

2021 FALL PROGRAM GUIDE

UCLUELET RECREATION DEPARTMENT



REGISTRATION OPENS SEPTEMBER 9

THE UCLUELET PARKS & RECREATION DEPARTMENT WILL BE ADHERING TO ALL PROVINCIAL HEALTH ORDERS & REGULATIONS. STAY SAFE



EARLY YEARS PROGRAMS

CHILDRENS PROGRAMS

YOUTH PROGRAMS

ADULT & TEEN PROGRAMS

SENIOR PROGRAMS

ROLLER SKATING FOR KIDS - SUMMER 2021
SEAPLANE BASE RECREATION HALL
COACH CHRISTINA LANOVILLE & VOLUNTEER EMMA RIDDICK

REGISTRATION INFO:
Ph. 250 - 726 - 7772
Ucluelet Community Centre
500 Matterson Drive

WEEKLY ADULT FITNESS PROGRAMS - FALL CALENDAR

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
CHI GONG PRACTICE 10:30 - 11:30 am UCC Fitness Studio Registration & Drop-in (see inside for info)	TAIJI QUAN (TAI CHI CHUAN) 7:00 - 8:00 am UCC Main Hall Registration & Drop - in (see inside for info)	CHI GONG PRACTICE 10:30 - 11:30 am UCC Main Hall Registration /Drop-in & Virtual Option (see inside for info)	CHAIR YOGA 10:00 - 11:00 am UCC Activity Room 2 (see inside for info)	DANCE FIT 50+ 9:00 - 10:00 am UCC Main Hall Pre-Registration or Punch Cards	HATHA YOGA 9:00 - 10:00 am UCC Fitness Studio Registration/Virtual CANCELLED	MAT PILATES 10:30 - 11:15 am UCC Fitness Studio (see inside for info)
SENIORS FITNESS 11:30 - 12:30 pm UCC Fitness Studio Pre - Registration (see inside for info)	DANCE FIT 50+ 9:00 - 10:00 am UCC Fitness Studio Pre-Registration or Punch Card (see inside for info)	GENTLE YOGA 3:00 - 4:00 pm UCC Fitness Studio Registration/Virtual/ Drop-in (see inside for info)	 WWW.UCLUELET.CA			ROLLER SKATING 12:30 - 3:00 pm Seaplane Base Rec Hall Drop- in fee (see inside for info)
MAT PILATES 5:30 - 6:15 pm UCC Fitness Studio Registration & Drop-in (see inside for info)	YING TO YANG YOGA 10:30 - 11:30 am UCC Fitness Studio Registration/Virtual Options (see inside for info)	ADULT BALLET & BARRE CLASS 5:30 - 6:30 pm UCC Fitness Studio Pre-Registration (see inside for info)	SURFER'S DELIGHT YOGA 6:45 - 8:00 pm UCC Fitness Studio Registration & Drop-in (see inside for info) CANCELLED	TINH VO DAO VIETNAMESE MARTIAL ARTS 6:30 - 8:00 pm UCC Main Hall Pre- Registration (see inside for info)	 UCLUELET PARKS & RECREATION	
DEEP THEMES FLOW YOGA 5:45 - 6:45 pm Big Beach Gazebo & Virtual options avail. (see inside for info)	INTRO TO YOGA 5:45 - 6:45 pm UCC Main Hall Registration & Drop-in (see inside for info)	JOURNEY DANCE 6:30 - 8:00 pm UCC Fitness Studio Pre-Registration (see inside for info)	BRAZILIAN JIU-JITSU 7:00 - 8:00 pm UCC Main Hall Pre - Registration (see inside for info)	IMPORTANT REGISTRATION INFORMATION Fall Registration OPENS on September 9, 2021 @ 9:00 am ONLINE REGISTRATION: If you don't already have an account with us you can create one for yourself and your families at: http://ucluelet.ca/community/parks-recreation/activity-guide-registration 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		
BODHIBLISS YOGA 7:15 - 8:15 pm Virtual Classes Pre- Registration (see inside for info)	HATHA YOGA 5:45 - 6:45 pm UCC Main Hall Registration & Drop-in (see inside for info)		ROLLER HOCKEY 7:00 - 9:00 pm Seaplane Base Rec Hall Pre - Registration Skill set and equipment required.			
ADULT GYMNASTICS 7:45 - 8:45 pm UCC Main Hall Registration & Drop-in (see inside for info)	YIN YOGA 7:00 - 8: pm UCC Main Hall Registration & Drop-in (see inside for info)	 UCC WILL BE CLOSED DEC 19/21 - JAN 3/22				

SWIMMING

CANCELLED



Please welcome our certified Red Cross Water Safety Instructor Karen Mudge

WEST COAST MOTEL POOL RULES

- * Swimmers are to shower before entering the pool
- * Swimmers will clean-up after themselves in the changeroom
- * Swimmers are to access pool by the back bottom door

MONDAYS & WEDNESDAYS

Session A: October 18, 20, 25, 27, Nov 1, 3, 8, 10
Session B: November 22, 24, 29, December 1, 6, 8, 13, 15

SWIM KIDS - LEVELS 1 - 2	4:30 - 5:00 pm	8/\$96
SWIM KIDS - LEVELS 3 - 4	5:00 - 5:30 pm	8/\$96
SWIM KIDS - LEVELS 5 - 6	5:30 - 6:00 pm	8/\$96
SWIM KIDS - LEVELS 7 - 10	3:30 - 4:30 pm	8/\$144

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, ten metre distance swim.

