

2025 SUMMER PROGRAM GUIDE

UCLUELET RECREATION DEPARTMENT



REGISTRATION OPENS JUNE 17

PROGRAMS RUN JULY - AUGUST

CALL: 250-726-7772 EMAIL: RECREATION@UCLUELET.CA ONLINE: WWW.UCLUELET.CA



SAVE THE DATE:

UKEE DAYS

JULY 25 - 27

EARLY YEARS PROGRAMS

CHILDRENS CAMPS

FAMILY PROGRAMS

ADULT & SENIOR PROGRAMS

WEEKLY ADULT FITNESS PROGRAMS - SUMMER CALENDAR

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
CHI GONG 10:30 - 11:30 am UCC Main Hall Registration & Drop-in (see inside for info)	DANCE FIT 50+ 9:00 - 10:00 am UCC Main Hall Drop-in fee (see inside for info)	MAT PILATES 6:30 - 7:30 am UCC Fitness Studio Registration & Drop-in (see inside for info)		DANCE FIT 50+ 9:00 - 10:00 am UCC Main Hall Drop-in fee (see inside for info)	 UKEE REC	 UKEE REC
CONTEMPORARY DANCE 6:30 - 7:45 pm FLOORWORK FLOW 8:00 - 9:00 pm UCC Fitness Studio Drop-in (info inside)		CHI GONG 10:30 - 11:30 am UCC Main Hall Registration or Drop-in (see inside for info)	CHAIR YOGA 10:00 - 11:00 am Main Hall Drop-in fee (see inside for info)		GENTLE FLOW YOGA 11:00 - 12:00 pm Big Beach Gazebo Registration/ Drop-in (see inside for info)	BRAZILIAN JIU-JITSU 6:00 - 7:00 pm UAC Hall Registration & Drop-in (see inside for info)
SOCCER 6:00 - 8:00 pm Tugwell Field \$2 Drop-in fee			BRAZILIAN JIU-JITSU 7:00 - 8:00 pm UAC Hall Registration & Drop-in (see inside for info)		Swim to Survive FREE Lesson August 9 (see inside for more info) 	

SUMMER FUN HAS ARRIVED

Check out this year's list of camps and classes to keep you motivated this summer. Top these classes off with a few trips to the beach or lake and who could ask for a better summer.

Recreation truly is a pathway to a balanced and healthy lifestyle.

HOW TO REGISTER

The Ucluelet Recreation Department offers three easy ways for program registration: online, by phone, or in person. Spaces are filled on a first come, first served basis. Registration opens on June 17 at 9:00 am. There is no early registration. Payment is required at the time of registration.

ONLINE REGISTRATION

To use online registration, you will need an account and a credit card. You can create an account or sign-up to access onlineregistration at <https://ucluelet.ca/community/parks-recreation/activity-guide-registration>. Please let us know if you need your password to be re-set.

IN PERSON & OVER THE PHONE REGISTRATION

Please check our website for up-to-date information on the program guide before registering. You may call the Ucluelet Community Centre at 250-726-7772 during office hours, Sunday to Saturday, 9:00 am - 4:30 pm and our staff will be happy to process your request. Payments by cash, cheque, credit card or debit card is accepted. If you have not received a receipt prior to the program start date, please call to confirm. Please also read confirmation receipts carefully as they note program dates, omitted dates, time frames, etc. Adult fee's in the guide do not include taxes. GST will be applied to applicable fees.

AVAILABLE FUNDING

The Ucluelet Recreation Department subsidy program is available for all ages to residents of Ucluelet who require financial assistance. Please submit applications prior to all program guide registration dates. Applications can be found online at www.ucluelet.ca or stop by the UCC to pick one up.

JUMPSTART - Ages (4-18 years) - JumpStart is a community-based charitable program that helps kids in financial need participate in organized sports and recreation. To request funding, complete an online application form which is available at <https://jumpstart.canadiantire.ca/pages/individual-child-grants>.

