

# 2022 SPRING PROGRAM GUIDE

## UCLUELET RECREATION DEPARTMENT

REGISTRATION OPENS MARCH 29

PROGRAMS RUN APRIL - JUNE 2022



EARLY YEARS PROGRAMS

CHILDRENS PROGRAMS

YOUTH PROGRAMS

ADULT & TEEN PROGRAMS

OLDER ADULT PROGRAMS

### REGISTRATION INFO:

Ph. 250 - 726 - 7772

Ucluelet Community Centre  
500 Matterson Drive

BABY BARRE WITH BRITT BUIRS  
WINTER 2022

WWW.UCLUELET.CA

## WEEKLY ADULT FITNESS PROGRAMS - SPRING CALENDAR

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<b>CHI GONG PRACTICE</b> 10:30 - 11:30 am UCC Main Hall Registration & Drop-in (see inside for info)	<b>HIIT</b> 7:00 - 8:00 am UCC Fitness Studio Registration & Drop-in (see inside for info)	<b>CHI GONG PRACTICE</b> 10:30 - 11:30 am UCC Main Hall Registration & Drop-in (see inside for info)	<b>SWEAT SERIES</b> 7:00 - 8:00 am UCC Fitness Studio Registration & Drop-in (see inside for info)	<b>DANCE FIT 50+</b> 9:00 - 10:00 am Main Hall Registration & Drop-in (see inside for info)		
<b>SENIORS MAT PILATES</b> 11:30 - 12:30 pm UCC Fitness Studio Registration & Drop-in (see inside for info)	<b>DANCE FIT 50+</b> 9:00 - 10:00 am UCC Fitness Studio Registration & Drop-in (see inside for info)	<b>YANG TO YIN YOGA</b> 10:00 - 11:00 am UCC Fitness Studio Registration & Drop-in (see inside for info)	<b>CHAIR YOGA</b> 10:00 - 11:00 am UCC Activity Room 1 Drop-in (see inside for info)		Have a program you would like to share with the community? These coloured spaces are open. Contact Barb - bgudbranson@ucluelet.ca to discuss.	
<b>MAT PILATES</b> 5:30 - 6:15 pm UCC Fitness Studio Registration & Drop-in (see inside for info)	<b>MOMMY BARRE</b> 11:45 - 12:15 pm UCC Fitness Studio Registration & Drop-in (see inside for info)		<b>MOMMY BARRE</b> 11:45 - 12:15 pm UCC Fitness Studio Registration & Drop-in (see inside for info)	<b>BARRE BURN</b> 5:30 - 6:15 pm UCC Fitness Studio Registration & Drop-in (see inside for info)	 	
<b>YIN YOGA</b> 7:00 - 8:00 pm UCC Fitness Studio Registration & Drop-in (see inside for info)	<b>ALL LEVELS YOGA</b> 5:30 - 6:30 pm UCC Fitness Studio Registration & Drop-in (see inside for info)	<b>RESTORATIVE YOGA</b> 7:30 - 8:30 pm UCC Fitness Studio Registration & Drop-in (see inside for info)	<b>DEEP THEMES YOGA</b> 5:45 - 6:45 pm UCC Fitness Studio Registration & Drop-in (see inside for info)	<div style="border: 2px solid black; padding: 10px;"> <p style="text-align: center; color: red; font-weight: bold;">IMPORTANT REGISTRATION INFORMATION</p> <p style="color: magenta; font-weight: bold;">Spring Registration OPENS on March 29, 2022 @ 9:00 am</p> <p><b>ONLINE REGISTRATION:</b> If you don't already have an account with us you can create one for yourself and your family at: <a href="http://ucluelet.ca/community/parks-recreation/activity-guide-registration">http://ucluelet.ca/community/parks-recreation/activity-guide-registration</a></p> <p><b>PHONE:</b> 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><b>DEBIT/CASH:</b> 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; 9:00 - 4:00 pm Saturday - Sunday.</p> <p>For assistance or additional information please feel free to call us at 250-726-7772 or email <a href="mailto:recreation@ucluelet.ca">recreation@ucluelet.ca</a></p> </div>		
<b>PURPLE DRAGON DON JITSU via Zoom</b> 5:30 - 6:10 pm Online via Zoom Pre- Registration (see inside for info)	<b>COMBATIVE ARTS &amp; PHILOSOPHY</b> 6:30 - 8:00 pm UCC Main Hall Registration & Drop-in (see inside for info)		<b>HATHA YOGA</b> 7:00 - 8:00 pm UCC Fitness Studio Registration & Drop-in (see inside for info)			
	<b>MINDFUL MEDITATION</b> 7:00 - 8:00 pm UCC Fitness Studio Registration & Drop-in (see inside for info)		<b>BRAZILIAN JIU JITSU</b> 7:00 - 8:15 pm UCC Main Hall Registration & Drop-in (see inside for info)			

# SPRING IS IN THE AIR... time to shake those winter cobwebs off!

Enjoy these last few brisk nights and mornings and get ready for some west coast Spring showers. Don't let that rain stop you, don your rain gear and get your walk in or join us inside for one of our many recreation programs. Remember, recreation is the path to physical health and wellbeing, its never to late to get started. We have a whole range of classes for little to big people with our amazing, talented instructors.

Please note that **we will continue to follow all Provincial public health orders and regulations.** These regulations may change from time to time and may result in the alteration of programs.

As we transition out of Public Health regulations please remember to:

- \* **not come to class if you or anyone in your family is sick**
- \* abide by all posted information in our facilities
- \* **Proof of vaccination will be required to attend adult programs until April 8, 2022.**
- \* be mindful of other people's personal space
- \* leave the facility as soon as your program has finished

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

If you have any questions or concerns, don't hesitate to call us at 250-726-7772.

Thank you for your continued support, ABBY, BARB, JUDY & BRI



## EARLY YEARS 0 - 5

### MOMMY BARRE

This thirty minute ballet/pilates inspired class, will help mamas build their strength and flexibility while bonding with their baby. This class is designed for you to sweat while wearing your baby, but you also have the option to set your little one on the floor to watch and interact with other mama's and babies in the room. Nursing, feeding, bouncing and crying are all normal and acceptable activities! No barre experience necessary. Please bring your own baby carrier. Yoga mat and light weights provided.

