



UCLUELET PARKS & RECREATION 2019 FALL PROGRAM GUIDE

REGISTRATION OPENS SEPTEMBER 4

PROGRAMS RUN SEPTEMBER - DECEMBER 2019

YOGA & ART CAMP 2019



REGISTRATION INFO:

Ph. 250 - 726 - 7772

Ucluelet Community Centre
500 Matterson Drive



EARLY YEARS PROGRAMS

CHILDRENS PROGRAMS

YOUTH PROGRAMS

ADULT & TEEN PROGRAMS

WEEKLY ADULT PROGRAMS - FALL CALENDAR

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
CHI GONG PRACTICE 10:30 - 11:30 am UCC Fitness Studio \$3 drop-in	DANCE FIT 50+ 9:00 - 10:00 am UCC Fitness Studio \$6 drop-in	LATIN CARDIO WORKOUT 6:00 - 7:00 am UCC Fitness Studio \$12 drop-in or punch cards		DANCE FIT 50+ 9:00 - 10:00 am UCC Fitness Studio \$6 drop-in	LATIN CARDIO WORKOUT 8:00 - 9:00 am UCC Fitness Studio \$12 drop-in or punch cards
GENTLE YOGA FOUNDATIONS 6:30 - 7:15 pm UCC Fitness Studio PRE-REGISTRATION REQUIRED	<i>The coloured spaces are open for new programs. Do you have an idea you would like to develop? Contact bgudbranson@ ucluelet.ca to discuss.</i>	CHI GONG PRACTICE 10:30 - 11:30 am UCC Fitness Studio \$3 drop-in	TAI CHI PRACTICE 6:00 - 6:50 pm USS Gym \$2 drop-in *basic skill set required	WOMEN'S CIRCLE OF LAUGHTER 10:30 - 11:30 am UCC Fitness Studio \$2 drop-in	SUNDAY ROLLER SKATING 12:00 - 3:00 pm Seaplane Base Rec Hall \$2 drop-in
ROLLER SKATE FITNESS 6:45 - 8:00 pm Seaplane Base Rec Hall \$5 drop-in *basic skill set required		ADULT BALLET & BARRE 6:45 - 7:45 pm UCC Fitness Studio PRE-REGISTRATION REQUIRED	ADULT GYMNASTICS 6:30 - 7:45 pm UCC Main Hall \$12 drop-in or punch cards Check guide info for dates		BADMINTON 7:00 - 9:00 pm USS Gym \$2 drop-in
			BADMINTON 7:00 - 9:00 pm USS Gym \$2 drop-in	<p>WWW.UCLUELET.CA</p> <p>UCLUELET PARKS & RECREATION  </p>	
SOCCER 7:00 - 9:00 pm Outdoor - Tugwell Field Inside - USS Gym \$2 drop-in	BASKETBALL 7:00 - 9:00 pm USS gym \$2 drop-in	VOLLEYBALL 7:00 - 9:00 pm USS Gym \$2 drop-in	ROLLER HOCKEY 7:00 - 9:00 pm Rec Hall \$2 drop-in Skill set & equipment required		

USS GYM SCHEDULE

7:00 - 9:00 pm

Monday Soccer
Tuesday Basketball
Wednesday Volleyball
Thursday Badminton
Sunday Badminton

Please remember that some sports have a maximum number of participants or teams for each program so there is a first come first serve basis. Thank you for respecting the premisses and cleaning up after yourselves; we are very fortunate to be able to use this space. Thank you to our volunteer program leaders.

**UCLUELET COMMUNITY CENTRE WILL BE
CLOSED DECEMBER 22, 2019 - JANUARY 4, 2020**

EARLY YEARS 0-5

PARENT & TOT DANCE

Age 1.5 - 3

Your toddler will delight in Miss Sandra's creative dance class! Designed for an adult and child to enjoy together, this class uses creative play, rhymes, music and percussion to teach the fundamentals of dance such as rhythm, balance, coordination, flexibility and creative expression.

Wednesdays, October 2 - December 4

UCC Fitness Studio 6:15 - 6:45 pm 10/\$90
Instructor: Sandra Hinder

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. Combines active gymnastics circuits with songs, games and stretches. This program makes physical development fun and social. Parents will participate together with their child. This preschool classes combines structured play and active learning with free time and exploration.

Thursdays, October 3 - December 12 (NO CLASS: OCT 10)

UCC Main Hall 1:30 - 2:15 pm 10/\$110
Coach: Lindsay Kerdman, NCCP L2

TINY TUMBLERS

Age 3 - 4

This program is designed to introduce your young child to safe, gross motor movement through organized gymnastics with play, games and circuits. The coach will lead children through an array of different gymnastics positions and skills, designed to safely experience various movements such as swinging, bouncing, rolling, jumping and climbing. Parents are asked to be present for this class to assist their own child if needed.

Thursdays, October 3 - December 12 (NO CLASS: OCT 10)

UCC Main Hall 3:30 - 4:30 pm 10/\$110
Coach: Lindsay Kerdman, NCCP L2

LITTLE YOGI

New!

Age 3 - 5

This yoga class is for our little yogis who are ready for some independence. Your child will enjoy an hour-long class filled with yoga songs, games, breathing and meditation exercises. Yoga is a great way for young children to learn self-regulation and to help them quiet their busy minds. What to bring: athletic wear and a water bottle.

Mondays,

Session A: September 9 - October 28 3:15 - 4:30 pm 8/\$80

Session B: November 4 - December 9 3:15 - 4:30 pm 6/\$60

UCC Fitness Studio
Instructor: Norannda Sigmund

LITTLE PURPLE DRAGONS

Age 4 - 6

The study of Purple Dragon martial arts begins at a young age. This program will encourage your child to build discipline, confidence, respect, integrity and physical fitness. Purple Dragon Don Jitsu Ryu blends Karate, Jiu-Jitsu, Judo, Tae Kwon Do and Kung Fu. Join our growing Purple Dragon community today! No previous experience required.

Mondays & Wednesdays,

Session A: September 9 - October 30 15/\$165

Session B: November 4 - December 11 (NO CLASS: NOV 11) 11/\$121

UCC Main Hall 4:00 - 4:45 pm
Instructor: Senpai Ian Shu

TINY ARTISTS

It's Back

Age 2 - 4

Parents and little ones attend this class together! Each class starts with a storybook reading which will inspire the art making of the day. Children are led through a class that parents support. We will explore painting, drawing, collage and sculpture with a different project completed each week.

