

# 2025 SPRING RECREATION GUIDE



## UCLUELET RECREATION DEPARTMENT

REGISTRATION OPENS - APRIL 2

PROGRAMS RUN APRIL - JUNE

UPDATED: APRIL 24



Mini Movers Winter 2025 with Robert Gusdall

ADULT & YOUTH PROGRAMS





EARLY YEARS PROGRAMS

CHILDRENS PROGRAMS

YOUTH PROGRAMS

OLDER ADULT PROGRAMS

## WEEKLY ADULT FITNESS PROGRAMS - SPRING CALENDAR

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<b>SUNRISE SYNERGY YOGA</b> 8:00 - 9:00 am UCC Fitness Studio Registration or drop-in <b>Session A - cancelled</b>	<b>CHI GONG PRACTICE</b> 10:30 - 11:30 am UCC Fitness Studio (see inside for info)	<b>DANCE FIT 50+</b> 9:00 - 10:00 am UCC Main Hall (see inside for info)	<b>MAT PILATES</b> 6:30 - 7:30 am UCC Fitness Studio Registration or drop-in (see inside for info) <b>Session A - no drop-ins</b>	<b>SLOW TO FLOW YOGA</b> 6:30 - 7:30 am UCC Fitness Studio Registration or drop-in (see inside for info)	<b>DANCE FIT 50+</b> 9:00 - 10:00 am Main Hall (see inside for info)	<b>UCLUELET RECREATION &amp; PARKS</b> 
<b>FAMILY ROLLER SKATING</b> 12:30 - 3:00 pm Seaplane Base Rec Hall (see inside for dates)	<b>ADULT GYM</b> 12:00 - 1:00 pm UCC Main Hall Drop-in (see inside for info)		<b>CHI GONG PRACTICE</b> 10:30 - 11:30 am UCC Main Hall (see inside for info)	<b>CHAIR YOGA</b> 10:00 - 11:00 am UCC Main Hall (see inside for info)	<b>WWW.UCLUELET.CA</b> <b>250-726-7772</b> <b>RECREATION@UCLUELET.CA</b>	
<b>THRIVING HIPS YOGA</b> 6:00 - 7:00 pm UCC Fitness Studio Registration or drop-in (see inside for info) <b>Session A - cancelled</b>	<b>BARRE BURN</b> 5:15 - 6:00 pm UCC Fitness Studio Registration or drop-in (see inside for info)	<b>YOGA FOUNDATIONS</b> 5:30 - 6:30 pm UCC Fitness Studio Registration or drop-in (see inside for info)			<b>MINDFLOW YIN &amp; SOUND YOGA</b> 7:00 - 8:15 pm UCC Fitness Studio Registration or drop-in (see inside for info)	 <p><b>No matter how hard the past is, you can always begin again.- Buddha</b></p>
<b>ADULT GYM</b> 6:00 - 7:00 pm UCC Main Hall Drop-in (see inside for info)	<b>CONTEMPORARY DANCE</b> 6:30 - 7:45 pm UCC Fitness Studio Registration or drop-in (see inside for info)	<b>YIN YOGA</b> 7:00 - 8:15 pm UCC Fitness Studio Registration or drop-in (see inside for info)	<b>DANCE COLLAB</b> 5:15 - 6:30 pm UCC Fitness Studio Registration only (see inside for info)		<b>ADULT ROLLER SKATING</b> 7:00 - 9:00 pm Seaplane Base Rec Hall (see inside for dates)	
<b>PRIMAL MOVEMENT YOGA</b> 7:30 - 8:30 pm UCC Fitness Studio Registration or drop-in (see inside for info) <b>Session A - cancelled</b>	<b>FLOORWORK FLOW</b> 8:00 - 9:00 pm UCC Fitness Studio Registration or drop-in (see inside for info)		<b>WAVES FLOW &amp; YIN YOGA</b> 7:00 - 8:00 pm UCC Fitness Studio Registration or drop-in (see inside for info)	<b>BRAZILIAN JIU JITSU</b> 7:00 - 8:00 pm UAC Hall AND SUNDAYS 6:00 - 7:00 pm (see inside for info)		
<b>YOGA FUNDAMENTAL WORKSHOPS and/or ELEMENTAL SOUND BATH &amp; RESTORATIVE YOGA</b> (see inside for info & dates)	<b>INDOOR SOCCER</b> 7:00 - 9:00 pm Drop-in \$2 - USS Gym (non-marking shoes) Will move to Tugwell Field in better weather	<b>INDOOR BASKETBALL</b> 7:00 - 9:00 pm Drop-in \$2 - USS Gym (non-marking shoes)	<b>VOLLEYBALL</b> 6:30 - 8:30 pm Drop-in \$2 - USS Gym (non-marking shoes)	<b>BADMINTON</b> 7:00 - 9:00 pm Drop-in \$2 - USS Gym (non-marking shoes) <b>ROLLER HOCKEY</b> 7:00 - 9:00 pm Seaplane Base Rec Hall	<b>PICKLEBALL</b> 6:00 - 8:00 pm USS Gym Drop-in \$2 (non-marking shoes)	



# WELCOME TO SPRING 2025

Spring is the best time for new beginnings, turn over a new leaf and start something new! Movement is a key component to a healthier and happier lifestyle. So, just step outside this spring for a walk around the block, join us at the UCC for some wonderful fitness programs or join one of the drop-in sport groups that run Sunday to Saturday. Wherever your interest lays its time to ignite that burner and spring into action. Stay healthy everyone!