3 months +



**Tuesdays, April 5 - May 24\*\*** 11:45 - 12:15 pm 7/\$63 + gst  
**\*\* (NO CLASS: APR 26)**

AND/OR

**Thursdays, April 7 - May 26 \*\*** 11:45 - 12:15 pm 7/\$63 + gst  
**\*\* (NO CLASS: APR 28)**

Age: 3 months - 2 years  
 UCC Fitness Studio  
 Instructor: Britt Buirs

### 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 for exploration. This program makes physical development fun and social.

Age 1.5 - 3



The Ucluelet Recreation Department partners with Pacific Rim Gymnastics and Gymnastics BC for all of our classes. Families will be required to sign a waiver of liability and consent form prior to their first class if they have not done so in 2021.

**Mondays, April 4 - June 20 \*\*** 1:00 - 1:45 pm 10/\$110  
**\*\* (NO CLASS: APR 18, MAY 23)**

Age: 1.5 - 3  
 UCC Main Hall  
 Coach Ensemble: Lindsay Kerdman; NCCP L2, Brenna Rosen, NCCP L2  
 Keanna Hasz: NCCP L1, Shelby McCreesh: NCCP L1, Jasmine Paradis: 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 a safe experience with various movements. Remember to bring your water bottle.

Age 3 - 6



The Ucluelet Recreation Department partners with Pacific Rim Gymnastics and Gymnastics BC for all of our gymnastic classes. In doing so, children will receive extended insurance as well as the opportunity to visit larger gymnastics clubs with Lindsay Kerdman. Families will be required to pay an additional fee for an annual membership of forty two dollars to the UCC when registering. Family members will be required to sign a waiver of liability and consent form prior to their first class. Memberships are valid September 2021 to August 2022.

**Mondays, April 4 - June 20 (NO CLASS: APR 18, MAY 23)** 2:00 - 2:45 pm 10/\$110

Ages 3 - 6  
 UCC Main Hall  
 Coach Ensemble: Lindsay Kerdman; NCCP L2, Brenna Rosen: NCCP L2  
 Keanna Hasz: NCCP L1, Shelby McCreesh: NCCP L1, Jasmine Paradis: NCCP L1

## PRESCHOOL FITNESS

### PARENT & TOT SWIM



Age 4 months - 36 months

In this class you and your child can swim assisted or unassisted. The focus is on water submersion, front and back floats and glides, jumping into chest-deep water with assistance, kicking on front and front swim. Please see the pool regulations under Childrens Fitness, Swim classes.

**Starfish** - 4-12 months, is an assisted level where babies and their parents or caregivers work on getting wet, buoyancy, movement, front, back and vertical position in the water, and shallow water entries and exits.

**Duck** - 12- 24 months, is an assisted level where babies and their parents or caregivers work on rhythmic breathing, moving forward and backward, front and back float with recovery, and shallow water entries and exits.

**Sea Turtle** - 24 - 36 months, toddlers and their parents or caregivers work on submersion, front and back floats and glides, jumping into chest-deep water with assistance, kicking on front and front swim.

**Wednesdays, April 13 - June 8** 2:05 - 2:35 pm 9/\$99  
 Instructor: Jessica Hicks  
 West Coast Motel Pool

### PRESCHOOL SWIM



In these classes children will learn rhythmic breathing, front and back floats, roll overs, front glides, gliding with kicking and much more while having fun in the pool. For more information on each of these Preschool Swim levels and pool regulations, please go to the childrens fitness programs or contact the UCC.

**Tuesdays, April 12 - June 7**  
 Sea Otter/Salamander 2:00 - 2:30 pm 9/\$99  
 Sunfish/Crocodile/Whae 2:40 - 3:10 pm 9/\$99

**Wednesdays, April 13 - June 8**  
 Sea Otter/Salamander 1:30 - 2:00 pm 8/\$88  
 Sunfish/Crocodile/Whale 2:40 - 3:10 pm 8/\$88

Instructor: Jessica Hicks  
 West Coast Motel Pool

## PRESCHOOL

### UKEE PLAYSCHOOL

Age 3 - 5

This popular playtime program follows the school year calendar and allows your tot time to explore, create, learn and have fun in a safe and nurturing environment. Children will take advantage of different "play stations", each designed to build and enhance fine motor skills as well as establish group dynamics. This is an ideal environment for your tot to build confidence, be creative, socialize and prepare for Kindergarten. Children must be potty trained.

- \* Please bring a water bottle & weather appropriate clothing to every class.
- \* **Please make sure to use the washroom before attending class.**
- \* Drop off & pick up at the UCC Main Hall at the rear of the building.

**Children attending Kindergarten 2022 are given priority registration.**

**Registration will confirm students spot April through June.**  
**Payments can be made at the beginning of each month or in full.**



**Tuesdays & Thursdays, April 5 - June 23**

**9:00 am - 11:00 am**

**April/\$112, May/\$126, June/\$98**

**All paper work must be completed prior to attending class.**

**email [bgudbranson@ucluelet.ca](mailto:bgudbranson@ucluelet.ca) if you are interested.**



Interested in teaching a class for tots, children, youth, adults or seniors and sharing your knowledge? Give us a call at 250-726-7772 or email Barb at [bgudbranson@ucluelet.ca](mailto:bgudbranson@ucluelet.ca) to discuss.

## PRESCHOOL FITNESS

# EARLY YEARS 0 - 5

PRESCHOOL DANCE

## PRESCHOOL YOGA

Age 3 - 5

This yoga class is a forty five minute practice to teach your child the basics of yoga in a fun and engaging way. This is a play based yoga class where 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 6 - May 11**

4:10 - 4:55 pm

6/\$60

**Session B: May 18- June 22**

4:10 - 4:55 pm

6/\$60

UCC Fitness Studio

Instructor: Norannda Sigmund

## PRESCHOOL CREATIVE MOVEMENT

Ages 4 - 5

This class will provide a basic foundation on how to move freely and use various elements of dance. These elements will be based in Ballet, Contemporary and Jazz. Classes will be upbeat, lively, and fun. This class will also introduce children how to express their creative sides through movement. No experience required.



**Tuesdays, April 5 - June 14\*\***

2:45 - 3:30 pm

10/\$100

**\*\* (NO CLASS: MAY 31)**

UCC Fitness Studio

Instructor: Araiya Bernard

## LITTLE ONE'S YOGA DANCE

Age 4 - 6

This class is a mix of yoga and creative dance! Expect playful yoga sequences, fun games, and modern dance choreographies. An engaging way to explore mindfulness and artistic expression.