KIDSPORT - So All Kids Can Play! (Ages 6-18 years) - KidSport is a community-based sport charity that provides grants for children to participate in a recognized sport. To apply go to: www.kidsportcanada.ca.

TRUE SPORT - The District of Ucluelet is a member of True Sport. True Sport is an initiative of the Canadian Centre for Ethics in Sport (CCES), a network leader in values-based sport. The CCES encourages and supports all those involved in sport to embrace True Sport as the approach to activate values-based sport. True Sport is an approach to values-based sport that creates the right conditions for individuals to experience good sport, to value it, commit to it, nurture it and stay connected to it all their lives. When all those involved in sport prioritize the welfare, safety, and rights of participants, and recognize and report acts of maltreatment, they create, foster, and preserve sport environments that ensure positive, healthy, and fulfilling sport experiences. We want participants to keep a positive attitude both on and off the field of play. Show respect for everyone involved in creating sporting experiences, both on and off the field of play. Win with dignity and lose with grace. Play honestly – obey both the letter and spirit of the rules. The True Sport values are fairness, excellence, inclusion, and fun. For more information go to truesport.ca.

REFUND POLICY - A full refund or credit will be issued if a course is cancelled.

* A full program refund will be issued to persons who cancel a program more than two weeks prior to the program start date.

* A 5% administration fee will be charged to persons cancelling their registration without significant notice prior to the start of a program.

* A 10% administration fee, plus a prorated program fee will be levied to persons who cancel after a program has begun.

* Refunds due to illness will be processed as long as the Recreation Department has been notified within 24 hours after the class has taken place; exemptions can be requested from the Director of Community Services.

* Classes missed due to vacations or appointments will not be refunded, unless granted an exception in advance.

* Exceptions will be at the discretion of the Director of Community Services, contact Abby Fortune at afortune@ucluelet.ca or call 250-266-0297.

* Payments made by credit card will be refunded by the original payment method. Payments made by cash, cheque, or debit will be refunded either as an account credit or by cheque. Please allow a minimum of two weeks processing time for reimbursements.

DROP-IN INFORMATION - Participants are recommended to contact the UCC to ensure a class is running as instructors require a minimum number of registered students for classes to operate. Please note that space is limited and registered students take precedence. Drop-in students are to pay instructors directly by cash or credit card.

STAY CONNECTED

Keep an eye out on our Facebook and Instagram page for program updates, cancellations and what is happening next. on facebook.com/ukeerec or on Instagram @ukeerec

Thank you for your continued support and patronage, call us anytime if you have any questions at 250-726-7772.

Abby, Barb, Christie, Candice



EARLY YEARS PROGRAMS

EARLY YEAR CAMPS

KINDER GYM CAMP

Age 3.5 - 5

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

Remember to bring your filled water bottle.

The Ucluelet Recreation Department partners with Pacific Rim Gymnastics and Gymnastics BC for all our gymnastic programs. In doing so, children will receive extended insurance. Families will be required to pay an additional fee for a membership with Gymnastics BC, please ask for assistance when registering.



Monday - Friday, July 7 - 11	10:00 - 12:00 pm	\$110
Monday - Friday, August 11 - 15		
Ages 3.5 - 5	10:00 - 12:00 pm	\$110
UCC Main Hall		
Coach: Shelby McCreesh, NCCP L1, Yemaya Windle, NCCP L1		



MINI- MOVERS

Age 3 - 5

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

Mondays,		
Session A: July 7 - 28	3:15 - 4:00 pm	4/\$40
Session B: August 11 - 25	3:15 - 4:00 pm	3/\$30
UCC Fitness Studio		
Instructor: Robert Gusdal		

SUMMER CAMPS

SUMMER CAMPS

THE DREAM CIRCUS CAMP & MOSS SAILING CAMP have been cancelled due to lack of funding - hopefull to see you next year.