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



## HOW TO REGISTER

The Ucluelet Recreation Department offers three easy ways for program registration: online, by phone, or in person. Spaces are filled on a first come, first served basis. Registration opens on April 2 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>. If you are having any problems accessing your account please let us know and we will send you a password to be re-set, we would appreciate it if you didn't make a new account.

## 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 are accepted. If you have not received a receipt prior to the program start date, please call to confirm that you have been registered. Please also read confirmation receipts carefully as they note program dates, omitted dates, time frames, etc. Adult fee's in the guide do not include taxes, GST will be applied to applicable fees.



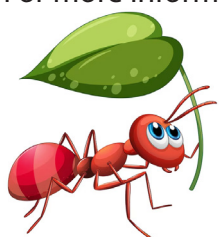
## AVAILABLE FUNDING

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](http://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](http://www.kidsportcanada.ca).

**TRUE SPORT** - The District of Ucluelet is a member of True Sport. True Sport is an initiative of the Canadian Centre for Ethics in Sport (CCES), a network leader in values-based sport. The CCES encourages and supports all those involved in sport to embrace True Sport as the approach to activate values-based sport. True Sport is an approach to values-based sport that creates the right conditions for individuals to experience good sport, to value it, commit to it, nurture it and stay connected to it all their lives. When all those involved in sport prioritize the welfare, safety, and rights of participants, and recognize and report acts of maltreatment, they create, foster, and preserve sport environments that ensure positive, healthy, and fulfilling sport experiences. We want participants to keep a positive attitude both on and off the field of play. Show respect for everyone involved in creating sporting experiences, both on and off the field of play. Win with dignity and lose with grace. Play honestly – obey both the letter and spirit of the rules. The True Sport values are fairness, excellence, inclusion, and fun. For more information go to [truesport.ca](http://truesport.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; exemptions can be requested from the Director of Community Services.

- \* Classes missed due to vacations or appointments will not be refunded, unless granted an exception in advance.

- \* All exceptions will be at the discretion of the Director of Community Services, contact Abby Fortune at [afortune@ucluelet.ca](mailto: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.

## STAY CONNECTED

Keep an eye out on our Facebook and Instagram page for program updates, cancellations and what is happening next. on [facebook.com/ukeerec](https://facebook.com/ukeerec) or on Instagram @ukeerec

Please call us anytime if you have any questions at 250-726-7772 or email [recreation@ucluelet.ca](mailto:recreation@ucluelet.ca)

Abby, Barb & Candice





EARLY YEARS PROGRAMS

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.

**Mondays,** 3:15 - 4:00 pm  
**Session A: April 7 - May 12** 5/ \$50  
**\*(NO CLASS: APRIL 21)**  
**Session B: May 26 - June 30** 6/\$60  
UCC Fitness Studio  
Instructor: Robert Gusdal

Age 3 - 5



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 2023 - August 2024.*

PARENT & TOT GYMNASTICS

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.

Age 1.5 - 3



**Mondays, April 7 - June 23\***  
**\*(NO CLASS: APR 21, 28, MAY 12,19)**  
Age 1.5 - 3 11:00 - 11:45 am (with adult) 8/\$88  
UCC Main Hall  
Coaches: Shelby McCreesh, NCCP L1, Yemaya Windle, NCCP L1, Amanda Scott, NCCP L1

TINY TUMBLERS

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.

Age 3 - 5



**Mondays, April 7 - June 23\***  
**\*(NO CLASS: APR 21, 28, MAY 12,19)**  
Ages 3 - 5 1:15 - 2:00 pm 8/\$88  
and/or 2:15 - 3:00 pm 8/\$88  
UCC Main Hall  
Coaches: Shelby McCreesh, NCCP L1, Yemaya Windle, NCCP L1, Amanda Scott, NCCP L1

SWIMMING

*Please welcome our Lifesaving Instructor  
Jayda Konnila*



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 are to keep the change room area clean at all times.**

WEDNESDAYS, APRIL 30 - JUNE 18

PRESCHOOL 1 - 3	4:00 - 4:30 pm	8/\$112
PRESCHOOL 4 - 5	4:30 - 5:00 pm	8/\$112
SWIMMER 1	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 Preschool ensures children become comfortable in the water and have fun developing a foundation of water skills. To see swimmer skills at a glance for each level go to [lifesaving.bc.ca/swim-for-life](https://lifesaving.bc.ca/swim-for-life).

CHILDREN PROGRAMS

KIDS CLAY

This fun afternoon kid's 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. Kid's will learn basic sculptural clay techniques such as pinch pots, coil and slab. Kids will come home with exciting pieces that they can keep forever. Feel free to bring your own apron. All materials and supplies provided.



KIDS A: Tuesdays, April 8 - May 6

Ages 7 - 9 3:15 - 4:45 pm 5/\$160  
UCC Pottery Studio  
Instructor: Ebony Faithful

KIDS B: Tuesdays, May 20 - June 17

Ages 9 - 13 3:15 - 4:45 pm 5/\$160  
UCC Pottery Studio  
Instructor: Ebony Faithful

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, May 16 - June 20\*(NO CLASS: JUNE 6)** 4:00 - 5:30 pm  
UCC Kitchen 5/\$165  
Instructor: Lisa Woodland

WELCOME ELISA SKOETT

Elisa is a former chemical engineer with a Bachelor of Engineering from Western University. She has a passion for science and technology and has always enjoyed sharing this passion with others. Elisa has worked as a STEM instructor with university affiliated outreach programs and is excited to bring her experience and love of science to the Ukee community.



