

# 2020 FALL PROGRAM GUIDE

## UCLUELET RECREATION DEPARTMENT

REGISTRATION OPENS SEPT 16

PROGRAMS RUN SEPTEMBER - DECEMBER 2020



CHI GONG - STAYING THE COURSE DURING COVID-19

EARLY YEARS PROGRAMS

CHILDRENS PROGRAMS

YOUTH PROGRAMS

ADULT & TEEN PROGRAMS

SENIOR PROGRAMS

### REGISTRATION INFO:

Ph. 250 - 726 - 7772

Ucluelet Community Centre  
500 Matterson Drive

WWW.UCLUELET.CA

## WEEKLY ADULT FITNESS PROGRAMS - FALL CALENDAR

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<b>BARRE FIT</b> 7:00 - 8:00 am UCC Main Hall Pre- Registration (see inside for info)	<b>DANCE FIT 50+</b> 9:00 - 10:00 am Seaplane Base Rec Hall \$6 fee	<b>HATHA YOGA</b> 7:00 - 8:00 am UCC Main Hall Pre- Registration (see inside for info)	<b>CHAIR YOGA</b> 10:00 - 11:00 am UCC Activity Room 1&2 \$2 fee	<b>DANCE FIT 50+</b> 9:00 - 10:00 am UCC Fitness Studio \$6 fee	<b>MAT PILATES</b> 10:00 - 10:45 am UCC Activity Room 1&2 Pre- Registration (see inside for info)	
<b>CHI GONG PRACTICE</b> 10:30 - 11:30 am UCC Main Hall \$3 fee	<b>BARRE LESS EXPRESS</b> 5:15 - 6:00 pm UCC Main Hall Pre- Registration (see inside for info)	<b>CHI GONG PRACTICE</b> 10:30 - 11:30 am UCC Main Hall \$3 fee	<b>TAI CHI PRACTICE</b> 3:15 - 4:15 pm Seaplane Base Rec Hall \$2 fee *basic skill set required	<b>SENIORS MAT PILATES</b> 11:30 - 12:15 pm UCC Activity Room 1&2 Pre- Registration (see inside for info)		
<b>TAI CHI PRACTICE</b> 3:15 - 4:15 pm Seaplane Base Rec Hall \$2 fee *basic skill set required		<b>BARRE LESS EXPRESS</b> 5:00 - 5:45 pm UCC Activity Room 1&2 Pre- Registration (see inside for info)	<b>UCLUELET PARKS &amp; RECREATION</b> 	<b>ADULT GYMNASTICS</b> 7:30 - 8:45 pm UCC Main Hall Pre- Registration (see inside for info)		
<b>INTRO TO YOGA</b> 6:00 - 7:00 pm UCC Main Hall Pre- Registration (see inside for info)	<b>ADULT DANCE</b> 6:45 - 7:45 pm UCC Main Hall Pre- Registration (see inside for info)	<b>KICKBOXING</b> 6:15 - 7:15 pm UCC Main Hall Pre- Registration (see inside for info)	<b>ALL LEVELS FLOW YOGA</b> 5:30 - 6:30 pm UCC Activity Room 1&2 Pre- Registration (see inside for info)	<b>IMPORTANT REGISTRATION INFORMATION</b> Fall Registration OPENS on September 16, 2020 @ 9:00 am Please note class sizes will be limited so register early to avoid disappointment  ONLINE REGISTRATION: If you don't already have an account with us you can create one for yourself and your families at: <a href="http://ucluelet.ca/community/parks-recreation/activity-guide-registration">http://ucluelet.ca/community/parks-recreation/activity-guide-registration</a> PHONE: Feel free to give us a call at 250-726-7772 to register your family over the phone if paying by credit card. DEBIT/CASH: Come on into the the Ucluelet Community Centre to register, our facility is open and back to regular business hours 9:00 am - 5:00 pm. For assistance or additional information please feel free to call us at 250-726-7772 or email recreation@ucluelet.ca		
<b>GENTLE YOGA FOUNDATIONS</b> 7:15 - 8:15 pm UCC Main Hall Pre- Registration (see inside for info)	<b>TIGER QIGONG</b> 7:15 - 8:15 pm UCC Activity Room 1&2 Pre- Registration	<b>PURPLE DRAGON DON JITSU</b> 7:30 - 8:30 pm UCC Main Hall Pre- Registration (see inside for info)	<b>YIN YOGA</b> 7:00 - 8:00 pm UCC Activity Room 1&2 Pre- Registration (see inside for info)			



UCLUELET COMMUNITY CENTRE WILL BE  
CLOSED DECEMBER 21, 2020 - JANUARY 4, 2021



## WELCOME EVERYONE,

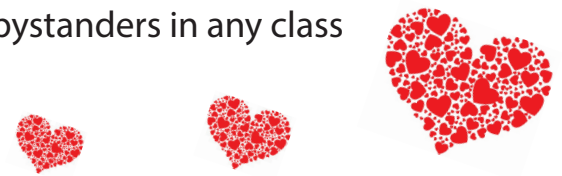
- \* As we head indoors this fall we have some important messaging for you to follow regarding COVID-19 requirements.
- \* Please make sure to read each programs description for new regulations and to abide by all postered information in our facilities.
- \* Everyone will be required to sign an Informed Consent Liability Waiver before attending any class.
- \* We have some very talented and dedicated instructors leading the way so please be patient and kind as we learn our way down this new path.
- \* Please note that class sizes have been reduced so register early to avoid disappointment
- \* To review the District of Ucluelet COVID-19 Plan go to [www.ucluelet.ca](http://www.ucluelet.ca)
- \* Don't hesitate to give us call at 250-726-7772

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

THANK YOU ABBY, BARB, JUDY & BRI

## HEALTH PROTOCOLS

- \* Do not enter any facility if you are feeling ill or someone in your household is feeling symptoms of an illness (i.e. sore throat, coughing, sneezing, fever, chills, etc)
- \* Please do not enter the building if you have traveled internationally in the last 14 days
- \* Maintain physical distancing at all times - two metres
- \* Use a mask if physical distancing is not possible
- \* No bystanders in any class



## FACILITY PROTOCOLS

- \* Sanitize your hands when entering and leaving the building
- \* Read and follow signage posted around the facility foyer for hallway and bathroom etiquette
- \* Read program information for accessing and exiting classes
- \* No loitering in the foyer or hallway
- \* Wifi use is to be accessed from outside
- \* No access to drinking fountain, bring your water bottle



## MENTAL HEALTH RESOURCES

West Coast Community Resource Society 250-726-2343  
Womens Outreach 250-726-5104, [womensoutreach@wccrs.ca](mailto:womensoutreach@wccrs.ca)  
Child & Youth Mental Health, MCFD 250-720-2650  
Kids Help Phone 1-800-668-6868  
Call 1-800-SUICIDE (1-800-784-2433)  
Free Counselling 1-778-771-3818  
Island Health Mental Health Substance Abuse 250-726-1282  
KUU-US Crisis Line 1-800-588-8717  
Pacific Rim Hospice 250-725-1240  
Food Bank on the Edge 250-726-6909  
Transition House 250-726-2020 txt 250-266-0187  
Ucluelet Medical Centre - 250-726-4443  
Tonquin Medical Centre 250-725-3282  
Tofino General Hospital 250-725-4010