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

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

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

SWIM KIDS LEVEL 6 - Causes of boating accidents, outdoor ice safety, victim recognition and simulation, throwing assists, tread water for ninety seconds, front dives, front and back crawl, elementary back stroke, and a distance swim of seventy five 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 hundred and fifty 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 three hundred 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 four hundred 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 five hundred metre endurance swim.

SWIMMING

CHILDREN PROGRAMS

KIDS CLAY CLASS

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 with their imaginations, learn to properly handle the clay, develop their skills in ceramics and working in an art studio. All materials supplied.

Age 7+



Tuesdays, November 16 - December 14 3:00 - 4:30 pm 5/\$120
UCC Pottery Studio
Instructor: Karla Strickland

KIDS CLAY CLASS INTERMEDIATE LEVEL

This class is geared towards youth who have experience 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 included.

Age 7+

Wednesdays, November 17 - December 15 3:00 - 4:30 pm 5/\$120
UCC Pottery Studio
Instructor: Karla Strickland

ART CLUB

Join Erin this fall to play, learn and create with a weekly immersion in art. Explore new mediums and techniques with an introduction to art history! We will be painting, drawing, sculpt, collaging, playing with fiber arts, design and colour theory! Use your imagination and bring your world alive. All materials and supplies included. Dress for mess!

Age 5 - 10



Thursdays,
Age 5 - 7 Session A: October 14 - November 4 3:00 - 4:00 pm 4/\$48
Age 5 - 7 Session B: November 18 - December 9 3:00 - 4:00 pm 4/\$48
Age 8 - 10 Session A: October 14 - November 4 4:30 - 5:30 pm 4/\$48
Age 8 - 10 Session B: November 18 - December 9 4:30 - 5:30 pm 4/\$48
UCC Room 1
Instructor: Ultramarine Art Supply, Erin Evans

EXPRESSIVE MOVEMENT

This course will incorporate elements of mindfulness, yoga, and creative dance. Expect short meditative exercises, playful yoga sequences and modern dance choreographies. A fun way to explore strengthening, flexibility, balance, and artistic expression. No experience is needed. Bring a notebook as once in a while, we'll delve into short journaling prompts.

Age 7 - 10



Thursdays,
Session A: September 23 - December 2 * 3:00 - 4:00 pm 9/\$90
*** NO CLASS: SEPT 30, NOV 11**
UCC Main Hall
Instructor: Brenda (Bee) Kent

DANCE

EXPRESSIVE MOVEMENT - YOUTH

This course will incorporate elements of mindfulness, yoga, and creative dance. Expect short meditative exercises, playful yoga sequences, and modern dance choreographies. A fun way to explore strengthening, flexibility, balance, and artistic expression. No experience is needed. Bring a notebook as once in a while, we'll delve into short journaling prompts.

Age 10+



Thursdays,
Session A: September 23 - December 2 * 4:00 - 5:00 pm 9/\$90
*** NO CLASS: SEPT 30, NOV 11** 3:00 - 4:00 pm
UCC Main Hall
Instructor: Brenda (Bee) Kent

BALLET BASICS

Ballet Basics will provide a great introduction into controlled movement. Kids will learn more about spatial awareness, simple techniques and easy choreography. Basic Jazz and Contemporary elements will also be incorporated in this class. We will be learning to appreciate the diversity of dance and how to utilize movement. No experience is required.

Age 7 - 8

Tuesdays,
Session A: September 14 - October 26 (cancelled) 4:15 - 5:15 pm 7/\$70
Session B: November 2 - December 14 4:15 - 5:15 pm 7/\$70
UCC Fitness Studio
Instructor: Araiya Bernard

PURPLE DRAGON DON JITSU RYU - IS ON A HIATUS THIS SEASON!

WELCOME DANIEL ALLOS

Daniel is a practitioner of Brazilian Jiu-Jitsu, learning from a variety of institutions across B.C. He is focused on offering detailed instruction while maintaining a safe space where individuals can be playful and collaborative. You can find Daniel's classes to be traditional and self-defense orientated. Above all, he is compelled to share his passion for the "gentle art" to this community.



KIDS BRAZILIAN JIU-JITSU

Brazilian Jiu-Jitsu is a self-defense class that promotes discipline, respect for others, spatial awareness and focus. Children can expect to learn traditional Brazilian Jiu-Jitsu positions and drills safely, under careful supervision. This sport does not involve striking or punching, is suitable for ages, inclusive of all genders and abilities. Brazilian Jiu-Jitsu is not solely a martial art but is also a sport, a method for promoting physical fitness and building character in young people, a way of life. Gi's will be provided for this class if you do not have one.

Age 7 - 13

Thursdays,
Session A: September 16 - October 28* 6:00 - 7:00 pm 6/\$60
*** NO CLASS: SEPT 30**
Session B: November 4 - December 16* 6:00 - 7:00 pm 6/\$60
*** NO CLASS: NOV 11**
UCC Main Hall
Instructor: Daniel Allos

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 or at the UCC. Completed forms may be dropped off at the UCC or emailed to afortune@ucluelet.ca
***Please note that limited funds are available**
For more information contact Abby Fortune, Director of Parks & Recreation
Call **250-266-0297** or email afortune@ucluelet.ca

REFUNDS: We will be more than happy to give you a full refund or credit on your account if we have to cancel a program. A 10% administration fee will be charged for persons cancelling their registration prior to the start of a program. Persons requesting a refund after a program has started will receive a prorated refund with a 20% administration charge. Exceptions will be at the discretion of the Director of Parks & Recreation

CANCELLATIONS: Sometimes great courses with talented instructors are cancelled when you wait until the last minute to register. Instructors require as much notice as possible so that they can be properly prepared for their classes.
***Register at least one week in advance of class to avoid disappointment.**

KIDS SPORT

GYMNASTICS

Age 1.5 +

This year we are partnering with Pacific Rim Gymnastics and Gymnastics BC for all of our classes. In doing so, children will receive extended insurance as well as the opportunity to visit larger gymnastics clubs and participate in fun recreational events throughout the island. Families have the option of paying an annual recreational membership fee of \$42 or a Competitive membership fee of \$55 to the UCC when registering. Members are also required to sign a waiver of liability and consent form with Pacific Rim Gym prior to their first class.