Thursdays,

Session A: September 12 - October 24 2:00 - 2:30 pm 7/\$84

Session B: November 7 - December 19 2:00 - 2:30 pm 7/\$84

UCC Room 1
Instructor: Ultramarine Art Supply, Erin Evans

INTRO TO FRENCH CLASS

New!

Age 3 - 5

Young children have an innate instinct for learning new languages. This preschool program focuses on French language development through songs, rhymes, storytelling and games fostering social and cognitive development while teaching and encouraging the use of the French language. Children will feel empowered and confident in using a new language.

Thursdays,

Session A: September 12 - October 31 10:00 - 11:00 am 8/\$80

Session B: November 7 - December 12 10:00 - 11:00 am 6/\$60

UCC Youth Room
Instructor: Marylise Frecheville

PLAYGYM

Age 0 - 5 & Caregiver

This is a great opportunity for parents & children to socialize, play and burn some energy in an open gym environment. We require volunteers to assist with the program, please let us know if you are interested by calling the UCC or email recreation@ucluelet.ca. *Hall use subject to availability.*

Sundays, October - December 10:00 - 12:00 pm
UCC Main Hall \$2/child or \$5 max per family

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.

Children attending kindergarten Sept 2020 will be given priority registration.

Registration will confirm students September thru December.

Payments can be made monthly at the beginning of each month or in full.

Tuesdays & Thursdays, October 15 - December 19

UCC Main Hall (please use Main Hall entrance) 10:00 am - noon

\$84/Oct (No Class - Oct 3, 8, 10), \$96/Nov, \$72/Dec

Instructors: TBA

*** Register with Barb Gudbranson at the Ucluelet Community Centre starting October 1**

STRONG START

UCLUELET EARLY LEARNING CENTRE

Drop in for children 0-5 *and their caregivers*
Contact the Ucluelet Elementary School for information.

preschool

parent & tot

preschool programs

KIDS PROGRAMS & FITNESS

AFTER SCHOOL CLUB

Grades 4 - 7

This program is designed specifically for kids in grades 4 - 7, and provides a healthy, active and safe environment with blocks of time allotted for snack, homework support, study time, games and active play. Kids will meet in the UES Foods Room directly after school to sign in. There will be a light snack provided, please let us know if your child has any dietary restrictions or allergies. Children will also bring home a copy of the Ucluelet Afterschool Club - Code of Conduct for parents/caregiver to sign and return to Facilitator. The Code of Conduct assists us in providing a prepared, positive, polite and productive program.

Tuesdays & Thursdays, September 24 - December 12

2:45 - 4:45 pm

Ucluelet Elementary School

FREE!!

GLEE PERFORMING ARTS CLUB

Age 5 +

Would you like to be a part of an original musical production? In this class we will use our skills and creativity to refine a script, learn how to deliver lines, stage direction, songs, and choreography. Participants will be assigned roles that use their strengths, but also challenge them to develop new ones. Performers will be cast in their roles in September and divided into scene groups of approximately five to eight students with whom they will attend fall classes. In the new year classes will be combined in order to work on large group scenes. Students are responsible for knowing their lines and will be required to pay for extra coaching if needed.

Tuesdays, October 15 - January 21

\$180

Group times to be determined - 45 minute classes

3:00 - 6:45pm

Instructors: Sarah Hogan & Courtney Johnson

UCC Main Hall

Casting Day - September 24, 5:00 - 6:00 pm ****Parent meeting to follow**

PRODUCTION DATES: Saturday, January 25 - Evening Show

Sunday, January 26 - Afternoon Show

KIDS SCULPTURE CLASS 101

New!

Age 7 - 11

Learn all about clay and working in a pottery studio! This class will cover basics of ceramic work, glazing and firing in a kiln. Hands on projects will focus on both decorative and functional pieces, skills for previous students will be built upon and expanded. Projects will include animal masks, planters and some functional pieces to use at home. Come have fun and bring your imagination to life. All equipment and supplies included.

Tuesdays, September 17 - October 22

\$120

UCC Pottery Studio

3:00 - 4:30pm

Instructor: Karla Strickland

KIDS SCULPTURE CLASS 202

New!

Ages 7 - 12

This class will cover a few different clay projects including time on the potters wheel, surface decorating and decal transfers, jewelry making, as well as pouring our own slip cast holiday mugs and ornaments. Learn some different aspects of working with clay and take home some fun decorative and functional pieces. All equipment and supplies provided.

Tuesdays, November 5 - December 10

\$120

UCC Pottery Studio

3:00 - 4:30 pm

Instructor: Karla Strickland

ART CLUB

It's Back!

Age 5 - 9

Play, learn, create with a weekly immersion in art. Explore new mediums and techniques with an introduction to art history! We will be painting, drawing, sculpture, collaging, playing with fiber arts, design and colour theory! Dress for mess!

Thursdays,

Session A: September 12 - October 24

7/\$84

Session B: November 7 - December 19

7/\$84

UCC Room 2

3:00 - 4:00 pm

Instructor: Ultramarine Art Supply, Erin Evans

general interest

art classes

YOUTH ART CLUB

New!

Ages 10 - 14

Explore mediums, techniques, colour theory, design and art history as we travel through time using art and the artists that changed the world! Learning and playing with different styles of art, we will explore what art means to us and how to express that through painting, drawing, sculpting, collaging, fiber arts and more!

Thursdays,

Session A: September 12 - October 24 7/\$84

Session B: November 7 - December 19 7/\$84

UCC Room 2 4:30 - 5:30 pm

Instructor: Ultramarine Art Supply, Erin Evans

PURPLE DRAGON DON JITSU RYU

Age 7 +

Ancient in origin yet modern in concept, Don Jitsu Ryu is one of the most practical, effective and complete martial arts fighting systems in the world today. It blends Karate, Jiu Jitsu, Tae Kwon Do, Aikido and weaponry. The program consists of four main areas; fitness training & stretching, Kata & basics, break-falls, and self defense & sparring. White belts are welcome with instructors permission.

CLASSES RUN ON SCHOOL PRO DAYS: SEPT 23 & NOV 18

FREE INTRODUCTORY CLASS: AGES 4-12 - SEPTEMBER 4TH, 3:00 - 4:00PM IN THE UCC MAIN HALL

PURPLE DRAGON - COLOURED BELTS

Mondays & Wednesdays,

Session A: September 9 - October 30 (NO CLASS: OCT 14) 15/\$165

Session B: November 4 - December 16 (NO CLASS: NOV 11) 12/\$132

Age 7 - 12 3:00 - 4:00 pm

PURPLE DRAGON - GIRLS CLASS

This class is designed for girls to learn confidence, self defense and the Don Jitsu disciplines in a supportive environment. New students welcome!

