

# 2025 WINTER RECREATION GUIDE



## UCLUELET RECREATION DEPARTMENT

REGISTRATION OPENS - JANUARY 8

PROGRAMS RUN JANUARY - MARCH



ADULT & YOUTH PROGRAMS

EARLY YEARS PROGRAMS

CHILDRENS PROGRAMS

YOUTH PROGRAMS

OLDER ADULT PROGRAMS

# WEEKLY ADULT FITNESS PROGRAMS - WINTER CALENDAR

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<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>CHI GONG PRACTICE</b> 10:30 - 11:30 am UCC Main Hall (see inside for info)	<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>DANCE COLLAB</b> 5:15 - 6:30 pm UCC Fitness Studio Registration only (see inside for info)	<b>CHAIR YOGA</b> 10:00 - 11:00 am UCC Main Hall (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)	<b>INDOOR BMX NIGHT</b> 6:00 - 7:30 pm Seaplane Base Rec Hall Drop-in - \$5 (BMX only, no pegs, see inside for dates)	<b>ADULT GYM</b> 6:00 - 7:00 pm UCC Main Hall 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>WAVES &amp; FLOW YOGA</b> 7:00 - 8:00 pm UCC Fitness Studio Registration or drop-in (see inside for info)	<b>SHAKE &amp; CREATE YOGA</b> 6:00 - 7:30 pm UCC Fitness Studio (see inside for dates)	<b>ADULT ROLLER SKATING</b> 7:00 - 9:00 pm Seaplane Base Rec Hall (see inside for dates)	<b>BELLIES, BANDHAS &amp; BOOTY YOGA</b> 6:00 - 7:30 pm UCC Fitness Studio (see inside for dates)	<b>BRAZILIAN JIU JITSU</b> 6:00 - 7:00 pm UAC Hall (see inside for info)
<b>CONTEMPORARY DANCE</b> 6:30 - 7:45 pm UCC Fitness Studio Drop-in Only (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 TEMPLE</b> 7:00 - 8:30 pm UCC Main Hall Registration or drop-in (see inside for dates)	<b>ELEMENTAL SOUND BATH &amp; RESTORATIVE YOGA</b> 7:00 - 9:00 pm UCC Fitness Studio (see inside for dates)	<p>"Yoga is the study of balance, and balance is the aim of all living creatures: <b>it is our home.</b>" -Rolf Gates</p>		<b>THRIVING HIPS YOGA</b> 6:00 - 7:00 pm UCC Fitness Studio Registration or drop-in (see inside for info)
<b>FLOORWORK FLOW</b> 8:00 - 9:00 pm UCC Fitness Studio Drop-in Only (see inside for info)	<b>INDOOR BASKETBALL LEAGUE</b> 7:00 - 9:00 pm Drop-in \$2 - USS Gym (non-marking shoes)	<b>GOJU RYU KARATE</b> 6:00 - 7:00 pm UCC Main Hall Pre-Registration (see inside for info)	<b>YOGA &amp; ACUPUNCTURE</b> 7:00 - 8:30 pm (see inside for dates) <b>BRAZILIAN JIU JITSU</b> 7:00 - 8:00 pm UAC Hall (see inside for info)			<b>DREAMSCAPE &amp; RESTORATIVE YOGA</b> 7:30 - 8:30 pm UCC Fitness Studio Registration or drop-in (see inside for info)
<b>INDOOR SOCCER</b> 7:00 - 9:00 pm Drop-in \$2 - USS Gym (non-marking shoes)	<b>INDOOR SKATEBOARDING</b> 8:00 - 10:00 pm Seaplane Base Rec Hall	<b>VOLLEYBALL</b> 6:30 - 8:30 pm Drop-in \$2 - USS Gym (non-marking shoes) <b>UKEE POP</b> 8:00 - 9:00 pm Seaplane Base Rec Hall	<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)	<p><a href="http://WWW.UCLUELET.CA">WWW.UCLUELET.CA</a> 250-726-7772 <a href="mailto:RECREATION@UCLUELET.CA">RECREATION@UCLUELET.CA</a></p>	



## WELCOME TO WINTER 2025



Recreation is a key component to a healthier and happier lifestyle, so get started with some of these amazing offerings this winter. There is a full slate of artistic and active offerings for all ages, something for everyone, as well as a few workshop opportunities for your overall health and wellbeing. 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 January 8 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>. Please let us know if you need your password to be re-set.

### IN PERSON & OVER THE PHONE REGISTRATION

Please check our website for up-to-date information on the program guide before registering. You may call the Ucluelet Community Centre at 250-726-7772 during office hours, Sunday to Saturday, 9:00 am - 4:30 pm and our staff will be happy to process your request. Payments by cash, cheque, credit card or debit card is accepted. If you have not received a receipt prior to the program start date, please call to confirm. 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.

\* 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, Judy, Candice



## EARLY YEARS PROGRAMS

PRESCHOOL MUSIC

### WELCOME COLIN ROBINSON

Colin is a Ukee resident who loves playing music with his two kids ages one and three. Colin grew up in a musical household and has a variety of formal and informal musical training. This will be his first time leading music for kids in a more organized setting and he's excited to have some fun together with you and your family.



### PARENT AND TOT MUSIC

Age 0 - 3 years

Join us for some musical circle time to learn and sing songs together. Instruments are provided or you can bring your own. The goal is for babies and toddlers to be a part of music with their parents in a live community context.