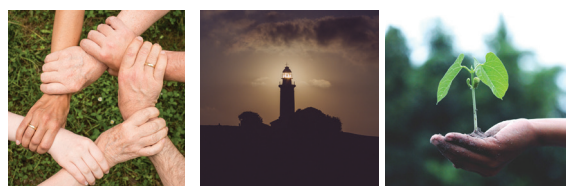
## COVID RELATED RESOURCES

BC Centre for Disease Control  
[www.bccdc.ca/health-info/diseases-conditional/covid-19](http://www.bccdc.ca/health-info/diseases-conditional/covid-19)  
COVID Self Assessment at [thrive.health/bc-self-assessment](http://thrive.health/bc-self-assessment)  
Call 1-888-COVID10 or text 1-604-630-0300

WEST COAST CHILDREN'S  
RESILIENCE INITIATIVE

## SUPPORTING RESILIENCE FOR PARENTS

Free online or phone sessions. Individual or small groups. Support from Sarah Hagar, RCC



**Be in touch to book your session today!**

For more information or to book a session contact [Sarah Hagar@yahoo.ca](mailto:Sarah.Hagar@yahoo.ca) or message through West Coast Children's Resilience Initiative on facebook

*Life is not about waiting for the storm to pass, it's about learning to Dance in the Rain*



*At the end of the day, the goals are simple: safety and security.*

JODI BELL

# EARLY YEARS 0 - 5

PARENT & TOT

## 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 for exploration. This program makes physical development fun and social. Remember to bring your water bottles.

- \* Arrive five minutes before your class, no earlier.
- \* Markers will be on the walls of the Main Hall where participants may hang their coat and leave personal belongings while waiting for instructions.
- \* Floor markers will assist our participants around the gymnastic stations.
- \* There will be no bystanders allowed in class.
- \* We encourage participants to exit through the Main Hall doors into the rear parking lot to lessen traffic in the hallway.
- \* Please make sure to follow posted building regulations at all times.

### Thursdays, October 8 - December 10

Age 1.5 - 3 2:15 - 3:00 pm (with adult) 10/\$110  
UCC Main Hall  
Coach: Lindsay Kerdman, NCCP L2

## 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. **Each parent will lead their child** through different gymnastic positions and skills that are designed to allow the child a safe experience with various movements. Remember to bring your water bottle.

- \* Arrive five minutes before your class, no earlier.
- \* Markers will be on the walls of the Main Hall where participants may hang their coat and leave personal belongings while waiting for instructions.
- \* Floor markers will assist our participants around the gymnastic stations.
- \* There will be no bystanders allowed in class.
- \* We encourage participants to exit through the Main Hall doors into the rear parking lot to lessen traffic in the hallway.
- \* Please make sure to follow posted building regulations at all times.

### Thursdays, October 8 - December 10

Ages 3 - 4 1:15 - 2:00 pm (with adult) 10/\$110  
UCC Main Hall  
Coach: Lindsay Kerdman, NCCP L2

## ADVANCED TINY TUMBLERS

Age 3 - 5

This class is for children ages 3-5 who have been in the tiny tumblers program for a few sessions and require a greater challenge. Children will go through the different gymnastics positions and skills that are designed to allow the child a safe experience with various movements. Please speak to Lindsay before registering for this class to ensure that it will be the right fit for your child, email pacificrimgym@gmail.com.

- \* Arrive five minutes before your class, no earlier.
- \* Markers will be on the walls of the Main Hall where participants may hang their coat and leave personal belongings while waiting for instructions.
- \* Floor markers will assist our participants around the gymnastic stations.
- \* There will be no bystanders allowed in class.
- \* We encourage participants to exit through the Main Hall doors into the rear parking lot to lessen traffic in the hallway.
- \* Please make sure to follow posted building regulations at all times.

### Saturdays, October 10 - December 12

Ages 3 - 5 1:30 - 2:30 pm 10/\$110  
UCC Main Hall  
Coach: Lindsay Kerdman, NCCP L2

## UKEE PLAYSCHOOL

Age 3 - 5

This popular playtime program will allow your tot 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. Please send a small snack, a water bottle and weather appropriate clothing each class. \*Children must be potty trained.

- \* Drop Off and Pick Up are at the UCC Main Hall doors at the rear of the building.
- \* Parents will be required to sign an additional informed Consent Form due to COVID 19.
- \* Children will not be physically distanced.
- \* Instructors and children will not be wearing masks.
- \* Child are required to keep their hands to themselves.
- \* Hand sanitizing will be required when entering and leaving the building.
- \* Please make sure to follow posted building regulations.

Children attending Kindergarten 2021 will be given priority registration.  
Registration will confirm students September thru December.  
Payments can be made monthly or in full.

Tuesdays & Thursdays, September 22 - December 17

10:00 am - 12:00 pm  
Sept/\$36, Oct/\$108, Nov/\$96, Dec/\$72



\* Register with Barb Gudbranson at the UCC.

All paper work must be approved prior to attending class.

PRESCHOOL FITNESS

PRESCHOOL

## PRESCHOOL BALLET

Age 3 - 4

In this class your child will learn basic ballet technique and vocabulary, as well as develop motor, cognitive, and musicality skills. Dance classes help build creative minds, confidence and self expression in a fun atmosphere!

- \* Arrive five minutes before your class, no earlier.
- \* Drop off to Activity Room 1 doorway.
- \* Markers will be on the walls where participants may hang their coat and leave personal belongings while waiting for instructions.
- \* There will be no bystanders allowed in class.
- \* Pick up from Activity Room 2 doorway.
- \* Please make sure to follow posted building regulations at all times.

Tuesdays,

Session A: September 22 - October 27 2:15 - 2:45 pm 6/\$48

Session B: November 3 - December 8 2:15 - 2:45 pm 6/\$48

UCC Activity Room 1 & 2  
Instructor: Brittany Bairs

## PRESCHOOL CREATIVE DANCE

Age 3 - 4

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 drills to allow students to get creative and build confidence with their self expression.

- \* Arrive five minutes before your class, no earlier.
- \* Drop off to Activity Room 1 doorway.
- \* Markers will be on the walls where students can hang their personal belongings and wait for instructions.
- \* There will be no bystanders allowed in class.
- \* Pick up will be from Activity Room 2 doorway.
- \* Please make sure to follow posted building regulations at all times.

Thursdays,

Session A: Sept 24 - Oct 29 (NO CLASS: OCT 1) 2:15 - 2:45 pm 5/\$40

Session B: November 5 - December 10 2:15 - 2:45 pm 6/\$48

UCC Activity Room 1 & 2  
Instructor: Brittany Bairs

## UCLUELET STRONG START

Play based EARLY LEARNING PROGRAM

for children 0 - 5 \*and their caregivers\*

Located at the UAC Hall, 1510 Peninsula Road

Open Tuesday, Wednesday & Thursday from 9:00 - 11:00 am

Registration is mandatory.

Contact Carolyn at clanghelt@sd70.bc.ca

or the Ucluelet Elementary School at 250-726-7793

You can find us on facebook too at

Ucluelet Strongstart@ukeeStrongstart

# KIDS PROGRAMS

## KIDS CLAY CLASS

Age 7+

Exploration with clay! This class will focus on learning what clay is and how to make it into functional as well as sculptural wares. Each class will give students different methods of building with clay and allow them to explore their imaginations, learn to properly handle the clay and develop their skills in ceramics and working in an art studio. All materials and supplies included.



- \* Arrive five minutes before class, no earlier.
- \* Students are required to wear masks in this class at all times.
- \* Please make sure to follow posted building regulations.