Recreational participants take part in artistic, acrobatic, aerobic, parkour, cheerleading, basic circuits arts and parent & tot programs.

The **competitive** (age 7-16) and **pre-competitive** (age 3-5) classes take a more technical approach to gymnastics. These classes focus on competition preparation, skill acquisition, strength and flexibility training and routine choreography. Athletes in these programs will travel to competitions, training camps and different gymnastics events throughout BC. For the safety and enjoyment of each athlete, Pac Rim Gym coaches and Gymnastics BC must approve a child's entry into this program.

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

Cheer - All Star Cheer is a dynamic team sport including both boys and girls that is primarily competitive and highly athletic. They perform a two minute and thirty second routine that is choreographed to include dancing, jumping, tumbling, stunting and pyramids to music. Athletes compete at various levels dependent on age and skill. For our recreational Gym & Cheer class we will be focusing on learning the basics of all star cheer while building on gymnastic foundations with the goal to combine skills into a routine to be performed at the end of the session. Athletes must have runners, hair tied back and all jewelry must be taken off.

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.

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

PARENTS PLEASE REMEMBER - WE NEED YOUR HELP.

We greatly appreciate parents supporting this program by assisting to set up and put equipment away on either Sunday morning or Monday evenings. Please let Lindsay know of any availability you might have to assist. We couldn't provide this program without your support. *Thank you!*

Sundays, September 19 - December 12 (NO CLASS: OCT 3, 10, 31)

Ages 5 - 7	11:00 - 12:00 pm	10/\$110
Competitive 6 - 9 yrs	12:00 - 2:00 pm	10/\$220
Cheer 7+	2:00 - 3:00 pm	10/\$110
Competitive 10+	3:15 - 5:15 pm	10/\$220
Ages 5 - 7	5:25 - 6:25 pm	10/\$110
Ages 8 - 10	6:30 - 7:30 pm	10/\$110
Ages 11+	6:30 - 7:30 pm	10/\$110

Mondays, September 13 - December 13 (NO CLASS: OCT 11)

Parent & Tot (1.5 - 2 yrs)	1:00 - 1:45 pm	13/\$143
Tiny Tumblers (ages 3 - 6 yrs)	2:00 - 2:45 pm	13/\$286
High School Team	3:25 - 5:00 pm	13/\$214
Parkour Style	5:00 - 6:15 pm	13/\$179
Pre-Competitive	6:30 - 7:45 pm	13/\$179
Competitive	6:30 - 7:45 pm	13/\$179

Coaches: Lindsay Kerdman, NCCP L2; Keanna Hasz, NCCP L1 UCC Main Hall Jasmine Paradis, NCCP L1; Coach: Shelby McCreesh, NCCP L1

GYMNASTICS

ROLLER SKATING **CANCELLED**

Learn how to roller skate or build on your skating skills in a supportive and encouraging environment. Participants will practice forwards and backwards skating, crossovers, stops, and jam skating. This class is intended for beginners, intermediate and advanced roller skaters. Dance moves are taught using a progression of movements so that skaters at every skill level can participate. Skates are provided but you are more than welcome to bring your own.



Instructor Tidbit: Christina has a background in figure skating, roller derby, dance skating and loves putting together roller skate dance routines in her spare time. Don't miss out on this fun and exciting opportunity.

Tuesdays, October 12 - December 14

Age: 8 - 12	4:00 - 4:45 pm	10/\$100
Age: 13+	5:00 - 6:00 pm	10/\$100
Location: Seaplane Base Recreation Centre		
Instructor: Christina Lanoville		

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 5 - December 14

Beginners & Families	6:30 - 7:30 pm	\$2 drop-in fee
Advanced Boarders	7:30 - 8:30 pm	\$2 drop-in fee
Location: Seaplane Base Rec Hall		
Volunteers: Ollie Ouellet, Max Dunn, Leon Davies, Zoe Jordan		

ROLLER HOCKEY

Age 8 +

This sport is very fast paced with children skating on roller blades. Children must have their own equipment and skates. A skill set and knowledge of the sport is most beneficial. Don't forget to bring your water bottle.

Wednesdays, September 29 - December 15

Age 8 - 12	5:00 - 6:45 pm	\$40
Location: Seaplane Base Recreation Hall		
Volunteer: Brent Taron		

SOCCER SEPTEMBER 14, 2021 - MARCH 12, 2022



Welcome to the 2021-2022 Soccer season. Thank you to our fabulous volunteer coaches who make this sport possible, to the Ucluelet Parks Team for field preparation and the West Coast Soccer League. If you are interested in assisting with soccer please contact Barb at 250-726-7772.