**Thursdays, April 7 - June 16 (NO CLASS: MAY 26, JUNE 2)**

Age: 4 - 6

3:00 - 3:45 pm

9/\$99

UCC Fitness Studio

Instructor: Brenda Kent (Bee)

## LEAPS & BEATS

Age 3 - 4

A class for your tiny movers to get all their wiggles out. In this class we will learn how to stretch out our bodies, move with the beat, and learn about rhythm and coordination. This class teaches basic dance and motor skills in a fun, creative way!

**Fridays, April 22 - May 27\*\***

2:45 - 3:15pm

5/\$40

**\*\* (NO CLASS: APR 29)**

UCC Fitness Studio

Instructor: Britt Buirs

## HAPPY EASTER FROM THE UCLUELET RECREATION DEPARTMENT

Enter our colouring contest with the picture below for an opportunity to win a free Spring Recreation Program.

**Entries must be submitted to the UCC by April 14 at 4:30pm**

Ages 5 - 12



Name:

Age:

Phone Number:



# CHILDREN FITNESS

## KIDS CLAY IS ON A HIATIS THIS SEASON!

If you have any pieces in the Ceramic Studio please pick up as soon as possible as we are always lacking space. Stay tuned for new classes coming soon.

YOGA

## KIDS YOGA

Age 5 - 9

This yoga class will be a sixty minutes 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 6 - May 11**

3:00 - 4:00 pm

6/\$60

**Session B: May 18- June 22**

3:00 - 4:00 pm

6/\$60

UCC Fitness Studio

Instructor: Norannda Sigmund

## BALLET BASICS

Age 6 - 8

Ballet Basics will provide a great introduction into controlled movement. Kids will learn more about spatial awareness, simple techniques and easy choreography. Basic Jazz and Contemporary elements will be incorporated in this class as well. We will be learning to appreciate the diversity of dance and how to utilize movement. No experience is required.



**Tuesdays, April 5 - June 14**

3:45 - 4:30 pm

10/\$100

**\*\* (NO CLASS: MAY 31)**

UCC Fitness Studio

Instructor: Araiya Bernard

## EXPRESSIVE MOVEMENT

Age 7+

This course will incorporate elements of mindfulness, yoga, and creative dance. Expect short meditative exercises, playful yoga sequences and modern dance choreographies. A fun way to explore strengthening, flexibility, balance, and artistic expression. Bring a notebook as once in a while, we'll delve into short journaling prompts. No experience is needed.



DANCE

**Thursdays, April 7 - June 16 (NO CLASS: MAY 26, JUNE 2)**

Age: 7+

4:00 - 5:00 pm

9/\$99

UCC Main Hall

Instructor: Brenda Kent (Bee)

## CREATIVE DANCE

Age 5+

This class combines different dance genres and techniques to build foundational dance skills while learning to move the body to different beats. Classes are set to a wide range of music to learn new rhythms and improve musicality. This class uses improv exercises to allow students to get creative and build confidence with their self expression.



**Fridays, April 22 - May 27 (NO CLASS: APR 29)**

Age 5 - 7

3:20 - 4:00 pm

5/\$50

Age 8+

4:05 - 5:00 pm

5/\$50

UCC Fitness Studio

Instructor: Britt Buirs

## PURPLE DRAGON DON JITSU RYU VIRTUAL ZOOM CLASSES

Age 7+

Join us this Spring as we focus on our skill development for Don Jitsu Ryu. We will work on kicking, punching, blocking, and kata. Students will learn about discipline, respect, and integrity all in a fun and safe manner while logging on from home. This class is for those students with coloured belts.



**\* Zoom link will be emailed to students once registered**

**\* Belt testing will be in Vancouver**

**Mondays, April 4 - June 27**

5:30 - 6:10 pm

11/\$88

**(NO CLASS: APR 18, MAY 23)**

Instructor: Sensei Ian Shu

SPORT

## 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.



**Tuesdays, May 24, 31, June 7, 14**

Age 8 -12 yrs

\$44 per session

5:00 - 7:00 pm

200 Hemlock, Finger F, Small Craft Harbour Inner Boat Basin

Instructors: Hello Nature Guides

# CHILDREN FITNESS CON'T

## KIDS BRAZILIAN JIU-JITSU

Age 7 - 13

Brazilian Jiu-Jitsu is a self-defense class that promotes discipline, respect for others, spatial awareness and focus. Children will learn traditional Jiu-Jitsu positions and drills safely, under careful supervision. This sport does not involve striking or punching, is suitable for all ages, inclusive of all genders and abilities. Brazilian Jiu-Jitsu is not solely a marital art, but is also a sport, a method for promoting physical fitness and building character in young people, a way of life.



**Thursdays, April 7 – June 23 (NO CLASS: APR 14)**

UCC Main Hall 6:00 - 7:00 pm 11/\$110  
Instructor: Daniel Allos

## GYMNASTICS

Age 1.5 +

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 and participate in fun recreational events throughout the Island. Families have the option of paying an annual recreational membership fee of \$42 or a competitive membership fee of \$55 to the UCC when registering. Members are also required to sign a waiver of liability and consent form with Pacific Rim Gym for Gym BC prior to their first class. Please note that memberships expire August 2022.



**Recreational members** take part in artistic, acrobatic, aerobic, parkour, cheerleading, basic circuits arts and parent & tot programs.

Competitive members are comprised of those in **level 8+** (age 12-18) and **pre-competitive, level 6+** (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 B.C. For the safety and enjoyment of each athlete, Pac Rim Gym coaches and Gymnastics BC must approve a child's entry into this program.



**Cheer** - All Star Cheer is a dynamic team sport including both boys and girls that is primarily competitive and highly athletic. They perform a two minute and thirty second routine that is choreographed to include dancing, jumping, tumbling, stunting and pyramids to music. Athletes

compete at various levels dependent on age and skill. For our recreational Gym & Cheer class, we will be focusing on learning the basics of all star cheer, while building on gymnastic foundations with the goal to combine skills into a routine to be performed at the end of the session. Athletes must have runners, hair tied back and all jewelry removed.