STEM WORKSHOP

Discover the wonderful world of science! Through four interactive workshops, kids will learn principles of chemistry, physics, and biology through fun, hands-on activities. Exciting and thought provoking experiments will blend science and creativity to stimulate curious minds. An introductory look into science for all levels.



SESSION A:

**Wednesdays, April 9 - May 7\*(NO CLASS: APR 30)**  
Ages 6 - 8: 4:00 - 5:00 pm 4/\$80  
Ages 9 - 11: 5:30 - 6:30 pm 4/\$80

**Thursdays, April 10 - May 8 \*(NO CLASS: MAY 1)**  
Ages 12+ 4:00 - 5:00 pm 4/\$80

SESSION B:

**Wednesdays, May 14 - June 4**  
Ages 6 - 8: 4:00 - 5:00 pm 4/\$80  
Ages 9 - 11: 5:30 - 6:30 pm 4/\$80

**Thursdays, May 15 - June 5**  
Ages 12+ 4:00 - 5:00 pm 4/\$80  
UCC Activity Room 2  
Instructor: Elisa Skoett



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 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.

Gymnaestrada/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, spatial 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, April 6 - June 22 \*(NO CLASS: APR 20, 27, MAY 11,18)

Parkour	12:00 - 1:00 pm	8/\$88
Pre-Competitive	12:00 - 2:00 pm	8/\$176
Gymnaestrada/Cheer/Acro	2:15 - 3:15 pm	8/\$88
Competitive	3:30 - 6:00 pm	8/\$220

Mondays, April 7 - June 23 \*(NO CLASS: APR 21, 28, MAY 12,19)

Parent & Tot (1.5 - 3 yrs)	11:00 - 11:45 am	8/\$88
Tiny Tumblers (ages 3 - 5 yrs)	1:15 - 2:00 pm	8/\$88
Tiny Tumblers (ages 3 - 5 yrs)	2:15 - 3:00 pm	8/\$88
High School & Level 6+	3:30 - 4:45 pm	8/\$110
Ages 5 - 6 & Level 1 - 3	5:00- 6:00 pm	8/\$88
Boys Rec & Level 3 - 5	6:15 - 7:15 pm	8/\$88

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

KIDS MARITAL ARTS FOUNDATIONS CLASS

This class introduces martial arts training and movements, while practicing respectfully physical play. Kids will have fun learning basic martial arts movements through exercise circuits and games. This non-contact, high energy class will stretch and strengthen the whole body. In addition to shoulder rolls and animal crawls, kids will practice punching and kicking padded targets held by the instructor. Emphasis will be on a philosophy of non-violence, while given a healthy outlet for physicality, building self-confidence and physical awareness. This is a great introductory class. All levels are welcome.



Thursdays, April 3 - May 1

Grades 4 - 7	3:00 - 4:00 pm	5/\$60
Grades K - 3	4:15 - 5:00 pm	5/\$60

UCC Main Hall  
Instructor: Lonnie Kaechele

SWIMMING PROGRAMS



WELCOME JAYDA KONNILA

Hello Ucluelet! My name is Jayda (she/her), and I'm this season's Swim Instructor. I've always had a love for the water, whether it was the ocean or the pool. Growing up, I participated in multiple water sports, including competitive swimming and rowing, which eventually led me to become a certified Lifeguard and Swim Instructor in 2018. As an instructor, my goal is to meet swimmers where they are and help them build confidence in the water. Through a mix of play and practice, I strive to create a fun and supportive environment where swimmers can reach goals at their own pace!



*Please welcome our Lifesaving Instructor - Jayda Konnila*

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 are to keep the change room area clean at all times.**

SWIMMING

SATURDAYS, APRIL 26 - JUNE 14		
ROOKIE/RANGER/STAR PATROL	9:00 - 10:00 am	8/\$168
SWIMMER 6	10:00 - 10:30 am	8/\$112
SWIMMER 5	10:30 - 11:00 am	8/\$112
SWIMMER 4	11:00 - 11:30 pm	8/\$112
SWIMMER 1	11:30 - 12:00 pm	8/\$112
SWIMMER 3	12:30 - 1:00 pm	8/\$112
SWIMMER 2	1:00 - 1:30 pm	8/\$112
TUESDAYS, APRIL 29 - JUNE 17		
SWIMMER 1	4:00 - 4:30 pm	8/\$112
SWIMMER 2	4:30 - 5:00 pm	8/\$112
PRESCHOOL 1 - 3	5:00 - 5:30 pm	8/\$112
WEDNESDAYS, APRIL 30 - JUNE 18		
PRESCHOOL 1 - 3	4:00 - 4:30 pm	8/\$112
PRESCHOOL 4 - 5	4:30 - 5:00 pm	8/\$112
SWIMMER 1	5:00 - 5:30 pm	8/\$112
JELLYFISH/GOLDFISH/SEA HORSE PARENT & TOT (4 mos - 3 yrs)	5:30 - 6:00 pm	8/\$112

Swim for Life Swimmer Levels

Make sure your child learns how to swim before they aet 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!



Swim for Life Swimmer ensures children become comfortable in the water and have fun developing a foundation of water skills. To see swimmer skills at a glance for each level go to [lifesaving.bc.ca/swim-for-life](https://bc.ca/swim-for-life).