GYMNASTICS CAMP - JULY & AUGUST

Age 6+

Join coach Shelby and Yemaya this summer for a week of fun at Gymnastics Camp. During this camp, children will build upon their physical skills, coordination, flexibility, and confidence. This camp will focus on developing skills such as walk overs, beam balances, bar swings and jumping. Open to children of all levels, this camp caters to each child's needs and physicality. Come on out and have fun working on your balance, flexibility, strength and speed.



The Ucluelet Recreation Department partners with Pacific Rim Gymnastics and Gymnastics BC for all our gymnastic programs. In doing so, children will receive extended insurance and the opportunity to experience larger gymnastics clubs with Pacific Rim Gymnastics. Families will be required to pay an additional fee for a membership with Gymnastics BC, please ask for assistance when registering.

We appreciate parents assistance putting away equipment on Friday at 3:30pm, the more hands make light work.

Monday - Friday, July 7 - 11			
Ages: 6 +	Rec Camp	10:00 - 1:00 pm	\$165
Level 6 +	Pre-comp & Comp	1:30 - 4:30 pm	\$165
Monday - Friday, August 11 - 15			
Ages: 6 +	Rec Camp	10:00 - 1:00 pm	\$165
Level 6 +	Pre-comp & Comp	1:30 - 4:30 pm	\$165
UCC Main Hall			
Coach: Shelby McCreesh, NCCP L1, Yemaya Windle, NCCP L1			

BASKETBALL CAMP

Age 7+

Join Coach Steve Sperger on the court this summer and improve your game while having fun in the sun. Become self-disciplined and gain confidence in your game as we work on court techniques, ball handling, shooting and all aspects of the game. Athletes will improve their physical abilities and become healthier as they train in this social setting. Dress appropriately, put on your sunscreen and don't forget a filled water bottle.



Monday - Friday, July 14 - 18			
Age: 7 - 9	9:30 - 11:00 am	\$60	
Age: 10+	11:15 - 1:00 pm	\$60	
Monday - Friday, August 18 - 22			
Age: 7 - 9	9:30 - 11:00 am	\$60	
Age: 10+	11:15 - 1:00 pm	\$60	
UCC Basketball Court			
Instructor: Steve Sperger, Rain Basketball Academy			

SUMMER CAMPS

SUMMER CAMPS

SCIENCE EXPLORES CAMP

Age: 6+

Join the science squad this summer! Explore the world of science, technology, engineering and mathematics (STEM) through exciting experiments and games. Come along for a week of fun stem-themed activities and fun challenges featuring daily experiments and plenty of play. *Make sure to dress for the weather, bring your lunch, snacks, filled water bottle, sun hat and sunscreen.



Monday - Friday, July 14 - 18	9:30 - 3:00 pm	\$250
Activity Room 2		
Instructor: Elisa Skoett		

CREATIVE CREATURES CAMP

Ages 6+

Calling all nature loving Picassos! Be inspired by nature's beauty and channel your creativity into works of art with Raincoast's camps. You will construct epic beach art, explore sand dunes, go kayaking amongst the kelp forests and so much more! Get ready for a week of endless innovation, exploration and fun in the sun!

Please ensure your child brings: a packed lunch, snacks x 2, filled water bottles, sunscreen, bathing suit, sweater, rain jacket and pants (please check the weather, as our activities will run rain or shine), proper walking shoes, extra socks a bonus.



raincoast
EDUCATION SOCIETY

Monday - Friday, July 21 - 25		
Age 6 - 12	9:00 - 3:00 pm	\$250
UCC Activity Room 2 & offsite locations		
Instructor: Raincoast Education Society Summer Interns		

MAKE, MOVE & SPLASH WATER CAMP

Age 6+

Celebrate the best of summer with a fun-filled camp that blends crafts, outdoor adventure and exciting new games. Each day brings a new opportunity to create, explore and connect with friends in a supportive, energetic environment. Come and create a variety of summer themed projects to take home. Enjoy summer walks, scavenger hunts and playful team games. We will have a day of water fun, with pools and the slip and slide.