**Saturdays, January 11 - February 15** 10:00 - 11:00 am 6/\$60  
UCC Activity Room 1 Drop-in \$12  
Instructor: Colin Robinson

### MUSIC WITH LITTLES

Age: 3 - 5 years

This class is for the slightly older kids who can focus a little more. This musical circle will be a chance to practice rhythm, play musical games, learn and sing songs together. Instruments are provided or feel free to bring your own. Parent participation is optional but encouraged.

**Saturdays, January 11 - February 15** 11:00 - 12:00 pm 6/\$60  
UCC Activity Room 1 Drop-in \$12  
Instructor: Colin Robinson

### BABY BARRE

Age 3 - 18 months

In this thirty minute workout, parents are encouraged to wear their babies in a comfortable and supportive carrier, to keep little ones close while moving to the music. Car seats and mat laying are welcome too. The class combines classic barre techniques with targeted exercises that focus on core stability, pelvic floor strength, and overall toning. Each session includes a warm-up, followed by a series of low-impact movements. Suitable for all fitness levels, modifications will be provided to ensure everyone can participate comfortably and safely. We will end the last half of class with a stretch and social time. Please bring your own carrier. All other equipment provided. Pregnant women also encouraged to join and please reach out to the instructor if you want to join and your child is outside this age range.



**Tuesdays, March 4 - 25**

12:00 - 1:00 pm  
Drop-in only \$10

UCC Fitness studio  
Instructor: Britt Buirs

### WELCOME ROBERT GUSDAL

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



### MINI- MOVERS

Age 3 - 5

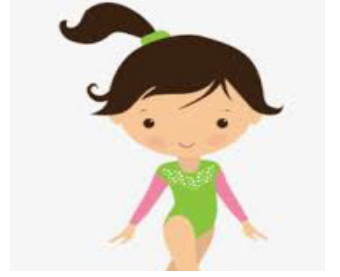
Starting at the age of three, this is a great program for littles to learn movement and musicality. These classes include fun games and exercises to assist students with their memory, mobility, and flexibility, creating a foundation for future dance practices. These classes are independent from parents.

**Mondays, January 13 - March 17\*** 3:15 - 4:00 pm  
**\*(NO CLASS: FEB 17)** 8/\$80  
UCC Fitness Studio  
Instructor: Robert Gusdal

PRESCHOOL FITNESS

### GYMNASTIC CLASSES

The Ucluelet Recreation Department partners with Pacific Rim Gymnastics and Gymnastics BC for all of our classes. This partnership provides children with extended insurance. Families have the option of paying an annual recreation membership fee of \$42 or a competitive membership fee of \$55 to the UCC when registering. Members will also be required to sign a waiver of liability and consent from for Gym BC prior to attending classes. **Please note that memberships are valid from September 2023 - August 2024.**



### PARENT & TOT GYMNASTICS

Age 1.5 - 3

This program uses the fundamentals of gymnastics and basic mat work to help jumpstart physical literacy for toddlers and preschoolers. Parents will participate together with their child through active gymnastics circuits with songs, games, stretches and free time to explore. This program makes physical development fun and social. Don't forget your water bottle.

**Mondays, January 20 - March 10 (NO CLASS: FEB 17)**

Age 1.5 - 3 11:15 - 12:00 pm (with adult) 7/\$77  
UCC Main Hall

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

### TINY TUMBLERS

Age 3 - 5

This program is designed to introduce your young child to safe, gross motor movement through organized gymnastics with play, games and circuits. Children will learn different positions and skills that are designed to allow the child a safe experience with various movements. Remember to bring your water bottle and wear clothing to move in.

**Mondays, January 20 - March 10 (NO CLASS: FEB 17)**

Ages 3 - 5 1:15 - 2:00 pm 7/\$77  
Ages 3 - 5 2:15 - 3:00 pm 7/\$77  
UCC Main Hall

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

## CHILDREN PROGRAMS

### KIDS AND PARENT POT PAINT NIGHT

With spring in the air, commemorate the new season with some crafty activities for you and kids in the pottery studio. Come and paint a pre-made plant-pot (one large pot or two small pots per person). Personalize and decorate your plant pot however you like and Ebony will fire it for you to pick up in about a week's time. All materials provided. Come and have some family fun in the ceramics studio.



**Tuesday, March 25** 5:30 - 7:00 pm  
Ages 5+ \$60\*

\*Fee includes one child & parent, extra child is an additional \$10.  
UCC Pottery Studio  
Instructor: Ebony Faithful

### KIDS CLAY

Age 7 +

This fun afternoon kids class will introduce the basic skills of hand building. Students will discover the art and love of ceramics while having fun and letting their creative minds be free. Kids will learn basic sculptural clay techniques such as pinch pots, coil and slab. Kids will come home with exciting pieces that they can keep forever. Feel free to bring your own apron. All materials and supplies provided.