SOCCER - U5

Playing soccer is a great way to develop motor skills, balance and engage your little one in physical fitness. Go for gold mini soccer stars training sessions are all about having FUN, bringing home the BASICS and learning to love the sport of SOCCER! Practice will be on Wednesdays, at the Seaplane Base Recreation Hall at 3:45-4:45pm. **Start date is September 29.** Coach: Nora O'Malley Cost: \$60

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 on Thursdays from 3:30 - 4:30 at the Seaplane Base Recreation Hall Field and play a weekend game against Tofino once or twice a month. Coach: Dave Tovell 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. Coaches: Tracy Andrews & Jon Hopkins 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 Seaplane Base Recreation Hall Field on Thursdays from 5:30 - 6:30 pm. This team will play games against Tofino on Saturdays once or twice a month. **Start day is September 23.** Coach: CJ Schmidt Cost: \$60

SOCCER - U13 HOUSE & TRAVEL TEAM

Players on this team have the option of practicing and playing locally or also registering with AVSA and play games in Port Alberni once a month. Practices will be at Tugwell Field, Forbes Road side on Tuesday and Thursdays at 4:00 - 5:00 pm. Coaches: David Smith & Jamie Carson Cost: \$60

SOCCER - U14 - U18 HOUSE / REP / TRAVEL TEAM

This team practices in Ucluelet and Port Alberni; travels on Saturdays to play with the AVSA on the Island. Practices TBA. Coach: Ken Griffin Cost: \$30

ALBERNI VALLEY SOCCER ASSOCIATION TEAMS

Interested in playing with the AVSA this season? You can register online at avsoccer.com Fee's vary for divisions.

SOCCER

SUNDAY ROLLER SKATE - Do you like to roller skate or roller blade?

Come on out for some music and fun at the local Rec Hall "roller rink". Open to all ages - from wee ones to "older" wee ones. Don't fret if you don't have wheels or blades, skates are provided though there are limited amounts. It is recommended for rookies and young ones to wear protective gear, especially wrist guards and helmets. Parents/guardians must be with their young children during scheduled times. **We are looking for volunteers to assist this program, please email recreation@ucluelet.ca if you are interested.*

Sundays, October 3 - December 12 12:00 - 3:00 pm
All ages are welcome \$2 drop in fee
Seaplane Base Recreation Hall, 160 Seaplane Base Road
Volunteer Instructor: Lyvi Rivera



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

KIDS BASEBALL: Scott Reed, Brent Taron, David Smith, Paul Galloway, Mike Rhodes, Mayco Noel, Anita Lea, Chris Garcia

KIDS SOCCER: Tracy Andrews, David Smith, Dave Tovell, Jon Hopkins, Nora O'Malley, Ashley Zuck, Ornella Cirella, Ken Griffin

SKATEBOARDING: Ollie Ouellet, Max Dunn, Zoe Jordan, Gabe Rapozo

Our apologies if we missed anyone.



SOCCER DAY - Join us on September 19 at 10:00am for some fun drills, skill building, gear swap and an introduction to refereeing at Tugwell Fields.



THE EDGE YOUTH ROOM

MASKS REQUIRED

MAKE SURE TO HAVE YOUR VACCINE ID

YOUTH ROOM COORDINATOR - TONI BUSTON

UCLUELET COMMUNITY CENTRE - 500 MATTERSON DR

YOUTH FOOD INITIATIVE

Come and learn how to make some tasty and healthy food from scratch. Vegetarian and gluten free options are available, just let us know what your favourite is. Let's create fresh granola goodies, salad rolls, fried rice, mini pies, burritos, brownies, the sky is the limit.

Thank you to the Food Bank on the Edge for supporting this program.

* Participants are required to register for this class as space is limited

Mondays, 4:30 - 6:30 pm
Session A: October 4, 18, 25, November 1, 8
Session B: November 15, 22, 29, December 6, 13

DROP-IN NIGHT

Come on by and drop in to the Edge Youth Room and see what's happening on Tuesdays. Its a great space to hang out and catch up with friends. We might be playing board games, watching a movie or just hanging.

Tuesdays, 3:00 - 5:00 pm
October 5, 12, 19, 26, November 2, 9, 16, 23, 30, December 7, 14

PEER EDUCATION PROGRAM

This program is designed for teens between 14 - 18 years of age interested in supporting their friends through grief and loss. Do your friends often come to you for advice and you'd like to learn more about how best to support them? This is a seven week program that will cover topics like: Healthy Communication and Active Listening Skills; Self Care & Community Care; What is Grief?; Heart Break & Healthy Relationships; Challenges with Home Life; Challenges with Friends; Local Support and How to Reach Out. Certificate of Completion included.

Hosted by the Pacific Rim Hospice Society
 Facilitated by: Tara Souch, Registered Clinical Councilor

* Remember to register early as space is limited.

Wednesdays, 3:30 - 5:30 pm
October 13, 20, 27, November 3, 10, 17, 24

ART CLUB

Bring your project with you or start a new one. Lots of supplies available, acrylic and watercolour paints, beads, drawing materials, origami, etc.

Thursdays, 3:00 - 5:00 pm
October 7, 14, 21, 28, November 4, 18, 25, December 2, 9, 16

YOUTH MOVIE NIGHT

Join us on Friday night for a movie! Have a suggestion that you think everyone would enjoy? Email ukeeyouth@ucluelet.ca

Fridays, October 15, November 19, December 10 7:00 - 8:30 pm

SWIMMING

THE WEST COAST CHILDRENS RESILIENCE INITIATIVE

PRESENTS: RESILIENCE, WISDOM OF TRAUMA & PAPER TIGERS

Funded by the Coastal Family Resource Coalition & Vancouver Island Children's Health Foundation
 Supported by the District of Ucluelet Recreation Department



RESILIENCE

THE BIOLOGY OF STRESS & THE SCIENCE OF HOPE

RESILIENCE: THE BIOLOGY OF STRESS & THE SCIENCE OF HOPE

Chronicles the birth of a new movement among pediatricians, therapists, educators and communities, who are using cutting-edge brain science to disrupt cycles of violence, addiction and disease.