Mondays;

Session A: September 9 - October 28 (NO CLASS: OCT 14) 7/\$77

Session B: November 4 - December 16 (NO CLASS: NOV 11) 6/\$66

Age 7 - 12 4:45 - 5:45 pm

PURPLE DRAGON - BEGINNERS CLASS

This class is for new students just starting to learn the basics of Don Jitsu.

Wednesdays;

Session A: September 11 - October 30 8/\$88

Session B: November 6 - December 11 6/\$66

Age 7 - 12 4:45 - 5:45 pm

Instructor Senpai Ian Shu UCC Main Hall

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.

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 the childrens progress.

PARENTS PLEASE REMEMBER - Our instructor requires a small break in between classes, please remind your children that they are not to use the equipment, to wait on the sidelines until called to the mat. We also greatly appreciate your assistance in returning to the hall on Fridays at 7:00pm to assist with putting the equipment away. Thank-you in advance.

Thursdays, October 3 - December 12 (NO CLASS: OCT 10)

UCC Main Hall

Parent & Tot (1.5 - 2 yrs) 1:30 - 2:15 pm (with adult) 10/\$110

Advanced Tiny Tumblers 2:30 - 3:15 pm 10/\$110

Tiny Tumblers (3 - 4 yrs) 3:30 - 4:30 pm 10/\$110

Level 4 - 5 4:30 - 6:00 pm 10/\$120

Fridays, September 20 - November 1 (NO CLASS: OCT 11)

Homeschool Group 12:30 - 1:30 pm 10/\$110

Kinder Gym (4 - 5 yrs) 1:45 - 2:30 pm 10/\$110

Level 1 - 3 2:30 - 3:30 pm 10/\$110

Boys Level 3 - 4 3:45 - 4:45 pm 10/\$110

Teen/Tween Mix 10+ 4:45 - 5:45 pm 10/\$110

Level 6 - 7 6:00 - 7:30 pm 10/\$120

Coach: Lindsay Kerdman, NCCP L2

UCC Main Hall

BALLET CLASSES

Age 6 +

Ballet teaches poise, posture, strength and technique while enjoying a fun, dynamic atmosphere. Classes are set to a wide range of music with stories, rhythm and games to increase musical sensitivity and awareness. These classes will introduce the beginner students to the technique and vocabulary of classical ballet, with an emphasis on posture, placement and movement potential. This session will conclude with a holiday mini-recital in December. All dancers should have their hair up, appropriate ballet attire so that the instructor can see body movement for correctness and ballet shoes. We have spare ballet shoes to share in the dance studio.

Wednesdays, October 2 - December 4

PRE-PRIMARY BALLET Age 6 - 8 3:45 - 4:45 pm 10/\$110

PRIMARY BALLET Age 9 - 14 4:45 - 6:15 pm 10/\$130

UCC Fitness Studio

Instructor: Sandra Hinder

Show on December 11th for parents and friends.

PRO D DAY FUN WITH ERIN EVANS & ULTRAMARINE ART SUPPLY

EVERYTHING MYTHICAL CREATURES

Maybe it's a unicorn; maybe it's a dragon; maybe it's a dragacorn!! Welcome to a world of mythical creature creation where we will draw, sculpt and paint your favourite magical animal. Dress to get messy and don't forget your snack as creative minds get hungry!

Monday, September 23 10:00 - 1:00 pm \$45 Age 7+
UCC Room 1

ARTY ARCHITECT

In this sessions we will be combining artists and architects to inspire our dream homes. Maybe it's a Frank Lloyd Wright Jackson Pollock west coast float home! Let the creations begin with cardboard, wood, paint, glue and whatever else we can find! Dress for mess - creative minds get hungry.

Monday, September 23 1:30 - 4:30 pm \$45 Age 7+
UCC Room 1

HAUNTED PANTOMIME PAPER PUPPET THEATERS

Prepare for some spooky art making as we draw, paint, snip and glue Victorian style pantomime puppet theaters out of paper and cardboard that will be haunted by spooky puppet ghosts. Dress to get messy and don't forget your snacks as creative minds get hungry!

Friday, October 25 10:00 - 1:00 pm \$45 Age 7+
UCC Room 1

ALL ABOUT BB8

This is a star wars art invasion where we explore the artistic stylings of BB8 in 2D and 3D. We will start with paper mache BB8's and end with paper paintings of BB8's = army of BB8's! Dress for mess - creative minds get hungry.

Friday, October 25 1:30 - 4:30 pm \$45 Age 7+
UCC Room 1

TINY WINTER TOWNS

Think tiny building, in tiny rows, with tiny people and tiny creatures in tiny towns dusted with snow. Create your tiny winter dreamland with repurposed, forged and curated supplies; hint there will be some very cute and tiny winter figurines on hand! Dress to get messy and don't forget your snacks as creative minds get hungry!

Monday, November 18 10:00 - 1:00 pm \$45 Age 7+
UCC Room 1

PLANET TABLE TOP TERRARIUM

Create a series of mini table top terrarium gardens with plants, rocks, sand and soil. Bedazzle it with bobbles and bits! Who knows maybe it will be a mini world for a fairy, gnome or elf! Gift it for the holidays or decor your room! Dress for mess - creative minds get hungry.

Monday, November 18 1:30 - 4:30 pm \$45 Age 7+
UCC Room 1

KIDS PROGRAMS & FITNESS CON'T

RELIC SURF CLUB

Age 8 +

Join Relic Surf School and learn about surf etiquette, ocean safety, gear and weather conditions. Progressive surfing instruction for more experienced surfers! Children must be able to swim. **Bring: towel, water and snack.**

Wednesdays, September - October TBA 3:15 - 5:30 pm

Pick up and drop off at Relic Surf Shop 4/\$140

(all rental gear included and transportation included)

RELIC SUP CLUB

Age 8 +

Stand Up Paddle Board with Relic! Have fun with us adventuring in the calm waters of local beaches. No experience necessary, basic swimming skills a must. **Bring: towel, water and a snack.**

Thursdays, Septmeber - October TBA 3:15 - 5:30 pm

Pick up and drop off at Relic Surf Shop 4/\$120

(all rental gear included, as well as transportation and lesson)

FLOOR 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.