Wednesdays,

Session A: September 30 - October 28 3:00 - 4:00 pm 5/\$100

Mondays, 3:00 - 4:00 pm 5/\$100

Session B: November 9 - December 7

UCC Pottery Studio

Instructor: Karla Strickland

## KIDS CLAY CLASS INTERMEDIATE LEVEL

Age 7+

This class is geared towards youth who have already had some experience in working with clay and in the art studio. As students become more comfortable with how clay formations come together we will explore more challenging shapes and designs. All materials and supplies are included in this class.



- \* Arrive five minutes before class, no earlier.
- \* Students are required to wear masks in class at all times.
- \* Please make sure to follow posted building regulations.

Tuesdays,

Session A: September 29 - October 27 3:00 - 4:00 pm 5/\$100

Session B: November 10 - December 8 5/\$100

UCC Pottery Studio

Instructor: Karla Strickland

ART



# KIDS FITNESS

## PRE-PRIMARY BALLET CLASS

Age 5 - 6

In this class your child will learn basic ballet technique and vocabulary, as well as develop motor, cognitive, and musicality skills. Dance classes help build creative minds, confidence and self expression in a fun atmosphere!

- \* Arrive five minutes before your class, no earlier.
- \* Markers will be on the walls where students can hang their personal belongings and wait for instructions.
- \* There will be no bystanders allowed in class.
- \* Pick up will be from Activity Room 2 doorway
- \* Please make sure to follow posted building regulations at all times.

### Tuesdays,

**Session A: September 22 - October 27** 3:00 - 3:45 pm 6/\$60

**Session B: November 3 - December 8** 3:00 - 3:45 pm 6/\$60

UCC Activity Room 1 & 2

Instructor: Brittany Buirs

## PRE-PRIMARY CREATIVE DANCE

Age 5 - 6

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 drills to allow students to get creative and build confidence with their self expression.

- \* Arrive five minutes before your class, no earlier.
- \* Markers will be on the walls where students can hang their personal belongings and wait for instructions.
- \* There will be no bystanders allowed in class.
- \* Pick up will be from Activity Room 2 doorway.
- \* Please make sure to follow posted building regulations at all times.

### Thursdays,

**Session A: Sept 24 - Oct - 29 (NO CLASS: OCT 1)** 3:00 - 3:45 pm 5/\$50

**Session B: November 5 - December 10** 3:00 - 3:45 pm 6/\$60

UCC Activity Room 1 & 2

Instructor: Brittany Buirs

## PRIMARY CREATIVE DANCE

Age 7 - 12

This class combines different dance genres and techniques to build foundational dance skills while learning to move the body to different rhythms. With guidance, students will have the chance to take what they learn and create their own routines. This class uses improv drills to allow students to get creative and build confidence with their self expression.

- \* Arrive five minutes before your class, no earlier.
- \* Markers will be on the walls where students can hang their personal belongings and wait for instructions.
- \* There will be no bystanders allowed in class.
- \* We encourage participants to exit through the Main Hall doors into the rear parking lot to lessen traffic in the hallway
- \* Please make sure to follow posted building regulations at all times.

### Tuesdays,

**Session A: September 22 - October 27** 4:00 - 5:00 pm 6/\$60

**Session B: November 3 - December 8** 4:00 - 5:00 pm 6/\$60

UCC Main Hall

Instructor: Brittany Buirs

## TEEN DANCE

**NEW**

Age 12+

Students will be guided through various dance genres to challenge their creativity and build confidence while learning a weekly dance routine! The goal of this class is to have fun while learning some sweet moves with your friends. All levels welcome.

### Thursdays,

FOR FULL PROGRAM DETAILS GO TO OUR YOUTH PAGE

**Session A** 4:00 - 5:00 pm 5/\$55

**Session B** 4:00 - 5:00 pm 5/\$55

## GYMNASTICS

Age 1.5 +

Children 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.

\***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 competitive levels and will focus on skill development, event-specific routines, choreography, strength training and flexibility. Athletes in this program will need to register with Gymnastics BC (GBC) as a Pacific Rim Gymnastics athlete for a yearly fee of \$60.

\*Please note, Athletes in advanced programs only have to pay their GBC fee once, regardless of how many classes they are registered in.

### NEW SYSTEM: TO REGISTER YOUR CHILD YOU MUST CALL OR STOP IN AT THE UCC.

Children currently enrolled in our gymnastics program have been assigned the best appropriate level for their skill set. New athletes six years or older will begin at level one and be advanced accordingly. Report cards will be issued at the end of each session to guide children's progress.

### PARENTS PLEASE REMEMBER -

- \* Arrive five minutes before your class, no earlier.
- \* Markers will be on the walls of the Main Hall where participants may leave their personal belongings and wait for instructions.
- \* Bring your water bottle as our fountain is not operational.
- \* There will be no bystanders allowed in class.
- \* We encourage participants to exit through the Main Hall doors into the rear parking lot to lessen traffic in the hallway
- \* Please make sure to follow posted building regulations at all times.

### Thursdays, October 8 - December 10

Tiny Tumblers (ages 3 - 4 yrs)	1:15 - 2:00 pm (with adult)	10/\$110
Parent & Tot (1.5 - 2 yrs)	2:15 - 3:00 pm (with adult)	10/\$110
High School Team*	3:15 - 4:45 pm	10/\$110
Level 1- 3 (ages 5 - 7)	5:00 - 6:00 pm	10/\$110
Level 6+	6:15 - 7:45 pm	10/\$110

### Fridays, October 9 - December 11

Homeschool	12:45 - 1:45 pm	10/\$110
Levels 1 - 3 (ages 8+)	2:15 - 3:15 pm	10/\$110
Parkour & Gymnastic * (7+)	3:30 - 4:30 pm	10/\$110
Level 4 - 5	4:45 - 6:00 pm	10/\$110
Teen/Tween Mix 10+	6:15 - 7:15 pm	10/\$110

### Saturdays, October 10 - December 12

Advanced Tiny Tumblers	1:30 - 2:30 pm	10/\$110
All Levels (ages 3 - 5)	2:45 - 3:45 pm	10/\$110
All Levels (ages 6 - 8)	4:00 - 5:00 pm	10/\$110
All Levels (ages 9+)	5:15 - 6:15 pm	10/\$110

Coach: Lindsay Kerdman, NCCP L2

UCC Main Hall

## ROLLER HOCKEY

Age 8 +

This sport is very fast paced with children skating on roller blades. This in not an introductory class. It is necessary for children to have a skill set. Children must have their own equipment and skates.

- \* Physical distancing requirements are required off the field of play.
- \* Players must have their own equipment.
- \* There will be no bystanders allowed at class.

### Wednesdays, September 23 - December 16

Age 8 - 12

5:00 - 7:00 pm

Location: Seaplane Base Recreation Hall

\$40

Instructor: Brent Taron

DANCE

FITNESS



Miss Sandra,

Thank you for years of commitment and dedication to the Dance community on the West Coast. From disciplines, genres, choreography, and costume design - your tireless preparation and energy will be greatly missed.

We wish you all the best in your next chapter!

**Congratulations on your retirement Miss Sandra!!**

The Recreation Team



# CHILDREN FITNESS CON'T

SPORTS

## PURPLE DRAGON DON JITSU RYU

Age 7+

Join us this October as we focus on our skill development for Don Jitsu Ryu. We will be focusing on kicking, punching, blocking, katas, weapons and breakfalls in a non contact form. Students will learn about discipline, respect, and integrity all in a fun and safe manner. No experience necessary for this introduction into the fun and dynamic discipline of Purple Dragon Don Jitsu Ryu. Each student will have a six foot space to train in and a mat of their own to work on. Sensei Ian will be wearing a ninja mask.