KIDS KAYAKING

Join Hello Nature this Spring for outdoor excursions exploring the Ucluelet harbour and learn about the biodiversity and wild life that call this place home. Depart from 200 Hemlock Street at the Small Craft Inner Boat Basin, Finger F. Try to wear polyester, nylon, fleece or micro fleece clothing & shoes that can get wet. Bring a filled water bottle.



Wednesdays, June 4, 11, 18, 25

Age 8 -12 yrs 5:00 - 7:00 pm \$100  
200 Hemlock Street, Small Craft Harbour  
Inner Boat Basin, Finger F  
Instructors: Hello Nature Staff



GYMNASTICS

MARTIAL ARTS



BASEBALL

WELCOME TO THE 2025 BASEBALL SEASON.

Please note there is maximum number of players for each team. Additional players will be placed on a waitlist while we search for coaches. We are still looking for coaches for the major little league team and subs for all teams, if you are interested please contact Barb at bgudbranson@ucluelet.ca or call 250-726-7772.



A huge thank you to the Ucluelet Parks Team for their continued support and expertise with field maintenance for all our sports programs.

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

Thursdays, April 10 - June 19 Cost: \$60 Tugwell Fields on Pacific Crescent Team Coaches: Matt Lock, Jason Hogan Time: 4:30 - 5:30 pm

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

Wednesdays, April 9 - June 18 Cost: \$60 Team Coaches: Shanti Davis, Nick Haisch Tugwell Field on Pacific Crescent Time: 4:30 - 5:30 pm

MAJOR LITTLE LEAGUE Grade 4 & 5 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, game dates and times - TBA

Thursdays, April 10 - June 19 Cost: \$60 Coach: TBA Tugwell Field on Pacific Crescent Time: 5:45 - 6:45 pm

JUNIOR LITTLE LEAGUE Grade 6 & 7 Hit the ballfield and practice your throwing, catching, pitching and batting as well as game strategy. Please bring your own glove and non-metal cleats. Jock straps are encouraged. We will play games against Tofino, schedule - TBA.

Wednesdays, April 9 - June 18 Cost: \$60 Tugwell Field on Forbes Roads Time: 5:00 - 6:00 pm Coach: Brent Taron, Scott Reed, Darren Fischer

SENIORS LITTLE LEAGUE Grade 8 - 12 Hit the ballfield and practice your throwing, catching, pitching and batting as well as game strategy. Please bring your own glove and non-metal cleats. Jock straps are encouraged. We will play games against Tofino, schedule - TBA. After school league being discussed.

Wednesdays, April 9 - June 18 Cost: \$60 Tugwell Field on Forbes Road Time: 6:00 - 7:00 pm Coaches: Brent Taron, Scott Reed

GIRLS LITTLE LEAGUE Grade 4 - 7 Join this new baseball group and practice your throwing, catching, pitching and batting as well as game strategy. Please bring your own glove and non-metal cleats, there will be a few spare gloves available. Come on out and have some fun.



Wednesdays, April 9 - June 18 Cost: \$60 Team Coaches: Shanti Davis, Mike Grandbois Tugwell Field on Pacific Crescent Time: 5:45 - 6:45 pm

To all our amazing coaches and volunteers in the fall & winter season THANK YOU for your dedication and time for community sports. Kids Soccer: Amanda Cameron, Mandala Smulders, Dario Phillips, Matt Lock, Jason Corlazzoli, Shelon Vos, Kevin Mair, Kaleigh Day, Tom & Jamie Grozier, Dave Tovell, Kat Rosene, Faye Missar, Jon Hopkins, Andi Wardrop, Joleen Sohier, Ken Roberts, Tracy Andrews. Skateboarding: Leon Davies, Ollie Ouellet, Devin Pugh, Rylie Noyes, Krista Bohen, Bec Kelly-Paul, Maggie Bryce, Jordon Hawkswell, Mara McLaughlin, Lily Tuomi. Hockey programs: Brent Taron. Bike programs: Louis Maddiford, Chris Denman, Layton McLeod Adult Drop-in Programs: Faye Missar, Joe Leslie, Rob Smith, Gemma McFarlane, Joe Soltysik, Joh Hopkins, Ken Ludlow, Trevor & Penny Jones, Chris Johnston, Mark Macdonnel, Cris Martin Roller Skating: Lyvi Rivera, Torin Meikle, Christina Lanoville, Holly McPhail, Fijona Brinkman, Jill McQuaid, Jen McLeod.

THANK YOU THANK YOU THANK YOU

YOUTH PROGRAMS

THE EDGE YOUTH ROOM

FACILITATORS - Tristan Godberson, Joleen Sohier, Annie Goertzen, Toni Buston

CLOSED DURING STATUTORY HOLIDAYS UCLUELET COMMUNITY CENTRE - 500 MATTERSON DR

YOUTH DROP-IN APRIL - JUNE Come on by the youth room and hang out, use the computers, play board games, do homework, get some support, use our free art supplies and enjoy some snacks.

Mondays to Thursdays, 3:00 - 5:00 pm

COOKING FAVOURITES WITH YOUTH

Learn to make some new delicious foods with Annie! Have something you would like to try or learn about, just let Annie know. No experience required, just come have some fun.



Tuesdays, April 8 - 29 5:00 - 7:00 pm Instructor: Annie Goertzen

STUDENT LEADERSHIP GROUP

Everyone is welcome to join this group that meets weekly to plan events, training opportunities and engage youth voices. We're looking for more voices and new ideas so please pop by!