**KIDS A: Tuesdays, January 28 - February 25**

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

**KIDS B: Mondays, February 24 - March 24**

Ages 10 - 13 3:15 - 4:45 pm 5/\$160  
UCC Pottery Studio  
Instructor: Ebony Faithful

ART CLASSES

PRESCHOOL FITNESS

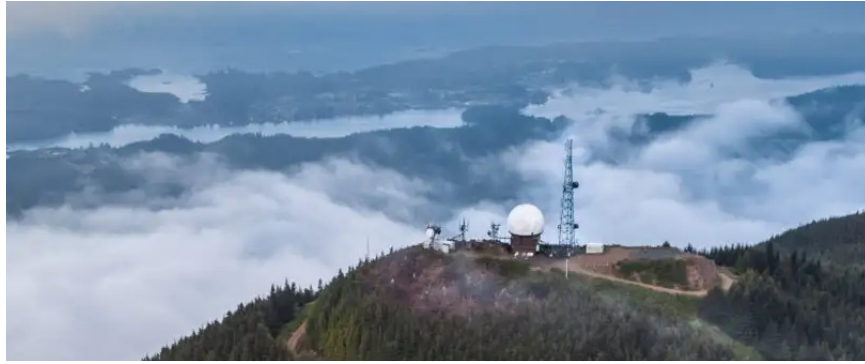
# CHILDREN PROGRAMS

## UCLUELET & TOFINO GLEE MUSICAL THEATRE

PRESENTS:

### WICKED WEST COAST ADVENTURES OF OZ

There's trouble a brewing in the magical land of Oz(zard) and not everything is as it seems. Will Dorothy and her friends have the brains, heart and courage to find their way home? Will Glinda and the Witch find a way to save the wizard? Come along on the magical, time traveling adventure where we will make new friends, learn valuable lessons, and discover there really is no place (or time) like home.



Students will learn skills in singing, acting, and dancing as they perform an original script by Courtney Johnson.

\*Group times will be slightly adjusted closer to performance date.

\*Dress rehearsal: Thursday, June 5

\*Performance dates: June 6 and 7

**Tuesdays, February 4 - June 3 \***

**\*(NO CLASS: FEB 25, MAR 18, 25, APR 29, MAY 6)**

Group 1: Ages 6 - 9	3:00 - 4:30 pm	\$250
Group 2: Ages 10 - 12	4:30 - 6:00 pm	\$250
UCC Main Hall		
Instructor: Courtney Johnson		

## 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!"



**NO ONE IS BORN A GREAT COOK ONE LEARNS BY DOING**

**Fridays, January 31 - February 28** 4:00 - 5:30 pm 5/\$165

Age 8 - 12

UCC Kitchen

Instructor: Lisa Woodland

# CHILDREN FITNESS

## WELCOME ROBERT GUSDAL

Robert (he/him) is an emerging Canadian contemporary choreographer and interdisciplinary artist. Read Roberts full intro on page three under Mini Movers.



## BALLET

These classes help to stretch and strengthen the dancers while learning open exercises at the barre and on the floor. Exercises include ballet technique to allow the students to focus on an evolving ballet vocabulary, and musicality. Dancers will learn a combination of choreography which helps to provide self confidence in a positive, informative, and expressive atmosphere.

**Mondays, January 13 - March 17\***

4:00 - 5:00 pm

**\*(NO CLASS: FEB 17)**

8/\$80

Age: 6+

UCC Fitness Studio

Instructor: Robert Gusdal

# 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.

### Gymnastrada/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, spacial awareness and physical literacy through the fun of gymnastics. Children will experience jumping, swinging and inverting, building upon every skill as classes develop. Come on out and have fun working on your balance, flexibility, strength and speed.

### PARENTS PLEASE REMEMBER - WE NEED YOUR HELP.

We greatly appreciate parents supporting this program by assisting to put equipment away on Monday evenings. Please let Amanda know of any availability you might have. *Thank you!*

### Sundays, January 19 - March 9 (NO CLASS: FEB 16)

Parkour	12:00 - 1:00 pm	7/\$77
Pre-Competitive	12:00 - 2:00 pm	7/\$154
Gymnastrada/Cheer/Acro	2:15 - 3:15 pm	7/\$77
Competitive	3:30 - 6:00 pm	7/\$192.50

### Mondays, January 20 - March 10 (NO CLASS: FEB 17)

Parent & Tot (1.5 - 3 yrs)	11:00 - 11:45 am	7/\$77
Tiny Tumblers (ages 3 - 5 yrs)	1:15 - 2:00 pm	7/\$77
Tiny Tumblers (ages 3 - 5 yrs)	2:15 - 3:00 pm	7/\$77
High School & Level 6+	3:30 - 4:45 pm	7/\$96.25
Ages 5 - 6 & Level 1 - 3	5:00 - 6:00 pm	7/\$77
Boys Rec & Level 3 - 5	6:15 - 7:15 pm	7/\$77

UCC Main Hall

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



**DON'T LET THE FEAR OF FALLING  
KEEP YOU FROM FLYING**

ARTS

GYMNASTICS

DANCE

**TSUGA SPROUTS IS BACK!**

The children who join this program will build body awareness, coordination, fitness, and confidence. They will learn a mental and physical skill set that can be used to progress in the sport of their choosing as they grow. Participants can expect a more free-form and relaxed environment with warm up, stretching, basic drills and games. No equipment or experience required, wear comfortable clothing to move freely.

*Cultivate, nourish, flourish.*

Age 5 - 7



**Wednesdays, January 22 - March 12** 3:45 - 4:30 pm 8/\$120  
UCC Main Hall  
Instructor: Eric Kingsley

**TSUGA SAPLINGS IS BACK!**

This program offers an introduction to traditional Karate and will be focused on sport applications of the martial arts as well as personal self-defense. Participants will gain a strong knowledge of foundational Karate techniques and their applications. Participants can expect a more structured environment with warm up, stretching, basic drills and games. Please wear all white, comfortable clothing to move freely. No other equipment is required. No experience required.