**Parkour & Gymnastics** - this class is for children who would prefer to focus on equipment normally used by males -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 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. Join us to work on your balance, flexibility, strength and speed.**

### PARENTS PLEASE REMEMBER - WE NEED YOUR ASSISTANCE!

We greatly appreciate parents supporting this program by assisting to put equipment away on Monday evenings. Please let Lindsay know of any availability you might have to assist. We couldn't provide this program without your support. *Thank you!*

**PLEASE NOTE THE FIRST 2 CLASSES WILL BE HELD AT THE REC HALL**

**Sundays, April 3 - June 19 (NO CLASS: APR 17, May 22)**

Levels 1 - 4 & Ages 5 - 6	1:35 - 2:35 pm	10/\$110
Parkour	2:40 - 3:40 pm	10/\$110
Cheer	3:45 - 4:45 pm	10/\$110
Pre- Competitive (7 - 11)	5:00 - 7:00 pm	10/\$220
Competitive (12+)	5:00 - 7:00 pm	10/\$220

**Mondays, April 4 - June 20 (NO CLASS: APR 18, MAY 23)**

Parent & Tot (1.5 - 2 yrs)	1:00 - 1:45 pm	10/\$110
Tiny Tumblers (ages 3 - 6 yrs)	2:00 - 2:45 pm	10/\$110
High School Team	3:00 - 4:45pm	10/\$140
Ages 5 - 6 & Level 1 - 3	4:50 - 5:50 pm	10/\$110
Levels 4 - 5	5:55 - 6:55 pm	10/\$110
Level 6 - 8	5:55 - 6:55 pm	10/\$110
All Levels	7:00 - 8:00 pm	10/\$110

Coaches: Lindsay Kerdman, NCCP L2; Brenna Rosen, NCCP L2  
Keanna Hasz, NCCP L1, Jasmine Paradis, NCCP L1; Shelby McCreesh, NCCP L1  
UCC Main Hall

SPORT

# SWIMMING



*Please welcome our new certified Red Cross Water Safety Instructor - Jessica Hicks.*

## WEST COAST MOTEL POOL RULES

- \*Swimmers are to use back entrance of motel only.
- \*Swimmers must rinse off in showers before entering the pool.
- \*Swimmers will clean-up after themselves in the change room area.
- \* Due to limited space there is no loitering

### TUESDAYS APRIL 12 - JUNE 7

SEA OTTER/SALAMANDER	2:00 - 2:30 pm	9/\$90
SUNFISH/CROCODILE/WHALE	2:30 - 3:00 pm	9/\$90
SWIM KIDS - LEVELS 1 - 2	3:00 - 3:30 pm	9/\$90
SWIM KIDS - LEVELS 1 - 2	3:30 - 4:00 pm	9/\$90
SWIM KIDS - LEVELS 7 - 10	4:05 - 4:50 pm	9/\$108
SWIM KIDS - LEVELS 3 - 4	4:55 - 5:25 pm	9/\$90
SWIM KIDS - LEVELS 5 - 6	5:30 - 6:00 pm	9/\$90

OR

### WEDNESDAYS APRIL 13 - JUNE 8

SEA OTTER/SALAMANDER	1:30 - 2:00 pm	9/\$90
STARFISH/DUCK/SEA TURTLE PARENT & TOT (4 mos - 3 yrs)	2:05 - 2:35 pm	9/\$90
SUNFISH/CROCODILE/WHALE	2:40 - 3:10 pm	9/\$90
SWIM KIDS - LEVELS 1 - 2	3:15 - 3:45 pm	9/\$90
SWIM KIDS - LEVELS 7 - 10	3:50 - 4:50 pm	9/\$108
SWIM KIDS - LEVELS 3 - 4	4:55 - 5:25 pm	9/\$90
SWIM KIDS - LEVELS 5 - 6	5:30 - 6:00 pm	9/\$90

SWIM PRESCHOOL age 3+

*Children three and under must be accompanied by an adult in the pool.*

**SEA OTTER** - All skills are assisted by the Instructor. Swimmers enter this level when they are three years old. They learn to open their eyes under the water, develop basic floats & glides and swim one metre assisted.

**SALAMANDER** - Swimmers will learn to swim 2 metres, further develop basic floats and increase their distance on front and back glide. Intro to front swim & roll-over glide, safety skills and how to use a PFD.

**SUNFISH** - Swimmers learn to swim 5 metres, increase their distance using buoyant objects, increase their front & back glide with kick, develop their roll-over glide, slide glide & front swim and safety skills.

**CROCODILE** - Swimmers learn to swim 5 metres on front and back, perform dolphin kick and begin using rhythmic breathing. Will also progress with kicking drills and increase swimming distance to 10 metres and safety skills.

**WHALE** - Swimmers learn to swim 5 metres on front, back and side. Front crawl and back swim 7 metres and a continuous swim for 10 metres.

SWIM KIDS RED CROSS SWIM LEVELS (school age)

*Children 5+ can enter Swim Kids if they have not completed Red Cross Swim Preschool.*

**SWIM KIDS LEVEL 1** - Comfort in the water through basic floatation, movement and breathing skills, basic knowledge skills and attitudes necessary to prepare, stay safe and survive in, on, and around the water.

**SWIM KIDS LEVEL 2** - Site rules, intro to PFD, assisted deep water activities, unassisted floats and glides, 10 metre distance swim.

**SWIM KIDS LEVEL 3** - When and where to swim, deep end floats, surface support for 20 seconds, sitting dives, front, back and side glides, front crawl and a 15 metre distance swim.

**SWIM KIDS LEVEL 4** - Self safety, contacting EMS, safe diving, kneeling dives, surface support for 45 seconds, front crawl & a 25 metre distance swim.

**SWIM KIDS LEVEL 5** - How to be a safe boater, staying warm, cold water safety, treading water for 1 minute, stride dives, front & back crawl, intro to whip kick and a 50 meter distance swim.

**SWIM KIDS LEVEL 6** - Victim recognition and simulation, throwing assists, tread water for 90 seconds, front dives, front and back crawl, elementary back stroke, and a distance swim of 75 metres.

**SWIM KIDS LEVEL 7** - Airway obstruction, choking rescues, reaching and throwing assists, sculling, front and back crawl, elementary backstroke and whip kick on your front, as well as a 150 metre distance swim.

**SWIM KIDS LEVEL 8** - Hypothermia, dangers of open water, rescue breathing, surface dives, stride entries, front and back crawl, elementary backstroke, breaststroke, and a distance swim of 300 metres.

**SWIM KIDS LEVEL 9** - Wise choices and peer influence, self ice rescue, surface dives, shallow dives, refining front and back crawl, elementary backstroke and breast stroke, as well as a 400 metre endurance swim.

**SWIM KIDS LEVEL 10** - Introduction to butterfly and scissor kick, fitness, sun safety, rescue of others from the ice, surface dives, as well as a 500 metre endurance swim.

