

2021 RECONSTRUCTED ADULT SPRING PROGRAM GUIDE

UCLUELET RECREATION DEPARTMENT

REGISTRATION OPENS APRIL 20

PROGRAMS RUN APRIL - JUNE 2021

ADULT PROGRAMS

SENIOR PROGRAMS

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REC



REGISTRATION INFORMATION

CALL 250 - 726 - 7772 ONLINE: WWW.UCLUELET.CA

IN PERSON: UCLUELET COMMUNITY CENTRE, 500 MATTERSON DRIVE

WEEKLY ADULT LOW IMPACT FITNESS PROGRAMS

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
QI GONG 7:30 - 8:30 am UCC Basketball Court Pre- Registration (see inside for info)	TAI CHI CHAUN 7:30 - 8:30 am UCC Basketball Court Pre- Registration (see inside for info)	QI GONG 7:30 - 8:30 am UCC Basketball Court Pre- Registration (see inside for info)	TAI CHI CHAUN 7:30 - 8:30 am UCC Basketball Court Pre- Registration (see inside for info)	DANCE FIT 50+ 9:00 - 10:00 am UCC Basketball Court Pre- Registration (see inside for info)	MAT PILATES 10:00 - 10:45 am Seaplane Base Recreation Hall Field Pre- Registration	
CHI GONG PRACTICE 10:30 - 11:30 am Cedar Road Parking Lot (across from RCMP Station) Pre-Registration	TAI CHI CHAUN 3:00 - 4:00 pm Big Beach Gazebo Pre- Registration (see inside for info)	CHI GONG PRACTICE 10:30 - 11:30 am Cedar Road Parking Lot (across from RCMP Station) Pre-Registration	CHAIR YOGA 10:00 - 11:00 am Seaplane Base Recreation Hall Parking Lot Pre- Registration	SENIORS STRETCH 10:30 - 11:15 am Seaplane Base Recreation Hall Field Pre- Registration		
QI GONG 3:00 - 4:00 pm Big Beach Gazebo Pre- Registration (see inside for info)	HIIT CARDIO PILATES via Zoom 5:30 - 6:15 pm Online via Zoom Pre- Registration	QI GONG 3:00 - 4:00 pm Big Beach Gazebo Pre- Registration (see inside for info)	TAI CHI CHAUN 3:00 - 4:00 pm Big Beach Gazebo Pre- Registration (see inside for info)	SENIORS MAT PILATES 11:30 - 12:15 pm Seaplane Base Recreation Hall Field Pre- Registration		
MAT PILATES via Zoom 5:15 - 6:00 pm Online via Zoom Pre- Registration	GENTLE YOGA FOUNDATIONS 6:00 - 7:00 pm Big Beach Gazebo Pre- Registration			<div style="border: 2px solid black; padding: 10px;"> <p style="text-align: center;">IMPORTANT REGISTRATION INFORMATION</p> <p style="text-align: center;">New Spring Registration OPENS on April 20 @ 9:00 am</p> <p>ONLINE REGISTRATION: If you don't already have an account with us you can create one for yourself and your family at: http://ucluelet.ca/community/parks-recreation/activity-guide-registration</p> <p>PHONE: Feel free to give us a call at 250-726-7772 to register yourself or your family over the phone if paying by credit card/debit credit.</p> <p>DEBIT/CASH: Come on into the the Ucluelet Community Centre to register, our facility is open and back to regular business hours 9:00 am - 5:00 pm, Monday - Friday, just remember to wear your mask.</p> <p>For assistance or additional information please feel free to call us at 250-726-7772 or email recreation@ucluelet.ca</p> </div>		
DEEP THEMES YOGA 5:45 - 6:45 pm Big Beach Gazebo Pre- Registration (see inside for info)	YIN YOGA WITH NORANDDA 7:15 - 8:15 pm Big Beach Gazebo Pre- Registration	PURPLE DRAGON DON JITSU via Zoom 5:30 - 6:10 pm Online via Zoom Pre- Registration (see inside for info)				
SWEET DREAMS YOGA 7:00 - 8:00 pm Big Beach Gazebo Pre- Registration (see inside for info)						

SPRING INTO SPRING- UPDATED 2021

We have freshly altered programs and community challenges to offer you this spring. Join us in our pursuit of mental and physical health and wellbeing.