Wednesdays, April 2 - June 18 3:30 - 4:30 pm

ART-ATTACK

Join Joleen in the youth room for an afternoon of adventurous art mediums. Everyone is welcome. No experience or knowledge required. Just come and explore.



Thursdays, April 3 - June 26 3:00 - 5:00 pm Instructor: Joleen Sohier

FRIDAY NIGHT LIVE

Come hang out with your friends and make some new ones, lots of fun activities to do! Some nights we might chill with a movie and popcorn, do a puzzle or play some board games. Others might be more sportier with badminton or laser tag in the main hall, or let's get musical and check out the karaoke machine or play one of the Wii games. Let us know your ideas and we'll see what we can do. Light snacks are provided.

Supported by Clayoquot Biosphere Trust & Ucluelet Co-op



Fridays, April 4 - June 20 7:00 - 9:30 pm UCC Youth Room & Main Hall Facilitators: Joleen Sohier, Jasper Douw, Shawna Flynn

HAND BUILDING AND UNDERGLAZE-TRANSFER WORKSHOP

Join Ebony in the studio and explore hand building techniques with a fun decorative element! Youth can expect to make two or three things in this two hour session and decorate their pieces with a choice of a few underglaze transfers to add some extra visual elements to your pottery creations! No experience necessary, come out and explore. Registration is mandatory, register early to save disappointment.



Friday, April 25 6:00 - 8:00 pm \$90 UCC Ceramics Studio Instructor: Ebony Faithful



ADULT PROGRAMS

CERAMICS

PERSONALIZED PET BOWL Age 16+

Does your fur-baby need a personalized food and water bowl? Silly question, of course they do! So come on down to the pottery studio and make one for them! This workshop will focus on slab building. Make any size bowl (or 2) that would suit your pets’ needs perfectly. Engrave, stamp or attach their name or any decoration you like onto the bowl. This one night workshop will take two hours. Your piece will be clear glazed for you, and you may expect to pick it up in roughly three weeks.



Monday, April 14 5:30 - 7:30 pm  
UCC Pottery Studio \$75 + gst  
Instructor: Ebony Faithful

WELCOME HALFDAN LIE HEM

Halfdan is a Ucluelet based potter by night. He got started throwing in Vancouver with James Kemp, but is otherwise a self-taught potter. Perennially hungry, he only makes pottery you can eat or drink from.



BIG BOWL WORKSHOP Age 16+

This course is for anyone who wants to size up their bowls, from noodles to fruit bowls. We will explore techniques for centering larger amounts of clay, how to trim, and how to glaze larger ware. This is not a beginner course; you should be able to consistently center a lump of clay before registering for this class. Excited to share my love of big bowls with you!



Thursdays, May 8 - 29 \*(NO CLASS: MAY 22) 6:00 - 8:00 pm  
(May 8, throwing; May 15, trimming; May 29, glazing)  
UCC Pottery Studio 3/\$160 + gst  
Instructor: Halfdan Hem

COIL POT WORKSHOP

This is a two evening workshop for potters of all levels to focus on a hand building project. We will be focusing on coils, pinch pottery, hand building pots or sculptures. This may be your opportunity to create a handmade coil pot for the garden or large abstract vase or centre-piece for your home. If you have a project in mind, bring your ideas and Ebony will be there to help guide you to achieve it. The first class is three hours. The second class can take up to two hours to glaze depending on your vision. Your piece will need an extra week to dry properly before the first firing. Glaze class will be held two weeks after the making class.

Age 16+



Monday, June 2 6:00 - 9:00 pm  
Monday, June 16 6:00 - 8:00 pm  
UCC Pottery Studio 2/\$110 + gst  
Instructor: Ebony Faithful

POTTERY STUDIO MONTHLY MEMBERSHIPS

There is a limited number of monthly members in the Pottery Studio. You must have taken at least two courses, be comfortable and knowledgeable to work **independently** in the studio. The studio is for recreational use only and not for commercial use. Membership fees include use of the room, equipment and firing. The studio recycles all clay so members must use clay provided by studio. Clay can be purchased from the studio coordinator and the costs includes use of basic glaze and underglazes. The Studio Coordinator will set up an orientation with new members. Please note we have a lengthy waitlist, and patience is required to gain access to the pottery studio, call 250-726-7772 to add your name.

Monthly Membership: \$140 + gst  
Hours of Availability: Sunday - Saturday, 9:00 am - 4:30 pm & Wednesdays 5:00 - 9:00 pm, *excluding all statutory holidays and programmed classes*. We are working on additional evenings.

LIFE IS JUST LIKE POTTER’S CLAY IT GETS SHAPED BY YOUR OWN HANDS. TANUJA SRIVASTAVA

ARTS

WHEN YOUR WORDS FLOW



The Spiritual & Psychological Writing Immersion  
To Discover Your True Voice - 3 Week Series

When Your Words Flow is a three week immersive journey to help you discover and embrace your true writing voice. In Week One, you’ll anchor into your emotions and explore your writing journey, mapping out your unique voice and creative process. Week Two focuses on overcoming obstacles, identifying the root of your challenges, and leveraging your strengths. In Week Three, you’ll uncover your authentic self, refine your inner dialogue, and learn to write intuitively, bringing your words to life in vivid, powerful ways. This series is perfect for writers ready to connect deeply with their creativity and express themselves with confidence.