SPORTS

# BALL PROGRAMS YOU CAN STILL REGISTER

Welcome to the 2022 Baseball season. Thank you to our fabulous volunteer coaches who make this sport possible, to the Ucluelet Parks Team for field maintenance. **If you are interested in assisting with baseball, please contact Barb at 250-726-7772 or email bgudbranson@ucluelet.ca.**

**T-BALL** (Kindergarten, Grade 1) Age 4 - 6  
Join us this Spring and learn the basics of baseball. Children will burn some energy while learning the great new skills!

**Wednesdays, April 13 - June 22** Tugwell Fields on Pacific Crescent  
4:00 - 4:45 pm \$30 (9 weeks)  
Coach: Eva Brushey, Shanti Davis

**INTRO TO 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.

**Wednesdays, March 30 - June 22** Tugwell Fields on Forbes Road  
5:00 - 6:00 pm \$45 (13 weeks)  
Coach: Scott Reed

**JUNIOR 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.

**Wednesdays, March 30 - June 22** Tugwell Field on Pacific Crescent  
5:00 - 6:00 pm \$45 (13 weeks)  
Coach: Brent Taron, Jason Rosene

**SENIOR 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 if PHO regulations allow. Jock straps are encouraged. Please bring your own glove and non-metal cleats.

**Wednesdays, March 30 - June 22** Tugwell Field (Forbes Road)  
6:15 - 7:15 pm \$45 (13 weeks)  
Coach: Scott Reed, Brent Taron, David Smith

**MINOR 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, March 30 - June 22** Tugwell Field (Pacific Crescent)  
6:15 - 7:15 pm \$45 (13 weeks)  
Coach: TBA

## A WEST COAST COMMUNITY MUSIC VIDEO

Remember that music video we made last summer? Well, we're making another one! Students will learn and record a song and film a video, have it recorded, and then turn it into a music video filmed at various locations in our fabulous community! This program is open to children and youth of all ages!



**Fridays, April 8- June 3**  
**(NO CLASS: APR 15)**

3:00 - 4:30 pm \$60

Includes Non-Instructional school days  
- April 22 & June 10 -  
Filming and recording days - TBA

## 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 and handle an emergency if one happens. Participants will receive a Red Cross handbook and certification upon successful completion of the course.

**Saturday, April 30** 9:00 - 3:00 pm  
UCC Youth Room \$75 per person  
Instructor: Shandy Kariatsumari



## 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.

**Sunday, May 1** 9:00 - 3:00 pm  
UCC Youth Room \$75 per person  
Instructor: Shandy Kariatsumari

# YOUTH PROGRAMS



## DROP-IN NIGHTS

Come on by the Youth Room and see what's happening. It's a great space to hang out with friends, play videos or board games, start an art project or jump onto one of the computer stations. There's always something to do.

**Tuesdays, Wednesdays, Thursdays** 3:00 - 4:30 pm

## YOUTH FOOD INITIATIVE

Come and learn how to make some tasty and healthy afterschool snacks from scratch. Vegetarian and gluten free options are available, just let us know. This program is supported through the CBT's Youth Wellness Grant.

**Tuesdays, April 12 - June 14** 3:30 - 5:30 pm

## LIFE SKILLS NIGHT

This is a new youth led program to build your knowledge and understanding around employment, feeding and caring for yourself and others, budgeting and so much more! If you have topics of interest please share them with us.

**Tuesdays, April 12 - June 14** 5:30 - 6:30 pm

## GARDEN GROW CLUB

Learn about growing your own food, composting and gardening in general. This year we have secured our own spot in the Community Garden located between Holly Crescent and Bay Street, just off of the Edna Batchelor Park.

**Thursdays, April 14 - June 16** 4:30 - 5:30 pm

## YOUTH KAYAKING

Age 13-18 y

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. Try to wear polyester, nylon, fleece or micro fleece clothing & shoes that can get wet. Bring your filled water bottle.



**Wednesdays, May 4, 11, 18, 25, June 1** \$44 per session 5:00 - 7:00 pm  
200 Hemlock, Finger F, Small Craft Harbour Inner Boat Basic  
Instructors: Hello Nature Guides

## YOUTH - FRIDAY NIGHT LIVE

COME HANG OUT WITH YOUR FRIENDS AND MAKE SOME NEW ONES OVER A MOVIE, ART, SILLY GAMES, KARAOKE, SPORTS AND HAVE SOME GOOD CLEAN FUN AT THE UCC.

Thank you to CBT Youth Health & Wellness Initiative Grant for this opportunity.

**Fridays, April 1 - June 24 (NO CLASS: APR 15)** 6:00 - 10:00 pm  
Facilitator: Sarah Hagar



## SUNDAY FAMILY ROLLER SKATE

Do you like to roller skate or roller blade? 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 we have 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 requesting volunteers to assist with this program, please email recreation@ucluelet.ca if you are interested.

**Sundays, April 24, May 8, 29**  
12:30 - 3:00 pm \$2 drop in fee  
All ages are welcome  
Seaplane Base Recreation Hall, 160 Seaplane



# ADULT & YOUTH PROGRAMS

## ABSTRACT LANDSCAPES - ACRYLIC WORKSHOP

Join us for an evening of combining collage and paint to create a beautiful layered landscape. We will examine different compositions and colour schemes while letting our artistic instincts flow. Register for one or all three sessions.



**Thursday, April 7, &/or May 26, &/or June 9**

Per session: \$45 + gst 6:00 - 8:00 pm  
UCC Youth Room  
Instructor: Kylie Millar

## WAXING AND WANING - ENCAUSTIC MOONS

Create a textured moon painting under the light of a full moon. In this class we will create with encaustic paint - a wax based paint that creates beautiful organic surfaces.

**Sunday, May 15** 7:00 - 9:00 pm \$75 + gst  
**Tuesday, June 14** 7:00 - 9:00 pm \$75 + gst  
UCC Activity Room 2  
Instructor: Kylie Millar

## FUNKY PET PORTRAITS

Play with colours and patterns while paying tribute to our furry friends. Please bring a 8.5 x 11 black and white photocopy of your animal or email your image the week prior to class to Kylie at [kylie.t.millar@hotmail.com](mailto:kylie.t.millar@hotmail.com). Register for one or all three sessions.



**Thursdays, April 14, &/or May 12, &/or June 16**  
Per session: 45 + gst 6:00 - 8:00 pm  
UCC Youth Room  
Instructor: Kylie Millar

## NEW MOON INTENTIONS - ART JOURNALLING

Join us for an intention setting class where we will journal about our goals for the upcoming months. On the night of a new moon we can plant seeds by writing, painting, and creatively exploring our thoughts.

