



# UCLUELET RECREATION DEPARTMENT

## VIRTUAL ZOOM GUIDE - JANUARY 2021

### A NEW YEAR, A NEW BEGINNING



#### VIRTUAL ZOOM KIDS GYMNASTICS

Keep moving this winter with Coach Lindsay's virtual classes!  
Stay limber and toned and ready to join us back at the UCC this February.

##### PARENT AND TOT

This virtual class will encourage healthy movement and physical development of children 1.5 – 3 years old with the support of parents being lead by a coach. Lindsay will use songs, games and other play-based learning strategies to keep the class fun and engaging.

**Thursdays, January 7, 14, 21, 28** 2:30 - 3:00 pm \$32

##### AGES 3 – 5

This virtual class will focus on different gymnastics poses, postures and locomotions which can be performed without equipment or spotting. The class will use games and other play-based learning strategies to help children maintain their physical and spacial awareness from home.

**Thursdays, January 7, 14, 21, 28** 12:45 - 1:15 pm \$32

##### AGES 5 - 7

This virtual class will help children develop different gymnastics poses, postures and locomotions without equipment or spotting. The class will use games and other play-based learning strategies to help children maintain their physical and spacial awareness while training at home.

**Thursdays, January 7, 14, 21, 28** 3:30 – 4:00 pm \$32

##### AGES 8+

This virtual class will help children continue to develop their skills, strength and special awareness without the use of equipment or spotting. The class will use games and other play-based learning strategies to help children maintain their gymnastic skills while training at home.

**Fridays, January 8, 15, 22, 29** 3:30 – 4:15 pm \$32

##### HIGH SCHOOL GYMNASTICS

This class will help highschool gymnastics athletes develop and maintain their skills, strength and flexibility through at-home training program lead by their coach.

**Thursday, January 7, 14, 21, 28** 4:15 – 5:15 pm \$32

##### PRE-COMPETITIVE

This coach approved virtual class will help children in the pre-competitive program continue to develop their skills, technique, strength and agility without the use of equipment or spotting. The class will use games and other play-based learning strategies to help children maintain their gymnastics skills while training at home.

**Fridays, January 8, 15, 22, 29** 2:45 – 3:15 pm \$32

##### ADVANCED

This coach approved class will help advanced gymnasts maintain their skills, strength and flexibility through an at-home training program lead by their coach.

**Fridays, January 8, 15, 22, 29** 4:30 – 5:15 pm \$32  
Instructor: Lindsay Kerdman

#### PURPLE DRAGON GOES VIRTUAL FOR THE WINTER GUIDE

##### VIRTUAL ZOOM CLASSES for PURPLE DRAGON DON JITSU RYU Age 7+

Join us this winter as we focus on our skill development for Don Jitsu Ryu. We will be focusing 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. No experience necessary for this introduction into the fun and dynamic discipline of Purple Dragon Don Jitsu Ryu.

As a bonus, each week you will receive a pre-recorded class to work on as well.

**Mondays & Thursdays** 5:00 - 5:40 pm  
**Session A - January 11- February 11** 10/\$80  
**Session B - February 18 - March 29 (NO CLASS: MARCH 8, 11, 15, 18)** 8/\$64  
Instructor: Sensei Ian Shu



##### ADULT PURPLE DRAGON DON JITSU RYU

Please see description above.

**Mondays, January 11 - March 29 (NO CLASS: FEB 15, MAR 8, 15)** 7:00 - 7:40 pm  
Instructor: Sensei Ian Shu 9/\$72 + gst

#### LAUGH WITH LORNA



They say laughter is the best medicine so, take a break with Lorna and join this creative class as we laugh ourselves out of stress. Laughter will improve your mood and has long term effects on the body such as, improving the immune system, relieving pain, lowers blood pressure, and reduces stress hormones. This dynamic class will provide all the belly laughs you need to trigger the release of endorphins and leave you feeling lighter and refreshed. Self care starts here, let's laugh together in the face of adversity.

**Fridays, January 8, 15, 22, 29** 10:30 – 11:00 am Free  
Instructor: Lorna Watson

#### VIRTUAL ADULT FITNESS CLASSES via Zoom

Get off the couch and start your year off right by registering for one of our virtual zoom classes. Instructors will be able to see you at home to assist with technique corrections. Links for classes will be emailed to you and just in case you miss a class we will send a recording for you too.

##### BARRE FIT via Zoom

This forty five minute class fuses ballet, pilates and strength training for a full body workout while watching from home. This low impact class can help improve posture, muscle definition, flexibility and balance. We will sweat to the beat of the music in this easy to follow, choreographed class. All you need for this class is a mat and a set of light weights (1- 3lbs), soup cans can work in a pinch. All levels welcome.

**Mondays, January 11 - February 8** 5:15 - 6:00 pm \$32 + gst  
Instructor: Brittany Buirs

##### FULL BODY & MIND YIN YOGA via Zoom

Join Noranda for four weeks of virtual yoga classes where you will have the opportunity to tune into your body and your mind from the comfort of your home. Each of the four sessions will work through an area of your body, introducing poses to help open, stretch and release the muscles and connective tissue in that area. There will be a meditation introduced for each session to connect more deeply with your mind and body. Virtual yoga offers you the opportunity to stay connected to your practice while staying comfortable during this time.



**Tuesdays, January 5, 12, 19, 26** 7:15 - 8:15 pm \$32 +gst  
Instructor: Noranda Sigmund

##### BARRE - LESS EXPRESS via Zoom

This forty five minute class fuses ballet, pilates and strength training for a full body workout. Prepare to find the burn, you can use resistance bands or not to tone the major muscle groups without the barre. This low impact class can help improve posture, muscle definition, flexibility and balance. We will sweat to the beat of the music in this easy to follow, choreographed class. All you need for this class is a mat and a set of light weights 1 - 3 lb, soup cans can work in a pinch. All levels welcome, no experience required.

**Wednesdays, January 20 - February 17** 5:15 - 6:00 pm \$32 + gst  
Instructor: Brittany Buirs

##### MIXED LEVEL VINYASA FLOW WITH HEATHER via Zoom

In this class we will embody fluidity while transitioning from one pose to the next and emphasize linking our breath with our movements. Expect to be challenged while working with strength and balance and to explore different types of pranayama (breath exercises). This class is suitable for students with basic to intermediate levels of experience.



**Thursdays, January 7, 14, 21, 28** 5:30 - 6:30 pm \$32 + gst  
Instructor: Heather Durward

##### YIN YOGA

Yin is a slower paced, meditative yoga class that includes a series of postures held for longer periods of time (typically 3 - 5 minutes). These long holds allow the stretch to move past the flexibility of your muscles and reach the connective tissues in your body. The result is a deeper opening that not only increases your flexibility but builds stronger joints and ligaments as well. A great class for all levels.



**Thursdays, January 7, 14, 21, 28** 7:00 - 8:00 pm \$32 + gst  
Instructor: Ashley Williamson

##### SENIOR PILATES via Zoom

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.

**Thursdays, January 7, 14, 21, 28** 11:30 - 12:15 pm \$32 + gst  
Instructor: Lindsay Kerdman

##### ADULT STRETCH AND STRENGTH via Zoom

This class will focus on increasing mobility, stability, ranges of motion and injury prevention through different active and passive stretch series.



**Fridays, January 8, 15, 22, 29** 5:45 – 6:30 pm \$32 + gst  
Instructor: Lindsay Kerdman

##### MAT PILATES via Zoom

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.



**Saturdays, January 9, 16, 23, 30** 10:30 - 11:15 am \$32 + gst  
Instructor: Lindsay Kerdman