- \* Arrive five minutes before your class, no earlier.
- \* Markers will be on the walls of the Main Hall where students can hang coats and place their belongings and wait for instructions.
- \* There will be no bystanders allowed at class.
- \* Please make sure to follow posted building regulations at all times
- \* Pick up will be at the rear of the UCC at the Main Hall doors.

**CLASSES RUN ON NON-INSTRUCTIONAL SCHOOL DAYS:  
OCTOBER 23 & NOVEMBER 16**

<b>Mondays &amp; Wednesdays,</b>	3:00 - 4:00 pm
<b>Session A - October 5 - November 9 (NO CLASS: OCT 12)</b>	10/\$110
<b>Session B - November 16 - December 9</b>	8/\$88
Instructor: Sensei Ian Shu UCC Main Hall	

## BEGINNER BIKE CLASSES

**NEW**

Age 8+

This class will teach students about body positioning, bike control, looking and changing gears. Learn how to control both your front and back brakes. Use your bike as an extension of your body, learn how track stand improves slow speed balance and ratcheting partial pedal strokes in technical terrain. We will discuss gear management, how they work and simple adjustments, being bike observant and using your head, planning ahead, and paying attention. Bikes must have working brakes and be in safe condition to ride. All riders must be wearing helmets, other padding and bike gloves are recommended but not necessary. Bikes will be given a quick safety check before classes start. All bike types welcome from mountain bikes to bmx bikes. Dangerous riding that risks the safety of another student will not be allowed.

- \* Drop off & Pick up - Ucluelet Bike Park.
- \* There will be no bystanders allowed at class.
- \* Practice physical distancing while receiving instructions and riding.

<b>Wednesdays, October 14 - November 18</b>		
Age 8+	2:45 - 3:45 pm	\$80
Location: Ucluelet Bike Park Instructor: Louis Maddiford, Ukee Bikes		

## INTERMEDIATE / ADVANCED RIDERS

**NEW**

Age 8+

This class will teach students various levels of body positioning, bike control, looking, changing gears, line choice, cornering, and jumping. In this advanced class riders will learn how to use their body as an extension of their bikes. We will do some advanced braking techniques and work on how to position your bike by braking. There will be lots of bike control challenges in learning how to do a wheelie, stoppie, how to drop fast and slow, how to pump for speed. We will look at how to read a trail and how to get out of a poor line choice, get off the ground, bunny hop and position our body for jumping. Bikes must have working brakes and be in safe condition to ride. All riders must be wearing helmets, other padding and bike gloves are recommended but not necessary. Bikes will be given a quick safety check before classes start. Suggested mountain bikes or bmx bikes. Dangerous riding that risks the safety of another student will not be allowed.

- \* Drop off & Pick up - Ucluelet Bike Park.
- \* There will be no bystanders allowed at class.
- \* Practice physical distancing while receiving instructions and riding.

<b>Wednesdays, October 14 - November 18</b>		
Age 8+	4:00 - 5:00 pm	\$80
Location: Ucluelet Bike Park Instructor: Louis Maddiford, Ukee Bikes		

### 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).

Completed forms may be dropped off at the Ucluelet Community Centre or emailed to [afortune@ucluelet.ca](mailto:afortune@ucluelet.ca)

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

For more information contact Abby Fortune, Manager of Recreation & Tourism: Call 250-726-7744 or email [afortune@ucluelet.ca](mailto:afortune@ucluelet.ca)

### REFUNDS:

If a participant has any symptoms or is feeling sick please stay at home and we will issue a refund.

### CANCELLATIONS:

Sometimes great courses with talented instructors are cancelled if you wait until the last minute to register. We like to give our instructors as much notice as possible so that they can be properly prepared for their classes.

**\*Register at least one week in advance of class date to avoid disappointment.**

# SWIMMING



Please welcome our new certified Red Cross Water Safety Instructor Karen Mudge

**Due to COVID-19 & physical distancing regulations coaches can not physically assist children during swimming lessons so unfortunately we will not be able to offer Preschool classes at this time.**

## WEST COAST MOTEL POOL RULES

- \* Shower at home before your class
- \* Arrive five minutes before your class and no earlier
- \* Sanitize hands upon entering and exiting the facility
- \* Swimmers to use back door only for swimming classes
- \* Hooks are in the hallway for swimmers to hang their belongings
- \* To physical distance, parents are requested to drop off and pick up children outside the building.

Mondays & Wednesdays  
Session A: Oct 19, 21, 26, 28, Nov 2, 4, 16, 18  
Session B: Nov 23, 25, 30, Dec 2, 7, 9, 14, 16

SWIM KIDS - LEVELS 4 - 5	5:00 - 5:30 pm	8/\$88
SWIM KIDS - LEVELS 6 - 7	5:45 - 6:15 pm	8/\$88
SWIM KIDS - LEVELS 8 - 10	6:30 - 7:00 pm	8/\$132

# SOCCER



SEPTEMBER 19, 2019 - MARCH 6, 2021

## VIA SPORT - PHASE 3 RETURN TO SPORT: PROGRESSIVELY LOOSEN

British Columbia is in Phase 3 of the Restart Plan and as of August 24 sport has moved to the "Progressively Loosen" Phase. In this phase there can be a careful increase to the number of contacts and contact intensity in sport. Physical contact within the same team training environment may be introduced. All activities that involve any form of close proximity or physical contact should take place only within a cohort environment. Sport Cohorts should be used for activities in which it is not possible to maintain two metres physical distancing at all times. When in a cohort, while individuals do not need to maintain physical distancing during sport specific activities, minimized physical contact is still advised.

- At least two metres distancing should be maintained between all participants when outside of the field of play (e.g. dressing rooms, hallways, team benches, staging areas, etc.). If physical distancing cannot be maintained masks should be worn.
- Cohorts should be made up of individuals/teams of similar age or skill level.
- Each cohort can be comprised of multiple teams in order to form a mini-league. **With the use of cohorts, game play can resume between teams within the cohort.**

For more information go to: [https://www.viasport.ca/sites/default/files/Phase\\_3\\_Return\\_to\\_Sport\\_Guidelines\\_web\\_09-10-2020.pdf](https://www.viasport.ca/sites/default/files/Phase_3_Return_to_Sport_Guidelines_web_09-10-2020.pdf)

We are very happy to carefully return to Sport this fall. If you have any questions please do not hesitate to call the Ucluelet Recreation Department at 250-726-7772.

## SOCCER - U5

Playing soccer is a great way to develop motor skills, develop balance and engage your little one in physical fitness. Come out and burn off some energy.

Coach and Practice time: TBA Cost: \$40

## SOCCER - U7

Participants will learn the importance of teamwork, while learning the rules of the game and practicing their soccer skills. This team will practice during the week and play a weekend game against Tofino once a month.

Coach and Practice time: TBA Cost: \$60

## SOCCER - U9

This team will focus on skill development, teamwork and of course, fun! Players will have weekly practices on Thursdays from 4:30 - 5:30 at the Seaplane Base Recreation Hall Field. This team will play games against Tofino on Saturdays once a month.

Coach: Tracy Andrews Cost: \$60

## SOCCER - U11

This team is for kids who are interested in skill development, teamwork and of course, fun! Practices will be at the Tugwell Field on the Forbes Road side from 5:00 - 6:00 pm on Tuesdays. This team will play games against Tofino on Saturdays once a month.

