 - 9:00 PM

PICKLEBALL FRIDAYS 6:30 - 8:30 PM

*\$2 DROP-IN FEE

*SIGN IN EACH SESSION

* WEAR NON-MARKING GYM SHOES

* NO FOOD PERMITTED - WATER ONLY



GoByBikeBC 
BIKE IT. YOU'LL LOVE IT.

GO BY BIKE WEEK

JUNE 3 - 9, 2024

Stay tuned! More info coming soon.



EARLY YEARS PROGRAMS

GYMNASTICS

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 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, April 8 - June 24 (NO CLASS: MAY 20)

Ages 1.5 - 3 11:15 - 12:00 pm (with adult) 11/\$121
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, April 8 - June 24 (NO CLASS: MAY 20)

Ages 3 - 5 2:15 - 3:00 pm 11/\$121
UCC Main Hall
Coaches: Shelby McCreesh, NCCP L1, Yemaya Windle, NCCP L1, Amanda Scott, NCCP L1, Josie Beamish, NCCP L1.

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, and flexibility, creating a foundation for future dance practices. These classes are independent from parents.



Thursdays, April 11 - June 27*
***(NO CLASS: MAY 23, JUNE 20)**

Ages 3 - 5 2:15 - 3:00 pm 10/\$120
UCC Fitness Studio
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 techniques 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. Remember to wear dance clothes and to have your hair up.

Age 3 - 5



Saturdays, April 13 - June 22*
***(NO CLASS: MAY 25)**

9:00 - 9:45 am 10/\$120
UCC Fitness Studio
Instructor: Paris Zondag

MINI BIKERS

Mini Bikers is a program where young kids can get together to start their biking journey and work on their bike skills. Join us outside at the Ucluelet Bike Park this spring for some outdoor fun and check out the new pump track. Helmets are mandatory and please make sure to sign in each class with Louis. Parking is available at the Ucluelet Community Centre.

Age 2 - 5



Wednesdays, April 17 - May 29

3:30 - 4:30 pm Drop-in \$2
Ucluelet Bike Park, Matterson Drive
Volunteer: Louis Maddiford



DANCE

FITNESS

YOGA

LITTLE YOGI'S

Age 3 - 6

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.

Wednesdays, May 22 - June 26 4:00 - 4:45 pm 6/\$60
UCC Fitness Studio
Instructor: Norannda Sigmund

SWIMMING PROGRAMS



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, APRIL 9 - JUNE 4 *(NO CLASS: APRIL 30)

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

WEDNESDAYS, APRIL 10 - JUNE 5 *(NO CLASS: MAY 1)


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


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

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

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

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 (5m); Interval training: 4 x 5 m flutter kick on back with 30 sec. rests. 

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

CHILDREN PROGRAMS

ARTS

WELCOME LISA WOODLAND

Lisa grew up following her mother around the kitchen, she was always baking and cooking daily for the family. From the moment she started to teach Lisa, she was keenly interested. Lisa's grandfather was a professional baker too. His favourite pastry was egg tarts, and she remembers the first recipe she learned how to make was egg custard. Lisa is enthusiastic about sharing some recipes from her own early childhood. Come have some fun in the community kitchen!



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, April 19 - May 24*

4:00 - 5:00 pm 5/\$125

*(NO CLASS: MAY 3)

UCC Kitchen

Instructor: Lisa Woodland

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 materials and supplies provided.



Mondays, April 8 - May 6

3:15 - 4:45 pm 5/\$160

Tuesdays, April 9 - May 7

3:15 - 4:45 pm 5/\$160

UCC Pottery Studio

Instructor: Ebony Faithful

CHILDREN FITNESS

YOGA

KIDS PRIMARY YOGA

Age 5 - 10

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

Wednesdays,

Session A: April 10 - May 15

3:00 - 4:00 pm 6/\$60

Session B: May 22 - June 26

3:00 - 4:00 pm 6/\$60

UCC Fitness Studio

Instructor: Norannda Sigmund



PRE TEEN YOGA

Ages 11 - 14

In this yoga class students will learn yoga postures and meditations to help them concentrate, reduce stress and connect to their bodies in a loving way. This will be done in a playful and fun way while also introducing some traditional yoga class vibes. Classes may revolve around a theme and may include conversation, journaling, or mindful art.