*Cultivate, nourish, flourish.*

Age 8 - 12



**Wednesdays, January 22 - March 12** 4:45 - 5:45 pm 8/\$120  
UCC Main Hall  
Instructor: Eric Kingsley



**WELCOME LONNIE KAEHELE**

Lonnie has been teaching his two children, foundational martial arts skills since they were little, and now they want to provide this fun and positive activity to other kids. Lonnie joined wrestling when he was fourteen. He has since trained in a variety of martial arts including Brazilian Jujitsu, Muay Thai & Kali. A former personal trainer, he has helped people of all ages and abilities improve their fitness. He holds a diploma in Human Kinetics and a certificate in Fitness and Exercise Leadership. In addition to martial arts, Lonnie enjoys spending time with his family, cooking, hiking, and surfing. Lonnie's son will be helping with the older kids' class, while his daughter, will help with the younger kids.



**KIDS MARITAL ARTS FOUNDATIONS CLASS**

This class introduces Martial Arts training and movements, while practicing respectful 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.

**Thursdays, January 30 - March 13**  
Grades 4 - 7 3:00 - 4:00 pm 7/\$84  
Grades K - 3 4:15 - 5:00 pm 7/\$70  
UCC Main Hall  
Instructor: Lonnie Kaechele

**INDOOR SKATEBOARDING**

Drop into Ukee's radest locals nights for indoor skateboarding all ages and skill sets are welcome, see the time slots below. Don't forget to sign in each session on the waiver form so you can access some fun. There are a few skate ramps and rails set up, if you want to lend a hand with equipment just touch base with Leon and Ollie. Please respect each others space and abilities. Helmets are mandatory.



**Tuesdays, January 7 - March 11**  
Beginners & Families (ages 4 -7) 6:30 - 7:15 pm \$2 drop-in  
Advanced Boarders (ages 10+) 7:15 - 8:00 pm \$2 drop-in  
Adults 8:00 - 10:00 pm \$2 drop-in  
Seaplane Base Rec Hall  
Volunteers: Ollie Ouellet & Leon Davies

**UKEE POP - PALS ON PLANKS**

Join this supportive and inclusive skate night with a focus on creating representation for females and LGBTQ2S skaters. Folks of all experiences and abilities are welcome. Extra gear can be provided for those who don't have any. Helmets are mandatory.

**Wednesdays, January 8 - March 12**  
Beginners & Families 7:00 - 8:00 pm \$2 drop-in  
Adults 8:00 - 9:30 pm \$2 drop-in  
Seaplane Base Rec Hall  
Volunteers: Bec Kelly-Paul, Lily Tuomi, Mara McLaughlin

**INDOOR BMX NIGHT**

Drop into the indoor BMX arena at the Rec Hall this spring. Practice your maneuverability, some jumps and tricks. **Helmets are mandatory** and participants must sign a waiver of liability.

**Saturday, January 11, 25, February 8, 22, March 8, 22**  
All ages welcome 6:00 - 7:30 pm \$5 drop-in  
Location: Seaplane Base Recreation Hall  
Volunteers: Chris Denman, Layton McLeod



**UKEE'S RADDEST ROLLER RINK**

Come on out for some music and fun at the local Rec Hall "roller rink". Open to all ages - from wee ones to "older" wee ones. Don't fret if you don't have wheels or blades, skates are provided though there are limited amounts.

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

**FAMILY FUN** Sundays, January 12- March 9 12:30 - 3:00 pm  
Spring Break dates - TBA \$5 drop-in  
Seaplane Base Recreation Hall, 160 Seaplane Base Road

**YOUTH & ADULT** Age 15+  
Fridays, January 10 - March 14  
Spring Break dates - TBA  
7:00 - 9:00 pm \$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.



# Spring Break 2025

## SPRING GYMNASTICS CAMP



Join us this spring for a dynamic Gymnastics Camp. Build on your skills, coordination and confidence in your body's ability by learning handstands, walk overs, beam balances and swinging on the bars. Come on out and have fun working on your balance, flexibility, strength and speed. Work on floor routines and experience our sprung floor. Don't forget to bring a snack and your water bottle.

### Monday – Wednesday, March 17 - 19

Level 5+ (pre-comp, comp and high school)	9:00 - 12:00 pm	\$99
Ages 5 - 7	12:30 - 2:30 pm	\$66
Ages 8+	12:30 - 2:30 pm	\$66

UCC Main Hall  
Instructors: Shelby McCreesh, Yeamaya Windle  
Helpers: Katie Mills, Sydney Craig

## OUTDOOR ADVENTURE CAMP

Join the Raincoast team this spring for Outdoor Adventure Camp! We're going to have a great week of hikes, tide pooling, crafting, dune boarding and more! Bring some rain boots, layers and a can-do attitude for a great week of adventures. Please note that Raincoast Education Society will only refund 50% of fee if registration is cancelled the week prior to camp. We understand that situations can change, and Raincoast Education Society will do their best to accommodate any concerns that may arise.