Coach: David Smith Cost: \$60

## SOCCER - U13 TRAVEL TEAM

This team travels to Port Alberni once a month to play in the Alberni Valley Soccer Association League. Practices are at the Seaplane Base Rec Hall Field on Monday and Wednesday at 3:45 - 4:45 pm.

Coach: Ken Griffin & Scott Payne Cost: \$60

## SOCCER - U14 - U18 TRAVEL TEAM

This team travels to Port Alberni once a month to play in the Alberni Valley Soccer Association League. Practice take place each Mondays from 2:30 - 4:30 pm at the USS Track.

Coach: Michael Chapman Cost: \$60

## ALBERNI VALLEY SOCCER ASSOCIATION TEAMS

This year the U-13 & U-14 travel teams will play in Port Alberni. The cost to register with AVSA is \$150/player, register online at [avsoccer.com](http://avsoccer.com)

SOCCER

# THE EDGE YOUTH ROOM

## TEMPORARILY CLOSED FOR DROP IN PROGRAMS

YOUTH ROOM COORDINATOR - TONI BUSTON

UCLUELET COMMUNITY CENTRE - 500 MATTERSON DR

GENERAL INTEREST

## YOUTH PROGRAMS

### YOUTH FOOD INITIATIVE - ONGOING EVENTS POSTED

Are you interested in cooking and eating healthy? We have some great ideas for this fall program. Be sure to contact Toni (ukeeyouth@ucluelet.ca) to discuss her food program and delicious ideas. Don't be afraid to let us know your idea too! This program is supported through the CBT's RBC Future Launch Youth Grant.



**Mondays, October 5 (ongoing)** 3:00 - 5:00 pm

### WILD COAST OUTDOOR PROGRAM - ONGOING EVENTS POSTED

This program will give youth the knowledge to travel safely and successfully in our outdoor environments while learning valuable leadership skills. We will be offering kayaking and hiking this fall. **Special sign up is required so contact Toni to reserve your spot.** This program is supported through a CBT youth grant.

**Day of the week - TBA**

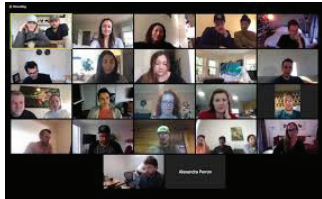
### ART LAB - ONGOING EVENTS POSTED

Join us for Outdoor Beach Art this fall. Lets use our imaginations and pieces of our environment to create west coast masterpieces. Make sure to contact Toni to sign up and find out each weeks location.

**Wednesday's October 14, November 18, December 16** 3:00 - 5:00 pm

### YOUTH VIRTUAL HANG OUT

This program is a chance for everyone to get together while we follow physical distancing regulations. Join us this fall for fun games and online laughs. Email Toni to receive the link!



**Thursdays, October 1, November 5, December 3** Time: TBA

### TEEN DANCE

**NEW**

Age 12+

Teen Dance: Students will be guided through various dance genres to challenge their creativity and build confidence while learning a weekly dance routine! The goal of this class is to have fun while learning some sweet moves with your friends. All levels welcome.

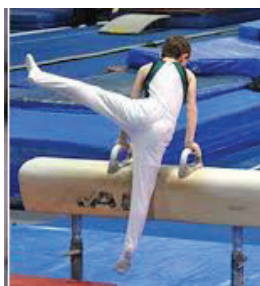
- \* Arrive five minutes before you class, no earlier.
- \* Markers will be on the walls where students can hang their personal belongings and wait for instructions.
- \* There will be no bystanders allowed in class.
- \* Pick up will be from Activity Room 2 doorway.

**Thursdays,**  
**Session A: September 24 - October 29** 4:00 - 5:00 pm 6/\$66  
**Session B: November 5 - December 10** 4:00 - 5:00 pm 6/\$66  
 Activity Room 1 & 2  
 Instructor: Brittany Buirs

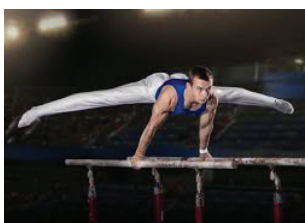
### HIGH SCHOOL TEAM GYMNASTICS

**NEW**

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. Athletes in this program will need to register with Gymnastics BC as a Pacific Rim Gymnastics athlete for a yearly fee of \$60.



- \* Arrive five minutes before your class, no earlier.
- \* Markers will be on the walls of the Main Hall where participants may leave their personal belongings and wait for instructions.
- \* Bring your water bottle as our fountain is not operational.
- \* There will be no bystanders allowed in class.
- \* We encourage participants to exit through the Main Hall doors into the rear parking lot to lessen traffic in the hallway.
- \* Please make sure to follow posted building regulations at all times.



**Thursdays, October 8 - December 10**  
 High School Team 3:15 - 4:45 pm 10/\$110  
 UCC Main Hall  
 Instructor: Lindsay Kerdman

## ADULT PROGRAMS

### HANDBUILDING WITH CLAY

Ages 16+

This class will be tailored to your experience in working with clay, it is an opportunity to explore the many different ways we can utilize clay to build both functional and sculptural wares. Try your hand at using different coloured clay and slips as well as have a chance to explore glazing and surface decoration techniques in which the wheel classes cannot offer due to time restrictions. Exploration will be self directed and the instructor will help guide you in the learning process. All materials and firing will be included in the cost of this class.



- \* All students are to maintain physical distancing at all times and to wear a mask if physical distancing is not possible.
- \* All students are required to sign an Informed Consent Waiver.
- \* Please make sure to follow posted building regulations at all times.

**Mondays, September 28 - October 26** 1:00 - 4:00 pm 5/\$250 + gst  
 UCC Pottery Studio  
 Instructor: Karla Strickland

### INTRODUCTION TO THE WHEEL

Ages 16+

An introductory class to throwing pottery on a wheel, this class will give students an opportunity to learn about clay, the techniques needed to use a wheel, finishing methods, and basic glazing knowledge. The price of the class includes one bag of clay, tools, glazes and firing. Please bring your own towel!

- \* All students are to maintain physical distancing at all times and to wear a mask if physical distancing is not possible.
- \* All students are required to sign an Informed Consent Waiver.
- \* Please make sure to follow posted building regulations at all times.

**Tuesdays,**  
**Session A: September 29 - October 27** 6:00 - 8:30 pm 5/\$250 + gst  
**Session B: November 10 - December 8** 10:00 - 12:30 pm 5/\$250 + gst  
 UCC Pottery Studio  
 Instructor: Karla Strickland

### THE POTTER'S WHEEL - INTERMEDIATE

Ages 16+

This class will focus on building on the foundations you have already learned in the introductory courses. It will help you to hone your skills and learn new ones by jumping right into throwing on the wheel and expand your knowledge of glazing, textures and finishing techniques for your pottery. The price of the class includes one bag of clay, tools, glazes and firing. Please bring your own towel!

- \* All students are to maintain physical distancing at all times and to wear a mask if physical distancing is not possible.
- \* All students are required to sign an Informed Consent Waiver.
- \* Please make sure to follow posted building regulations at all times.

**Wednesdays,**  
**Session A: September 30 - October 28** 6:00 - 9:00 pm 5/\$280 + gst  
**Mondays,**  
**Session B: November 9 - December 7** 6:00 - 9:00 pm 5/\$280 + gst  
 UCC Pottery Studio  
 Instructor: Karla Strickland

### 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 programming to ensure you are comfortable and knowledgeable working in the space, members will be expected to be able 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, extruder, 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.