Wednesdays, April 10 - May 15

4:00 - 5:00 pm 6/\$60

UCC Fitness Studio

Instructor: Norannda Sigmund

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, April 11 - June 27 *(NO CLASS: MAY 23, JUNE 20)

Age: 6 - 9

3:00 pm - 4:00 pm

10/\$120

Age: 10 +

4:00 pm - 5:00 pm

10/\$120

UCC Fitness Studio

Instructor: Paris Zondag

DANCE



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, April 11 - June 27*

5:15 pm - 6:15 pm

8/\$80

*(NO CLASS: MAY 2, 23, JUNE 6, 20)

Age: 8+

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, April 13 - June 22 *(NO CLASS: MAY 25)

Age: 6 - 13

10:00 am - 11:00 am

10/\$120

UCC Fitness Studio

Instructor: Paris Zondag

MARTIAL ARTS

TSUGA SPROUTS

Age 5 - 7

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, April 10 - June 26

5:00 - 6:00 pm

12/\$120

UCC Main Hall

Instructor: Eric Kingsley

TSUGA SAPLINGS

Age 8 - 12

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, April 10 - June 26

6:15 - 7:15 pm

12/\$120

UCC Main Hall

Instructor: Eric Kingsley

CHILDREN FITNESS

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 consent form 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 and highly athletic. Participants will perform a two minute and thirty 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 and all jewelry taken off.

Gymnastrada 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!*

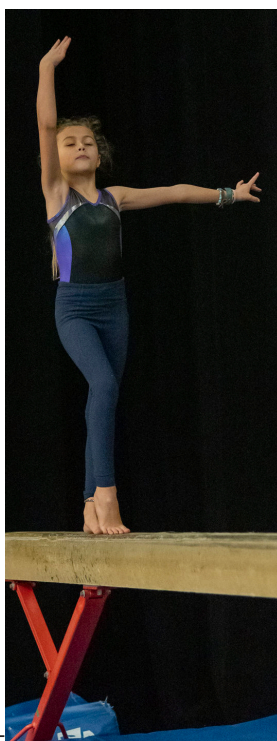
Sundays, April 7 - June 23 (NO CLASS: MAY 19)

Cheer	1:15 - 2:15 pm	11/\$121
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, April 8 - June 24 (NO CLASS: MAY 20)

Parent & Tot (1.5 - 3 yrs)	11:15 - 12:00 pm	11/\$121
Tiny Tumblers (ages 3 - 5 yrs)	1:15 - 2:00 pm	11/\$121
Tiny Tumblers (ages 3 - 5 yrs)	2:15 - 3:00 pm	11/\$121
High School & Levels 6 +	3:45 - 5:15 pm	11/\$181
Ages 5 - 6 & Level 1 - 3	5:15 - 6:15 pm	11/\$121
Boys Rec & Level 3 - 5	6:15 - 7:15 pm	11/\$121

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



Jen McLeod Photography

SWIMMING PROGRAMS

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, APRIL 9 - JUNE 4 *(NO CLASS: APRIL 30)

PRESCHOOL 1	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 6	4:30 - 5:00 pm	8/\$112
ROOKIE/RANGER/STAR PATROL	5:00 - 5:45 pm	8/\$168

WEDNESDAYS, APRIL 10 - JUNE 5 *(NO CLASS: MAY 1)

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

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!

SWIMMING

RED CROSS BABYSITTERS COURSE

Age 11+

This fun and interactive course teaches youth age 11-15 years of age how to be prepared and responsive caregivers. We will cover how to feed a baby and change a diaper, prepare a simple meal, play games with children of all ages, prevent injuries and keep children safe, handle an emergency if one happens. Participants will receive a Red Cross handbook and certification upon successful completion of the course.

Sunday, May 26

UCC Youth Room
Instructor: Jessica Hicks



9:30 am - 4:00 pm
\$80 per person

STAY SAFE! RED CROSS HOME ALONE COURSE

Age 9 +

This course offers basic first aid and safety skills for youth when they are home alone. Participants learn about being safe when they are without the direct supervision of a parent or guardian, both at home and in their communities. Participants learn the importance of responsibility, setting and following safety rules when on your own and how to prepare for, recognize and respond to unexpected situations.

Saturday, May 25

UCC Youth Room
Instructor: Jessica Hicks



10:00 am - 3:00 pm
\$50 per person

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, April 6 & 20

All ages welcome 6:00 - 7:30 pm \$5 drop-in
Location: Seaplane Base Recreation Hall
Volunteers: Chris Denman, Layton McCleod

SURF CENTERED SKATEBOARDING

Elevate your surfing and skateboarding skills by enrolling in our month long surf skateboarding program taught by leading local surf-skate coaches and appearance from special guest mentors. Our program will introduce you to the sport as well as help improve your balance, technique, and board control when you hit the waves, skateparks, or bowls.



Tuesdays, April 16 - May 7

Ages 5 - 10 5:15 - 6:30 pm 4/\$88
Ages 11 - 17 6:45 - 8:00 pm 4/\$88
Seaplane Base Recreation Hall
Instructors: Taylor Godolphin

BASEBALL

Welcome to the 2024 baseball season.