Thank you for your continued support while we work with the provincial health orders to provide safe and meaningful recreation pursuits for the community.

We still have protocols to maintain so please remember:

- * **Masks are mandatory in our facility common areas**
- * Read each program description for new regulations
- * **Do not congregate or loiter before/after classes**
- * Abide by all posted information in our facilities
- * **Return your signed Consent Form prior to attending class**
- * Leave the area or facility as soon as your program has finished
- * **Nine student maximum for outdoor low impact fitness**

To review the District of Ucluelet COVID-19 Safety Plan go to www.ucluelet.ca

We care about your health and safety so please help us help you by following the rules.

HEALTH PROTOCOLS

- * Do not enter a facility if you are feeling ill or someone in your household is ill or feeling symptoms of an illness (sore throat, coughing, sneezing, fever, chills)
- * Do not enter the building if you have traveled internationally in the last 14 days
- * Maintain a two metre physical distance at all times
- * Maintain two metre physical distance from other participants when attending low intensity exercise classes
- * Children are to maintain a three metre physical distance at all times when participating in sports
- * No bystanders or spectators at any classes

FACILITY PROTOCOLS

- * Masks must be worn in common areas at all times
- * Sanitize your hands entering and exiting the building
- * Read and follow all posted signage
- * No loitering or congregating inside or outside of any facility
- * WIFI is accessible outside only
- * Bring a prefilled water bottle to your class

PLEASE FOLLOW THE RULES AND STAY SAFE!



ADULT PROGRAMS

WELCOME KIM LECKEY

Kim is a Canadian born artist, who works with handwoven and macrame techniques. Her work mimics the textures around her from the moss covered trees of the Pacific Rim Rainforest to the kelp strewn beaches at low tide. Her woven and knotted pieces use bold colours and luscious textures to create a statement that is sure to stand out on your wall.

ZOOM - WEAVING 101 WITH SEA WOVEN

Looking for a new challenge made easy with step by step instructions? Look no further and join Kim in this amazing style of fiber expression. In this course you will learn to warp your own loom, create textures using multiple weaving techniques, experiment and discuss use of different fibers, removal from the loom and hanging techniques all virtually in this Zoom class. Leave the course with one finished woven wall hanging as well as the handloom and tools to make future weavings. Kits will be available for pick up at the UCC and a PDF Instructional Manual will be emailed to you.



* Zoom link will be emailed to students after registration.

Wednesdays, May 12 & 19 6:30 - 9:00 pm \$125 + gst

ZOOM - MACRAME WALL HANGING

Learn with Kim of Sea Woven the art of macrame over Zoom. Create your own small macrame wall hanging by learning the basic knots including: Larks Head knot + Square knot + Alternating Square knot + Reversed Diagonal Hitch Knot + Diagonal Hitch knot. Use your favorite (small size) piece of driftwood or choose one from a small supply at the UCC. Kits will be available for pick up at the UCC and a PDF Instructional Manual will be emailed to you.



* Zoom link will be emailed to students after registration.

Monday, April 26 6:30 - 9:00 pm \$50 + gst

ADULT FITNESS

PURPLE DRAGON DON JITSU RYU- TEENS/ADULTS via Zoom Age 13+

Join us this Spring virtually as we focus on skill development for Don Jitsu Ryu. Ancient in origin yet modern in concept, Don Jitsu Ryu is one of the most practical, effective & complete martial arts fighting systems in the world. This class blends Karate, Jiu Jitsu, Tae Kwon Do, Kung Fu and Aikido. New students welcome! Links for the class will be emailed to students.

* Zoom link will be emailed to students after registration.

Mondays 5:30 - 6:10 pm
Session A - April 12 - May 10 5/\$40 + gst
Session B - May 17 - June 21 (NO CLASS: MAY 24) 5/\$40 + gst
 Instructor: Sensei Ian Shu

MAT PILATES - OUTSIDE

We are taking this class outside as we follow the newest health restrictions. Make sure to register early as there are only nine spots available. Grab your mat and meet us at the Rec Hall for some fun.