**Saturday, April 30** 7:00 - 9:00 pm \$30 + gst  
**Monday, May 30** 7:00 - 9:00 pm \$30 + gst  
**Tuesday, June 28** 7:00 - 9:00 pm \$30 + gst  
UCC Youth Room  
Instructor: Kylie Millar

## POTTERY STUDIO MONTHLY MEMBERSHIPS

A limited amount of space is available for Monthly Membership in the UCC Pottery Studio. You must have taken at least one class with the UCC clay programs to ensure you are comfortable and knowledgeable working in the space, members will be expected to work completely independently in the studio. The studio is intended for recreational use only and is not set-up for commercial use. The costs of membership include use of the room, equipment and firing. The room has wheels, a slab roller and many other tools and decorative elements available for use. The studio recycles all clay so it is recommended that only white or buff clay is used in the studio. Clay can be purchased from the studio coordinator and the costs include use of glaze and underglaze. Studio coordinator will introduce materials, supplies and etiquette to members.

\* Members are required to book time slots on a google doc.

**Monthly Membership:** \$120 + gst  
**Hours of Availability:** Sunday - Saturday, 9:00 - 12:00 pm; 1:00 - 4:00 pm  
Wednesdays & Fridays, 5:00 - 8:00 pm;  
\*excluding holidays and programmed classes.

# ADULT DANCE WORKSHOPS

Join Britt Buirs in some fun dance workshops moving to a different artist's sound track each session. Get ready to sweat and bring the music to life with your body, in a fun and supportive environment. These workshops will be a fusion of jazz and burlesque. Expect to learn new moves and improve your dance skills as you are guided through an easy to follow routine. All levels and abilities welcome.

**April 2 - Elton John** 4:00 - 5:30pm \$22 + gst  
**April 23 - Beyonce** 4:00 - 5:30pm \$22 + gst  
**May 7 - Queen** 4:00 - 5:30pm \$22 + gst  
**May 14 - Prince** 4:00 - 5:30pm \$22 + gst

UCC Fitness Studio  
Instructor: Brittany Buirs



# ADULT & YOUTH FITNESS

## MEDITATION MADE EASY!

Learn breath and mindfulness techniques you can use to reduce pain, ease stress and anxiety and boost your immune system. Seated, guided breathing and meditation segments of five to twenty minutes with wriggle breaks! We will begin with learning Calm Abiding meditation and progress into Insight Meditation. Each class finishing with Yoga Nidra; a lying down, full mind/body guided relaxation to feel deeply rested and rejuvenated. Bring your own yoga mat, blanket and pillows/supports, there is equipment available if you don't have your own. No experience required.

Drop-In is permitted for this class, Adults \$10, Seniors \$8 in cash.  
Please read drop-in information.

**Tuesdays,** 7:00 - 8:00 pm  
**Session A: April 12 - May 10** \*\* Adults 4/\$28 + gst  
\*\*(NO CLASS: APR 19) Seniors 4/\$16 + gst  
**Session B: May 24 - June 28 - March 28\*\*** 7:00 - 8:00 pm  
\*\*(NO CLASSES: JUNE 14) Adults 5/\$35 + gst  
Instructor: Penny Jones Seniors 5/\$20 + gst  
UCC Fitness Studio

## YIN YOGA

Join Ashley for a Yin style yoga class where you will focus on long held postures for a relaxing, slow paced and meditative 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 and is a great way to allow your body to move into your parasympathetic (rest and digest) state of your nervous system.

Drop-In is permitted for this class, please pay the instructor \$15 in cash.  
Please read drop-in information.

**Mondays,**  
**Session A: April 11 - May 16\*\*** 7:00 - 8:00 pm 5/\$60 + gst  
\*\* (NO CLASS: APR 18)  
**Session B: May 30 - June 27** 7:00 - 8:00 pm 5/\$60 + gst  
UCC Fitness Studio  
Instructor: Ashley Williamson

## DROP- IN INFORMATION

Students wanting to "drop-in" to programs are recommended to contact the UCC to ensure the class is happening as there is a minimum registration requirement that must be met. Please note that space is limited and registered students take precedence. Drop-in students can pre-purchase a class via credit card up until 4:30pm on the day of class by calling or stopping by the UCC, otherwise please bring correct cash.

## ALL LEVELS YOGA

In this class, you will connect breath and movement as you move through a series of postures. Each week will include a combination of standing and seated postures along with elements of breath and meditation. This class will focus on creating balance, strength and flexibility in the body and mind. A great class for all levels and beginners too.

Drop-In is permitted for this class, please pay the instructor \$15 in cash.  
Please read drop-in information.

**Tuesdays,**  
**Session A: April 5 - May 10** 5:30 - 6:30 pm 6/\$72 + gst  
**Session B: May 17 - June 21** 5:30 - 6:30 pm 6/\$72 + gst  
UCC Fitness Studio  
Instructor: Norannda Sigmund

## YANG TO YIN FLOW YOGA

Expect varied flows incorporating balances, strengthening, stretching, and a dash of Pilates. This class bridges sweaty, fiery movements and relaxing stillness. No experience required, moves can be adapted to all levels. Remember to bring your water bottle!

Drop-In is permitted for this class, please pay the instructor \$15 in cash.  
Please read drop-in information.

**Wednesdays,**  
**Session A: April 6 - May 11** 10:00 - 11:00 am 6/\$72 + gst  
**Session B: May 18 - June 29 \*\*** 10:00 - 11:00 am 5/\$60 + gst  
\*\*(NO CLASS: MAY 25, JUNE 1)  
UCC Fitness Studio  
Instructor: Brenda (Bee) Kent

## RESTORATIVE YOGA

Wind down from your day with a meditative, restorative practice. This class involves breath work, guided meditations, and juicy stretches. Bring your cozy clothes, pillows, and blankets! Open to all levels; no prior experience necessary.

Drop-In is permitted for this class, please pay the instructor \$15 in cash.  
Please read drop-in information.

**Wednesdays,**  
**Session A: April 6 - May 11** 7:30 - 8:30 pm 6/\$72 + gst  
**Session B: May 18 - June 29 \*\*** 7:30 - 8:30 pm 5/\$60 + gst  
\*\*(NO CLASS: MAY 25, JUNE 1)  
UCC Fitness Studio  
Instructor: Brenda (Bee) Kent

# ADULT & YOUTH FITNESS CON'T

YOGA

## DEEP THEMES FLOW YOGA

In this 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 is permitted for this class, please pay the instructor \$15 in cash. Please read drop-in information.