*Please bring a 100% white cotton shirt or pillow case for tie dying; bathing suit & towel; sunscreen, snacks, lunch, filled water bottle, appropriate clothing and footwear for outdoor adventures.



Monday - Friday, July 28 - August 1		
Age 6+	9:30 - 3:00 pm	\$240
UCC Activity Room 2		
Instructor: Uma Sharma		

IMPORTANT SUMMER CAMP INFO:

*Summer camps will not run unless minimum registration is met, so sign up early to avoid any disappointment.

*Make sure to dress for weather, bring a change of clothes, a hat and your sunscreen as we will be outside alot!

SUMMER CAMPS

UKEE SUNBURST & SPLASH WATER CAMP

Come and join this fun-filled summer camp that blends hands-on crafts, outdoor adventures and exciting games! Each day brings new opportunities to create, explore and connect with friends in a supportive, energenic environment. Create a tie dye master piece and pieces of art work to decorate your home. Take part in our adventure walks, scavenger hunts, and playful team challenges with relay races, tag and more. Lets have some outside fun with the water pools and slip and slide. Kids will build confidence, teamwork and new friendships while staying active and inspired.

*Please bring a 100% white cotton shirt or pillowcase for tie dying; bathing suit, towel, sunscreen, snacks, lunch, filled water bottle, appropriate clothing and footwear for outdoor adventures.



Monday - Friday, August 11 - 15
Age: 6+ 9:30 - 3:00 pm \$240
UCC Activity Room 2
Instructor: Uma Sharma

ECO HEROES CAMP

Calling all superheroes! Grab your cape and join us for a week of non-stop adventures! With Raincoast's camps, you will go on a different adventure outside each day. You will fly down sand dunes, explore kelp forests in a kayak and so much more! Get ready for a week of endless excitement, exploration and fun in the sun!

Please ensure your child brings: a packed lunch, snacks x 2, filled water bottles, sunscreen, bathing suit, sweater, rain jacket and pants (please check the weather, as our activities will run rain or shine), proper walking shoes, extra socks a bonus.



Monday - Friday, August 18 - 22
Age 6 - 12 9:00 - 3:00 pm \$250
UCC Activity Room 2 & offsite locations
Instructor: Raincoast Education Society Summer Interns



SOCCER SKILLS CAMP

This summer join Ashleigh and Gill on the pitch! Coaches will engage players in a positive and fun environment with an emphasis on skill and technique development. Groups will be divided by ages and skill levels. Dress in layers for weather as we play rain or shine, it might be a bit damp on the field in the morning. Soccer cleats and shin guards are encouraged. Don't forget to check out the cleat exchange tote at the UCC. Let's get ready for the 2025/2026 season. No experience is needed, everyone welcome!

* Don't forget to bring your filled water bottles and a snack!

Monday - Thursday, August 25 - 28
Age: 6 - 8 11:15 - 12:30 pm \$50
Age: 9 + 9:00 - 12:00 pm \$120
Location: Tugwell Fields, Forbes Road
Coaches: Ashleigh Drummond & Gill Montgomery

Ages 5 - 13

SWIM TO SURVIVE

FREE 1 DAY LESSON



Ages 5 - 17

The Lifesaving Society estimates half of Canadian children never take traditional swimming lessons - even though "swimming" is the second most popular activity (after bicycling) in Canada among school-age children between 5 and 12 years of age. The Lifesaving Society wants to ensure every child has the basic skills to survive.

Swim skills are not innate - they need to be taught, and all children deserve the chance to learn. Our research shows that most drownings occur close to safety. If every child in Canada could pass the Lifesaving Society Swim to Survive standard, it could reduce the number of drownings by half.

Swim to Survive teaches just the essentials needed to survive an unexpected fall into deep water - an important first step to being safe around water.

ROLL into deep water
TREAD water for one minute
SWIM 50 metres

Participants will spend time in the water and onshore with introduction and theory sessions. Wetsuits are encouraged but not mandatory. Please bring appropriate swimwear, towels, a hoodie to stay warm in, filled water bottles and a snack.