- \* Due to Covid-19 safety protocols there will be scheduled three hour time frames twice daily that you will need to register for at the UCC.
- \* All students are to maintain physical distancing at all times and to wear a mask if physical distancing is not possible.
- \* All students are required to sign an Informed Consent Waiver.
- \* Please make sure to follow posted building regulations at all times.
- \* Contact the UCC to check space availability.

**Monthly Membership:** \$120 + gst  
**Hours of Availability:** Sunday - Saturday, 9:00 - 12:00 pm;  
 or 1:00 - 4:00 pm, excluding holidays and programmed classes.  
 \* Maximum is two members in the studio at a time.

### EASEL'S NEST

This is a chance for artists and like-minded persons to gather together and work on their individual projects. Come share your ideas, knowledge and creative thoughts with each other.

- \* All students are to maintain physical distancing at all times and to wear a mask if physical distancing is not possible.
- \* All students are required to sign an Informed Consent Waiver.
- \* Please make sure to follow posted building regulations at all times.

**Tuesdays, September 22 (on going)** 9:30 - 11:30 am  
 UCC Youth Room \$2 fee



# ADULT PROGRAMS CON'T

GENERAL INTEREST

## PLAY PIANO BY EAR! New!

Have you ever dreamt of being able to sit at a piano and play a song by ear with no sheet music? This interactive class will teach you how to play piano and understand music in a very fun and simple way! With music theory elements as the base you will learn to play by ear. To participate in this class you will need your own keyboard of any size or quality and headphones. **Level One** - is for people who have never touched a keyboard or it has been a very long time since you have played. **Level Two** - is for people who have taken classical piano lessons in the past and are interested to know more about pop and jazz piano music theory. Please feel free to contact to contact Sophie L'Homme if you have questions regarding the class, which level you should be in or about your keyboard at sophielhomme@gmail.com

- \* Mask are mandatory for this class.
- \* All students are required to sign an Informed Consent Waiver.
- \* Please make sure to follow posted building regulations at all times.

### Wednesdays, October 7 - December 16 (NO CLASS: NOV 11)

Level One:	6:00 - 7:20 pm	\$200 + gst
Level Two:	7:40 - 9:00 pm	\$200 + gst

UCC Activity Room 1&2  
Instructor: Sophie L'Homme

## MENTAL HEALTH FIRST AID FOR REMOTE AREAS

Get oriented to mental health with this accessible, empowering course! Learn about how the brain works under stress and how to recognize, assess, and support someone experiencing anxiety, panic, depression, grief, trauma, psychosis, self-injury, or suicidal ideation; especially in wilderness or remote communities where access to outside resources may be limited. Taught by a Canadian Certified Counselor and 15-year veteran wilderness guide.

- \* Students are required to complete an online registration form on the website listed below to assist instructor. Course manuals can also be ordered ahead or paid for at class.
- \* All students are to maintain physical distancing at all times and to wear a mask if physical distancing is not possible.
- \* All students are required to sign an Informed Consent Waiver.
- \* Please make sure to follow posted building regulations at all times.

**Friday October 23, 7:00 - 9:00 pm,**  
**Saturday October 24, 9:00 am - 5:00 pm**  
**Sunday October 25, 9:00 am - 5:00 pm**  
 (25% off for low-income individuals/guides) \$195 + gst  
 Course Manual is optional - order ahead or pay at course \$35  
 UCC Activity Room 1 & 2  
 Instructor: Daye Cooper, M.A., C.C.C  
[www.mentalhealthwildernessfirstaid.ca](http://www.mentalhealthwildernessfirstaid.ca)

# ADULT FITNESS

LOW IMPACT

## TIGER QIGONG

This 1500-year-old self-healing practice is based on the principles of acupuncture and typically allows practitioners a tangible feeling of qi. By way of moving your hands in your etheric field & pushing and pulling qi along your acupuncture meridian lines you clear, balance and strengthen all of them. Meanwhile, your internal organs receive a massage and your soft tissues get a gentle stretch. This is a gentle yet powerful way of increasing health & vitality that works all your body's systems.

- Boost your immune system to prevent illness
  - Strengthen your nervous system to mitigate stress
  - Cultivate a functional, healthy body with more energy
- <https://www.gentlepatharts.ca/dragon-and-tiger/>

Gentle Path Arts is my offering and through which it is my intention to further peace, balance and connection to one's most natural and vibrant state of Being.

- \* All students are to maintain physical distancing at all times and to wear a mask if physical distancing is not possible.
- \* All students are required to sign an Informed Consent Waiver.
- \* Please make sure to follow posted building regulations at all times.

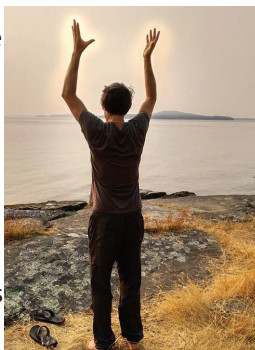
**Tuesdays,** 7:15 - 8:15 pm  
**Session A: September 29 - November 3** 6/\$66 + gst  
**Session B: November 10 - December 15** 6/\$66 + gst  
 UCC Activity Room 1 & 2  
 Instructor: Kevin Hartwell

## TAI CHI

A Chinese martial art and form of stylized, meditative exercise, characterized by methodically slow circular and stretching movements and positions of bodily balance. Basic skill set is required as there is no instructor. Please note the different locations.

- \* All students are to maintain physical distancing at all times and to wear a mask if physical distancing is not possible.
- \* All students are required to sign an Informed Consent Waiver.
- \* Please make sure to follow posted building regulations at all times.

**Mondays & Thursdays, September 21 - December 17** TBA  
 Seaplane Base Rec Hall, 160 Seaplane Base Road \$2 fee



CANCELLED

## 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.

- \* All students are to maintain physical distancing at all times and to wear a mask if physical distancing is not possible.
- \* All students are required to sign an Informed Consent Waiver.
- \* Please make sure to follow posted building regulations at all times.

**Mondays & Wednesdays, September 21 - December 16**  
 UCC Main Hall 10:30 - 11:30 am  
 Instructor: Jan Draeseke \$3 fee

## INTRO TO YOGA New!

This class is intended for beginning yoga students or people who have never practiced yoga before. We will learn: postures, language, breathing and meditation. This class is a very safe, non-judgmental space for beginning students to explore their body and mind in yoga. This class will be a progressive program where we will learn many different styles of yoga.

- \* All students are to maintain physical distancing at all times and to wear a mask if physical distancing is not possible.
- \* All students are required to sign an Informed Consent Waiver.
- \* Please make sure to follow posted building regulations at all times.
- \* Please bring your own equipment (mats are available if needed).

**Mondays,** 6:00 - 7:00 pm  
**Session A: September 21 - November 2 (NO CLASS: OCT 12)** 6/\$60 +gst  
**Session B: November 9 - December 14** 6/\$60 +gst  
 UCC Main Hall  
 Instructor: Norannda Sigmund

## GENTLE YOGA FOUNDATIONS

This class is suitable for beginner to intermediate students who are looking to work on the foundations of yoga. We will be moving slowly focusing on alignment and modifications to make yoga work for all bodies. This class will have a mix of standing and floor postures but there are props and tools available to make the experience work for everyone.

- \* All students are to maintain physical distancing at all times and to wear a mask if physical distancing is not possible.
- \* All students are required to sign an Informed Consent Waiver.
- \* Please make sure to follow posted building regulations at all times.
- \* Please bring your own equipment (mats are available if needed).