Wednesdays, September 11 - December 11

Age 8 - 12 5:00 - 7:00 pm

Location: Seaplane Base Recreation Hall \$40

Instructor: Brent Taron

SKATEBOARDING

Drop into Ukee's radest locals nights for all ages and skill set; don't forget to sign the waiver form - children & adults. There will be a few skate ramps and rails set up. Please respect each others space and abilities. Helmets are mandatory. *This program requires volunteers to run, please email recreation@ucluelet.ca to lend a hand. THANK YOU.*

Tuesdays, October - December

Beginners & Families 6:30 - 7:30 pm

Advanced Boarders 7:30 - 8:30 pm

Location: Seaplane Base Rec Hall \$2 drop-in fee

fitness

pro d day fun

sports

dance

SWIMMING



Please welcome our new certified Red Cross Water Safety Instructor and National Lifeguard, **Shandy Kariatsumari.**

WEST COAST MOTEL POOL RULES

- *Swimmers must rinse off in showers before entering the pool.
- *Swimmers will clean-up after themselves in the change room area.
- *Swimmers are to use back entrance of motel only.

RED CROSS SWIM PRESCHOOL

SWIMMING LESSONS age 3+

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

MONDAYS & WEDNESDAYS, OCTOBER 7 - NOVEMBER 6

NO CLASS, OCT 14 & 16

STARFISH/DUCK/SEA TURTLE PARENT & TOT (4 mos - 3 yrs)	5:30 - 6:00 pm	8/\$80
SEA OTTER/SALAMANDER	2:00 - 2:30 pm	8/\$85
SUNFISH/CROCODILE/WHALE	2:30 - 3:00 pm	8/\$85

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

SALAMANDER - Swimmers must complete Sea Otter before entering this class. Swimmers will learn to swim 2 metres, further develop basic floats and increase their distance on front and back glide. Intro to front swim & roll-over glide, safety skills and how to use a PFD.

SUNFISH - Swimmers must complete Salamander before entering this class. Swimmers learn to swim 5 metres, increase their distance using buoyant objects, increase their front & back glide with kick, develop their roll-over glide, slide glide & front swim and safety skills.

CROCODILE - Swimmers must complete Sunfish before entering this class. Learn to swim 5 metres on front and back, perform dolphin kick and begin using rhythmic breathing. Will also progress with kicking drills and increase swimming distance to 10 metres and safety skills.

WHALE - Swimmers must complete Crocodile before entering this class. Learn to swim 5 metres on front, back and side. Front crawl and back swim 7 metres and a continuous swim for 10 metres.

SWIM KIDS RED CROSS SWIM LEVELS (school age)

Children 5+ can enter Swim Kids if they have not completed Red Cross Swim Preschool. *check out the Sunday option for Level 1 - 10

SWIM KIDS - LEVELS 1 - 2	3:00 - 3:30 pm	8/\$85
SWIM KIDS - LEVELS 3 - 4	3:30 - 4:00 pm	8/\$85
SWIM KIDS - LEVELS 5 - 6	4:00 - 4:30 pm	8/\$85
SWIM KIDS - LEVELS 7 - 10	4:30 - 5:30 pm	8/\$130

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

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

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

SWIM KIDS LEVEL 4 - Self safety, how to contact EMS, safe diving, kneeling dives, surface support for 45 seconds, front crawl and a 25 metre distance swim.

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

SWIM KIDS LEVEL 6 - Causes of boating accidents, outdoor ice safety, victim recognition and simulation, throwing assists, tread water for 90 seconds, front dives, front and back crawl, elementary back stroke, and a distance swim of 75 metres.

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

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

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

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

SWIM KIDS - SUNDAYS

SUNDAYS, OCTOBER 20, 27, NOV 3, 10, 17, 24, DEC 1, 8

SWIM KIDS - LEVEL 7-10	2:45 - 3:45 PM	8/\$130
SWIM KIDS - LEVELS 5 - 6	2:00 - 2:45 pm	8/\$85
SWIM KIDS - LEVELS 3 - 4	1:30 - 2:00 pm	8/\$85
SWIM KIDS - LEVELS 1 - 2	1:00 - 1:30 pm	8/\$85

SOCCER SEPTEMBER 14, 2019 - MARCH 7, 2020



NEED SOME SOCCER GEAR come on over to the Ucluelet Community Centre to exchange or pick up a pair of cleats.

SOCCER - U5 DOB 2015 - 2016
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. We are looking for a coach for our Tot Team! Please contact Barb at 250-726-7772 or email bgudbranson@ucluelet.ca THANK YOU
Coach: TBA Cost: \$25

SOCCER - U7 DOB 2013 - 2014
This team will practice during the week and play a weekend game against Tofino once a month. Participants will learn the importance of teamwork, while learning the rules of the game and practicing their soccer skills. Practise will be at the Seaplane Base Rec Hall at 4:30 - 5:30 pm on Thursdays.
Coach: Tracy Andrews Cost: \$50

SOCCER - U9 DOB 2011 - 2012
This team will focus on skill development, teamwork and of course, fun! Players will have weekly practices in Ucluelet and play games against Tofino on Saturdays once a month. Practise times TBA.
Coach: Jonny Ferguson Cost: \$50

SOCCER - U11 DOB 2009 - 2010
This team is for nine to twelve year olds who are interested in skill development, teamwork and of course, fun! Practises will be at the Seaplane Base Rec Hall Field from 5:30 - 6:30 pm on Thursdays. Participants can join the Alberni Valley Soccer Association League and travel to Port Alberni once a month for games.
Coach: Jamie Carson & Dennis Morgan Cost: \$50

SOCCER - U13 TRAVEL TEAM DOB 2007 - 2008
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 Thursdays from 5:30 - 6:30
Coach: Ken Griffin & Scott Payne Cost: \$50

SOCCER - U14 - U18 TRAVEL TEAM DOB 2005 - 2006
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: \$50

ALBERNI VALLEY SOCCER ASSOCIATION TEAMS

This year we will be creating three travelling teams with players from Ucluelet and Tofino. These teams will practise/scrimmage every week travel to Port Alberni to play. The cost to register with Alberni Valley Soccer Asso. is \$100/player, this fee includes BC Soccer Association, Administration, Refs, Turf Usage, Field Lining Paint and Wednesday evening development class. To register online go to avsoccer.com

GAME DATES: October 19, November 9, December 7, January 11, February 1, February 29



Girl Guides of Canada's core programming allows girls and young women to develop life and career skills in age-appropriate groups.