Saturday, August 9 10:30 - 3:00 pm Little Beach

Register at the UCC - online, in person or over the phone.

Thank you to Island Health & the Lifesaving Society for creating this opportunity!



SOCCER

REGISTER early for the 2025 - 2026 season!



Help us to organize the Ucluelet soccer season by registering early! Why? This helps us organize coaches, practice times, field locations and teams to gets athletes on the field early in the season.

Participants playing soccer will learn the importance of teamwork, while learning the rules of the game and practicing their soccer techniques and skills. Teams will practice once a week and play games against Tofino.

We are always looking for more coaches to assist with this program so if you are interested in volunteering with soccer please email bgudbranson@ucluelet.ca

For information on westcoast registration and travel teams for all ages please contact Dave Tovell @ 250-534-9052.

SOCCER - U5 Practice: TBA	Coach: TBA	Born in 2020/21 Cost: \$80
SOCCER - U7 Practice: TBA	Coach: TBA	Born in 2019/2020 Cost: \$80
SOCCER - U9 MIXED Practice: TBA	Coach: TBA	Born in 2017/18 Cost: \$80
SOCCER - U9 FEMALE Practice: TBA	Coach: TBA	Born in 2017/18 Cost: \$80
SOCCER - U11 FEMALE Practice: TBA	Coach: TBA	Born in 2015/16 Cost: \$80
SOCCER - U11 MIXED Practice: TBA	Coach: TBA	Born in 2015/16 Cost: \$80
SOCCER - U13 MIXED Practice: TBA	Coach: TBA	Born in 2013/14 Cost: \$80
SOCCER - U13 FEMALE Practice: TBA	Coach: TBA	Born in 2013/14 Cost: \$80
SOCCER - U16 MIXED Practice: TBA	Coach: TBA	Born in 2011/12 Cost: \$80

*****PLEASE NOTE THAT TIME FRAMES AND PRACTICE DATES WILL BE AMENDED TO CORROLATE WITH COACH AVAILABILITY*****

BACK TO SCHOOL



Recycling clothing is essential for a more sustainable future, it reduces landfill waste, conserves resources, and supports local communities. It also helps minimize pollution and promotes a circular economy where resources are reused and reprocessed. *Clothes for children five and older can be dropped off at the UCC the week of August 13 - 16. No rips, or stains please.

*If you would like to volunteer to assist with the swap please email recreation@ucluelet.ca

Sunday, August 17 10:00 - 4:00 pm \$2 entry fee
UCC Main Hall

Get a new look for the school year!

TO ALL OUR AMAZING COACHES AND VOLUNTEERES FOR YOUR COMMITMENT TO RECREATION.

THANK YOU

SOCCER: Amanda Cameron, Matt Lock, Mandala Smulders, Dario Phillips, Jason Corlazzoli, Sheldon Vos, Kaleigh Day, Kevin Mair, Andi Wardrop, Dave Tovell, Jon Hopkins, Tom Grozier, Faye Missar, Jolene Sohier, Ken Roberts, Kat Rosene, Graham Aspinall

BASEBALL: Matt Lock, Jason Hogan, Dario Phillips, Nick Haisch, Shanti Davis, Craig Smith, Mike Grandbois, Brent Taron, Scott Reed, Darren Fischer.

KIDS & ADULT HOCKEY: Brent Taron

ROLLER SKATING: Lyvi Rivera, Christina Lanoville, Holly McPhail, Fijona Brinkman, Jill McQuaid, Jen McLeod.