This class focuses on the technical elements of Pilates to create functional strength in a safe, equipment-free environment. Pilates is a method of exercise that consists of low-impact flexibility and muscular strength and endurance movements. Pilates emphasizes proper postural alignment, core strength and muscle balance. No experience necessary.

- * All students are to maintain a distance of two metre while exercising.
- * All students are required to sign an Informed Consent & Liability Waiver.
- * Please bring your own equipment (if you need to borrow a mat please contact the UCC prior to class to arrange).
- * Classes cancelled due to weather will be refunded

Saturdays, May 8 - June 26 10:00 - 10:45 am 7/\$70 + gst
(NO CLASS: May 22)
 Seaplane Base Recreation Hall Field, 160 Seaplane Base Road
 Instructor: Lindsay Kerdman

MAT PILATES via Zoom

See class description above. Instructor will be able to see you at home to assist with technique corrections. Links for the class will be emailed to students. No experience necessary.

* Zoom link will be emailed to students after registration.

Mondays 5:15 - 6:00 pm
Session A: April 12 - May 17 (NO CLASS: April 26, May 3) 4/\$32 + gst
Session B: May 31 - June 28 5/\$40 + gst
 Instructor: Lindsay Kerdman

WELCOME LAURIE FILGIANO

Staying active and being outdoors is Laurie's happy place. Laurie completed her yoga and fitness training in 2018, specializing in indoor cycling and group exercise. Cardio is how Laurie blows off some serious steam and it has been therapeutic for her in many ways. Approaching her teachings with authenticity, curiosity, playfulness and love, she is using her knowledge and enthusiasm to support people along their own fitness journeys. Come and have some fun with Laurie - build up a sweat and allow yourself to laugh.



HIIT CARDIO PILATES - ZOOM CLASSES

This class is a mix of pilates and bodyweight strengthening exercises alongside cardio bursts. Forty five minutes flies by as it's divided into five minute intervals focusing on mat work, cardio, bodyweight, returning to cardio again and core. We will increase our intensity throughout the weeks and modifications will be offered along the way. Move as slowly or as quickly as you need! No experience needed, just a passion to sweat.

* Zoom link will be emailed to students after registration.

Tuesdays
Session A: April 6 - May 18 5:30 pm - 6:15 pm 7/\$56 + gst
Session B: May 25 - June 29 5:30 pm - 6:15 pm 6/\$48 + gst

GENERAL INTEREST

LOW IMPACT

FITNESS

ADULT FITNESS - OUTDOORS

YOGA

DEEP THEMES YOGA

The yoga journey is so much deeper than just physical movements. Each week we will work with a different theme which we will embody throughout our practice physically, mentally and spiritually. Class will be a mixed level slow flow style suitable for all levels of students with some experience and free of acute injuries. You can expect to be challenged but leave relaxed and inspired on a spiritual level.

- * All students are to maintain a two metre physical distance while exercising.
- * All students are required to sign an Informed Consent & Waiver of Liability.
- * Please bring your own equipment (if you need a mat give us a call during business hours).
- * Dress warmly in layers.
- * Classes cancelled due to weather will be refunded.

Mondays, April 26 - June 28 (NO CLASS: MAY 24)

Big Beach Gazebo 5:45 - 6:45 pm 9/\$90 + gst
Instructor: Heather Durward

SWEET DREAMS YOGA

In this class we will work with various styles of relaxation yoga to calm the nervous system and relieve physical and mental tension. We will stay close to the earth while exploring fluid movements and long holds emphasizing presence through our breath. This class is suitable for all levels without acute injuries. The perfect way to end your day.

- * All students are to maintain a two metre physical distance while exercising.
- * All students are required to sign an Informed Consent & Waiver of Liability.
- * Please bring your own equipment (if you need a mat give us a call during business hours).
- * Dress warmly in layers and bring a blanket.
- * Classes cancelled due to weather will be refunded.

Mondays, April 26 - June 28 (NO CLASS: MAY 24)

Big Beach Gazebo 7:00 - 8:00 pm 9/\$90 + gst
Instructor: Heather Durward

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 work for all bodies. This class will have a mix of standing and floor postures to make the experience work for everyone.