### Monday - Thursday, March 17 - 21

Ages: 6 - 12      9:00 - 3:00 pm      \$225  
Meet in the UCC Foyer  
Instructors: Raincoast Education Society staff



## KIDS IMAGINATION FACTORY

Get ready to Create! Tie dye t-shirts, creative fridge magnets, jewels & crystals mosaic name art, glass jar aquariums, popsicle stick lizard creations, marble painting on canvas, outdoor sketching at the beach, lego adventures, interactive board games, fort building, mystery games, main hall freeze dance & tag games, nature adventures to Big Beach, get to know new friends & enjoy an epic week of fun, creativity, movement, with indoor and outdoor activities. Prizes & certificates to take home! Fill your backpacks with a lunch, snack, sunscreen, hat and water bottle. Please bring a 100% cotton item, ie: white t-shirts, pillow case, bandanas, for TIE DYE.



**Monday – Friday, March 24 - 28**      10:00 - 3:00 pm      \$175  
Ages 6+  
UCC Activity Room 2  
Instructors: Uma Sharma & Radha Herrington

## THE DREAM CIRCUS CAMP

In this week long circus camp, students will have a great adventure learning juggling, acrobatics, walking on stilts and more. The camp is bilingual, a very friendly environment to learn, practice and play in. Participants will receive a certificate at the end of the week. All equipment is in compliance with safety standards and the supervision of professionals. Family and friends are invited to a Friday afternoon performance.



### Monday - Friday, March 24 - 28

Age: 5 - 7      9:00 - 12:30 pm      \$185  
Ages: 8+      10:00 - 3:00 pm      \$275  
UCC Main Hall  
Instructor: Pascal Schram, Circus Instructor of Les Transporteurs de Reves

## BASKETBALL TRAINING & PERFORMANCE CAMP

**AGAINST ALL ODDS CAMP** - This camp will include unique movement mechanic drills, ball handling and games, passing skills and games, shooting drills and games, motivational talks. The heart of Corey's mission is to reach kids on a deeper level. The goal is to spark their motivation and desire to seek out and obtain more for their lives through basketball. Each camp encompasses skills training as well as deep motivational conversation in hopes of leaving each participant with a sense of purpose and passion when they walk out of the gym.



Made possible by Parkside B&B

### Monday - Thursday, March 24 - 27

Ages: 7 - 9      9:00 - 10:30 am      \$120  
Ages: 10 - 12      10:45 - 12:45 pm      \$120  
Ages: 13 +      1:00 - 3:00 pm      \$120  
USS GYM - Arrive by childcare area  
Instructor: Cory Breland



## YOUTH PROGRAMS

### THE EDGE YOUTH ROOM

COORDINATORS - Toni Buston & Tristan Godberson  
Facilitators - Annie Goertzen, Joleen Sohler  
**CLOSED DURING STATUTORY HOLIDAYS**  
UCLUELET COMMUNITY CENTRE - 500 MATTERSON DR

#### YOUTH DROP-IN JANUARY - MARCH

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 FAVORITES 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, January 7 - March 11**  
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, January 8 - March 12**      3:30 - 4:30 pm

#### PEER EDUCATION

Are you curious about relationships? How to be a good friend? What a healthy relationship looks like? Come by after school and hang out with Jen, eat yummy snacks and find out all sorts of cool stuff.

**Tuesdays, February 4 - March 11**      3:30 - 4:45 pm  
Facilitator: Jen Scott, Youth Grief Councillor, Pacific Rim Hospice

#### 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, January 9 - March 13**      3:00 - 5:00 pm  
Instructor: Joleen Sohler

#### 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 board games. Others might be more sporty with badminton, laser tag, or musical with the karaoke. Let us know our idea. Light snacks are provided.



Supported by Clayoquot Biosphere Trust & Ucluelet Co-op

**Fridays, January 26 - March 15**  
7:00 - 10:00 pm  
UCC Youth Room & Main Hall  
Facilitator: Joleen Sohler



## ADULT PROGRAMS

### WELCOME FLORENCIA SANTOS CONTRERAS

Florencia is an educator from Chile, and her mother tongue is Spanish. She has five years of teaching experience at the middle and high school levels. She is a certified teacher in BC and is currently teaching in Ucluelet. Over her career, she has taught different subjects, including Spanish. She really enjoys teaching and spending time in the community.



### INTRODUCTORY SPANISH

This program is perfect for anyone who is just starting out or those who already have some basic knowledge speaking Spanish. We will be focusing on pronunciation, essential grammar, and vocabulary in a fun and engaging way. My aim is to make the learning experience interactive and collaborative, so you'll have a great time while you learn! For any doubts, you can contact me at my email flosantos@gmail.com

**Mondays, January 20 – March 10\*** 6:30 - 7:30 pm  
**\*(NO CLASS: FEB 17)** 7/\$84 + gst  
 UCC Activity Room 1  
 Instructor: Florencia Santos Contreras

### WATERCOLOR CLASS FOR BEGINNERS



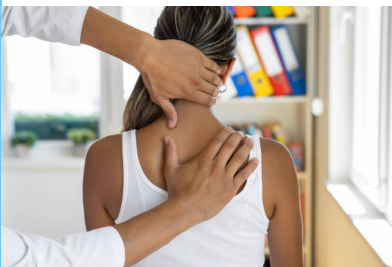
In this class you will learn the foundation of watercolor painting through a series of guided exercises and paintings. We will practice tones and values, combining colours, using dry and wet techniques, to see how the water, colors and brushstrokes interact on

the paper. By the end of this course, you will feel ready to do your own paintings applying what you learnt here and exploring your unique ideas. Miren is a watercolour artist and a professional character animator. Growing up in Spain she followed her passion for art and graduated in Fine Arts from the Basque Country University in Bilbao, Bizkaia. Necessary supplies for the class will be provided.