Registration for 2019/20 Girl Guides programs in Ucluelet is now open!
Brownies (ages 7-8) - Looking for a Leader
Guides (ages 9-11) - Mondays 6:00 - 7:30 pm at the UAC Hall
Pathfinders (ages 12-14) - Mondays 6:00 - 7:30 pm at the UAC Hall
Leaders Wanted! If you are interested in a rewarding volunteer opportunity contact: Jeanette Martinolich at 250-725-3492
Online Registration available for all levels! www.girlguides.ca



Scouts develop into capable, confident and well rounded individuals, better prepared for success in the world.

Register your child at www.scouts.ca

LEADERS NEEDED

Beavers Scouts: Age 5 - 7 (Kindergarten - Grade 2) Wednesdays, 5:30 - 6:30 pm

Cubs Scouts: Ages 8 - 10 (Grade 3-5) Wednesdays, 6:30 - 8:30 pm

Scouts: Ages 11 - 13 (Grade 6-8)

Fun, exciting, adventurous meetings and outings.

Any questions contact Ken Roberts at ukeeken@yahoo.ca

Registration for 2018/19 Scouts Canada in Ucluelet is now open.

THANK YOU TO ALL OUR COACHES AND VOLUNTEERS FOR YOUR DEDICATION AND TIME TOWARDS OUR COMMUNITY SPORTS. **THANK YOU**

KIDS BASEBALL: Katherine Loiselle, Tracy Andrews, David Smith, Chris Sylvester, Scott Reed, Mike Bray, Jamie Carson, Paul Galloway

KIDS SOCCER: Ornella Cirella, Ken Griffin, Dennis Morgan, Jonny Ferguson, Tracy Andrews, Scott Payne, Mike Chapman,

SKATEBOARDING: Henri Simpson, Anna Saunders, Sarah Hagar, Ruby Maddiford, James Hillerby, Pete Bahnsen

ADULT SPORTS: Geoff Lyons, Tony Pugh, Lucia Lyons, Matteo Ludlow, Evelyn Charlie, Ken Ludlow, Pieter Timmermans

Our apologies if we missed anyone.

THE EDGE YOUTH ROOM

AGE 12-18

YOUTH ROOM COORDINATOR - TONI BUSTON
UCLUELET COMMUNITY CENTRE - 500 MATTERSON DR

NEW DROP IN SCHEDULE

MONDAY'S 3:00 PM - 5:30 PM
TUESDAY'S 3:00 PM - 5:30 PM
WEDNESDAY'S 3:00 - 6:00 PM
THURSDAY'S 3:00 PM - 7:00 PM

YOUTH DROP-IN & PROGRAMS

MONDAY'S - drop in and we will be looking at some great food initiatives, check out the Poster Board in the Youth Room for more info.

TUESDAY'S - West Coast Youth 3:00 - 5:00 pm
Come and join us each week and learn new skills for adventuring in the outdoors and connecting with our amazing local area and all of its valuable resources.

WEDNESDAY'S - drop-in and have some puppy fun 5:00 - 6:00 pm.

THURSDAY'S - Art Lab 3:00- 5:00 pm
In this on-going series we will be using different art mediums weekly, leading up to an all youth art exhibit at the PRAS Orange Door Gallery in November. No experience necessary. Workshops lead by a variety of artists and supported by PRAS and the CBT.

THURSDAY NIGHT'S - drop-in 5:00 - 7:00 pm its board game night, help prep some snacks and challenge your friends.

REGISTER REQUIRED FOR THE CLASSES BELOW

TEEN YOGA Ages 13 - 18
This yoga class is for teens who are interested in learning more about yoga and meditation. This yoga class will be a 60-minute practice to teach youth the basics of yoga in an age-appropriate and engaging way. The class will include breath work, yoga and meditation. Yoga is a great way for youth to learn self regulation and to help quiet their minds.

CLASSES RUN ON SCHOOL PRO DAYS: SEPT 23 & NOV 18

Mondays,
Session A: September 9 - October 28 3:15 - 4:30 pm 8/\$80
Session B: November 4 - December 9 3:15 - 4:30 pm 6/\$60
UCC Fitness Studio
Instructor: Norannda Sigmund

SCULPTURE CLASS Age 12 - 16
Learn all about clay and working in a pottery studio! This class is a great way to explore the basic methods of transforming lumps of clay into glazed and finished sculptures. You will learn a variety of hand building techniques including slab and coil construction methods, surface design and glazing techniques. All supplies included.

Mondays, September 16, 23 October 7, 14, 21, 28
UCC Pottery Studio 3:30 - 5:30 pm
Instructor: Karla Strickland \$160

PRINT ON CLAY COURSE Age 12 +
Sign up for this unique and fun class and learn to make stencils and do decal transfers onto pottery pieces. Clay included, every student will leave with a cup and one other piece.

Tuesday, November 19 5:30 - 8:30 pm
UCC Pottery Studio \$40
Instructor: Karla Strickland

ADULT FITNESS

GENTLE YOGA FOUNDATIONS *New!*
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.

Mondays,
Session A: September 9 - October 28 6:30 - 7:15 pm 8/\$80 + gst
Session B: November 4 - December 9 6:30 - 7:15 pm 6/\$60 + gst
UCC Fitness Studio
Instructor: Norannda Sigmund

WOMEN'S CIRCLE OF LAUGHTER
Relax, everything is going to be okay! All is good in life! This class has an optimistic approach to health through massage, meditation and movement. If you want to learn how to relax and laugh this is the class for you.

Fridays, September 6 (ongoing)
UCC Fitness Studio 10:30 - 11:30 am
Instructor: Lorna Watson \$2 drop-in fee

ADULT FITNESS

ADULT BALLET & BARRE CLASS

This combination dance/low-impact fitness class is designed for those who want to learn classical dance in a fun, supportive and creative environment. Experience a series of exercises at the barre, mat work and ballet technique, with a focus on alignment, gentle rehabilitation. Improve posture, balance and coordination through the expressive movement of dance! Suitable for all ages and abilities.

Wednesdays, October 2 - December 4

UCC Fitness Studio 6:45 - 7:45 pm
Instructor: Sandra Hinder Pre-register: 10/\$100 + gst

LATIN CARDIO - DANCE WORKOUT

This morning fitness dance class will give you that jumpstart you need to get your day started! This is a medium to high energy, exciting class which combines rhythms from Cha Cha Cha, Merengue, Salsa, Reggaeton and many more with the latest latin hits on the radio. No experience necessary.