WE ARE STILL LOOKING FOR COACHES TO SUPPORT THE MAJOR LITTLE LEAGUE TEAM AND BE SUBS FOR ALL TEAMS, IF YOU ARE INTERESTED PLEASE CONTACT BARB AT BGDUBRANSON@UCLUELET.CA OR CALL THE UCC AT 250-726-7772.

Thank you to the Ucluelet Parks Team for their continued expertise with field maintenance for all our sports programs.



T-BALL (Kindergarten, Grade 1) Age 5 - 6
Join us this Spring and learn the basics of baseball. Children will burn some energy while learning some great new skills!

Thursdays, April 18 - June 20 Cost: \$40
Tugwell Fields on Pacific Crescent
Team A Coaches: Kellie Moore, Dario Phillips Time: 3:15 - 4:15 pm
Team B Coaches: Matt Lock, Jason Hogan Time: 4:30 - 5:30 pm

MINOR LITTLE LEAGUE (Grade 2 & 3) Age 7 - 8
Start honing your baseball skills by practicing throwing, catching and batting in this fun-filled approach to baseball. Learn about positions and game rules.

Thursdays, April 4 - June 27 Cost: \$50
Team A Coaches: Shanti Davis, Ashleigh Drummond
Tugwell Field on Pacific Crescent Time: 5:45 - 6:45 pm
Team B Coaches: Mike Grandbois, Faye Missar
Tugwell Fields on Forbes Road Time: 5:45 - 6:45 pm

MAJOR LITTLE LEAGUE (Grade 4 & 5) Age 9 - 10
Let's practice our throwing, catching, pitching and batting this Spring. We will also work on running bases, field positions and rules of the game. Please bring your own glove and non-metal cleats. Practice is on Thursdays, games will be set up for some Saturdays.

Thursdays, April 4 - June 27 Cost: \$50
Coach: TBA
Tugwell Field on Pacific Crescent Time: 4:30 - 5:30 pm

JUNIOR LITTLE LEAGUE (Grade 6 & 7) Age 11 - 13
Hit the ball field twice a week, practice throwing, catching, pitching and batting as well as game strategy. We will play games against Tofino Jock straps are encouraged. Please bring your own glove and non-metal cleats.

Wednesdays, April 3 - June 26 Cost: \$50
Tugwell Field on Forbes Road
Coach: Brent Taron, Scott Reed Time: 5:00 - 6:00 pm

SENIORS LITTLE LEAGUE (Grade 8+) Age 13 - 18
Join this new class of baseball and practice throwing, catching, pitching and batting as well as game strategy. Jock straps are encouraged. Please bring your own glove and non-metal cleats.

Wednesdays, April 3 - June 26 Cost: \$50
Tugwell Field on Forbes Road Time: 6:00 - 7:00 pm
Coaches Paul Galloway, David Smith, Brent Taron

THANK YOU

To all our amazing coaches and volunteers in the fall & winter season
THANK YOU for your dedication and time for community sports.

Kids Soccer: Jessica Hicks, Kat Rosene, Dave Tovell, Risa Venuto, Jon Hopkins, Tracy Andrews, Sheldon Vos, Faye Missar, Kevin Mair, Kaleigh Day, Matt Lock, Mandala Smulder, Grace Gerbitx, Beau Pitre.

Skateboarding: Leon Davies, Rylie Noyes, Ollie Ouellet.

Hockey programs: Brent Taron.

Bike programs: Louis Maddiford, Chris Denman, Layton McLeod

Adult Drop-in Programs: Faye Missar, Joe Leslie, Rob Smith,

Geoff Lyons, Trevor & Penny Jones, Cris Martin

Roller Skating: Lyvi Rivera, Torin Meikle, Christina Lanoville,

Holly McPhail, Fijona Brinkman, Jill McQuaid, Jen McLeod.

YOUTH PROGRAMS

THE EDGE YOUTH ROOM

COORDINATORS - Toni Buston & Tristan Godberson
YOUTH ASST - Susi Kummer & Sierra Griffin

CLOSED DURING STATUTORY HOLIDAYS
UCLUELET COMMUNITY CENTRE - 500 MATTERSON DR



APRIL - JUNE

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,

3:00 - 5:30 pm

ART NIGHT

This season join Sierra for a great night of art. Bring a project or start something new. We have lots of supplies to share.

Mondays, April - June

5:30 - 7:30 pm

STUDENT OF LEADERSHIP GROUP

Everyone is welcome to join this group that meets weekly to plan events, training opportunities and engage youth voices. New ideas always welcome. Join Toni and Tristan in the Youth Room.



Wednesdays, April - June

3:30 - 4:30 pm

GRADE 7 DAY

Join in with the highschool grades on Thursdays and get to know the youth room and all its offerings.