September 23, 7:00pm UCC, Community Room

FREE - Donations graciously accepted



THE WISDOM OF TRAUMA

Trauma is the invisible force that shapes our lives. It shapes the way we live, the way we love and the way we make sense of the world. It is the root of our deepest wounds. Dr. Mate gives us a new vision.

October 14, 7:00 pm UCC Community Room

FREE - Donation graciously accepted.

PAPER TIGERS

One high school's unlikely success story.



PAPER TIGERS

Paper Tigers follows a year in the life of an alternative high school that has radically changed its approach to disciplining its students, becoming a promising model for how to break the cycles of poverty, violence and disease that affect families.

November 18, 7:00 pm UCC Community Room

FREE - Donations graciously accepted

CHRISTMAS CIRCUS CAMP

In this one-of-a-kind week long circus camp adventure, participants will learn stunts, acrobatics, juggling, aerials & more! The camp is bilingual, a very friendly environment to learn, to practice and to play. Participants will receive a certificate at the end of the week. All equipment is in compliance with safety standards and the supervision is professional. Family and friends are invited to the Thursday afternoon class to enjoy a final performance!

December, Sunday 19 - Thursday 23

Age: 5 - 7 9:30 - 12:30 pm \$185
 Age: 8 - 18 10:00 - 3:00 pm \$275

Location: Seaplane Base Recreation Hall, 160 Seaplane Base Road
 Instructor: Benoit Ranger, Circus Master and Director of Les Transporteurs de Rêves.



ADULT PROGRAMS

UCLUELET & TOFINO CHOIR

Age 16+

Come join Ucluelet's singing community every WEDNESDAY night this fall. Come sing some pop and classical tunes in harmony while learning some vocal technique and music theory. Recordings of the songs are provided to help learn the vocals. No experience needed, just a voice that can sing in tune and a binder! You'll get lots of laughs, chills and friends out of this community choir. Two possible shows will be performed on the weekend of December 18 and 19, singers are expected to attend both shows and the general rehearsal on Friday, December 17. We can't wait to start singing again.

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

You are welcome to try the first class for free before signing up!

PLEASE NOTE: MASK ARE MANDATORY FOR THIS PROGRAM.

Wednesdays, October 6 - December 15 7:00 - 9:00 pm
UCC Main Hall \$175 + gst
Choir Director: Sophie L'Homme
General Rehearsal: December 17
Ucluelet Christmas Concert: December 18 - UCC Main Hall
Tofino Christmas Concert: December 19 - Tofino Community Centre

WEAVING 101 WITH SEA WOVEN WELCOME KIM LECKEY

Join Kim Leckey this Fall and create a beautiful woven wall hanging. Kim is a Canadian born artist, who works with handwoven and macrame techniques. Her work mimics the textures around her from the moss covered trees of the Pacific Rim Rainforest to the kelp strewn beaches at low tide. Her woven and knotted pieces use bold colours and luscious textures to create a statement that is sure to stand out on your wall. Kim will lead you on a new challenge made easy with step by step instructions where you will learn to warp your own hand held loom, create textures using multiple weaving techniques, experiment and discuss use of different fibers, removal from the loom and hanging techniques. You will leave this course with one finished woven wall hanging as well as the handloom and tools to make future weavings.

Wednesdays,
Session A: October 6, 13 6:30 - 9:00 pm \$125 + gst
Session B: October 20, 27 6:30 - 9:00 pm \$125 + gst
OR
Wednesday, October 13, 20, 27 1:30 - 3:15 pm \$125 + gst
UCC Activity Room 1
Instructor: Kim Leckey

CERAMIC CLASSES - ARE ON HIATUS UNTIL 2022

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 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 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.

- * There will be scheduled three hour time frames twice daily for participants to register for online once membership has been confirmed.
- * There is maximum of three participants in the ceramic studio at a time
- * All students are to maintain physical distancing at all times and to wear a mask if physical distancing is not possible.
- * 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; 1:00 - 4:00 pm
Monday & Friday, 5:00 - 8:00 pm
excluding holidays and programmed classes.

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 28 (on going) 9:30 - 11:30 am
UCC Youth Room \$2 drop-in fee

HALLOWEEN SPECIAL EFFECTS MAKEUP CLASS

Get ready for Halloween early with this special effects workshop. Sylvie has over twenty years of experience as a professional make-up artist 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 fun hands-on workshop designed for teens and adults. Don't worry we work around the masks!

Tuesday, October 5 6:30 - 8:30 pm
UCC Youth Room \$25 + gst
Instructor: Sylvie Godin



ADULT FITNESS

OUTDOOR - DEEP THEMES FLOW YOGA

The yoga journey is so much more than just physical movements. Each class will explore a different theme which we will embody throughout our practice physically, mentally and spiritually. Class will be a mixed level Vinyasa Flow Style suitable for all levels with some experience and free from injuries. You can expect to be challenged but leave feeling relaxed and inspired on a spiritual level. Don't forget to dress for outdoor Fall weather.

Drop-In is permitted for this class, please pay the instructor \$15 in cash.
Please note that space is limited.

Mondays, September 13 - October 4 5:45 - 6:45 pm 4/\$48 + gst
AND/OR
Thursday, September 16 - October 7 5:45 - 6:45 pm 4/\$48 + gst
Big Beach Gazebo Area
Instructor: Heather Durward

DEEP THEMES FLOW YOGA - VIRTUAL CLASSES

Join us virtually for this yoga journey which is so much more than just physical movements. Each class we will explore a different theme which we will embody throughout our practice physically, mentally and spiritually. Class will be a mixed level Vinyasa Flow Style suitable for all levels with some experience and free from injuries. You can expect to be challenged but leave feeling relaxed and inspired on a spiritual level.