**Mondays,** 7:15 - 8:15 pm  
**Session A: September 21 - November 2 (NO CLASS: OCT 12)** 6/\$60 +gst  
**Session B: November 9 - December 14** 6/\$60 +gst  
 UCC Main Hall  
 Instructor: Norannda Sigmund

## WELCOME TO SARITA MIELKE

While searching for a holistic approach to managing stress and exhaustion I was urged to step into my first yoga class. The physical benefits of the practice were immediate but it was the mental and emotional benefits that continued to grow with each practice and leave lasting effects on my well being that proved I had discovered something instrumental in leading a more balanced lifestyle. Since 2005 I have continued to immerse myself in the practice and teachings of yoga as a way to create balance in my life, body, mind and soul. In 2014 the next step on my yogic path was to take the seat of teacher. It is with great honour I share the timeless wisdom of yoga in a way that is accessible and relevant for people today. Yoga is a powerful practice not only for its numerous physical benefits but also as a tool for self-inquiry. I offer Hatha, Flow (Vinyasa), and Yin styles of yoga. Check out Sarita's face



## HATHA YOGA New!

A slow paced alignment-based practice where you will engage with a posture and explore that shape for a period of time while practicing mind, body and breath awareness. This method of practice facilitates strength building, flexibility, along with having a relaxing effect on your nervous system. Each class will conclude with a period of mindful relaxation. This offering is suitable for most bodies. No previous experience is required. Adjustments, modifications and blocks are offered to honour your unique body and abilities. Therapeutic touch is also offered with consent. Classes are accompanied by music.

- \* All students are to maintain physical distancing at all times and to wear a mask if physical distancing is not possible.
- \* All students are required to sign an Informed Consent Waiver.
- \* Please make sure to follow posted building regulations at all times.
- \* Please bring your own equipment (mats are available if needed).

**Wednesdays,** 7:00 - 8:00 am  
**Session A: September 23 - October 28** 6/\$60 + gst  
**Session B: November 4 - December 16 (NO CLASS: NOV 11)** 6/\$60 + gst  
 UCC Main Hall  
 Instructor: Sarita Mielke

**MORE YOGA & FITNESS**



# ADULT FITNESS CON'T

## ALL LEVELS FLOW YOGA

**New!**

In this class, you will connect breath and movement as you flow through a dynamic series of postures at an approachable pace. 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, always with an emphasis on safe alignment. A great class for all levels.

- \* All students are to maintain physical distancing at all times and to wear a mask if physical distancing is not possible.
- \* All students are required to sign an Informed Consent Waiver.
- \* Please make sure to follow posted building regulations at all times.
- \* Please bring your own equipment (mats are available if needed).

**Thursdays,** 5:30 - 6:30 pm  
**Session A: October 1 - October 29** 5/\$50 + gst  
**Session B: November 5 - December 10** 6/\$60 + gst  
 UCC Activity Room 1 & 2  
 Instructor: Ashley Williamson

## 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.

- \* All students are to maintain physical distancing at all times and to wear a mask if physical distancing is not possible.
- \* All students are required to sign an Informed Consent Waiver
- \* Please make sure to follow posted building regulations at all times
- \* Please bring your own equipment (mats are available if needed)

**Thursdays,** 7:00 - 8:00 pm  
**Session A: October 1 - October 29** 5/\$50 + gst  
**Session B: November 5 - December 10** 6/\$60 + gst  
 UCC Activity Room 1 & 2  
 Instructor: Ashley Williamson

## WELCOME BACK BRITT BUIRS

Britt has been dancing since she was three years old. She trained in jazz, classical ballet, contemporary, tap and musical theatre. She has been teaching dance classes to all ages for eight plus years and is excited to share her passion for dance in the community. Britt's love for dance and fitness led her to become a certified barre instructor. She was teaching barre at Alive Mindbody in Victoria, where she completed her certification.



**New!**

## BARRE FIT

This 1 hour barre class fuses ballet, pilates and strength training for a full body workout. This low impact class can help improve posture, muscle definition, flexibility and balance. 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). All levels welcome.

- \* All students are to maintain physical distancing at all times and to wear a mask if physical distancing is not possible.
- \* All students are required to sign an Informed Consent Waiver.
- \* Please make sure to follow posted building regulations at all times.
- \* Please bring your own equipment (we do have mats and some weights).

**Mondays,**  
**Session A: September 21 - October 26** 7:00 - 8:00 am 6/\$66  
**Session B: November 2 - December 7** 7:00 - 8:00 am 6/\$66  
 UCC Main Hall  
 Instructor: Brittany Buir

## BARRE - LESS EXPRESS

**New!**

This 45 minute barre-less class fuses ballet, pilates and strength training for a full body workout. Prepare to find the burn as we use resistance bands 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 loop resistant band. All levels welcome.

- \* All students are to maintain physical distancing at all times and to wear a mask if physical distancing is not possible.
- \* All students are required to sign an Informed Consent Waiver.
- \* Please make sure to follow posted building regulations at all times.
- \* Please bring your own equipment (we do have mats if you need one).

**Tuesdays,**  
**Session A: September 29 - October 27** 5:15 - 6:00 pm 6/\$66 + gst  
**Session B: November 3 - December 8** 5:15 - 6:00 pm 6/\$66 + gst

OR

**Wednesdays,**  
**Session A: September 23 - October 28** 5:00 - 5:45 pm 6/\$66 + gst  
**Session B: November 4 - December 9** 5:00 - 5:45 pm 6/\$66 + gst  
 UCC Activity Room 1 & 2  
 Instructor: Brittany Buir

## ADULT DANCE

**New!**

This class just might be the most fun you have all week! Get ready to sweat and bring the music to life with your body, in a fun and supportive environment. Classes will be a fusion of jazz and contemporary, with a splash of Latin. Expect to learn new moves and improve your technique as you are guided through an easy to follow routine. All levels welcome.

- \* All students are to maintain physical distancing at all times and to wear a mask if physical distancing is not possible.
- \* All students are required to sign an Informed Consent Waiver.
- \* Please make sure to follow posted building regulations at all times.

**Tuesdays,**  
**Session A: September 22- October 27** 6:45 - 7:45 pm 6/\$66 + gst  
**Session B: November 3 - December 8** 6:45 - 7:45 pm 6/\$66 + gst  
 UCC Main Hall  
 Instructor: Brittany Buir

## 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 combination instruction, gentle stretching and a cool down.

- \* All students are to maintain physical distancing at all times and to wear a mask if physical distancing is not possible.
- \* All students are required to sign an Informed Consent Waiver.
- \* Please make sure to follow posted building regulations at all times.

**Tuesdays & Fridays, September 22 (ongoing)**  
 Seaplane Base Rec Hall, 160 Seaplane Base Road 9:00 - 10:00 am  
 Instructor: Sarah Hogan \$6 fee

## 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.

- \* All students are to maintain physical distancing at all times and to wear a mask if physical distancing is not possible.
- \* All students are required to sign an Informed Consent Waiver.
- \* Please make sure to follow posted building regulations at all times.
- \* Please bring your own equipment (we do have mats if you need one).

**Saturdays,**  
**Session A: October 10 - November 7** 10:00 - 10:45 am 5/\$50 + gst  
**Session B: November 14 - December 12** 10:00 - 10:45 am 5/\$50 + gst  
 UCC Activity Room 1 & 2  
 Instructor: Lindsay Kerdman

## ADULT GYMNASTICS

This class is for all levels! Adult classes combine skill acquisition with gymnastics-based workouts and deep flexibility to create a total body workout through the development of fun skills and drills.