Thursdays, April - June

3:00 - 5:30 pm

FRIDAY NIGHT LIVE

Come hang out with your friends and make some new ones, lots of fun activities to do! Every other week with alternating Friday night live and movie nights.



Supported by Ucluelet Consumers Co-op & Communities Building Youth Futures Project

Fridays, April - June - dates to be confirmed

6:30 - 9:30 pm

UCC Youth Room, Main Hall & Community Room

QUEER YOUTH CONNECTIONS

Queer Youth Connections is a space for youth ages 12-17 to explore relationships to identity, community, self, and others. All youth who identify as queer, are questioning, or simply have questions, are welcome to attend. Snacks, art, music, and activities guaranteed.



Tuesdays, April 16 & May 10

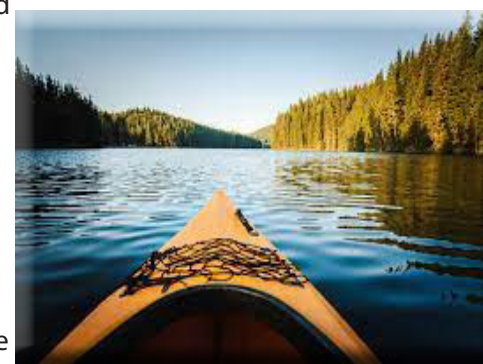
3:30 - 5:00 pm

Facilitators: Sully Rogalski & Sarah Drew from Coastal Queer Alliance

YOUTH PADDLE CANADA PROGRAM

13 - 18 years

This two-day, Level 1 Skills program builds on skills introduced in the Basic Paddle Canada skills course and includes practical sea kayak training and knowledge for day touring in sheltered coastal waters. This program covers all the basics of getting on and off the water, controlling your kayak, and recovering from a capsize. All this in a relaxed and fun environment. We provide all the kayaks, paddling accessories, and experienced staff. Included in this course are weather interpretation, practical navigational exercises and planning and executing a kayaking trip with easy access to communication and emergency services.



This program is based on the national sea kayaking program established by Paddle Canada. This course meets and exceeds the Paddle Canada Level 1 Skills training and assessment.

Saturday, June 15 & Sunday, June 16

9:00 - 5:00 pm

Bring your water bottle, lunch, snacks and wetsuit \$150*

*(fee may be reduced with successful grant application)

200 Hemlock Stret, Small Craft Harbour - Inner Basin, Dock F
Hello Nature Adventure Tours - Kevin Bradshaw

SPORT

YOUTH



TOLL FREE 1 844 706 2751
 adventures@hellonature.ca
 www.hellonature.ca

COMMUNITY PADDLES

Join the community paddling group this spring! This is a great chance to try kayaking in the sheltered waters of the Ucluelet harbour while learning the history and sitieseeing. Meet new paddlers, exchange ideas, experience, tips and tricks. Most paddlers have some experience but newcomers are very welcome Register for the series or pick the dates that work best for you. Wear polyester, nylon, fleece or micro fleece, bring a filled water bottle and snack.

Sundays, May 12, 19, 26 June 2, 9, 16

18 years + 6/\$200 + gst
 1:00 - 4:00 pm harbour tour drop-in \$40 + gst
 *Must be registered 48 hours in advance, classes may be cancelled without sufficient registration.
 Small Craft Harbour, 200 Hemlock Street - Inner Basin, Dock F
 Hello Nature Adventure Tours - Kevin Bradshaw

ADULT PROGRAMS

WELCOME MIREN DELGADO

Miren is a watercolor artist and a professional character animator. Growing up in Spain she followed her passion for art and graduated in Fine Arts from The Basque Country University in Bilbao, Bizkaia. She balances her animation career with her watercolor art practice. Her paintings are greatly inspired by nature, traveling and surfing. Instagram @olasdecoloresart.



WATERCOLOR CLASS FOR BEGINNERS

On this class you will learn the foundation of watercolor painting through a series of guided exercises and paintings. We will practice tones and values, mixing colors, using dry and wet techniques, to see how the water, colors and brushstrokes work together 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, May 5, 12 and 26, June 9, 16 10:00 – 12:30 pm
 Activity Room 2 260 \$ +gst
 Instructor: Miren Delgado

ART

UKEE'S RADDEST 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 \$5 drop-in
Sundays, April 7 - June 30 (NO CLASS: MAY 19) 12:30 - 3:00 pm
 Seaplane Base Recreation Hall, 160 Seaplane Base Road

YOUTH & ADULT \$5 drop-in
 Age 15+ **Fridays, April 5 - June 28 7:00 - 9:00 pm**

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



ADULT PROGRAMS CONT

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.