BMX BIKE: Chris Denman, Layton McCleod

MINI BIKERS: Louis Maddiford

SKATEBOARDING: Ollie Ouellet, Leon Davies, Rylie Noyes, Rebecca Kelly-Paul, Maggie Bryce, Jordan Hawkswell, Mara McLaughlin, Lily Tuomi, Krista Bohlen, Devin Pugh

ADULT SOCCER: Faye Missar

BASKET BALL: Joe Leslie

VOLLEYBALL: Rob Smith, Gemma McFarlane

BADMINTON: Joe Soltysik, Jon Hopkins, Ken Ludlow

PICKLEBALL: Trevor & Penny Jones, Mark Macdonnell, Jeff Swan, Chris Johnston

CHAIR YOGA: Cris Martin

Our apologies if we missed anyone.

ADULT DANCE WITH ROBERT GUSDAL

CONTEMPORARY DANCE

This class will be structured where students will expect to be led in a group stretch and warm-up followed by learning a new piece of choreography each week. This class will offer an opportunity for dancers of all levels to participate in a fun and encouraging atmosphere where you can improve your technique, learn new skills, and perform among friends.

Drop-in \$18

Mondays, July 7 - August 25 *(NO CLASS: AUG 4) 6:30 - 7:45 pm
UCC Fitness Studio

FLOORWORK FLOW

In this class students will be led in a group stretch & warm-up followed by learning a new piece of choreography each week. Students should expect choreography that aims to explore sensual movement, classic burlesque/strip tricks, and sexy heels movement. This class is open to all levels but to ensure a safe well rounded class, students should be open to learning & executing: shoulder rolls with minimal assistance, tricks that include inversions, and be comfortable picking up choreography. Wear fitted clothing you feel comfortable moving in with something to cover your knees (pants or knee pads), and optional heels that are **none marking**. Class is open to all gender identities.

Drop-in \$18

Mondays, July 7 - August 25 *(NO CLASS: AUG 4) 8:00 - 9:00 pm
UCC Fitness Studio

ADULT PROGRAMS

ADULT HAND BUILDING

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



Tuesdays, July 8 - August 5 6:00 - 8:00 pm \$220 + gst
UCC Ceramics Studio
Instructor: Ebony Faithful

NERIKOMI NIGHT

Nerikomi is the ceramic technique that uses coloured clay combinations to create unique patterns by hand building methods. In this class we will focus mostly on free form patterns to create unique looking pieces. Students will make 1 block of coloured clay to work with combining up to four different colours. The beauty of Nerikomi is that your coloured clay should show through on all services of your work. This is a one night class, your work will be clear glazed and fired for you to pick up in two to three weeks time.



Tuesday, August 19 5:30 - 7:45 pm \$85 + gst
UCC Ceramics Studio
Instructor: Ebony Faithful

ADULT FITNESS

WELCOME BACK LUCIE PRAZSKA

Lucie is a yoga teacher and founder of Sun Bliss Yoga. Her journey began with the physical practice of yoga, which soon led her to explore its deeper aspects. Lucie has trained for both Vinyasa & Hatha training in Colombia and Bhakti Vinyasa training in India. Passionate about sharing the benefits of yoga, she also finds joy in beachoutings, exploring nature, and hiking.



GENTLE FLOW YOGA

This slow flow vinyasa class is designed to help you unwind and prepare for the weekend. Suitable for all levels, this 60-minute session focuses on mindful movement and deep breathing with gentle transitions between poses. It's an opportunity to relax both physically and mentally, leaving you refreshed and centered for the days ahead.

*Classes will be held at the UCC Fitness Studio in wet weather

Drop-in is \$15 - CASH ONLY.

Saturdays,
Session A, July 5 - 26 11:00 - 12:00 pm 4/\$48 + gst
Session B, August 2 - 30 11:00 - 12:00 pm 5/\$60 + gst
Big Beach Gazebo area, UCC Fitness Studio if weather inclement
Instructor: Lucie Prazska

MAT PILATES

Join Kaleigh in this classical, low-intensity beginner mat Pilates class where we will build strength and flexibility through bodyweight movements, with an emphasis on strong core muscles. We will start with the foundations and progress towards more intermediate techniques. Expect to laugh a little along the way. *This is a classical Pilates class, expect movements to be controlled and more methodical as we practice these isolated movements.