Participants will receive a zoom link once registered.

Mondays,
Sessions A: October 18 - November 15 5:45 - 6:45 pm 5/\$60 + gst
Session B: November 22 - December 13 5:45 - 6:45 pm 4/\$48 + gst
AND/OR
Thursdays,
Session A: October 14 - November 4 10:00 - 11:00 am 4/\$48 + gst
Session B: November 18 - December 16 10:00 - 11:00 am 5/\$60 + gst
Instructor: Heather Durward

BODHIBLISS YOGA - VIRTUAL CLASSES

Relaxation based practice to release physical and mental tension, and calm the nervous system. In this class we will stay close to the ground while exploring gentle flowing movements, long holds, and soothing breath practices with the support of several props. Class is suitable for all levels free of injuries.

Participants will receive a zoom link once registered.

Monday's,
Session A: October 18 - November 15 7:15 - 8:15 pm 5/\$60 + gst
Session B: November 22 - December 13 7:15 - 8:15 pm 4/\$48 + gst
Instructor: Heather Durward

YIN TO YANG YOGA FLOW FOR SENIORS AND ADULTS

Expect varied flows incorporating balances, strengthening, stretching, and a dash of Pilates. This class bridges sweaty, fiery movements and relaxing stillness. No experience required, moves can be adapted to all levels. Remember to bring your water bottle!

Drop-In is permitted for this class, please pay the instructor \$15 in cash.
Virtual class option is available upon request.

Tuesdays,
Session A: September 21 - October 26 10:30 - 11:30 am 6/\$60 + gst
Session B: November 2 - December 7 10:30 - 11:30 am 6/\$60 + gst
UCC Fitness Studio
Instructor: Brenda (Bee) Kent

ALL LEVELS FLOW YOGA

In this class, you will connect breath and movement as you flow through a series of postures. 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. A great class for all levels to enjoy the beautiful surroundings of Big Beach.

REGISTRATION FOR THIS CLASS OPENS ON SEPTEMBER 1

Drop-In is permitted for this class, please pay the instructor \$15 in cash.
Please note that space is limited.

Tuesdays, September 7 - 28 5:30 - 6:30 pm 4/\$48 + gst
Big Beach Gazebo Area
Instructor: Norannda Sigmund

INTRO TO YOGA

CANCELLED

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 in hopes to transition into classes in the future.

Drop-In is permitted for this class, please pay the instructor \$15 in cash.

Tuesdays, October 5 - November 2 5:45 - 6:45 pm 5/\$60 + gst
UCC Main Hall
Instructor: Norannda Sigmund

ADULT FITNESS CON'T

GENTLE YOGA FOUNDATIONS-- HATHA YOGA - CLASS INFO BOTTOM OF PAGE

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

Drop-In available once minimal registration received, please pay the instructor \$15 in cash.

Tuesdays, November 9 - December 14 5:45 - 6:45 pm 6/\$72 +gst
UCC Main Hall
Instructor: Norannda Sigmund

YIN YOGA

Join Norannda for a Yin style yoga class where you will focus on long held postures for a relaxing, slow paced and meditative yoga class. This meditative practice focuses on long holds to move past the large muscle groups, into your connective tissue. This class is suitable for all levels and is a great way to allow your body to move into your parasympathetic (rest and digest) state of your nervous system.

Drop-In available once minimal registration received, please pay the instructor \$15 in cash.

Tuesdays,
Session A: September 14 - October 26 7:00 - 8:00 pm 7/\$84 + gst
Session B: November 2 - December 14 7:00 - 8:00 pm 7/\$84 + gst
UCC Main Hall

Instructor: Norannda Sigmund/Andre D'Angelo - Session B

WELCOME TO ANDREA D'ANGELO

Andrea's classes are inspired by creating opportunities for self-inquiry and compassion using mindful movement, breath and meditation. Having studied hatha, vinyasa, restorative, yoga for mental health, and trauma-informed yoga, she has blended her learnings to evolve her unique teaching style over the years. You can expect Andrea's classes to be a balance of playful, strong, and restful. She teaches with a gentle, trauma informed approach and prioritizes holding a safe practice space for every body. Being a student for most of her life, she values a teacher that is approachable, kind, and clear in instruction, and aims to mirror these traits in her teachings.



GENTLE YOGA FOR SENIORS AND ADULTS

This gentle yoga class is a moving meditation balanced with restorative postures to find a place where mobility, strength, and ease can co-exist. Expect foundational yoga postures, and stretches that promote mobility to explore the range of motion in our joints. A combination of meditation and breath work to support our movement will be offered. No prior meditation or yoga experience necessary. Modifications and the option to use props will always be offered to support your practice.

Drop-In is permitted for this class, please pay the instructor \$15 in cash.

Wednesdays,
Session A: September 22 - October 27 3:00 - 4:00 pm 6/\$60 + gst
Session B: November 3 - December 15 3:00 - 4:00 pm 7/\$70 + gst
Location: UCC Fitness Studio
Instructor: Andrea D'Angelo

HATHA YOGA

This Hatha class promotes dropping into shapes and exploring what comes up by moving through postures one at a time. Breathe deeply and practice being in the moment. This class is suitable for all levels; a familiarity with some foundational yoga is welcomed but not necessary. This class promotes balance, strength, flexibility, and stillness in the mind. Modifications and the option to use props will always be offered to support your practice.