- * All students are to maintain a two metre physical distance while exercising.
- * Please bring your own equipment (if you need a mat give us a call during business hours). A blanket can be used instead of a bolster or block.
- * All students are required to sign an Informed Consent & Waiver of Liability.
- * Dress warmly in layers.
- * Classes cancelled due to weather will be refunded.

Tuesdays, April 27 - June 22

Big Beach Gazebo 6:00 - 7:00 pm 9/\$90 + gst
Instructor: Norannda Sigmund

YIN YOGA

Join Norannda for a yin style yoga class where you will focus on long held postures for a relaxing, slow paced yoga class. This meditative practice focuses on long holds to move past the large muscle groups, into your connective tissue. This class is suitable for all levels.

- * All students are to maintain a two metre physical distance while exercising.
- * All students are required to sign an Informed Consent & Waiver of Liability.
- * Please bring your own equipment (if you need a mat give us a call during business hours).
- * Dress warmly in layers.
- * Classes cancelled due to weather will be refunded.

Tuesdays, April 27 - June 22

Big Beach Gazebo 7:15 - 8:15 pm 9/\$90 + gst
Instructor: Norannda Sigmund

WELCOME TONY ROUILLARD

Tony has been practicing traditional martial arts since 1985 and officially teaching Shito Ryu Karate -Do, Vietnamese Kung Fu, Taiji Quan and Qi Gong since 2005 in France, Australia, Vietnam and now here for you in Ucluelet. He started out like many as a child in Karate, competitions, passed 2nd dan in Karate and 5th dan in Vo Thuat Co Tryuen. He assisted Master: Nghiem An Thach and master Hô Hoa Hue (first official female master in Vietnam) who gave him the Master name of Hô Bach Long ("Master Ho Hoa Hue's White Dragon"). Through his classes Tony hopes to transmit his passion for traditional martial arts and health techniques.



QI GONG

New!

Practicing Qi Gong is a good introduction to traditional martial arts, a health technique and practice, a way to achieve a state of calm. The exercises will help to massage the organs, work on breathing, to be attentive to the movement within and will drain the meridians while enhancing the Qi. You will learn the seven principles of action, eighteen points of vigilance, song gong, Bachu - the eight sensations in the practice of Qi Gong, Zhan Zhuang (tree posture), Ba Duan Jin - eight pieces of brocade, Yi Jin Jing - strengthening muscles, tendons and meridians. This class is open to all levels of practice, all levels, all ages, evolve at your own pace.

- * All students are to maintain a two metre physical distance while exercising.
- * All students are required to sign an Informed Consent & Waiver of Liability.
- * Dress warmly in layers.
- * Classes cancelled due to weather will be refunded.

ENERGY AWAKENING MORNINGS

Mondays, April 26 - June 28 (NO CLASS: MAY 24) 7:30 - 8:30 am 9/\$90 + gst

Wednesdays, April 28 - June 30 7:30 - 8:30 am 10/\$100 + gst
UCC Basketball Court

FULL INSTRUCTIONAL AFTERNOONS

Mondays, April 26 - June 28 (NO CLASS: MAY 24) 3:00 - 4:00 pm 9/\$90 + gst

Wednesdays, April 28 - June 30 3:00 - 4:00 pm 10/\$100 + gst
Big Beach Gazebo
Instructor: Tony Rouillard

TAIJI QUAN (TAI CHI CHUAN)

New!

Martial arts and health techniques can be practiced by everyone in search of serenity. Taiji quan is also a way back to your true self. During the class you will practice methodically and slowly with empty hand forms, weapon forms, self-defense, pushing hands and gong fu. We will work on relaxation, body structure, observation, self-defense, principal fundamental and memorization of the beginning part of the twenty four forms. This class is open to all levels of practice, all levels, all ages, evolve at your own pace.

- * All students are to maintain a two metre physical distance while exercising.
- * All students are required to sign an Informed Consent & Waiver of Liability.
- * Dress warmly in layers.
- * Classes cancelled due to weather will be refunded.