Thursdays, April 11 - May 16

UCC Pottery Studio
 Instructor: Ebony Faithful

6:00 - 8:00 pm
 6/\$267 + gst

COIL AND PINCH POT WORKSHOP

This workshop is an option for potters of all levels to focus on a hand building project large or small. Choose to sign up for one or two nights. Come by the studio for one night of smaller projects (Tuesday) or two nights (Tuesday & Thursday) for a larger or more detailed projects. We will be focusing on coils, pinch pottery, hand building pots or sculptures. If you have a project in mind, bring your ideas and Ebony will be there to help guide you to achieve it. Glazing night will be June 24 or 25 between 5:00 - 8:00pm. If you choose not to glaze your piece, Ebony can clear-glaze your project for you and you can pick up your piece in 2/3 weeks' time. All materials included.



Tuesday, June 4 OR

Thursday, June 6 OR

Tuesday & Thursday

UCC Pottery Studio
 Instructor: Ebony Faithful

5:30 - 8:00 pm \$55 + gst
 5:30 - 8:00 pm \$55 + gst
 5:30 - 8:00 pm \$90 + gst

CERAMICS

NERIKOMI/ AGATEWARE HAND BUILDING WORKSHOP

"Nerikomi" or "Agateware" is the term used to describe working with coloured clay to achieve a visually interesting effect. This workshop is perfect for those with previous hand building experience, though beginners are welcome too. There will be a brief instruction on how stains are mixed into clay and how to create a block of up to three or four different colours of clay. Students will have their own blocks to work with for both nights. Open minds and experimentation is encouraged. There will be an option to use moulds for slab-work or hand build free-forms with coloured clay to create different patterns and effects. The beauty of nerikomi is in the hard work and creativity put into the patterns of coloured clay, so normally, nerikomi is simply clear glazed to emphasize the colours and patterns that show through on all surfaces. Your instructor will glaze your work for you and pieces may be picked up in 2/3 weeks time. All materials included.



There will be an option to use moulds for slab-work or hand build free-forms with coloured clay to create different patterns and effects. The beauty of nerikomi is in the hard work and creativity put into the patterns of coloured clay, so normally, nerikomi is simply clear glazed to emphasize the colours and patterns that show through on all surfaces. Your instructor will glaze your work for you and pieces may be picked up in 2/3 weeks time. All materials included.

Monday, June 10 & Thursday, June 13

UCC Pottery Studio
 Instructor: Ebony Faithful

5:00 - 8:00 pm
 \$150 + 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. 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. * Please note we have a lengthy waitlist and patience is required to gain access to the pottery studio.

Monthly Membership: \$120 + gst, (\$140 + gst starting May 2024.)

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

EVERY ACCOMPLISHMENT
 STARTS WITH THE
 DECISION TO TRY



ADULT PROGRAMS CONT

VISION WORKSHOP

Do you want to discover your true dream or purpose? Would you like to eliminate fear, doubt & worry and move toward your goals with confidence? Do you want to achieve greater results with less effort? If these questions resonate with you then you are going to love this seminar! During this dynamic Vision workshop, you will learn to harness your life's purpose and the prosperity you deserve! You will learn two essential keys for tuning into your purpose. Simple thinking strategies that will guard you from fear, doubt and worry. The number one factor that causes people to lose steam when going after a dream, and how to stay motivated and override it. A proven method for dissolving resistance you may have to prosperity so you can attract higher levels of results and abundance. The number one crucial thing you must give up in order to reach your dream. And so much more!



April 20, Saturday	10:00 - 1:00 pm	\$30 + gst
May 25, Saturday	10:00 - 1:00 pm	\$30 + gst
June 29, Saturday	10:00 - 1:00 pm	\$30 + gst

UCC Activity Room 1 or 2
Instructor: Nikita McCulloch

ADULT FITNESS

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,		
Session A: April 9 - May 14	5:30 - 6:30 pm	6/\$72 + gst
Session B: May 21 - June 25	5:30 - 6:30 pm	6/\$72 + gst

UCC Fitness Studio
Instructor: Norannda Sigmund

YIN YOGA

It's always a good season for rest. Come and slow down each week helping to relax your nervous system with some slow, mindful movements with Yin Yoga. This style of yoga consists of long held postures that keep you close to the mat. Yin yoga moves your body and mind into your parasympathetic nervous system, allowing your body to rest and recover. We will be exploring the phase of the moon each week to connect to ourselves and nature. Dress in layers as this class can be cooling for the body, bring a journal for reflections if you choose. This class is suitable for all bodies and abilities.