- \* All students are to maintain physical distancing at all times and to wear a mask if physical distancing is not possible.
- \* All students are required to sign an Informed Consent Waiver.
- \* Please make sure to follow posted building regulations at all times.

**Fridays,**  
**Session A: October 9 - November 6** 7:30 - 8:45 pm 5/\$50 + gst  
**Session B: November 13 - December 11** 7:30 - 8:45 pm 5/\$50 + gst  
 UCC Main Hall  
 Instructor: Lindsay Kerdman

## PURPLE DRAGON DON JITSU - TEENS/ADULTS

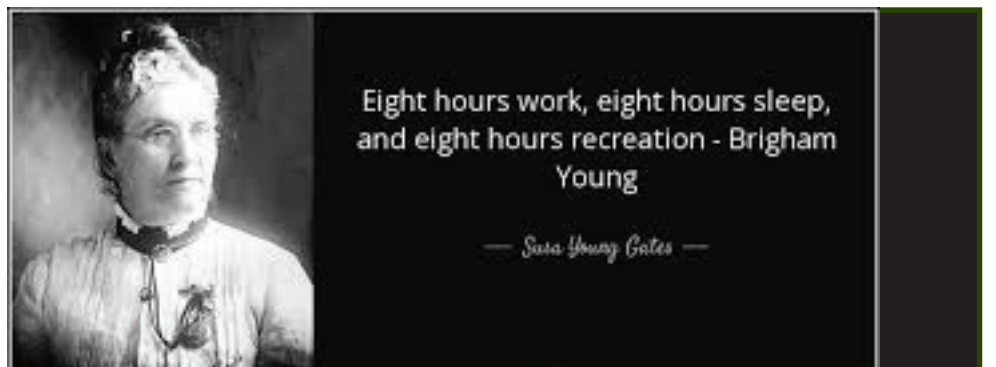
Age 13+

Ancient in origin yet modern in concept, Don Jitsu Ryu is one of the most practical, effective & complete martial arts fighting systems in the world. This class blends Karate, Jiu Jitsu, Tae Kwon Do, Kung Fu, Aikido and weaponry. The program consists of four main areas: fitness training & stretching, Kata & basics, break-falls and self defense & sparring. New students welcome!



- \* Entering and exiting the UCC will be from the Main Hall doors.
- \* All students are to maintain physical distancing at all times.
- \* All students are required to sign an Informed Consent Waiver.
- \* Please make sure to follow posted building regulations at all times.

**Wednesdays, October 7 - December 9 (NO CLASS: NOV 11)**  
 UCC Main Hall 7:30 - 8:30 pm  
 Instructor: Sensei Ian Shu 9/\$99+ gst





# ADULT FITNESS CON'T

FITNESS

## KICK BOXING

Age 13+

Get ready to sweat and take your stress out on the pads! This high energy class will be a great work out for people of any experience/level. No previous experience is necessary, we will teach the basics of blocking, kicking, punching, foot work, as well as more advanced techniques for those with previous experience. Class will work on basics of kick boxing, pad work, calisthenics, and stretching; sparring is optional once sufficiently experienced. Wear comfortable clothing and bring your water bottle.

- \* Your partner must be a member of your family or pod, otherwise masks are mandatory.
- \* Equipment will be issued to bring to each class.
- \* Entering and exiting the UCC will be from the Main Hall back doors.
- \* All students are required to sign an Informed Consent Waiver.
- \* Please make sure to follow posted building regulations at all times.

**Wednesdays, October 7 - December 9 (NO CLASS: NOV 11)**

UCC Main Hall

6:15 - 7:15 pm

Instructor: Sensei Ian Shu

9/\$99+ gst

# SENIOR PROGRAMS

## 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.

- \* All students are to maintain physical distancing at all times and to wear a mask if physical distancing is not possible.
- \* All students are required to sign an Informed Consent Waiver.
- \* Please make sure to follow posted building regulations at all times.
- \* Please bring your own equipment (mats are available if needed).

**Fridays,**

**Session A: October 9 - November 6**

11:30 - 12:15 pm

5/\$30 + gst

**Session B: November 13 - December 11**

11:30 - 12:15 pm

5/\$30 + gst

UCC Activity Room 1 & 2

Instructor: Lindsay Kerdman

## 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, and builds strength and balance. Join Cris at the UCC to get your groove on. A toonie for a tune up!

- \* All students are to maintain physical distancing at all times and to wear a mask if physical distancing is not possible.
- \* All students are required to sign an Informed Consent Waiver.
- \* Please make sure to follow posted building regulations at all times.

**Thursdays, September 24 (ongoing) (NO CLASS: OCT 1)**

UCC Activity Room 1 & 2

Volunteer: Cris Martin

10:00 - 11:00 am

\$2.00 fee

## MOVIE MATINEE'S

Join us on Thursday afternoons for a movie matinee special, there will be a combination of movie classics, golden oldies and newer films. Bring your own refreshments/snacks. Remember to book your space ahead of time as seats are limited due to COVID regulations.

- \* All attendees are to maintain physical distancing unless with someone from their pod or wear a mask if physical distancing is not possible.
- \* All students are required to sign an Informed Consent Waiver.
- \* Please make sure to follow posted building regulations at all times.
- \* Please bring your own equipment (mats are available if needed).

**Wednesday's,**

**September 23, October 7, 21, November 4, 18, December 2, 16**

UCC Community Room

1:30 - 3:00 pm

\$2.00 fee

**\*\* SEE ADULT PROGRAMS FOR MORE FABULOUS PROGRAMS \*\*  
LIKE DANCE FIT, CHI GONG, KNITTING, ETC.**

# SENIOR MOVIE MATINEE



**SEP 23  
OCT 7, 21  
NOV 4, 18  
DEC 2, 16**

**LOCATION: UCLUELET  
COMMUNITY CENTRE  
TIME: 1:30 - 3:00 PM  
COST: \$2**

**BRING YOUR OWN  
WATER BOTTLE**

## Terry Fox Virtual Run September 20th

Things have changed!  
**CHALLENGE** yourself to a run, swim, bike, or hike for Cancer Research.

- Set a fundraising goal
- Choose a challenge of your choice
- Assemble your pod to participate
- Sign up virtually at [www.terryfox.org](http://www.terryfox.org)
- Pick up your pledge forms at the Ucluelet Community Centre (or print virtually)
- Start raising money!
- Donations can be dropped off at the Ucluelet Community Centre



SHOW YOUR COMMUNITY SPIRIT  
THIS WINTER BY PARTICIPATING IN OUR  
CHRISTMAS DECORATING CHALLENGE!

BUSINESSES/HOMES/BOATS

YOU NAME IT!

LET'S BRIGHTEN OUR COMMUNITY  
AND THE NIGHT SKIES TOGETHER.

Happy Holidays!

# HALLOW'S IN THE MIST

**SATURDAY,  
5:00 - 8:30 PM OCTOBER 31, 2020**

**WALK WILL BEGIN AT THE LIGHTHOUSE  
AND END AT THE WHALE PARKING LOT &  
THEN SNEAK BACK TO YOUR VEHICLE**

**DOES YOUR BUSINESS, COMMUNITY GROUP, OR FAMILY  
WANT TO DECORATE A SECTION OF THE TRAIL FOR  
OUR ANNUAL HALLOW'S IN THE MIST WALK?**

**CONTACT: RECREATION@UCLUELET.CA  
250-726-7772**