ENERGY AWAKENING MORNINGS

Tuesdays, April 27 - June 29 7:30 - 8:30 am 10/\$100 + gst

Thursdays, April 29 - June 24 7:30 - 8:30 am 9/\$90 + gst
UCC Basketball Court

FULL INSTRUCTIONAL AFTERNOONS

Tuesdays, April 27 - June 29 3:00 - 4:00 am 10/\$100 + gst

Thursdays, April 29 - June 24 3:00 - 4:00 am 9/\$90 + gst
Big Beach Gazebo
Instructor: Tony Rouillard

THERE'S STILL TIME TO JOIN. GIVE US A CALL

WEDNESDAY NIGHT PADDLE CLUB

NEW!

Adults/16+

Join us this Spring on Wednesday evenings to explore your community from the water. Majestic Ocean Kayaking staff will lead you on a series of exciting adventures in and around Barkley Sound. Registration entitles you to four outings during the end of April and through May. Trips will go, weather permitting, from the launch site at Majestic Ocean Kayaking. Participants will receive weekly updates on paddling destinations and weather cancellations.

- Wear polyester, nylon, fleece or micro fleece clothing and shoes that can get wet.
- Fitness Level - Moderate.
- No paddling experience required.
- Minimum registration must be met so spread the word!

- * Paddlers must stay three meters away from other participants at all times.
- * If you are in the same bubble you can share a double kayak.
- * Bring your own personal filled water bottle.
- * Please wear a mask during times of close contact with other guests and staff. (not expected while on the water kayaking)
- * All participants must sign an Informed Consent & Waiver of Liability Form

Wednesdays, April 28- May 26 5:30 - 8:30 pm
Meet at Majestic Ocean Kayaking, 1167 Helen Rd. \$125 + GST (4 trips)*
*sorry, no refunds for unused trips



SENIOR & ADULT FITNESS

CHI GONG

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

- * All students are to maintain a two metre physical distance while exercising
- * All students are required to register at the UCC and sign an Informed Consent & Waiver of Liability form.
- * Classes cancelled due to weather will either be refunded or credited to your account.

Mondays & Wednesdays, April 26 - June 30 10:30 - 11:30 am
(NO CLASS: MAY 24) \$38 + gst
Cedar Road Parking Lot (across from RCMP Station)
Instructor: Jan Draeseke

CHAIR YOGA

Senior yoga is an excellent way for older adults to loosen and stretch painful muscles, reduce stress, and improve circulation. It also reduces anxiety, helps lower blood pressure, protects joints, builds strength and balance and can help with a better sleep. Get moving and join Cris outside at the Seaplane Base Recreation hall to get your groove on. No experience or physical fitness levels required, this class is not limited to seniors, just come out and have some fun.

- * All students are to maintain a two metre physical distance while exercising.
- * All students are required to register at the UCC and sign an Informed Consent & Waiver of Liability form.
- * Classes cancelled due to weather will be refunded.

Thursdays, April 29 - June 24 10:00 - 11:00 am
Seaplane Base Recreation Hall Field 9/\$18 + gst
Volunteer: Cris Martin

DANCE FIT 50+

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

- * All students are to maintain a two metre physical distance while exercising.
- * All students are required to register at the UCC and sign an Informed Consent & Waiver of Liability form.
- * Please bring your own hand weights (soup cans can be used in a pinch)
- * Bring a filled water bottle.
- * Classes cancelled due to weather will be refunded.

Fridays, April 30 - June 25 9:00 - 10:00 am
UCC Basketball Court 9/\$54 + gst
Instructor: Sarah Hogan

SENIORS STRETCH CLASS

We are taking this class outside as we follow the newest health restrictions. So grab your mat and meet us at the Rec Hall for some fun.

This class will combine active and passive stretches to aid in the improvement of mobility, agility and injury prevention. No experience necessary, all levels are welcome. Open to all adults.

- * All students are to maintain a two metre physical distance while exercising.
- * All students are required to register at the UCC and sign an Informed Consent & Waiver of Liability form.
- * Please bring your own equipment (if you need to borrow a mat please contact the UCC prior to class to arrange).
- * Classes cancelled due to weather will be refunded

Fridays, May 7 - June 25 10:30 - 11:15 am
(NO CLASS: MAY 21) 7/\$42 + gst
Seaplane Base Recreation Hall Field (160 Seaplane Base Road)
Instructor: Lindsay Kerdman

SENIORS MAT PILATES

We are taking this class outside as we follow the newest health restrictions. So grab your mat and meet us at the Rec Hall for some fun.