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

Tuesdays,		
Session A: April 9 - May 14	7:00 - 8:15 pm	6/\$90 + gst
Session B: May 21 - June 25	7:00 - 8:15 pm	6/\$90 + gst

UCC Fitness Studio
Instructor: Norannda Sigmund

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,		
Session A: April 11 - May 16	6:15 - 7:15 am	6/\$72 + gst
Session B: May 23 - June 27	6:15 - 7:15 am	6/\$72 + gst

UCC Fitness Studio
Instructor: Norannda Sigmund

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 be early to make payments.

WELCOME CHELSEA JOSUE

Chelsea has been practicing yoga for 15 years and is a RYT 200 with both Yoga Alliance and the Canadian Yoga Alliance. Chelsea has former roots in the arts and culture sector, including 15 years as a dancer and educator. Chelsea found yoga through a desire to explore movement outside of dance, and discovered her modern dance roots share a familiar movement vocabulary with yoga. She leads yoga classes with a focus on breathe, mobility, proper form, and safe movement. Hands-on adjustments are an integral part of her teaching style and is always optional for students. She practices yoga for longevity and overall wellbeing - and hopes to share this approach with others. Outside of yoga, Chelsea is an environmentalist who loves to surf, take photos, and spend time outdoors with her four-legged little lady.



POWERFUL FLOW & MOVEMENT YOGA

Engage with your whole body in this dynamic power vinyasa flow & movement class. Tap into breath as you flow through Vinyasa sequences and explore a series of movements that take you seamlessly in and out of yoga poses and postures. This class consists of seated and standing poses and explores movement under the umbrella of modern yoga. This class intends to promote strength, breathe & coordination by blending yoga and movement together.

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

Tuesdays,		
Session A: April 16 - May 21	8:00 - 9:15 am	6/\$90 + gst
Session B: May 28 - June 25	8:00 - 9:15 am	5/\$75 + gst

UCC Fitness Studio
Instructor Chelsea Josue

FORREST YOGA

Connect to your breath and core in this holistic style. This class includes breath work (pranayama), a core warmup, and a vinyasa flow. Flow through seated and/or standing poses. Forrest Yoga is regarded as a ceremonial and therapeutic-like practice that explores four core pillars; breathe, integrity, strength, and spirit. This class intends to energize the body and promote mobility.

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

Fridays,		
Session A: April 19 - May 24	6:30 - 7:45 am	6/\$90 + gst
Session B: May 31 - June 28	6:30 - 7:45 am	5/\$75 + gst

UCC Fitness Studio
Instructor Chelsea Josue

WAVES OF HEALING YIN YOGA - CANCELLED

Move slowly. Release tension and connect to your physical/spiritual energy. Each class focuses on releasing tension in linked areas of the body. Class may be designed for 'neck and shoulders' or 'hips and lower back', etc., to help keep you mobile for everyday life or shredding the next wave. This class consists of passive, more gentle natured, postures that are held for longer periods of time. Massage balls, blocks, bolsters, and/or straps may be used to support or deepen your practice. Healing Yin Yoga, an evolution of yin yoga, was founded by Ning Gao.

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

Fridays,	CANCELLED	
Session A: April 19 - May 24	9:30 - 10:30 am	6/\$72 + gst
Session B: May 31 - June 28	9:30 - 10:30 am	5/\$60 + gst

UCC Fitness Studio
Instructor Chelsea Josue



The primary aim of yoga is to restore the mind to simplicity and peace, and free it from confusion and distress.

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 \$18, please read drop-in information.

Thursdays,

NEW TIME & LOCATION

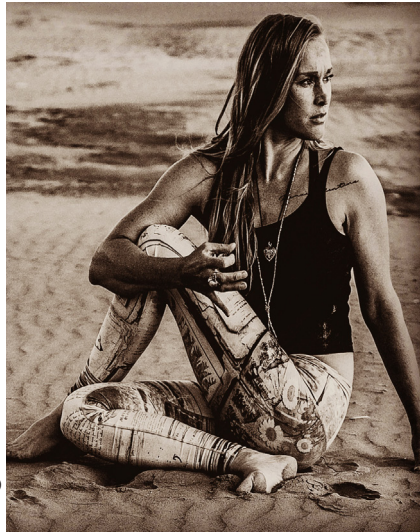
Session B: May 16 - June 20* 5:45 - 6:45 pm 5/\$60 + gst

*(NO CLASS: June 13)

Big Beach Gazebo - UCC Fitness Studio in bad weather
Instructor: Heather Durward

BODHIBLISS YOGA -CANCELLED

Bodhibliss yoga is a relaxation based practice designed to calm the nervous system as well as relieve both physical and mental tension. Together we will explore various styles of low impact yoga, gentle flowing movements, long hold and 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,

CANCELLED

Session A: April 4 - May 9 7:30 - 8:30 pm 6/\$72 + gst

Session B: May 16 - June 20 7:30 - 8:30 pm 6/\$72 + gst

UCC Fitness Studio

Instructor: Heather Durward

MINDFLOW SURFER YOGA

Come find the yin flow to your yang surfer muscles. This class will focus mainly on opening your chest, shoulders, hips & glutes. Expect a SLOW mindful flow, stimulating core & somatic awareness, while mastering the practice of patience and enjoying the benefits of breathwork. Ease your nervous system; live with less stress, more calm on & off your mat. Open to everyone!