Wednesdays, September 4 (ongoing)

6:00 - 7:00 am

Saturdays, September 7 (ongoing)

8:00 - 9:00 am

UCC Fitness Studio

Instructor: Lyvi Rivera

\$12 drop-in or universal punch cards

PURPLE DRAGON DON JITSU - TEENS/ADULTS

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!

Mondays & Wednesdays,

Session A: September 9 - October 30 (NO CLASS: OCT 8) 14/\$154 + gst

Session B: November 4 - December 16 (NO CLASS: NOV 12) 11/\$121 + gst

UCC Main Hall

7:30 - 8:30 pm

Instructor: Senpai Ian Shu

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.

Thursdays, October 3 (on-going) (NO CLASS: OCT 10)

UCC Main Hall minimum of three students required

6:30 - 7:45 pm

Instructor: Lindsay Kerdman

\$12 drop-in or universal punch cards

ROLLER SKATE FITNESS

Come and train on quad (roller) or inline skates in this unique group fitness class. This is a mixture of full bodyweight cardio, strength and endurance training on skates and floor work. Though a challenging class, all levels are welcomed. Helmets and protective gear are required.

Monday's, September 9 (ongoing)

Seaplane Recreation Hall

6:45 - 8:00 pm

Instructor: Lyvi Rivera

\$5 drop in fee

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.

Tuesdays & Fridays, September 3 (ongoing)

UCC Fitness Studio

9:00 - 10:00 am

Instructor: Sarah Hogan

\$6 drop-in

CHI GONG

Learn the 8 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.

Wednesdays, September 4 to 18

Mondays & Wednesdays, September 23 (ongoing)

UCC Fitness Studio

10:30 - 11:30 am

Instructor: Jan Draeseke

\$3 drop-in fee

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 required.

Mondays, September 9 (ongoing)

UCC Main Hall

6:00 - 6:45 pm

Thursdays, September 12 (ongoing)

USS Gym

6:00 - 6:45 pm

\$2 drop-in fee

ARE YOU INTERESTED IN A....

WINTER WALKING GROUP - Who wants to walk outside when it's wet and cold! Let us help you and your group to keep moving this fall with an indoor arena.

WEST COAST FLOOR CURLING - Floor Curling is a great way to exercise. No special skills required, we have pushers & its a great socializing opportunity.

PICKLE BALL - Pickleball is a racquet sport that combines elements of tennis, badminton, and table tennis all at once. Its a great game to stay physical.

If you are interested in helping to get these activities going please call Barb at 250-726-7772, ext 223 or email bgudbranson@ucluelet.ca

ADULT & YOUTH PROGRAMS

UCLUELET CHOIR

Age 18 +

Join Ucluelet's singing community every Tuesday night this Fall. Come sing some pop and classical music in harmony while learning vocal technique and music theory. Recordings of the vocals are provided to help learn the songs. No experience is needed, just a voice and a black binder! You will get lots of laughter, chills, and new friends out of this community choir. Two shows will be performed on the weekend of December 14 and 15. Singers are expected to attend both shows and the general rehearsal on December 12. We can't wait to start singing again, come and join us. You are welcome to come try the first class for free before signing up.

Thank you to the Pacific Rim Arts Society for the continued donation of use of the grand piano.

Tuesdays, September 24 - December 10 7:00 - 9:00 pm
UCC Main Hall 13/\$175 + gst
Choir Director: Sophie L'Homme

Ucluelet Christmas Concert: December 14 - UCC Main Hall
Tofino Christmas Concert: December 15 - Tofino Community Centre

SELF-CARE ACUPRESSURE SESSIONS

Come and learn what the ancients knew! Join me for introductory, hands on classes in self-care Acupressure related to common ailments. Learn how to locate and activate key Acupressure points to bring relief from pain and discomfort, increase circulation, and release muscular tension. Mindfully working these points will help create balance and promote the body's innate capacity to heal itself. Breath and Relaxation techniques will be explored to deepen and enhance a feeling of well being.

*Note: Not recommended for those who are pregnant, or dealing with life threatening illness. Certain points must be avoided in these circumstances.

Wednesdays,
Sept. 11 Headaches & Migraines
Sept. 18 Colds & Flu
Sept. 25 Arthritis & Non Articular Rheumatism
Oct. 2 Neck & Shoulder Tension/Pain; Wrist Pain
Oct. 9 Irritability, Frustration, Dealing with Change; Jaw Problems
Oct. 16 Insomnia
Instructor: Sharon Purdy 6:30 - 8:00 pm
UCC Room 2 \$12 per class + gst

LEARN TO PLAY BRIDGE LEVEL I

This set of six lessons, once weekly, is designed as a refresher course for those who have a basic understanding of bridge and would like to advance their knowledge and playing skill. It also provides the basic beginning knowledge for those new to the game of bridge. The material presented will include a review of basic opening bids and play of the hand. Bidding system is Standard American.

Thursdays, October 24 - November 28
Instructor: Nancy Barlett 1:30 - 3:30 pm
UAC Hall, 1510 Peninsula Road \$30 + gst

BRIDGE LEVEL II

This set of 6 lessons, once weekly, is designed for those who have some knowledge of bridge and who have played in the past and would like to advance their knowledge and playing skill. The material presented will include a review of basic opening bids, strong and weak opening hands and no trump bidding. The class will also cover competitive bidding and play of the hand. Bidding system is Standard American.

Tuesdays, November 5 - December 10
Instructor: Nancy Barlett 10:30 - 12:30 pm
UAC Hall, 1510 Peninsula Road \$30 + gst

INTRO TO KNITTING & CROCHETING

Have you ever wanted to learn how to knit or crochet? Now's your chance, join Pam to learn the basics how to cast on and bind off, work the knit and purl stitch. There is also a group of ladies working on bonnets for west coast babies, come and join the group. Drop by on the Saturday of your choice, or all of them!

Saturdays, Sept 14, 28, Oct 12, 26, Nov 9, 23, Dec 14
UCC Youth Room 10:00 - 11:30 am
Instructor: Pamela Evans \$\$\$ by donation

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.

Tuesdays, September 3 (on going) 9:00 - 12:00 pm
UCC Youth Room \$2 drop-in fee

HOOKED ON THE EDGE - RUG HOOKING CLUB

For those with a base familiarity of Rug Hooking feel free to drop in to this monthly club for help with problems, wool exchanges, designs and drawing and group ordering opportunities. Cynthia's wool cutter will also be available! Bring your own project to work on. This group meets monthly on the third Tuesday of every month.