**Thursdays,**  
**Sessions A: April 7 - May 26\*\*** 5:45 - 6:45 pm 6/\$72 + gst  
**\*\*NO CLASS: APR 21, MAY 5**  
**Session B: June 2 - 30\*\*\*** 5:45 - 6:45 pm 5/\$60 + gst  
 \*\*\* please note that June classes may move to the Big Beach Gazebo area.  
 UCC Fitness Studio  
 Instructor: Heather Durward

## HATHA YOGA

This Hatha class promotes dropping into shapes and exploring what comes up by moving through postures one at a time. Breathe deeply and practice being in the moment. This class is suitable for all levels; a familiarity with some foundational yoga is welcomed but not necessary. This class promotes balance, strength, flexibility, and stillness in the mind. Modifications and the option to use props will always be offered to support your practice.

Drop-In is permitted for this class, please pay the instructor \$15 in cash. Please read drop-in information.

**Thursdays,**  
**Session A: April 7 - May 12** 7:00 - 8:00 pm 6/\$72 + gst  
**Session B: May 26 - June 30** 7:00 - 8:00 pm 7/\$84 + gst  
 UCC Fitness Studio  
 Instructor: Andrea D'Angelo

## FULL MOON YOGA

Join for this Full Moon Ritual yoga class. This class will include a Full Moon themed meditation as well as movement. We will begin with a Yang practice, moving our bodies to build heat for the full moon. We will finish with Yin style yoga practice where we will hold postures for longer to settle our nervous system and relax our bodies and minds. Please bring a journal for reflections to follow. All levels welcome and an open mind is encouraged.



**Tuesday, April 19, May 17, June 14** 6:45 - 8:00 pm \$36 + gst  
 Drop-in \$15 per session if space is available, see drop-in information  
 UCC Fitness Studio  
 Instructor: Norannda Sigmund

## MAT PILATES

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.

Drop-In is permitted for this class, please pay the instructor \$15 in cash. Please read drop-in information.

**Mondays, April 4 - June 20\*\*** 5:30 - 6:15 pm 10/\$120 + gst  
**\*\*NO CLASS: APR 18, MAY 23)**  
 UCC Fitness Studio  
 Instructor(s): Lindsay Kerdman, Keanna Hasz, Brenna Rosen

## BARRE BURN OR (MOMMY BARRE - SEE EARLY YEARS SECTION FOR MORE INFO)

This forty five minute barre-less class fuses ballet and pilates movements. Expect to sizzle and sweat and leave satisfied as we work our bodies from top to bottom. This low impact class can help improve posture, muscle definition, flexibility and balance. We will move to upbeat tunes in this easy to follow, choreographed class. All levels welcome. Yoga mat and light weights provided.

**Fridays, April 22 - May 27\*\*** 5:30 - 6:15 pm 5/\$50 + gst  
**\*\* (NO CLASS: APR 29)**  
 UCC Fitness Studio  
 Instructor: Britt Buirs

## PURPLE DRAGON DON JITSU RYU VIRTUAL ZOOM CLASSES

Maintain your Don Jitsu Ryu skills this Spring via zoom. This class is for those students with coloured belts. Classes will focus on kicking, punching, blocking, and kata.

\* Zoom link will be emailed to students once registered.  
 \* Belt testing will take place in Vancouver twice a year.

**Mondays, April 4 - June 27** 5:30 - 6:10 pm  
**(NO CLASS: APR 18, MAY 23)** 11/\$88 + gst  
 Instructor: Sensei Ian Shu

FITNESS

## WELCOME SIERRA TALBOT-KELLY

Born and raised in the heart of Kitsilano, Vancouver, BC, I have been involved in the health and wellness industry for the last decade and have dedicated more than 500 hours of yoga teacher training. I've travelled the world as a private yoga teacher, trainer, and led many group classes over the years. I am a movement enthusiast, love sharing my passion for fitness, and helping people to work on keeping their foundation strong to prevent injury. In my spare time you can find me running, surfing, gardening or organizing someone's closet!



## SWEAT SERIES

This early morning full body fitness class is one that will wake you up and get your head and heart moving in the right direction. With a combination of hiit, circuit training and dynamic body weight exercises, you will be sure to work your whole body from head to toe! Be prepared to leave class feeling sweaty, energized, empowered, and ready to embrace whatever the rest of your day has in store. The last fifteen minutes of class will be focused on stretching and winding our energy back down. All levels are welcome.

Drop-In is permitted for this class, please pay the instructor \$15 in cash. Please read drop-in information.

**Tuesdays,**  
**Session A: April 5 - May 17\*\*** 7:00 - 8:00 am 6/\$72 + gst  
**\*\*NO CLASS: April 12**  
**Session B: May 24 - June 28** 7:00 - 8:00 am 6/\$72 + gst  
**Thursdays,**  
**Session A: April 7 - May 19** 7:00 - 8:00 am 7/\$84 + gst  
**\*\*NO CLASS: April 14**  
**Session B: May 26 - June 30** 7:00 - 8:00 am 6/\$72 + gst  
 UCC Fitness Studio  
 Instructor: Sierra Talbot-Kelly

FITNESS

## COMBATIVE ARTS AND PHILOSOPHY

Together in this class we will focus on fitness and practical techniques for self-defense derived from multiple styles of martial arts while we build strength, flexibility, confidence and community. We will discuss training intentions and goals and discover classic mythology and philosophies. Each session will include warm up and stretching, basic drills, games, group work and application, with a cool down and stretch. Wear comfortable clothing and bring your water bottle. No equipment or experience required.

Drop-In is permitted for this class, please pay the instructor \$12 in cash. Please read drop-in information.

**Tuesdays,**  
**Session A: April 12 - May 17** 6:30 - 8:00 pm 6/\$60 + gst  
**Session B: May 24 - June 28** 6:30 - 8:00 pm 6/\$60 + gst  
 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. Gi's will be available upon request.

Drop-In is permitted for this class, please pay the instructor \$12 in cash. Please read drop-in information.

**Thursdays,**  
**Session A: April 7 - May 19\*\*** 7:00 - 8:15 pm 6/\$60 + gst  
**\*\* NO CLASS: APR 14**  
**Session B: May 26 - June 30\*\*** 7:00 - 8:15 pm 5/\$50 + gst  
**\*\* NO CLASS: JUNE 16**  
 UCC Main Hall  
 Instructor: Daniel Allos

## SPRING PADDLING CLUB

Adults/16+

One of the many perks of west coast living is getting out on the water! Join the popular Spring Paddling Club with Majestic Kayaking and experience a variety of exciting kayaking adventures in Barkley Sound. Registration entitles you to four outings over the weekends of May on Sundays. 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 & shoes that can  
 - Fitness Level - Moderate - No paddling experience required.