Wednesday, April 16 4:30 - 6:30 pm drop-in \$52.50

Week One: Module 1: Anchoring Into Your Feelings

- Identify where you are in your writing journey; • Understand what it means to be a writer, • Explore the key elements of your writing;
- Map and develop your unique writing voice, • Plant the seeds for your creative process, • Channel the movements of your emotions into your work; • Discover your sources of inspiration, • Heighten your observational senses to enrich your writing

A

Wednesday, April 23 4:30 - 6:00 pm drop in \$42

Week Two: Module 2: Overcome Your Hurdles

- Identify the root causes of your hurdles; • Acknowledge and leverage your strengths; • Understand your writing purpose

B

Thursday, May 1 4:30 - 6:30 pm drop-in \$52.50

Week Three: Module 3: Discover Your True Voice

- Discover your authentic self and writing voice; • Distinguish and develop your unique voice; • Create intentional internal dialogue, • Paint vivid pictures with words, • Write with an intuitive flow.

C

Wednesday, April 16 & Thursday, May 1 4:30 - 6:30 pm &  
Wednesday, April 23 4:30 - 6:00 pm  
UCC Activity Room 1 \$140 + gst  
Instructor: Felecia Kearse Cancelled due to low registration

ADULT FITNESS

CONTEMPORARY DANCE

This class will be structured as a drop-in format where students will expect to be led in a group stretch and 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 \$18, please review drop-in information.

Mondays, 6:30 - 7:45 pm  
Session A: April 7 - May12 \*(NO CLASS: APRIL 21) 5/ \$90 + gst  
Session B: May 26 - June 30 6/\$108 + gst  
UCC Fitness Studio  
Instructor: Robert Gusdal

FLOORWORK FLOW

This class 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. Wear fitted clothing you feel comfortable moving in with something to cover your knees (pants or knee pads), and optional heels that are **none marking**. Class is open to all gender identities.



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

Mondays, 8:00 - 9:00 pm  
Session A: April 7 - May12 \*(NO CLASS: APRIL 21) 5/ \$90 + gst  
Session B: May 26 - June 30 6/\$108 + gst  
UCC Fitness Studio  
Instructor: Robert Gusdal

DANCE



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.

DANCE

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, fast movements and lots of sweat and laughter. Intermediate level, and open to individuals with some dance experience. \*Please note this class is by registration only.

Wednesdays, 5:15 - 6:30 pm  
Session A, April 9 - May 14 6/\$72 + gst  
Session B, May 21 - June 25 6/\$72 + gst  
UCC Fitness Studio  
Volunteer: Kiki Lalancette

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. Class starts with a guided full body warm up, followed by supervised time in the gym, ending with a cool down stretch focused on increasing mobility and flexibility.



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

Sundays, April 6 - June 22\* 6:00 - 7:00 pm 8/\$80 + gst  
\*(NO CLASS: APR 20, 27, MAY 11,18)  
Mondays, April 7 - June 23\* 12:00 - 1:00 pm 8/\$80 + gst  
\*(NO CLASS: APR 21, 28, MAY 12,19)  
UCC Main Hall (minimum of three students required)  
Instructor: Shelby McCreesh, NCCP 1

BARRE BURN

Be prepared to sweat as we move collectively to the beat of the music. This class fuses ballet, pilates and strength training for a full body workout. This low impact class can help improve posture, muscle definition, flexibility and balance. Modifications will be provided to support all fitness levels. No equipment needed.



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

Mondays, 5:15pm - 6:00 pm  
Session A: April 7 - May 5 \*(NO CLASS: APR 21) 4/\$48 + gst  
Session B: May 12 - June 16 \*(NO CLASS: MAY 19) 5/\$60 + gst  
UCC Fitness Studio  
Instructor: Britt Buirs

WELCOME KALEIGH HAISCH

Kaleigh has lived in Ukee since 2012 with her husband running their business and wrangling their two boys. She fell in love with Pilates during COVID and was awed by the benefits of deeply strengthening her core, especially after having children. This core strength has been fundamental in her other fitness pursuits, hobbies and overall health and happiness. She just recently completed her Core Mat II course through Power Pilates and is ready to start her teaching journey!



MAT PILATES

Join Kaleigh in this classical, low-intensity beginner mat Pilates class where we will build strength and flexibility through bodyweight movements, with an emphasis on strong core muscles. We will start with the foundations and progress towards more intermediate techniques. Expect to laugh a little along the way. \*This is a classical Pilates class. Expect movements to be controlled and more methodical as we practice these isolated movements.



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

Wednesdays, 6:30 - 7:30 am  
Session A: April 9 - May 14\*(NO CLASS: APR 30) 5/\$60 + gst  
Session B: May 21 - June 25 6/\$72 + gst  
UCC Fitness Studio  
Instructor: Kaleigh Haisch

JIU JITSU

This Jiu Jitsu program is built upon the latest trends in high level grappling with respect for our traditional roots. Each class includes technical instruction, games and live sparring, designed to accommodate all skill levels in a safe and supportive environment. We offer an engaging experience for all participants dedicated to skill acquisition. All levels are welcome, no experience is necessary. Wear tight fitting sport clothing with minimal zippers and pockets.



Drop-in \$10 in cash.