Tuesdays, September 17, October 15, November 19, December 17
UCC Youth Room 6:30 - 8:00 pm
Instructor: Cynthia Newans \$2 drop-in fee

ADULT & YOUTH PROGRAMS

INTRODUCTION TO THE WHEEL

Ages 16+

This class will help you to build a foundation to your pottery skills and is designed for students with little to no clay experience. You will learn the basic properties of clay and the instructor will guide you through the process of throwing, shaping and trimming pots on the potter's wheel. Finishing and glazing techniques will also be covered. The price of the class includes one bag of clay, tools, glazes and firing. Please bring your own towel!

Tuesdays, September 17, 24 October 1, 8, 15, 22 10:00 - 12:30 pm
UCC Pottery Studio \$250 + gst

Wednesdays September 18, 24 October 2, 9, 16, 23 6:00 - 8:30 pm
UCC Pottery Studio \$250 + gst

Mondays, November 4, 11, 18, 25 December 2, 9 10:00 - 12:30 pm
UCC Pottery Studio \$250 + gst
Instructor: Karla Strickland

SLIP CAST WORKSHOP

New!

Age 16+

This introductory class will give you the basics of working with Slip Clay and Plaster Casts. How to prepare a plaster cast of your own, slip basics, pouring a cast and finishing a casted ceramic piece to be prepared for firing as well as glazing your own prepared ceramic casted piece which will be ready to take home later in the week after firing.

Sunday, October 6 1:00 - 5:00 pm
UCC Pottery Studio \$80 + gst
Instructor: Karla Strickland

INTRODUCTION TO SCULPTURE

New!

Ages 16+

This class will help you to build a foundation to your pottery skills and is designed for those with little to no experience but can be adapted to suit more advanced skill levels. You will learn the basic properties of clay and glaze, hand building techniques including slab and coil work, caring for your pieces in the studio as well as finishing techniques and surface decoration. Both functional and decorative pieces can be made in this fun and interesting class, so come down and try it out.

Mondays November 4, 11, 18, 25 December 2, 9 6:00 - 9:00 pm
UCC Pottery Studio \$250 + gst
Instructor: Karla Strickland

THE POTTER'S WHEEL

New!

Ages 16+

This class is designed for students with some experience on the potter's wheel and will help you to develop your skills throwing and using different techniques to get the pieces you want. The instructor will guide you through the process of throwing, shaping and trimming pots, with emphasis on expanding your knowledge of techniques and tools for the studio. Please bring your own towel! Includes one bag of clay, tools, glaze and firing.

Wednesdays, November 6, 13, 20, 27 December 4, 11 6:00 - 9:00 pm
UCC Pottery Studio \$280 + gst
Instructor: Karla Strickland

UNDERGLAZING AND DECAL APPLICATION

New!

Age 16+

This workshop will focus on the versatility of underglaze, students will work with prepared leather hard and bisque surfaces to try out some of the many ways it can be used. Painting, stencils, carving and decal applications will be of focus. All works will be fired by the end of the week for pick-up.

Sunday November 3 1:00 - 5:00 pm
UCC Pottery Studio \$85 + gst
Instructor: Karla Strickland

PAINT YOUR OWN POTTERY NIGHT

New!

All Ages

Come down and choose from a selection of fun holiday and retro slip casted pieces and glaze them yourself. This class doesn't require any experience just for you to have fun and let your inner painter shine. An instructor will be there to assist you in glazing techniques. Each person will get to choose two smaller and two larger pieces to paint, all work will be fired and ready for pick-up within ten days of the class.

Sunday December 1 5:00 - 9:00 pm
UCC Pottery Studio \$60 + gst
Instructor: Karla Strickland

OPEN STUDIO MONTHLY MEMBERSHIPS

A limited amount of space is available for Monthly Membership in the UCC Pottery Studio. Please enquire with the UCC Staff and Studio Coordinator for details and availability, we will be happy to speak with you. Memberships are available to those who can work completely independently in the studio. If you do not feel completely comfortable working independently we encourage you to take another class before looking at a monthly membership. The studio is intended for recreational use only, not for business purposes or production usage. These costs include use of the room and equipment/tools as well as basic glaze and underglaze. The studio recycles all of their clay so only white or buff clay will be allowed for studio use and clay can only be purchased from the Studio Coordinator.

Monthly Membership: \$120 + gst - payable on the 1st & 15th of month
Hours of Operation: Sunday - Saturday, 9:00 - 5:00 pm;
excluding program classes & holiday closures
Clay: Purchased from the Studio Coordinator - \$40 for 20lb of clay
Studio Coordinator: Karla Strickland

general interest

ceramics

yoga

ADULT & YOUTH PROGRAMS

PRESERVE PROGRAM EAT WEST COAST

Come and join this amazing course hosted by the Tofino Community Food Initiative. All ingredients and materials are provided and you will get to take home what you make! Participants will also have access to a preservation equipment library to try out their new skills at home. Register early as there is a maximum of eight people per course.



New!

Register by emailing info@eatwestcoast.ca.

\$15 per course or \$50 for all four courses

Location: UCC Kitchen

Instructors: the Tofino Community Food Initiative and graduates of the PreserveSafe™ under the Eat West Coast Preservation Program.

WE CAN PICKLE THAT!

Saturday, September 21 1:00 - 5:00 pm
Pickles! Beets! Garlic! Carrots! Peppers! We can pickle that! It's everything you need to know to get started making your own pickled foods at home – and enjoying the benefits. No previous experience needed, come and learn how to prepare ingredients, create brines, and use the water bath canning technique to safely preserve. It's a healthy, economical and delicious way to enjoy the taste of fresh food throughout the year.

TOMATO TRICKS

Saturday, October 19 1:00 - 5:00 pm
Want to learn to can whole tomatoes, sauces, or salsas? Tomatoes take special care to preserve safely due to their low acidity. Learn how to adjust acidity correctly for water bath canning and dive into learning how to use a pressure canner. If you've never used a pressure canner before, this is a great chance to see how easy it can be and open up opportunities for preserving more low-acid products like beans, meats, and soups.

APPLE HARVEST

Saturday, November 16th 1:00 - 5:00 pm
Don't you love apple season? Bushels of all kinds of freshly picked apples at great prices – until they are gone. Learn different preservation methods to enjoy the harvest year round including dehydration techniques for the best chips and fruit leather and canning technique sauces and butters. Once you learn these tips and tricks you can use them for all kinds of other fruits too.