\* Bring your own personal filled water bottle.

\* All participants must sign an Informed Consent & Waiver of Liability Form

**Sundays, April 24- May 29 (NO CLASS: MAY 22)** 9:00 am launch  
**AND/OR**

**Wednesdays, April 27 - May 25** 5:30 pm launch

**Meet at Majestic Ocean Kayaking, 1167 Helen Rd. \$125 + GST (4 trips)\***

**\*sorry, no refunds for unused trips**



# OLDER ADULT PROGRAMS

## WELCOME ANDREA NIKIC

Andrea has always loved movement and so naturally made it a career. Andrea grew up in Vancouver and studied at UBC for both her undergrad in Kinesiology and Master's in Physiotherapy. She's spent a few years living on the south island and recently made her way over to the west coast. Andrea loves teaching and helping people get back to what they love to do while making you as independent as possible to manage your symptoms.



## OSTEOARTHRITIS HIP/KNEE CLASS

This four week program is geared towards those people dealing with knee or hip arthritis. For each session there will be both an education piece on understanding and managing arthritis, as well as a targeted exercise program adapted from the provincial Osteoarthritis Service Integration System (OASIS) program. The goal of these sessions will be to learn how to better manage symptoms and develop improved strength and mobility to help you get back to what you love.

**Mondays, April 4, 11, May 2, 9** 3:00 - 4:00 pm  
UCC Activity Room 1 & Youth Room \$48 + gst  
Instructor: Andrea Nikic

## SENIORS MAT PILATES

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.

**Mondays, April 4 - June 20\*\*** 11:30 - 12:30 pm  
**\*\*NO CLASS: APR 18, MAY 23** 10/\$80 + gst  
UCC Activity Room  
Instructor(s): Lindsay Kerdman, Brenna Rosen

## 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.

**Tuesdays and Fridays, April 5 (ongoing)** 9:00 - 10:00 am  
UCC Fitness Studio & Main Hall \$6 fee  
Instructor: Sarah Hogan

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. Come and meet some great people and exercise at the same time.

**Mondays & Wednesdays, April 4 - June 29 (ongoing)** 10:30 - 11:30 am  
UCC Main Hall & or Activity Room 1/2  
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 at the UCC to get your groove on. No experience or physical fitness levels required, just come out and have some fun.

**Thursdays, April 7 (ongoing)** 10:00 - 11:00 am  
UCC Activity Room 1 or 2 \$2 fee  
Volunteer: Cris Martin

## PICKELBALL

No experience is needed to play this sport, come out and give it a try, there are lots of people to help you learn. Pickleball is a paddle ball sport (similar to a racquet sport) where opponents hit a perforated ball over a net. To register contact the UCC.

**Mondays, Wednesdays, Fridays, Saturdays** 10:00 - 2:00 pm  
**April 1 (ongoing) , Sundays** 9:00 - 12:00 pm  
Seaplane Base Recreation Hall, 160 Seaplane Base Road \$3 drop-in fee

**BOCCE BALL - ANYONE?** Are you up for a friendly afternoon of laughter and some light competition on the greens playing Bocce? Let us know by calling the UCC at 250-726-7772 or email [recreation@ucluelet.ca](mailto:recreation@ucluelet.ca) and we will help to coordinate a group. We're open to suggestions for days and times.



Proposed - **Sundays, May (ongoing)** 2:00 pm  
Seaplane Base Recreation Hall \$2 drop-in

**TALENT WANTED** - We know there are many people in the community hiding talents from us. Why not share your expertise, knowledge, experiences with the community. Not sure how you fit this category? If you are interested in volunteering with an existing program, special event or want to share your knowledge starting a new program just give Barb a call to chat things through at 250-726-7772.

## UCLUELET RECREATION SUBSIDY PROGRAM

Designed to provide support to residents of Ucluelet of all ages interested in participating in Parks & Recreation programs. Application forms are available online [www.ucluelet.ca](http://www.ucluelet.ca) and at the UCC. Completed forms may be dropped off at the UCC or emailed to [afortune@ucluelet.ca](mailto:afortune@ucluelet.ca)

**\*Please note that limited funds are available**

For more information contact Abby Fortune, Director of Parks & Recreation. Call 250-266-0297 or email [afortune@ucluelet.ca](mailto:afortune@ucluelet.ca)

**REFUNDS:** We will be more than happy to give you a full refund or credit on your account if we have to cancel a program. A 10% administration fee will be charged for persons cancelling their registration prior to the beginning of a program. Persons requesting a refund after a program has started will receive a prorated refund with a 20% administration charge. Exceptions will be at the discretion of the Director of Parks & Recreation.

**CANCELLATIONS:** Sometimes great courses with talented instructors are cancelled due to last minute to registration. Instructors require as much notice as possible so they can be properly prepared for their classes.  
**\* Register at least one week in advance.**

## INVOKING THE GODDESS FROM WITHIN



Together we will harness the energy of spring to set your intentions for the upcoming season and welcome greater abundance into your life through the practice of yoga, and invocation of the goddess Lakshmi the goddess of wealth and beauty. Class will be warming, energizing and include mantra (chanting), asana (physical practice), and meditation. Please bring something to place on the altar to charge up which you will bring home with you.

**Sunday, April 3** 5:30 - 7:30 pm \$40 + gst  
UCC Fitness Studio Instructor: Heather Durward



**SENIOR MOVIE THURSDAYS 1:30 PM**

BATTLE OF THE SEXES April 7

STREAMLINE April 21

ETERNAL BEAUTY May 5

THE PERSONAL HISTORY OF DAVID COPPERFIELD May 19

**SUNDAY MOVIE MATINEE SUNDAYS 1:30 PM**

POKEMON DETECTIVE April 10

I AM GRETA April 24

THUNDER ROAD May 8

PLAYING WITH FIRE May 22

**EARTH DAY CLEANUP APRIL 22 - 23**

Recycle It | Repair It | Upcycle It | Donate It | Re-Purpose It

Repurpose Program at the Rec Hall & a whole lot more with Surfrider Foundation!

For more information contact the Ucluelet Recreation Department at 250-726-7772 or [recreation@ucluelet.ca](mailto:recreation@ucluelet.ca)

**SAVE THE DATE**

**UKEE DAYS HOMECOMING**

JULY 22 | 23 | 24 | 2022

For more information, please visit: [ukeedays.worldpress.com](http://ukeedays.worldpress.com)