**Sundays, February 9 - March 16\*** 6:00 - 8:30 pm  
**\*(NO CLASS: FEB 16)** 5/\$260 + gst  
 UCC Activity Room 2  
 Instructor: Miren Delgado

ARTS

### COMMUNITY MASSAGE & ACUPUNCTURE



Join, Jill Smith Shiatsu, Massage Therapist and Lyndsay Daly Registered Acupuncturist for an evening of Community massage & acupuncture.

These ladies will be offering individualized affordable treatments.

Treatments will be in a quiet and relaxed group setting. Please come dressed in comfy loose clothing that easily exposes up to your elbows and knees for ease of access. There will be an area to use for stretching before and after the sessions. Bring your own mug & relax with a warm cup of tea.

**Wednesday, January 8, February 5, March 5**  
**UCC Activity Room 1 5:00 - 8:00 pm**

Sliding Scale payments \$35 - \$65

30 minute massage sessions and/or 20 - 50 minute acupuncture sessions

**Sign up ahead of time by directly contacting Jill or Lyndsay**

**Jill Smith (250) 522-0240**

**Lyndsay Daly (250) 266-2267**  
**dalyacupuncture@gmail.com**



Don't wait  
 don't  
 hesitate.

**Book  
 Now**



### CLOSED FORMS WORKSHOP

Age 16+

This is an intermediate level wheel workshop focusing on throwing closed forms on the wheel. Students must have already completed a wheel class and have the ability of centering the clay and pulling walls. Students will be instructed in attempting to make things such as a lemon juicer, a lidded jar or even a vase or candle stick holder. This three week workshop will include a first class for throwing forms, second for trimming and carving and a third for glazing.



**Tuesday, March 4 - 18**  
 UCC Pottery Studio  
 Instructor: Ebony Faithful

5:30 - 7:30 pm  
 3/\$99 + gst

CERAMICS

### ADULT HANDBUILDING

Age 16+

This five week hand building class is perfect for beginners to try their hand at a new medium. Students will learn a number of ceramic techniques used in hand building such as pinch pots, coils, slab and using molds. Students will also learn the basics of glazing and the ceramic process. So bring your ideas and inspiration and your teacher will be right there with you to guide and encourage you to make beautiful items you can keep forever. Cost of the class includes all materials. Bring an apron if you have one.



**Mondays, March 3 - 31**  
 UCC Pottery Studio  
 Instructor: Ebony Faithful

6:00 - 8:00 pm  
 5/\$220 + gst

### POTTERY STUDIO MONTHLY MEMBERSHIPS

There are 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 is 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 glaze and underglaze. 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:** \$120 + gst  
**Hours of Availability:** Sunday - Saturday, 9:00 am - 4:00 pm & Wednesdays 5:00 - 9:00 pm, excluding all statutory holidays and programmed classes.

### LOVE YOURSELF with Felecia Kearse

This self-love immersion workshop brings together a variety of guided practices aimed at helping participants boost compassion, understanding, acceptance, and forgiveness toward themselves. Activities include blindfolded self-massage (arms, hands, feet, tummy, neck, and face), mirror gazing, journaling, mantra development, voice release, meditation, pranayama, body release movements, affirmations, and hot cacao.

**Thursday, February 6 7:00 - 9:00 pm 40 + gst**  
 UCC Fitness Studio



### 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.

## 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 & 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.

**Mondays, January 13 - March 24\***

6:30 - 7:45 pm

**\*(NO CLASS: FEB 17)**

Drop-in only \$18

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 (Pleasers welcome!) Class is open to all gender identities.



**Mondays, January 13 - March 24\***

8:00 - 9:00 pm

**\*(NO CLASS: FEB 17)**

Drop-in only \$18

UCC Fitness Studio

Instructor: Robert Gusdal

### 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, January 15 - March 26**

5:15 - 6:30 pm

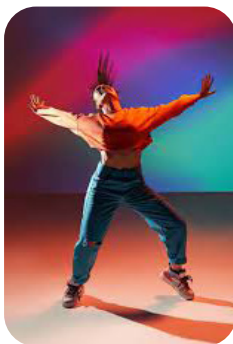
UCC Fitness Studio

11/\$132 + gst

Volunteer: Kiki Lalancette

### DANCE TEMPE - PACIFIC RIM

Welcome to a safe, fun and intentional space to move and celebrate our amazing bodies. Dance Temple is meditative movement through music and dance, a non verbal dance floor, a space to respect yourself and fellow dancers. Come together in community to shake and groove; express through conscious movement. It is here where healing magic of dance begins! No dance experience necessary. Each dance temple will be guided by a facilitator and Dj cultivating sacred space for you to drop into your intuitive body. This event is about self-expression, freeing your mind and body and connecting with yourself and those around you. Please send questions to itsneversummer@gmail.com.