Drop-In is permitted for this class, please pay the instructor \$15 in cash. Virtual class option is available upon request.

Saturdays,
Session A: Sept 25 - Oct 30 CANCELLED 9:00 - 10:00 am 6/\$72 + gst
Session B: November 6 - December 18 9:00 - 10:00 am 7/\$84 + gst
Location: UCC Fitness Studio
Instructor: Andrea D'Angelo

SURFER'S DELIGHT YOGA

CANCELLED

Take a deep dive into a practice aimed at both strengthening and restoring your body and soul. Develop stability and mental focus with long holds and creative sequences. Release tension through supported and deep stretching. Classes will include fundamentals, alignment cues and challenging poses for more advanced practices. Enjoy this Vinyasa-based class, with restorative elements to allow your energy and power to flow more freely. Great for everyone, surfers and non-surfers alike.

Drop-In is permitted for this class, please pay the instructor \$15 in cash.

Thursdays,
Session A: September 16 - October 28 6:45 - 8:00 pm 7/\$105 + gst
Session B: November 4 - December 16 * 6:45 - 8:00 pm 6/\$90 + gst
***NO CLASS: NOV 11**
UCC Fitness Studio
Instructor: Dagan Beach

WELCOME TO JEN BOOT

Jen believes in getting out of the mind and into the body. She is a certified embodiment and executive coach, working with individuals and groups to help gain clarity, create ease and move through life with freedom and flow. She is certified as a JourneyDance guide where she facilitates transformational experiences using movement, music and dance. Originally from the UK, Jen has graciously called BC home for the past twelve years and is honoured to be living and practicing on the traditional territories of the Nuuchahnulth peoples. She is excited to bring this to the community of Ucluelet and Tofino to create connection, inspire change and help initiate movement through the body to ignite freedom and joy.



JOURNEY DANCE

Journey Dance is a transformational movement experience designed to move you out of your head and into your body. Through a specially curated playlist and gentle guidance you will be led on a journey of self expression, inner discovery and freedom. Sessions are one and half hours in total where we will meet in community first to connect together before the music starts nice and slow to warm up the body. As the music starts to increase, Jen will guide you into your body to allow the music to infiltrate your muscles and bones and be supported to listen to your own internal guidance system to move in whichever way feels good to you. In the peak of the journey there will be a guided visualisation to move through any stickiness before coming out into celebration, joy and freedom. This will be an intimate experience of connection to self, connection to others and creating community. No dance experience is necessary. Reach out with any questions.

Wednesdays, October 27 - December 1 6:30 - 8:00 pm 6/\$72 + gst
UCC Fitness Studio
Instructor: Jen Boot

FREE DEMONSTRATION NIGHT OCTOBER 13 - 6:30 - 8:00 pm
UCC Fitness Studio * REGISTRATION MANDATORY

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 with 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, September 29 - November 3
UCC Fitness Studio 5:30 - 6:30 pm 6/\$90 + gst
Instructor: Sandra Hinder

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.

Drop-In is permitted for this class, please pay the instructor \$15 in cash.

Sundays, 10:30 - 11:15 am
Session A: September 19 - October 31 CANCELLED 6/\$72
Session B: November 7 - December 12 6/\$72

AND/OR

Mondays, 5:30 - 6:15 pm
Session A: September 13 - October 25 (NO CLASS: OCT 11) 6/\$72
Session B: November 1 - December 13 7/\$84
UCC Fitness Studio
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.

Drop-In is permitted for this class, please pay the instructor \$15 in cash.

Mondays, 7:45 - 8:45 pm
Session A: September 13 - October 25 (NO CLASS: OCT 11) 6/\$72
Session B: November 1 - December 13 7/\$84
UCC Main Hall (minimum of three students required)
Instructor: Lindsay Kerdman

AQUA EXERCISES CANCELLED

Jump in the pool with us this Fall for some fun aqua exercises that will improve our overall physical fitness and water abilities. We will move to the music with all sorts of exercises, short bursts of activity alternating with less intense recovery times. All levels of fitness are welcome as all exercises can be adapted to challenge you. Come have fun with friends, laugh and lap.



Sundays, October 17, 24, 31, Nov, 14, 21, 28, Dec 5 3:00 - 4:00 pm
West Coast Motel Pool \$96 + gst
Instructor: Karen Mudge

FITNESS

LOW IMPACT

ADULT FITNESS CON'T

WELCOME DANIEL ALLOS

Daniel is a practitioner of Brazilian Jiu-Jitsu, learning from a variety of institutions across B.C. He is focused on offering detailed instruction while maintaining a safe space where individuals can be playful and collaborative. You can find Daniel's classes to be traditional and self-defense orientated. Above all, he is compelled to share his passion for the "gentle art" to this community.

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.

Thursdays,
Session A: September 16 - October 28* 7:00 - 8:00 pm 6/\$60 + gst
*** NO CLASS: SEPT 30**
Session B: November 4 - December 16* 7:00 - 8:00 pm 6/\$60 + gst
*** NO CLASS: NOV 11**

TINH VO DAO - VIETNAMESE MARTIAL ARTS

Join Tony this Fall to experience and learn the beauty of Tinh Vo Dao. Tinh Vo Dao is a Vietnamese martial arts that belongs to the Vo Co Truyen family, created by Master Ho Hoa Hue. The teaching of Tinh Vō Dao revolves mainly around the mastery of quyens. The terminology of quyen has been derived from fist, boxing; using the hands without weapons. Quyen is (a sequence of movements and complex positions, in a way a choreography characteristic of the style practiced and comparable to Japanese Kata) and their martial applications. Quyens allow you to approach the handling of the 18 weapon systems (sword, saber, stick, halberd, fan ...) as well as animal boxes (cat, tiger, panther, dragon, monkey...) constituting a very complete technical program. Wear comfortable clothing that you can move in and don't forget your water bottle.