This class will focus on the posture, balance and muscular development for seniors. Pilates is a method of exercise that consists of low-impact flexibility and muscular strength and endurance movements without the use of equipment. Pilates emphasizes proper postural alignment, core strength and muscle balance. No experience necessary. Open to all adults.

- * All students are to maintain a two metre physical distance while exercising.
- * All students are required to register at the UCC and sign an Informed Consent & Waiver of Liability form.
- * Please bring your own equipment (if you need to borrow a mat please contact the UCC prior to class to arrange).
- * Classes cancelled due to weather will be refunded

Fridays, May 7 - June 25 11:30 - 12:15 pm
(NO CLASS: MAY 21) 7/\$42 + gst
Seaplane Base Recreation Hall Field (160 Seaplane Base Road)
Instructor: Lindsay Kerdman

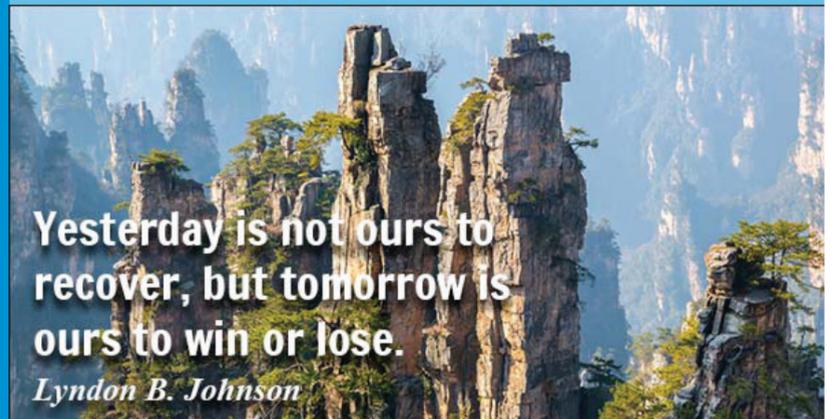


PHOTO CONTEST - Get a snapshot on your bike and send it to recreation@ucluelet.ca and be entered in a draw to win a prize package. Each photo you send in will earn you one ballot. **Max 1 photo per day.** Winner will be chosen on June 7.

CYCLING CIRCUIT - Take your bike on an adventure and ride to Kimoto, Alder, Fraser Lane, Edna Bachelor, St. Jacques and Lions Park. Take a photo of you and your bike at each park sign and send all seven pictures to recreation@ucluelet.ca for your name to be entered in a draw to win a big prize package! Winner will be chosen on June 7.

DISTANCE CONTEST - Set off by pedaling your way to the top! Track your km's between May 31 - June 6 on the Go By Bike website and the person who has cycled the farthest will win a prize basket! Track your km's at gobybikebc.ca and be sure to send your information to recreation@ucluelet.ca by June 7 for your chance to win a prize!

GO BY BIKE CONTEST - Visit the Go By Bike website and enter their contest for your change to win some awesome prizes! For contest details visit: gobybikebc.ca/event-info/contests/

For more information contact the Ucluelet Recreation Department at recreation@ucluelet.ca or 250-726-7772.

GET UP. GET OUTSIDE. GET ACTIVE



JUNE 1 - 30

HELP  **UCLUELET GET CROWNED**
CANADA'S MOST ACTIVE COMMUNITY
& WIN \$100,000

EVERY MINUTE MATTERS

www.participation.com/en-ca/programs/community-challenge

 Don't have a device to log your active minutes? Come by the UCC for assistance!

Walking; Biking, Hiking; Running; Yoga; Surfing, Skateboarding; Kayaking; Weight Lifting, Yard Work, Vacuuming - every minute counts.

For more information contact the Ucluelet Recreation Department at 250-726-7772



Get Active and log your physical activity minutes through the **ParticipACTION** app or website.

Keep an eye open for our weekly challenges on Facebook & Instagram