**Wednesdays, January 8, 22, February 5, 12, 26, March 12**

UCC Main Hall

7:00 - 8:30 pm

Facilitators: Jen Boot, Philo Busch

Drop-in \$15 - kids free

**Register for all 6 classes for \$60 + gst  
ALL ARE WELCOME! KIDS UNDER 16 ARE FREE!**

**DANCE TEMPLE**  
PACIFIC RIM

### WELCOME TO FELECIA KEARSE

Felecia is a yoga teacher devoted to helping students deepen their awareness, connect with the natural rhythms of life, elevate their greatest potential, and restore healing to both their human and spiritual well-being. With 8 years of teaching experience and extensive study in Hatha, Yin, Restorative, Vinyasa, Bhakti, Nidra, Meditation, and scripture under a Hindu and Vedic priest, Felecia creates a warm and electrifying environment where students can surrender, discover, and enter realms of personal states that ground them back to their original selves. Whether you are a beginner or seeking an extension of your practice, Felecia's guidance focuses on self-discovery, alignment, and elevation, supporting every fragment of your existence.



### 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,**

6:00 - 7:00 pm

**Session A: January 12 - February 9**

5/60 + gst

**Session B: February 23 - March 30**

6/72 + gst

UCC Fitness Studio

Instructor: Felecia Kearse

### DREAMSCAPE & RESTORATIVE YOGA

Deeply resting and renewing yourself, allow for time to move slow and shamelessly embrace complete relaxation as you once knew all too well as a child. Gently drift away in poses of ease and support held for extended time with the aid of props to encourage comfort. Each pose, a doorway of ease and balance with every breath you let go of and the company of a soothing voice to guide you in the world of imagery and reflection to amplify the intent of your healing. This class is an invitation to feel detachment, to feel ease, and to reconnect to the power of your imagination, extending and deepening your journey of renewal.

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

**Sundays,**

7:30 - 8:30 pm

**Session A: January 12 - February 9**

5/60 + gst

**Session B: February 23 - March 30**

6/72 + gst

UCC Fitness Studio

Instructor: Felecia Kearse



### SAVE THE DATE

**Valentine Day \*Special\* Dance Temple**

Embodiment exercises, Dj sets, Cacao ceremony & Sound bath.

**February 14, 7:00 - 11:00 pm**

For more information go to:

[www.facebook.com/groups/ecstaticdancepacificrim](http://www.facebook.com/groups/ecstaticdancepacificrim)



DANCE

YOGA



## ADULT FITNESS CON'T

### 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,** 5:30 - 6:30 pm  
**Session A: January 14 - February 11** 5/\$60 + gst  
**Session B February 18 - March 11** 4/\$48 + gst  
 UCC Fitness Studio  
 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 increased 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,** 7:00 - 8:15 pm  
**Session A: January 14 - February 11** 5/\$60 + gst  
**Session B February 18 - March 11** 4/\$48 + gst  
 UCC Fitness Studio  
 Instructor: Norannda Sigmund



### SLOW TO FLOW YOGA

Start your morning off in a calm and slow setting with some gentle movements. We will begin slowly with a meditation, then warm up our bodies with gentle movements before moving into slow standing flows. This class is for all levels and bodies. You can expect to feel, awake and invigorated for your day after this gentle class.

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

**Thursdays,** 6:30 - 7:30 am  
**Session A: January 16 - February 13** 5/\$60 + gst  
**Session B February 20 - March 13** 4/\$48 + gst  
 UCC Fitness Studio  
 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 breathe 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: January 15 - February 19** 6/\$72 + gst  
**Session B: February 26 - March 26** 5/\$60 + gst  
 UCC Fitness Studio  
 Instructor: Chelsea Josue

### YOGA & ACUPUNCTURE

This will be a gentle yoga class followed by acupuncture in a group setting while relaxing in Savasana. Receipts can be issued for those with health benefits.

Drop-in \$38, please read drop-in information.

**Thursday, January 23,  
 February 13, March 6, 20**  
 UCC Fitness Studio  
 Instructor: Lyndsay Daly



7:00 - 8:30 pm  
 \$35 + gst per class

## YOGA

### 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,**  
**Session A: January 10 - 31** 7:00 - 8:15 pm 4/\$60 + gst  
**Session B: February 14 - 28** 7:00 - 8:15 pm 3/\$45 + gst  
**Session C: March 14 - 28** 7:00 - 8:15 pm 3/\$45 + gst  
 UCC Fitness Studio  
 Instructor: Erin Hamilton

### SHAKE & CREATE

Shake out tension and stress, invite in vitality, breath & anything you wish to manifest. Yoga, shaking activation, intuitive movement, and savasana sound healing. Recalibrate, let it in.....to let it out. Go within to deeply listen, release & manifest.

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

**Thursdays, January 30, February 27, March 27** 6:00 - 7:30 pm  
 UCC Fitness Studio  
 Instructor: Erin Hamilton  
 \$25 + gst per class

## HEALTH & WELLNESS

### BELLIES, BANDHAS, & BOOTY

Move your hips, strengthen your core and pelvic floor. Fun, playful, juicy & booty activating. Learn breathwork, bandhas (energy locks), while groovin' & sweatin'. This is a hybrid class -- Yoga + belly dancing + twerking + energy mastery with bandhas and breathwork. Everyone welcome.