Fridays, 6:30 - 8:00 pm
Session A: September 17 - October 22 (NO CLASS: OCT 15) 5/\$90 + gst
Session B: October 29 - December 10 (NO CLASS: NOV 5, 26) 5/\$90 + gst
 UCC Main Hall
 Instructor: Tony Rouillard

TAIJI QUAN (TAI CHI CHUAN)

Martial arts and health techniques can be practiced by everyone in search of serenity. Taiji quan is also a way back to your true self. During the class you will practice methodically and slowly with empty hand forms, weapon forms, self-defense, pushing hands and gong fu. We will work on relaxation, body structure, observation, self-defense, principal fundamental and memorization of the beginning of part of the twenty four form. This class is open to all levels of practice, all levels, all ages, evolve at your own pace.

Drop-in is permitted for this class, please pay the instructor \$15 in cash.

Tuesdays, 7:00 - 8:00 am
Session A: September 14 - October 26 7/\$84 + gst
Session B: November 2 - December 14 7/\$84 + gst
 UCC Basketball Court
 Instructor: Tony Rouillard

SENIOR & ADULT PROGRAMS

CHI GONG

Learn the eight Essential Standing Exercises of Chi Gong and gain greater strength and balance in a gentle, flowing exercise style. Naturally anti-aging and detoxifying, greater flexibility and range of motion are just a few of the benefits you can expect from this weekly practice. No experience is required. Come and meet some great people and exercise at the same time.

Mondays & Wednesdays, September 13 - December 15 27/\$81 +gst
 UCC Fitness Studio 10:30 - 11:30 am
 Instructor: Jan Draeseke \$3 drop-in fee optional
Wednesdays - Virtual Option Available * 14/\$42 + gst
 * Participants will receive zoom link once registered.

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 10 (ongoing) 9:00 - 10:00 am
 UCC Fitness Studio & Main Hall \$6 drop in fee*
 *Punch cards also available at front desk
 Instructor: Sarah Hogan

SENIORS FITNESS

This class will combine active and passive movement to aid in the improvement of mobility, agility and injury prevention. No experience necessary, all levels are welcome. *Virtual Option available upon request.

Mondays, 11:30 - 12:30 pm
Session A: September 13 - October 25 CANCELLED 6/\$48+ gst
Session B: November 1 - December 13 7/\$56+ gst
 UCC Fitness Studio
 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!

Thursdays, September 23 (ongoing) (NO CLASS: NOV 11) 10:00 - 11:00 am
 UCC Activity Room 2 \$2 fee
 Volunteer: Cris Martin

PICKELBALL

No experience is needed to play this sport, come out and give it a try, there are lots of people to help you learn. Pickleball is a paddle ball sport (similar to a racquet sport) where opponents hit a perforated ball over a net.

Mondays, Wednesdays, Fridays, Saturdays 10:00 - 2:00 pm
September 10 (ongoing) , Sundays 9:00 - 12:00 pm
 Seaplane Base Recreation Hall, 160 Seaplane Base Road \$3 drop-in fee

WOMEN'S CIRCLE OF WONDER

CANCELLED

Women of a certain age will gather to share laughter, joy and wisdom gathered over the years. We will bask in the wonder of being present together on this beautiful planet at this time. Respecting loving ourselves and each other we will send healing to the world.

Fridays, September 24 (ongoing)
 UCC Fitness Studio 10:30 - 11:30 am
 Instructor: Lorna Watson \$2 drop-in 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, or stop by the concessions stand.

Thursday's,
September 23, October 7, 21, November 4, 18, December 2, 16
 UCC Community Room 1:30 - 3:00 pm \$2 fee

CHOOSE TO MOVE - ONLINE THIS FALL

Keep moving this Fall by joining Choose to Move online at www.bcrpa.ca/everything-else/activage-choose-to-move/
 This program is intended to support and increase the physical activity levels in the lives of older adults (65+).

TALENT WANTED - We know there are many people in the community hiding talents from us. Why not share your expertise, knowledge, experiences with the community. Not sure how you fit this category? If you are interested in volunteering with an existing program, special event or want to share your knowledge starting a new program just give Barb a call to chat things through at 250-726-7772.

MOVING = HEALTH Would you be interested ingive us a call 250-726-7772!

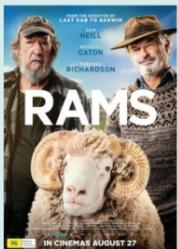
FLOOR CURLING - this sport is a great way to exercise indoors over the fall months. No special skills required and we have pushers so no bending required. Come have some laughs and meet new friends.

WINTER WALKING GROUP - Men or Womens? Inside or Out? If you're interested in getting a group moving let us know. We can possibly assist with an indoor setting for those cold, wet winter days.

BIG BEACH CINEMA

PRESENTS

SUNDAY MOVIE MATINEE

<p>The Peanut Butter Falcon Oct 3</p>  <p>PG-13</p>	<p>Isle of Dogs Oct 17</p>  <p>PG-13</p>	<p>Beetlejuice Oct 31</p>  <p>PG</p>	
<p>The Shining Oct 31</p>  <p>R</p>	<p>Rams Nov 14</p>  <p>PG-13</p>	<p>Birds of Prey Nov 28</p>  <p>R</p>	<p>A Christmas Story Dec 12</p>  <p>PG</p>

Screenings at 2:00 PM Adults \$6 Concession Available Kids \$4