Thursdays, April 3 - June 26 7:00 - 8:00 pm 13/\$130 + gst  
Sundays, April 6 - June 29 6:00 - 7:00 pm 13/\$130 + gst  
UAC HALL, 1510 Peninsula Road  
Instructors: Daniel Allos & Christian Sampson

ADULT YOGA

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, April 8 - May 27 \*(NO CLASS: APR 29) 5:30 - 6:30 pm  
UCC Fitness Studio 7/\$84 + gst  
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 increases 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, April 8 - May 27 \*(NO CLASS: APR 29) 7:00 - 8:15 pm  
UCC Fitness Studio 7/\$84 + gst  
Instructor: Norannda Sigmund

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

Wednesdays, 7:00 - 8:00 pm  
Session A: April 9 - May 14\* 4/\$48 + gst  
\*(NO CLASS: APR 16, 30)  
Session B: May 21- June 11 4/\$48 + 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: April 10 - May 15\* 5/\$60 + gst  
\*(NO CLASS: MAY 1)  
Session B May 22 - June 26 6/\$72 + gst  
UCC Fitness Studio  
Instructor: Norannda Sigmund

FITNESS

YOGA



## ADULT FITNESS CON'T

### MINDFLOW YIN & SOUND 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, April 11 - May 23\***

**\*(NO CLASS: APR 18, MAY 2)**

UCC Fitness Studio

Instructor: Erin Hamilton

7:00 - 8:15 pm

5/\$75 + gst

### THRIVING HIPS YOGA

Unlock your emotions, cultivate openness and release stagnant emotions while unlocking greater range and strength in your hips. Thriving hips focuses on deeply held floor poses, strengthening movements, and targeted flexibility to enhance the mobility of your hips. This curated series helps you build a stronger foundation, aligning the body and encouraging better balance. As you deepen the practice, the flow of energy becomes smoother, promoting both physical freedom and emotional release. This journey invites you to explore areas of your hips you may have neglected, offering a sense of discovery and openness that lifts your spirits and mirrors greater potential throughout your life.



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

**Sundays, Session A cancelled due to low registration** 6:00 - 7:00 pm

**Session A: April 6 - May 11\* (NO CLASS: APR 20)**

**Session B: May 25 - June 29**

UCC Fitness Studio

Instructor: Felecia Kearse

5/60 + gst

6/72 + gst

### PRIMAL MOVEMENT YOGA

Reconnecting to your instinctive flow. Drop into your rawest and instinctual body, where every movement follows the primordial energy of nature while encompassing your mind and body into one force. Following the roots of Hatha Yoga, this practice invites you to move slowly, cultivating a deeper awareness of your body, breath, and soul. Weaving into this is a series of primal movements to enhance range, strength, and functionality with squats, crawls, and imitations of the animal kingdom. Each movement becomes a natural rhythm and induces the deepest sense of your intuitive being. In this spontaneous approach you arrive back to the deepest of your roots; grounded and liberated. Connecting with the natural rhythm of life.



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

**Sundays, Session A cancelled due to low registration** 7:30 - 8:30 pm

**Session A: April 6 - May 11\* (NO CLASS: APR 20)**

**Session B: May 25 - June 29**

UCC Fitness Studio

Instructor: Felecia Kearse

5/60 + gst

6/72 + gst

### SUNRISE SYNERGY YOGA

Blend with the rising sun. This class is designed to harmonize slow, intentional movements with the rising sun to cultivate inner progression, productivity, and sustained energy throughout the day. Through a gentle flow of Hatha yoga, we'll tap into the vitality of the sun's energy, allowing it to guide us toward clarity and strength. Each movement is purposefully crafted to mirror the gradual rise of the sun, building both physical and mental elevation as we flow. This class will leave you feeling energized, centered, and ready to take on the day ahead.

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

**Sundays, Session A cancelled due to low registration** 8:00 - 9:00 am

**Session A: April 6 - May 11\* (NO CLASS: APR 20, 27)**

**Session B: May 25 - June 29**

UCC Fitness Studio

Instructor: Felecia Kearse

4/48 + gst

6/72 + gst

## 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.

*\*Drop-in \$45 please see drop-in information*

**Saturday, May 31**

UCC Fitness Studio

7:00 - 9:00 pm

\$40 + gst

Instructor: Erin Hamilton



## YOGA FUNDAMENTALS WORKSHOP

Learn skills and knowledge to support your yoga practice in any class. Designed to enhance your yoga practice through technique based learning, this workshop covers fundamentals of basic yoga movement, transitioning through poses, harnessing the power of breath, exploring modifications, and offers hands-on practice and personalized advice. The techniques presented in this workshop are centered around a philosophy of safe movement, strength, and mobility. Suitable for beginners eager to learn the fundamentals and for those looking to refine their practice.

Drop-in \$30, please review drop-in information.

**Sunday, May 4**

10:00 am - 11:30am

\$25 + gst

**Sunday, June 8**

10:00 am - 11:30am

\$25 + gst

UCC Fitness Studio

Instructor: Chelsea Josue



## 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 your own wheels, skates are provided though there are limited amounts.

It is recommended for rookies and young ones to wear protective gear, especially wrist guards and helmets. Parents/guardians must be with their young children during scheduled times. *\*We are looking for volunteers to assist this program, please email recreation@ucluelet.ca if you are interested.*



### FAMILY FUN

**Sundays, April 6 - June 29**

**12:30 - 3:00 pm**

**No Session: April 20, May 18**

\$5 drop-in

Seaplane Base Recreation Hall, 160 Seaplane Base Road

### YOUTH & ADULT

Age 15+

**Fridays, April 4 - June 27**

**7:00 - 9:00 pm**

**No Session: April 18**

\$5 drop-in

Meet at the rink for a fun filled skate night with Hip/Hop, RnB, and more.