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

Thursdays,

Session A: April 11 - May 16 8:00 - 9:15 am 6/\$90 + gst

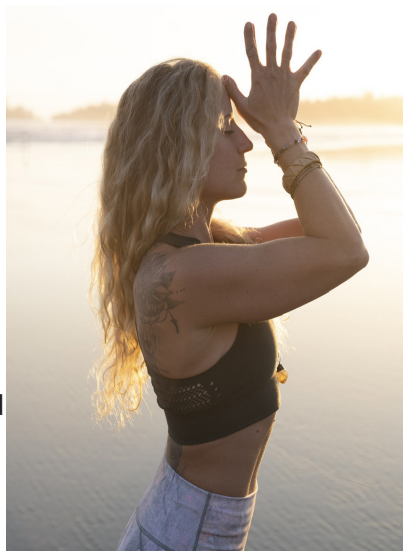
Session B: May 23 - June 27 8:00 - 9:15 am 6/\$90 + gst

UCC Fitness Studio

Instructor: Erin Hamilton

MINDFLOW YIN YOGA

Restore, repair and rejuvenate. Nourish your nervous system & calm your mind with a deeply healing yin practice. Poses will be held for two to five minutes, while I offer adjustments, massages, energy work and sound healing. Let go of emotions bound in the body, release stagnation and end your week by slowing the pace and melting into relaxation.



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

Fridays,

Session A: April 12 - May 10* 7:00 - 8:15 pm 4/\$60 + gst

*(NO CLASS: APRIL 19)

Session B: May 24 - June 28* 7:00 - 8:15 pm 4/\$60 + gst

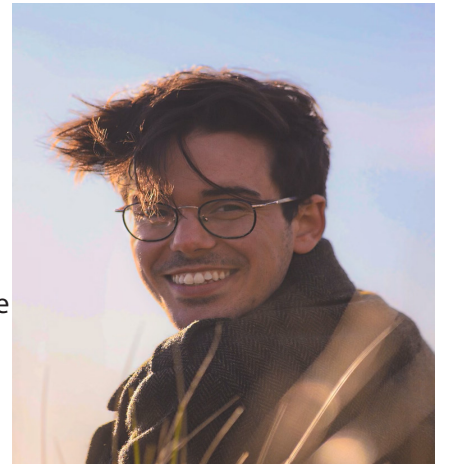
*(NO CLASS: MAY 31, JUNE 14)

UCC Fitness Studio

Instructor: Erin Hamilton

WELCOME ROBERT GUSDAL

Robert (he/him) is an emerging Canadian contemporary choreographer and interdisciplinary artist. Roberts work is often rooted in concepts of dance therapy and somatic movement practices. Roberts formal training in dance and choreography was completed with Concordia University where he deepened his knowledge and passion for dance as a mechanism for understanding trauma. In recent years Robert used his somatic and therapeutic foundations as a road map for creating functional trauma informed movement scores. <https://www.gasdollprojects.ca>

**CONTEMPORARY DANCE**

This Contemporary Dance class will be structured as a drop-in format where students will expect to be led in a group stretch/warm up followed by learning a new piece of choreography each week. This class will offer an opportunity for dancers of all levels to participate in a fun and encouraging atmosphere where you can improve your technique, learn new skills, and perform among friends.

Drop-in \$20, please read drop-in information.

Wednesdays, April 16 - June 26 *(NO CLASS: MAY 1 & 15)

UCC Fitness Studio

6:45 - 8:00 pm

Instructor: Robert Gusdal

9/\$162 + gst

FLOORWORK FLOW

18+

Floorwork Flow will be a drop-in based dance class where students will expect to be led in a group stretch/warm up followed by learning a new piece of choreography each week. Students should expect choreography that aims to explore sensual movement, classic burlesque/strip tricks, and sexy heels movement. This class is open to all levels but to ensure a safe well rounded class. Students should be open to learning/executing, shoulder rolls with minimal assistance, Tricks that include inversions, and be comfortable picking up choreography. What to wear: fitted clothing you feel comfortable moving in, something to cover your knees (Pants or knee pads), and optional heels (Pleasers welcome!) Class is open to all gender identities.

Wednesdays, April 10 - June 26

UCC Fitness Studio

8:10 - 9:25 pm

Instructor: Robert Gusdal

Drop-in only \$18

HEELS DANCE - WORKSHOPS

The Spring Heels Dance workshops series will feature a blend of hip-hop and heels dance genres set to high-energy music. Dancers will explore themes of embodiment, dance technique, and musicality to engaging choreography. Workshops are 'open level', meaning they will be accessible for a range of abilities and comfort levels.



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

Wednesdays, April 10, May 1, May 15

UCC Fitness Studio

5:30 - 7:00 pm

Instructor: Kristen Walters

\$15 + gst per class

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, rain stick, thunder, rattles & chimes, you will leave feeling both expansive & grounded, with a deep connection to your heart's centre. Everyone is welcome.

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

Sunday, April 28 & May 26

7:00 - 9:00 pm

UCC Fitness Studio

\$40 + gst per class

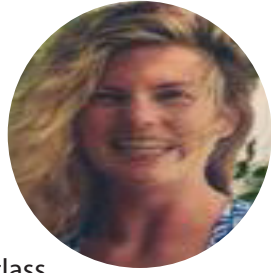
Instructor: Erin Hamilton

ADULT FITNESS CON'T

FITNESS

STRETCH & STRENGTH

Come to these classes to gain optimum strength, mobility, and stability. These classes will focus on strengthening your foundation (Core), will create fluid mobility throughout your entire body and will leave your nervous system feeling extremely grounded. A great class for grounding anxiety and bringing in creativity. You will notice a strong intuitive connection to your mind and body ensuring you are ready to take on anything.



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

Mondays,

Session A: April 15 – May 13 5:30 - 6:30 pm 5/\$60 + gst
Session B: May 27 - June 24 5:30 - 6:30 pm 5/\$60 + gst
 UCC Fitness Studio
 Instructor: Kiercy Lattimer

ROLLER FITNESS

Join Lyvi for this one hour full body work out with low impact and medium to high intensity. There will be a mixture of cardio and weight training, using your own body weight, while incorporating basic drill combinations for conditioning. Must have safety gear (wrist guards, helmet, knee pads, elbow pads are optional). Bring water and/or a towel.



NEW AS OF MAY 13
 Drop-in \$5, cash only!

Mondays,

Session B: May 27 - June 24 6:00 - 7:00 pm **Drop-in \$5**
 Seaplane Base Recreation Hall
 Instructor: Lyvi Rivera

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 only, cash or credit card.

Sundays, April 7 - June 23 *(NO CLASS: MAY 19) 8:00 - 9:00 pm
Mondays, April 8 - June 24*(NO CLASS: MAY 20) 12:00 - 1:00 pm
 UCC Main Hall (minimum of three students required)
 Instructor: Shelby McCreesh, NCCP L1

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
 Not sure about this style of martial arts?
 No worries, the first class is FREE!

Tuesdays, 7:30 - 9:00 pm
Session A: April 9 - May 7 5/\$50 + gst
Session B: May 21 - June 25 6/\$60 + gst
 UCC Main Hall
 Instructor: Vishal Devani



Get into the swing of things this spring with pickleball! There is no experience required and we have spare paddles and balls to get you started. Just contact the Ucluelet Recreation Department at 250-726-7772, stop by the UCC or email recreation@ucluelet.ca to set up your account. Once players have created an account at the UCC and discussed facility use, program responsibilities and key use, you will be emailed a google document to schedule your play time.

Mondays, Wednesdays, Fridays, Saturdays, 9:00 - 3:00 pm **\$2 drop-in fee**
Sundays 9:00 - 12:00 pm & 4:00 - 6:45 pm
 Punch Cards available at UCC **25/\$50 + gst**
 Seaplane Base Recreation Hall, 160 Seaplane Base Road



MARSHALL ARTS

GOJU RYU KARATE with TSUGA - CANCELLED

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 only - \$12.
 Not sure about this style of martial arts?
 No worries, the first class is FREE!

Wednesdays, April 10 - June 26 **CANCELLED** 7:30 - 9:00 pm
 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, April 4 - June 27 7:00 - 8:00 pm 13/\$130 + gst
Sundays, April 7 - June 30* 6:00 - 7:00 pm 12/\$120 + gst
 *(NO CLASS: MAY 19)
 UAC Hall ,1510 Peninsula Road
 Instructor: Daniel Allos & Christian Sampson

OLDER ADULT PROGRAMS

HEALTH & WELLNESS

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, April 3 (ongoing) 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, April 2 (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, April 4 (ongoing) 10:00 - 11:00 am
 UCC Main Hall \$2 drop-in
 Volunteer: Cris Martin

MARSHALL ARTS