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

Wednesdays,
Session A: July 2 - 30 6:30 - 7:30 am 5/\$60 + gst
Session B: August 6 - 27 4/\$48 + gst
UCC Fitness Studio
Instructor: Kaleigh Haisch



ADULT FITNESS

BRAZILIAN JIU-JITSU

This traditional Brazilian Jiu-Jitsu class is a form of release through movement. Expect a cardio intensive class featuring various drills with self-defense in mind. Guided with clear and safe instruction, students will practice sparring without striking. All levels are welcome, no experience is necessary. Wear tight fitting sport clothing with minimal zippers and pockets. Gi's will be available upon request.

Drop-in \$10 - CASH ONLY

Thursdays, July 3 - 31, August 7 - 28 7:00 - 8:00 pm
AND
Sundays, July 6 - 27, August 3 - 31 6:00 - 7:00 pm
UAC Hall
Instructor: Daniel Allos & Christian Sampson

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, just come and join the group.



Mondays & Wednesdays, July 2 - August 27*
* (NO CLASS: AUG 4) 10:30 - 11:30 am
UCC Main Hall & Fitness Studio \$3 drop-in fee
Instructor: Jan Draeseke 16/ \$48 + gst

DANCE FIT 50+

This program has been re-worked to a low impact and low intensity class. Learn simple and fun dance routines to a wide variety of musical styles while exercising your memory, coordination, and balance in a relaxed and social atmosphere. This class will consist of a warm up, dance combination instruction, gentle stretching and a cool down. All abilities welcome.



Tuesdays & Fridays, July 4 - August 29
9:00 - 10:00 am
UCC Main Hall \$6 drop-in fee
Instructor: Sarah Hogan Punch cards available

AWARENESS THROUGH MOVEMENT

This guided movement sequence encourages participants to explore different movements options and become more aware of their body's sensations. Awareness Through Movement is derived from the Feldenkrais Method, a powerful tool for improving movement, reducing pain adn enhancing overall well-being by fostering greater body awareness adn promoting efficient, adaptable movement patterns.



Saturday & Sunday, July 19/29 AND/OR August 23/24 10:00 - 12:30pm \$20 + gst
UCC Fitness Studio
Instructor: Jeffery Wilson

CHAIR YOGA

Chair yoga is an excellent way for adults to loosen and stretch painful muscles, reduce stress, and improve circulation. It also reduces anxiety, helps lower blood pressure, protects joints, builds strength and balance and can help with a better sleep. No experience or physical fitness levels required. This class is not limited to seniors, it's for everyone, just come out and have some fun and keep moving.



Thursdays, July 4 - August 29 10:00 - 11:00 am
UCC Main Hall \$2 drop-in fee
Volunteer: Cris Martin

PICKELBALL

No experience is needed to play this sport, all ages are welcome. You don't need to worry about having a partner, there are lots of people to play with. There are spare paddles to try out before purchasing one yourself. Pickleball is a paddle ball sport (similar to a racquet sport) where opponents hit a perforated ball over a net. Come by the UCC and set up your account!



Mondays, Wednesdays, Fridays, Saturdays, Sundays 9:00 - 3:00 pm \$3 drop-in fee Punch cards available
Seaplane Base Recreation Hall, 160 Seaplane Base Road



UKEE DAYS 2025
JULY 25 - 27



The best event held year round!
Come celebrate with family & friends and create memories of a lifetime.



Geoff Johnson Photography 2024

NAIL, SAIL, BAIL - GET YOUR ENTRY FORMS IN EARLY
UKEE'S GOT TALENT - COME WIN SOME \$\$\$

VENDORS GALORE

AMATEUR LOGGER SPORTS
ARM WRESTLING EVENT



KEG TOSS, PUDDING EATING

HAPPY CANADA DAY TUESDAY, JULY 1, 2025



12:00 - 3:00 pm
200 Main Street on the Village Green
Live Music, artisans, kids activties
Free bbq hot dogs & cake