**A HUGE thank you to our** Volunteer Instructor team: Lyvi Rivera, Christina Lanoville, Holly McPhail, Jill McQuaid, & Fijona Brinkman.





HAVE YOU EVER HEARD OF THE FELDENKRAIS METHOD?

The Feldenkrais Method is a somatic education technique that uses gentle movement and directed attention to help people learn new, more efficient, and less stressful ways of moving, improving body awareness and overall function. This method focuses on learning through the body, rather than just the mind, emphasizing the connection between thoughts, emotions, and physical movement.

The Feldenkrais Method is based on principles of physics, biomechanics, and an empirical understanding of learning and human development. Moshe Feldenkrais said, “We move according to our perceived self-image.” By expanding your perception and increasing awareness, you will become more aware of your habits and tensions and develop new ways of moving. By increasing sensitivity, the Feldenkrais Method assists you to live your life more fully, efficiently, and comfortably.

You can increase your ease and range of motion, improve your flexibility and coordination, and rediscover your innate capacity for graceful, efficient movement. Since how you move is how you move through life, these improvements will often enhance your thinking, emotional regulation, and problem-solving capabilities.



AWARENESS THROUGH MOVEMENT©

Join Jeffery Wilson, a guild certified Feldenkrais teacher!

Different than yoga, Pilates, and all kinds of valuable exercise training, Feldenkrais Awareness Through Movement© is less about movement than it is about the awareness of how we move. Imagine walking or sitting, rising from bed or a chair more easily, bending down to feed a pet or greet a young child more gently, or doing a more relaxed crawl stroke at the swimming pool.



Awareness Through Movement involves guided movement sequences in a group setting, encouraging participants to explore different movement options and become more aware of their body’s sensations.

The Feldenkrais Method is a powerful tool for improving movement, reducing pain, and enhancing overall well-being by fostering greater body awareness and promoting efficient, adaptable movement patterns.

Jeffery Wilson leads weekly Awareness Through Movement© sessions on Saltspring Island, in Chemainus and in Victoria, at community centres and at community-minded low costs. For more information contact Jeffery, jefferywilson660@gmail.com or phone: 250 - 732 - 8894.

Register for a two day workshop and change your body.

<b>Saturday - Sunday,</b>	<b>10:00 - 12:30 pm</b>
<b>May 24 - May 25</b>	\$20 + gst
<b>June 21 - June 22</b>	\$20 + gst
Summer dates - TBA	
UCC Fitness Studio	
Instructor: Jeffery Wilson	

OLDER ADULT PROGRAMS

CHI GONG

Learn the eight Essential Standing Exercises of Chi Gong and gain greater strength and balance in a gentle, flowing exercise style. Naturally anti-aging and detoxifying, greater flexibility and range of motion are just a few of the benefits you can expect from this twice weekly practice. No experience is required.



<b>Mondays &amp; Wednesdays, April 2 (ongoing)</b>	<b>10:30 - 11:30 am</b>
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.



<b>Tuesdays &amp; Fridays, April 4 (ongoing)</b>	<b>9:00 - 10:00 am</b>
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.



<b>Thursdays, April 3 (ongoing)</b>	<b>10:00 - 11:00 am</b>
UCC Main Hall	\$2 drop-in
Volunteer: Cris Martin	

Aspiring Chefs! NEW MAY DATES

Let’s come together and break bread for another month! Better at Homes and the District of Ucluelet are partnering up once more to extend the Aspiring Chefs class for a fun cooking experience for our older residents 55+.

**Aspiring Chefs** will be led by the amazing Annie Goertzen who will instruct on a new ethnic/speciality cuisine each session.

Register for each class separately at the UCC \$5.00 + gst.



- Fridays, 1:00 - 3:00 pm**
- May 9 -** Mini Touriere Meat Ples and Pecan Sable Cookies for dessert.
  - May 16 -** Thai Peanut Chicken Salad Rolls & Lemon Bars for dessert.
  - May 23 -** Pho Soup and Yogurt Cake for dessert.
  - May 30 -** Chicken Salad Contessa with Roasted Strawberry Ice Cream.

Made possible by:



United Way helping seniors remain independent.

**PICKLEBALL** - No experience required, all ages welcome. Spare paddle and balls are available. Don’t worry about having a partner, there are lots of people to play with. Once players have created an account at the Ucluelet Community Centre, discussed equipment and facility use, you will be emailed a google document to schedule your play time. On the side of the google document you will note your level of play so that others of the same level may join you. For more information call 250-726-7772 or email recreation@ucluelet.ca.

<b>Mondays, Wednesdays, Fridays, Saturdays, April 2 (ongoing)</b>	<b>9:00 - 3:00 pm</b>	<b>Sundays</b>	<b>9:00 - 12:00 pm</b>	<b>\$2 drop-in fee</b>
Punch cards available at UCC 25/\$50 + gst				
Seaplane Base Recreation Hall, 160 Seaplane Base Road				

Did you know the game was created in 1965 on Bainbridge Island, Washington, at the summer home of Joel Pritchard. According to Joan Pritchard, Joel Pritchard’s wife, “The name of the game became Pickle Ball after I said it reminded me of the pickle boat in crew where oarsmen were chosen from the leftovers of other boats. Similarly, the game of pickleball was created from leftover equipment from several sports; a badminton court, paddleball paddles, a wiffle ball and a net height like that of tennis.