HOLIDAY JARS

Saturday, December 7 1:00 - 5:00 pm
With the holidays right around the corner, learn simple recipes to make sweet and savoury accompaniments to your family meals. Using the water bath canning method, you will learn food preservation techniques that will allow you to enjoy the last of Fall's harvest into the winter. We'll be making jars of cranberry relish and pear chutney - perfect stocking stuffers for the foodies in your life!

FOOD PRESERVATION TRAINER CERTIFICATION

Learn theoretical and hands on training in safe and effective food preservation techniques including drying, boiling water bath canning and pressure canning. Through this intensive training you will also receive resources and guidance to teach your own workshops or work with local community organizations and become PreserveSAFE™ Trainer Certified. Sponsorships available for fees, travel and FoodSafe training for local community food leaders.



Saturday & Sunday, October 5/6 9:00 - 4:00 pm
\$220 + 3hrs online lesson to be complete prior to course
To register or learn more about sponsorships email info@eatwestcoast.ca.
Registration deadline September 16. Location: UCC Kitchen + online

**** REMINDER ****

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**

REFUNDS:

We will be more than happy to give you a full refund or provide an immediate credit if we have to cancel a course. A 20% administration fee will be charged for persons cancelling their registration PRIOR to the beginning of a program. A 20% administration fee, plus a pro-rated charge will be levied to persons who cancel a program AFTER the program has begun. *Swimming is exempt. Exceptions will be at the discretion of the Manager of Parks & Recreation.

UCLUELET PARKS & 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 at the UCC or online www.ucluelet.ca. Completed forms may be dropped off at the UCC or mailed to: PO Box 999, Ucluelet, BC, V0R 3A0
***Limited funds are available** For more information please contact:
Abby Fortune, Manager of Parks & Recreation: Call **250-726-7744 ext. 234** or email afortune@ucluelet.ca

CONVERSATIONAL FRENCH CLASS

New!

Age 16+

This class is for people who already have basic knowledge of the French language and would like assistance improving their conversation skills for travelling, work, interviews, or just honing their language skills through live fictional situations. Join us for this informal and fun class.

Thursdays, October 3 - December 12

UCC Room 2

6:30 - 7:30 pm

Instructor: Marylise Frecheville

12/\$108

BODY & VOICE EXPRESSION

New!

Age 16+

Communication is mostly pre-linguistic. How can one give a voice to these inner feelings that can't be represented with words? This class is to assist people with finding a way to convey and release their emotional tensions. Join us in this open and supportive space to connect with yourself and others in a new way.

Thursdays, October 3 - December 12

UCC Room 2

7:45 - 8:45 pm

Instructor: Marylise Frecheville

10/\$108

INTRODUCTION TO STARGAZING PART I - THE NIGHT SKY

Do you love gazing skywards, but wish you knew more about what you are seeing? In this interactive, family-friendly indoor workshop, you will learn to orient the night sky using a belt of constellations; tell direction and time by the sun and moon; and understand the daily, monthly, & annual patterns of the heavenly bodies. Weather-permitting, we may also step outside to take a look at the night sky! Family-friendly, all ages welcome.

Wednesday, October 30

6:30 - 9:00 pm

UCC Room 2

\$12 per person or \$20 for a family (2 adults + kids/youth)

Instructor: Daye Cooper, M.A.

INTRODUCTION TO STARGAZING PART II - LONGITUDE, LATITUDE, & TIME

Part 2 continues our night sky explorations with a deeper orientation to the sun, moon, and stars, including telling time by the Big Dipper, understanding longitude and latitude, and figuring out where and when you are in the world, just by looking up. Weather-permitting, we may also step outside to take a look at the night sky!

Recommended prerequisite: Part 1 and for ages ten and up.

Wednesday, November 6

6:30 - 9:00 pm

UCC Room 2

\$12 per person or \$20 for a family (2 adults + kids/youth)

Instructor: Daye Cooper, M.A.

INTRODUCTION TO STARGAZING PART III - TIDES

Complete the Introduction to Stargazing series with this interactive workshop on tides. How do the sun and moon create our tidal cycles? Surfers and beachcombers alike will learn how to predict Tofino tides without a tide table. *Recommended prerequisite: Part 1 and for ages ten and up.*

Wednesday, November 13

6:30 - 9:00 pm

UCC Room 2

\$12 per person or \$20 for a family (2 adults + kids/youth)

Instructor: Daye Cooper, M.A.

MENTAL WELLNESS WILDERNESS FIRST AID

While traditional first aid focuses on physical health, mental wellness challenges are just as frequent in the wilderness as cuts and broken bones. Developed by clinical counsellors and wilderness professionals, this interactive, and wickedly empowering, evidence-based workshop trains students to assess, resource, and practice specific intervention strategies to support a range of mental health conditions including anxiety, depression, grief, psychosis, self-injury, and trauma. Specifically designed with wilderness contexts in mind, this course will also be of value to anyone supporting mental health challenges in any environment. This course is over three consecutive days with a fourteen hour spread.
<http://www.mentalhealthwildernessfirstaid.ca>

Friday October 4, 7:00 - 8:30 pm; Saturday October 5, 9:00 - 4:30 pm & Sunday October 6, 9:00 - 2:00 pm

Fee: \$195 + gst and \$30 for manual (manual is optional)


25% discount on course fees for youth workers, SKGABC guides, teachers, students, and community volunteers.

Instructor: Daye Cooper, M.A.

UCC Room 2

DOG TRAINING - LEVEL ONE

Adults Only

Come out and join us for a fun evening where owners will learn to handle/train their dogs obedience in a controlled environment. This is a level one obedience class for all breeds. The first class is a meet and greet without your dogs, and please bring a copy of your vaccination papers. Dogs must be at least 6 months old for this class. 

Wednesday, October 2 - November 13

Rec Hall, 160 Seaplane Base Road

7:15 - 8:15 pm

Instructor: Tammi MacKinnon

\$100 + GST

HALLOWEEN SPECIAL EFFECTS MAKEUP CLASS

This workshop is offered by a professional make-up artist with more than 20 years of experience in the film and television industry. You will learn special effects make-up techniques such as scars, burns, black eyes, bruises, scrapes, bullet holes and much more! This is a hands-on workshop designed for teens and adults.

Thursday, October 24

6:30 - 8:30 pm

Activity Room 1

\$25 + GST

Instructor: Sylvie Godin

general interest

general interest

food preservation