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

**Saturday, January 25, February 15** 6:00 - 7:30 pm  
 UCC Fitness Studio  
 Instructor: Erin Hamilton  
 \$25 + gst per class

### ELEMENTAL SOUND BATH & RESTORATIVE YOGA WITH ERIN HAMILTON

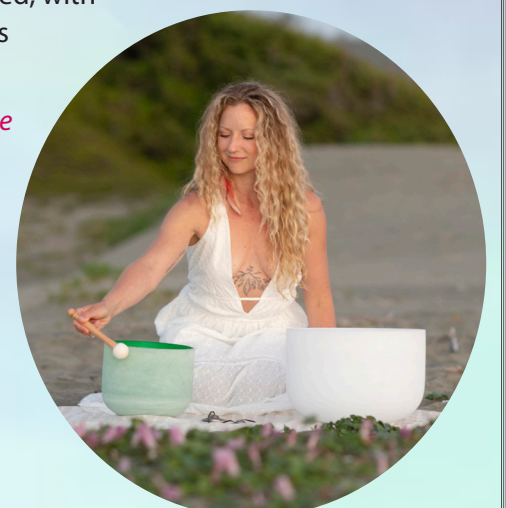
Recharge your frequency and bathe in the healing powers of music & sound. Come rest in restorative poses while you nurture your nervous system, soul & every cell in your body. Using musical instruments - sound bowls, cymbals, rain stick, thunder, rattles & chimes, you will leave feeling both expansive & grounded, with a deep connection to your heart's center. Everyone is welcome.

\*Drop-in \$45 per session, please see drop-in information

**Thursdays, January 16  
 Saturday, February 1  
 Thursday, March 13**  
 UCC Fitness Studio

7:00 - 9:00 pm 40 + gst

Register for each class separately



**GOJU RYU KARATE WITH TSUGA**

This is a traditional Karate class for youth and adults. You will learn a number of Karate techniques directed at both sport and self defense applications. Participants can expect a traditional environment with bow in and bow out, warm-up, stretching, kata and combat training. Please wear comfortable clothing to move freely. No experience required.



Drop-in \$10, please read drop-in information.

**Wednesdays, January 22 - March 12** 6:00 - 7:00 pm 8/\$80 + gst  
UCC Main Hall  
Instructor: Eric Kingsley

**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, January 9 - March 27** 7:00 - 8:00 pm 12/\$120 + gst  
**Sundays, January 12 - March 30** 6:00 - 7:00 pm 12/\$120 + gst  
UAC Hall, 1510 Peninsula Road  
Instructors: Daniel Allos & Christian Sampson

**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, January 19** 6:00 - 7:00 pm  
**Mondays, January 20** \*(NO CLASS FEB 17) 12:00 - 1:00 pm  
UCC Main Hall (minimum of three students required)  
Instructor: Shelby McCreesh, NCCP 1

**FREE FAMILY DAY GYM DAY**

Fun for everyone! Kids bring your parents and experience each gym station together. Never tried gymnastics before this is your chance for a free introductory class. Don't forget to fill out your liability form before your class starts. Register for an hour of fun circuits with yummy snacks to follow.

**February 17th** - Ages 2 - 4 @ 1:00 - 2:00 pm  
Ages 5 - 8 @ 2:00 - 3:00 pm Ages 9+ @ 4:00 - 5:00 pm  
Instructors: Yemaya Windle & Shelby McCreesh  
UCC Main Hall, 500 Matterson Drive



**FEBRUARY 17, 2025 10:00 am**

Join Kat Rosene for a fun walk or run around the 2.6 km Lighthouse loop on the Wild Pacific Trail. Refreshments at the finish line. Rain or shine!



**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.



**Mondays & Wednesdays, January 6 (ongoing)** 10:30 - 11:30 am  
UCC Main Hall & Fitness Studio \$3 drop-in  
Instructor: Jan Draeseke

**DANCE FIT 50+**

Learn simple and fun dance routines to a wide variety of musical styles while exercising your memory, coordination, and balance in a relaxed and social atmosphere. This class will consist of a warm up, dance combinations and a gentle stretching and cool down.



**Tuesdays & Fridays, January 17 (ongoing)** 9:00 - 10:00 am  
UCC Main Hall \$6 drop-in  
Instructor: Sarah Hogan

**CHAIR YOGA**

Yoga for older adults is an excellent way to loosen and stretch painful muscles, reduce stress, and improve circulation. It also reduces anxiety, helps lower blood pressure, protects joints, and builds strength and balance. Join Cris at the UCC to get your groove on.



**Thursdays, January 9 (ongoing)** 10:00 - 11:00 am  
UCC Main Hall \$2 drop-in  
Volunteer: Cris Martin

**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 UCC and discussed facility use, you will be emailed a google document to schedule your play time. For more information call 250-726-7772 or email recreation@ucluelet.ca.



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

**Older Adult Cooking Pilot Program**

Let's come together and break bread! Better at Homes and the District of Ucluelet are partnering up to offer a fun cooking experience for our older residents 55+.

**Food Among Friends** aims to bring people together to prepare a meal to either to be shared or parcelled up and taken home for later. This group will work together to create their own special menu for the day.

**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 Ucluelet Community Centre at \$5.00 + gst.

**Food Among Friends**

**Fridays, 10:00 - 1:00 pm**

- January 31
- February 14
- February 28
- March 14
- March 28

**Aspiring Chefs**

**Fridays, 1:00 - 3:00 pm**

- January 24
- February 7
- February 21
- March 7
- March 21



Made possible by:

