

2021 SPRING PROGRAM GUIDE

UCLUELET RECREATION DEPARTMENT

REGISTRATION OPENS MARCH 30

PROGRAMS RUN APRIL - JUNE 2021

EARLY YEARS PROGRAMS

CHILDRENS PROGRAMS

YOUTH PROGRAMS

ADULT & TEEN PROGRAMS

SENIOR PROGRAMS

REGISTRATION INFO:

Ph. 250 - 726 - 7772

Ucluelet Community Centre
500 Matterson Drive

WWW.UCLUELET.CA

WEEKLY ADULT LOW IMPACT FITNESS PROGRAMS

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
QI GONG 7:30 - 8:30 am UCC Main Hall Pre- Registration (see inside for info)	TAI CHI CHAUN 7:30 - 8:30 am UCC Main Hall Pre- Registration (see inside for info)	QI GONG 7:30 - 8:30 am UCC Main Hall Pre- Registration (see inside for info)	TAI CHI CHAUN 7:30 - 8:30 am UCC Main Hall Pre- Registration (see inside for info)	DANCE FIT 50+ 9:00 - 10:00 am Rec Hall Pre- Registration (see inside for info)	MAT PILATES 10:00 - 10:45 am UCC Main Hall Pre- Registration *Zoom option available	
CHI GONG PRACTICE 10:30 - 11:30 am UCC Main Hall Pre-Registration Contact UCC		CHI GONG PRACTICE 10:30 - 11:30 am UCC Main Hall Pre-Registration Contact UCC		SENIORS STRETCH 10:30 - 11:15 am UCC Main Hall Pre- Registration *Zoom option available		SURFER'S DELIGHT YOGA 5:00 - 6:00 pm UCC Main Hall Pre- Registration (see inside for info)
MAT PILATES via Zoom 5:15 - 6:00 pm Online via Zoom Pre- Registration	HIIT CARDIO PILATES via Zoom 5:30 - 6:15 pm Online via Zoom Pre- Registration		CHAIR YOGA 10:00 - 11:00 am UCC Main Hall Pre- Registration (see inside for info)	SENIORS MAT PILATES 11:30 - 12:15 pm UCC Main Hall Pre- Registration *Zoom option available		DEEP FLOW YOGA 6:30 - 7:45 pm UCC Main Hall Pre- Registration (see inside for info)
DEEP THEMES YOGA 5:30 - 6:45 pm UCC Main Hall Pre- Registration *Zoom option available	GENTLE YOGA FOUNDATIONS 6:00 - 7:00 pm UCC Main Hall Pre- Registration *Zoom option available	ALL LEVELS FLOW YOGA 5:30 - 6:30 pm UCC Main Hall Pre- Registration (see inside for info)		<div style="border: 2px solid black; padding: 10px;"> <p style="text-align: center;">IMPORTANT REGISTRATION INFORMATION</p> <p style="text-align: center;">Spring Registration OPENS on March 30, 2021 @ 9:00 am</p> <p>ONLINE REGISTRATION: If you don't already have an account with us you can create one for yourself and your family at: http://ucluelet.ca/community/parks-recreation/activity-guide-registration</p> <p>PHONE: Feel free to give us a call at 250-726-7772 to register yourself or your family over the phone if paying by credit card/debit credit.</p> <p>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, Monday - Friday, just remember to wear your mask.</p> <p>For assistance or additional information please feel free to call us at 250-726-7772 or email recreation@ucluelet.ca</p> </div>		
SWEET DREAMS YOGA 7:15 - 8:15 pm UCC Main Hall Pre- Registration *Zoom option available	YIN YOGA WITH NORANDA 7:15 - 8:15 pm UCC Main Hall Pre- Registration *Zoom option available	YIN YOGA WITH ASHLEY 7:00 - 8:00 pm UCC Main Hall Pre- Registration (see inside for info)				
		PURPLE DRAGON DON JITSU via Zoom 5:30 - 6:10 pm Online via Zoom Pre- Registration (see inside for info)				

SPRING INTO SPRING 2021

We have fresh new programs and community challenges to offer you this spring. Join us in our pursuit of mental and physical health and wellbeing.

Thank you for your continued support while we work with the provincial health orders to provide safe and meaningful recreation pursuits for the community.

We still have protocols to maintain so please remember:

- * **Masks are mandatory in our facility common areas**
- * Read each program description for new regulations
- * **Do not congregate or loiter before/after classes**
- * Abide by all posted information in our facilities
- * **Return your signed Consent Form prior to attending class**
- * Leave the facility as soon as your program has finished

To review the District of Ucluelet COVID-19 Safety Plan go to www.ucluelet.ca

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

HEALTH PROTOCOLS

- * Do not enter any facility if you are feeling ill or someone in your household is ill or feeling symptoms of an illness (sore throat, coughing, sneezing, fever, chills)
- * Do not enter the building if you have traveled internationally in the last 14 days
- * Maintain a two metre physical distance at all times
- * Maintain two and a half metre physical distance from other participants when attending low intensity exercise classes
- * Children are to maintain a three metre physical distance at all times when participating in sports
- * No bystanders or spectators at any classes

FACILITY PROTOCOLS

- * Masks must be worn in common areas at all times
- * Sanitize your hands entering and exiting the building
- * Read and follow all posted signage
- * Read program information for entering and exiting classes
- * No loitering or congregating inside or outside of any facility
- * WIFI is accessible outside only
- * Bring a pre-filled water bottle, as there is no access to the drinking fountain



GO BY BIKE WEEK

MAY 31 - JUNE 6

GET UP. GET OUTSIDE. GET ACTIVE

PHOTO CONTEST

Get a snapshot on your bike and send it to recreation@ucluelet.ca and be entered in a draw to win a prize package. Each photo you send in will earn you one ballot. **Max 1 photo per day.** Winner will be chosen on June 7.

CYCLING CIRCUIT

Take your bike on an adventure and ride to Kimoto, Alder, Fraser Lane, Edna Bachelor, St. Jacques and Lions Park. Take a photo of you and your bike at each park sign and send all seven pictures to recreation@ucluelet.ca for your name to be entered in a draw to win a big prize package! Winner will be chosen on June 7.

DISTANCE CONTEST

Set off by pedaling your way to the top! Track your km's between May 31 - June 6 on the Go By Bike website and the person who has cycled the farthest will win a prize basket! Track your km's at gobybikebc.ca and be sure to send your information to recreation@ucluelet.ca by June 7 for your chance to win a prize!

GO BY BIKE CONTEST

Visit the Go By Bike website and enter their contest for your chance to win some awesome prizes! For contest details visit: gobybikebc.ca/event-info/contests/

For more information contact the Ucluelet Recreation Department at recreation@ucluelet.ca or 250-726-7772.

HELP UCLUELET WIN \$100,000

BY PARTICIPATING IN THE COMMUNITY BETTER CHALLENGE

JUNE 1 - 30



3 STEPS TO BEING CROWNED CANADA'S MOST ACTIVE COMMUNITY

Step 1: Sign up to compete through the ParticipACTION website or download the app. www.participaction.com/en-ca/programs/community-challenge

Step 2: Get Moving!! (Just about anything applies even yard work!)

Step 3: Record your daily activity minutes through the website or app.

Don't have a device to log your active minutes? Come by the Ucluelet Community Centre for assistance!



LET'S GET MOVING UCLUELET & LIGHT UP THE SKATE PARK & BASKETBALL COURT

MAKE YOUR MINUTES COUNT FOR YOUR COMMUNITY - TOGETHER WE CAN SUCCEED!

Walking; Biking, Hiking; Running; Yoga; Surfing, Skateboarding; Kayaking; Weight Lifting, Yard Work, Vacuuming - everything counts.

More info coming in May on Outdoor Community Opportunities - Kayaking - SUPBoarding - Yoga - Chi Gong

#EveryMinuteMatters

#SitLessMoveMoreUcluelet

CHILDRENS SPORT

PURPLE DRAGON DON JITSU RYU VIRTUAL ZOOM CLASSES Age 7+

Join us as we focus on our skill development for Don Jitsu Ryu. We will be focusing on kicking, punching, blocking, and kata. Students will learn about discipline, respect, and integrity all in a fun and safe manner while logging on from home. No experience necessary for this introduction into the fun and dynamic discipline of Purple Dragon Don Jitsu Ryu.



* Zoom link will be emailed to students once registered

Mondays & Thursdays,	4:30 - 5:10 pm
Session A - April 8 - May 13	11/\$88
Session B - May 17 - June 21 (NO CLASS: MAY 24)	10/\$80
Instructor: Sensei Ian Shu	

KIDS SKATEBOARDING - HELMETS MANDATORY Age 7+

Join us inside while we weather the spring rains for some indoor skill development and practice on indoor ramps and rails. Registration and completion of Informed Consent & Waiver of Liability is mandatory before attending program.

- * Follow all posted regulations and direction indicators.
- * Participants are to maintain a physical distance of three metres from each other at all times.
- * There will be no bystanders permitted.



Tuesdays, April 6, 13, 20, 27		
Age 7 - 9	6:00 - 6:45 pm	4/\$20
Age 10+	7:00 - 7:45 pm	4/\$20
Seaplane Base Recreation Hall, 160 Seaplane Base Road		
Volunteer: Ollie Ouellet, Max Dunn, Zoe Jordan, Gabe Rapozo		

GYMNASTICS Age 1.5 +

Children will learn the fundamentals of sport, spatial 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.

***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 Gymnastics in events across Vancouver Island. This program is open to athletes of all competitive levels and will focus on skill development, event-specific routines, choreography, strength training and flexibility. Athletes in this program will need to register with Gymnastics BC (GBC) as a Pacific Rim Gymnastics athlete for an annual fee.

***Competitive Classes** - children in competitive classes will focus on skill development, event specific routines, choreography, strength training and flexibility. Athletes in this program will need to register with Gymnastics BC (GBC) as a Pacific Rim Gymnastics athlete for an annual fee.

* **GBC Registered** - students in this program will need to pay an annual fee to Gymnastics BC (GBC) as a Pacific Rim Gymnastics athlete. Fees are required for competitive gymnastics insurance coverage and required for all students exceeding a recreational level of gymnastics.

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

- * Arrive five minutes before your class, no earlier.
- * Markers will be on the walls of the Main Hall where participants may leave their personal belongings and wait for instructions.
- * Participants are to maintain a physical distance of three meters from each other at all times.
- * Bring a filled water bottle as our fountain is not operational.
- * There will be no bystanders allowed in class.
- * We encourage participants to exit through the Main Hall doors into the rear or side parking lot to lessen traffic in the hallway. Parents are to wait outside the building for pick up.
- * Please make sure to follow posted building regulations at all times.

We would appreciate parent assistance on Saturday's at 5:00 pm with putting gymnastics equipment away. Masks must be worn at all times. Please confirm any dates of availability with Lindsay. Thank you very much for your assistance with this program.

PLEASE NOTE - NO CLASSES MAY 20, 21, 22

Thursdays, April 8 - June 10			
Tiny Tumblers (ages 3 - 4 yrs)	1:15 - 2:00 pm (with adult)		9/\$99
Parent & Tot (1.5 - 2 yrs)	2:15 - 3:00 pm (with adult)		9/\$99
High School Team*	3:15 - 4:45 pm		9/\$144
Levels 4 - 6 & 7+	5:00 - 6:15 pm		9/\$126
Fridays, April 9 - June 11			
Level 1 - 3 (ages 4 - 7)	2:15 - 3:15 pm		9/\$99
Saturdays, April 10 - June 12			
*Competitive (coach directed)	11:00 - 1:00 pm		9/\$198
*Pre-Competitive (coach directed)	1:30 - 2:30 pm		9/\$99
Levels 4+ & 7+, *GBC Registered	3:00 - 4:00 pm		9/\$99
Ages 8 - 10 & 10+	4:15 - 5:15 pm		9/\$99

Coach: Lindsay Kerdman, NCCP L2
Coach: Keanna Hasz, NCCP L1
UCC Main Hall

CHILDRENS SPORT

UKEE BIKES



BEGINNER / INTERMEDIATE BIKE CLASS

This class will teach students about body positioning, bike control, looking and changing Gears. Learn the difference and how to control your front and back brakes, use brakes on loose surfaces and front wheel lifts to get over objects. Use your bike as an extension of your body, learn how track stand improves slow speed balance and ratcheting partial pedal strokes in technical terrain. We will discuss gear management, how they work and simple adjustments, being bike observant and use your head, plan ahead, and pay attention. Each session will start with a warm up and finish with some games. Bikes must have working brakes and be in safe condition to ride. All riders must be wearing helmets, other padding and bike gloves are recommended but not necessary. All bike types welcome from mountain bikes, cruisers to bmx bikes.

- * Arrive five minutes before your class, no earlier.
- * Do not attend class if you have not returned your Consent Form.
- * Participants are to maintain a physical distance of two metres from each other at all times.
- * Dangerous riding that risks the safety of another student will not be allowed.
- * There will be no bystanders allowed at class.

Wednesdays, April 14 - May 26		
Age 8+	4:30 - 6:00 pm	7/ \$112
Ucluelet Bike Park, Matterson Road		
Instructor: Louis Maddiford, Ukee Bikes		

ADVANCED RIDERS Age 8+

This class will teach students various levels of Body Positioning, Bike control, looking, changing gears, line choice, cornering, and jumping. In this advanced class riders will learn how to use your body as an extension of your body and what a cornering body position is. We will do some advanced braking techniques and work on how to position your bike by braking. There will be lots of bike control challenges in learning how to wheelie, a stoppie, how to drop fast and slow, how to pump for speed. We will look at how to read a trail and how to get out of a poor line choice. We will learn how to get off the ground, bunny hop and position our body for jumping. Each session will start with a warm up and finish with some games. Bikes must have working brakes and be in safe condition to ride. All riders must be wearing helmets, other padding and bike gloves are recommended but not necessary. All bike types welcome from mountain bikes, cruisers to bmx bikes.

- * Arrive five minutes before your class, no earlier.
- * Do not attend class if you have not returned your Consent Form.
- * Participants are to maintain a physical distance of two metres from each other at all times.
- * Dangerous riding that risks the safety of another student will not be allowed.
- * There will be no bystanders allowed at class.

Wednesdays, April 14 - May 26		
Age 8+	6:15 - 7:45 pm	7/\$112
Ucluelet Bike Park, Matterson Road		
Instructor: Louis Maddiford, Ukee Bikes		

It's Spring!
Get outside and ride.



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 and 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, Manager of Recreation & Tourism:
Call **250-266-0297** or email afortune@ucluelet.ca

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 10% administration fee will be charged for persons cancelling their registration prior to the beginning 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 Manager of Recreation & Tourism.

CANCELLATIONS: Sometimes great courses with talented instructors are cancelled due to last minute to registration. Avoid disappointment for both you and the instructor and register at least one week in advance.

SPORTS

SPORTS

SPORTS

SWIMMING



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

Due to health regulations we are not able to offer Preschool and lower level classes at this time.

WEST COAST MOTEL POOL RULES

- * Follow all posted regulations
- * Shower at home before your class
- * There is no change room access at this time
- * Arrive five minutes before your class and no earlier
- * Sanitize hands upon entering and exiting the facility
- * Swimmers to use back door only for swimming classes
- * Hooks are in the hallway for swimmers to hang their belongings
- * Parents are requested to drop off/ pick up outside the building

FOUR STUDENTS PER CLASS

THIS SEASON - LONGER CLASS TIMES, LESS SESSIONS, ONE ON ONE STYLE TRAINING

Sundays, May 2, 9, 16, 30, June 6, 13

SWIM KIDS - LEVELS 4 - 6	5:00 - 5:40 pm	6/\$112
SWIM KIDS - LEVELS 4 - 6 B	5:55 - 6:35 pm	6/\$112
SWIM KIDS - LEVELS 7 - 10	6:50 - 8:10 pm	6/\$160

BALL PROGRAMS YOU CAN STILL REGISTER

Interested in coaching or helping out with this league? Call Barb Gudbranson at 250 726-7772.



- * viaSport and PHO regulations are to be followed at all times.
- * Participants are to maintain a physical distance of three metres.
- * Sanitize your hands upon entering and exiting the field.
- * There will be no bystanders permitted.

T-BALL (Preschool, Kindergarten, Grade 1) Age 4 - 6
Temporarily postponed due to PHO physical distancing regulations. Join us this Spring and learn the basics of baseball. Kids will burn some energy while learning great new skills!

Thursdays, May 6 - June 24 Tugwell Fields on Pacific Crescent
4:00 - 4:45 pm \$30 (8 weeks)
Coach: TBA

INTRO TO LITTLE LEAGUE (Grade 2 & 3) Age 7 - 8
Start honing your baseball skills by practicing throwing, catching and batting in this fun-filled approach to baseball. Learn about positions and game rules.

Thursdays, March 25 - June 24 Tugwell Fields on Forbes Road
5:00 - 6:00 pm \$45 (14 weeks)
Coach: Scott Reed

JUNIOR LITTLE LEAGUE (Grade 4 & 5) Age 9 - 10
Let's practice our throwing, catching, pitching and batting this Spring. We will also work on running bases, field positions and rules of the game. Please bring your own glove and non-metal cleats. Practice is on Thursdays, games will be set up for some Saturdays.

Thursdays, March 25 - June 24 Tugwell Field on Pacific Crescent
5:00 - 6:00 pm \$45 (14 weeks)
Coach: David Smith

SENIOR LITTLE LEAGUE (Grade 6 & 7) Age 11 - 13
Hit the ball field twice a week, practice throwing, catching, pitching and batting as well as game strategy. We will play games against Tofino if PHO regulations allow. Jock straps are encouraged. Please bring your own glove and non-metal cleats.

Thursdays, March 25 - June 24 Tugwell Field (Forbes Road)
6:15 - 7:15 pm \$45 (14 weeks)
Coach: Scott Reed

MINOR LITTLE LEAGUE NEW (Grade 8+) Age 13 - 18
Join this new class of baseball and practice throwing, catching, pitching and batting as well as game strategy. Jock straps are encouraged. Please bring your own glove and non-metal cleats.

Thursdays, March 25 - June 24 Tugwell Field (Pacific Crescent)
6:15 - 7:15 pm \$45 (14 weeks)
Coach: Paul Galloway



YOUTH PROGRAMS

THE EDGE YOUTH ROOM

MAKE SURE TO REGISTER FOR YOUR CLASS

YOUTH ROOM COORDINATOR - TONI BUSTON

UCLUELET COMMUNITY CENTRE - 500 MATTERSON DR

YOUTH PROGRAM RULES

- * Registration is mandatory, no drop-ins will be accepted.
- * Masks are mandatory in common areas of our facilities.
- * Have your Informed Consent & Waiver of Liability signed before attending any class.
- * Arrive five minutes before your class, no earlier, do not congregate or loiter before or after any program.
- * Participants are to maintain a physical distance of two metres from each other at all times.
- * Please make sure to follow posted building regulations at all times.

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. This program is supported through the CBT's RBC Future Launch Youth Grant.

- * Remember to register early as space is limited.

Mondays,	4:30 - 6:30pm
April 12 - Ramen	
April 19 - Quinoa Cake	
April 26 - Mac & Cheese	
May 3 - Pineapple Upside Down Cake	
May 10 - Quesadillas	
May 31 - Thai Peanut Salad	
June 7 - Outdoor Cooking over a fire (weather permitting)	
June 14 - Outdoor Cooking over a fire (weather permitting)	
June 21 - Outdoor Cooking over a fire (weather permitting)	

GARDEN GROW CLUB

Plant seeds that you can take home. Learn about growing your own food, composting and gardening in general.

- * Remember to register early as space is limited.

Tuesdays,	4:30 - 5:30 pm
April 13, 27, May 4, 25, June 1, 15	

PHOTOGRAPHY CLUB

Bring your camera or cellphone and learn together on how to take photos; no knowledge or fancy equipment necessary!

- * Remember to register early as space is limited.

Tuesdays, April 20, May 11, June 8	4:30 - 5:30 pm
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OUTDOOR CLUB

Walk the Wild Pacific Trail and learn hiking and outdoor skills that will assist you throughout life, rain or shine.

- * Remember to register early as space is limited.

Wednesdays, April 7, 14, 21, 28	5:00 - 6:30 pm
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KAYAKING

Join us for some epic times in the Ucluelet Harbour with Hello Nature. Meet at 200 Hemlock, Inner Boast Basin to launch.

- * Remember to register early as space is limited.

Wednesdays,			
May 5, 12, 19, 26, June 2, 9, 16	\$20 per session	5:00 - 7:00 pm	

CERAMICS CLASS

Join Karla and Toni in the Ceramics Studio and learn how to create with clay. This class will introduce you to basic handbuilding techniques and how to care for your projects.

- * Must commit to all classes to complete project

Thursdays, April 8, 15, 22, 29, May 6	4:30 - 6:00 pm
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ART LAB

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

- * Remember to register early as space is limited.

Thursdays, May 13, 20, 27, June 3, 10, 17	4:30 - 6:00 pm
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YOUTH MOVIE NIGHT

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

- * Remember to register early as space is limited.

Fridays, April 9, May 7	7:00 - 8:30 pm
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GENERAL INTEREST

ADULT & YOUTH PROGRAMS

GENERAL INTEREST

WELCOME KIM LECKEY

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.

ZOOM - WEAVING 101 WITH SEA WOVEN

Looking for a new challenge made easy with step by step instructions? Look no further and join Kim in this amazing style of fiber expression. In this course you will learn to warp your own loom, create textures using multiple weaving techniques, experiment and discuss use of different fibers, removal from the loom and hanging techniques all virtually in this Zoom class. Leave the course with one finished woven wall hanging as well as the handloom and tools to make future weavings. Kits will be available for pick up at the UCC and a PDF Instructional Manual will be emailed to you.



* Zoom link will be emailed to students after registration.

Wednesdays,

Session A: April 7 & 14	6:30 - 9:00 pm	\$125 + gst
Session B: May 12 & 19	6:30 - 9:00 pm	\$125 + gst

ZOOM - MACRAME WALL HANGING

Learn with Kim of Sea Woven the art of macrame over Zoom. Create your own small macrame wall hanging by learning the basic knots including: Larks Head knot + Square knot + Alternating Square knot + Reversed Diagonal Hitch Knot + Diagonal Hitch knot. Use your favorite (small size) piece of driftwood or choose one from a small supply at the UCC. Kits will be available for pick up at the UCC and a PDF Instructional Manual will be emailed to you.



* Zoom link will be emailed to students after registration.

Mondays,

Session A: April 12	6:30 - 9:00 pm	\$50 + gst
Session B: April 26	6:30 - 9:00 pm	\$50 + gst

ADULT & YOUTH FITNESS

PURPLE DRAGON DON JITSU RYU- TEENS/ADULTS via Zoom Age 13+

Join us this Spring virtually as we focus on skill development for Don Jitsu Ryu. 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 and Aikido. New students welcome! Links for the class will be emailed to students.

* Zoom link will be emailed to students after registration.

Mondays & Thursdays,	5:30 - 6:10 pm	
Session A - April 8 - May 13	11/\$88 + gst	
Session B - May 17 - June 21 (NO CLASS: MAY 24)	10/\$80 + gst	
Instructor: Sensei Ian Shu		

MAT PILATES

This class focuses on the technical elements of Pilates to create functional strength in a safe, equipment-free environment. Pilates is a method of exercise that consists of low-impact flexibility and muscular strength and endurance movements. Pilates emphasizes proper postural alignment, core strength and muscle balance. No experience necessary.

- * All students are to maintain a two and a half metre physical distance while exercising.
- * All students are required to sign an Informed Consent & Liability Waiver.
- * Please make sure to follow posted building regulations at all times.
- * Please bring your own equipment (we do have mats if you need one).

Saturdays,		
Session A: April 10 - May 15	10:00 - 10:45 am	6/\$60 + gst
Session B: May 29 - June 26	10:00 - 10:45 am	5/\$50 + gst
UCC Main Hall		
Instructor: Lindsay Kerdman		

Virtual Zoom Options:

Session A: April 10 - May 15	10:00 - 10:45 am	6/\$48 + gst
Session B: May 29 - June 26	10:00 - 10:45 am	5/\$40 + gst

* Zoom link will be emailed to students after registration.

MAT PILATES via Zoom

See class description above. Instructor will be able to see you at home to assist with technique corrections. Links for the class will be emailed to students. No experience necessary.

* Zoom link will be emailed to students after registration.

Mondays,	5:15 - 6:00 pm	
Session A: April 12 - May 17 (NO CLASS: April 26, May 3)	4/\$32 + gst	
Session B: May 31 - June 28	5/\$40 + gst	
Instructor: Lindsay Kerdman		

FITNESS

WELCOME LAURIE FILGIANO

Staying active and being outdoors is Laurie's happy place. She likes all types of biking, but mountain biking is her favourite. She is a runner, enjoys Pilates, Yoga and loves a good alpine hike. Laurie completed her yoga and fitness training in 2018, specializing in indoor cycling and group exercise. Cardio is how Laurie blows off some serious steam and it has been therapeutic for her in many ways. Approaching her teachings with authenticity, curiosity, playfulness and love, she is using her knowledge and enthusiasm to support people along their own fitness journeys. Come and have some fun with Laurie - build up a sweat and allow yourself to laugh.



New!

HIIT CARDIO PILATES - VIRTUAL ZOOM CLASSES

This class is a mix of pilates and bodyweight strengthening exercises alongside cardio bursts. Forty five minutes flies by as it's divided into five minutes intervals focusing on mat work, cardio, bodyweight, returning to cardio again and core. We will increase our intensity throughout the weeks and modifications will be offered along the way. Move as slowly or as quickly as you need! No experience needed, just a passion to sweat.

- * All students are to maintain a two and a half metre physical distance while exercising.
- * All students are required to sign an Informed Consent & Waiver of Liability.
- * Please make sure to follow posted building regulations.
- * Please bring your own equipment (mats are available if needed).
- * Zoom link will be emailed to students after registration.

Tuesdays,		
Session A: April 6 - May 18	5:30 pm - 6:15 pm	7/\$56 + gst
Session B: May 25 - June 29	5:30 pm - 6:15 pm	6/\$48 + gst

DEEP THEMES YOGA

New!

The yoga journey is so much deeper than just physical movements. Each week we will work with a different theme which we will embody throughout our practice physically, mentally and spiritually. Class will be a mixed level slow flow style suitable for all levels of students with some experience and free of acute injuries. You can expect to be challenged but leave relaxed and inspired on a spiritual level.

- * All students are to access the UCC from the rear Main Hall doors.
- * All students are to maintain a two and a half metre physical distance while exercising.
- * All students are required to sign an Informed Consent & Waiver of Liability.
- * Please make sure to follow posted building regulations.
- * Please bring your own equipment (mats are available if needed).

Mondays,		
Session A: April 12 - May 17	5:30 - 6:45 pm	6/\$72 + gst
Session B: June 7 - June 28	5:30 - 6:45 pm	4/\$48 + gst
UCC Main Hall		
Instructor: Heather Durward		
Virtual Zoom Option:		
Session A: April 12 - May 17	5:30 - 6:45 pm	6/\$60 + gst
Session B: June 7 - June 28	5:30 - 6:45 pm	4/\$40 + gst
* Zoom link will be emailed to students after registration.		

YOGA

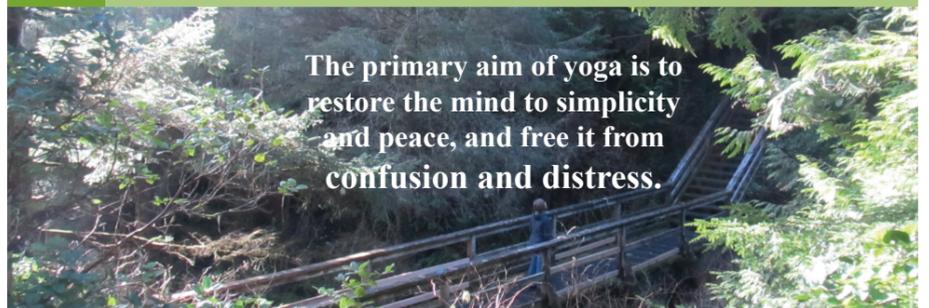
SWEET DREAMS YOGA

New!

In this class we will work with various styles of relaxation yoga to calm the nervous system and relieve physical and mental tension. We will stay close to the earth while exploring fluid movements and long holds emphasizing presence through our breath. This class is suitable for all levels without acute injuries. The perfect way to end your day.

- * All students are to access the UCC from the rear Main Hall doors.
- * All students are to maintain a two and a half metre physical distance while exercising.
- * All students are required to sign an Informed Consent & Waiver of Liability.
- * Please make sure to follow posted building regulations.
- * Please bring your own equipment (mats are available if needed).

Mondays,		
Session A: April 12 - May 17	7:15 - 8:15 pm	6/\$60 + gst
Session B: June 7 - June 28	7:15 - 8:15 pm	4/\$40 + gst
UCC Main Hall		
Instructor: Heather Durward		
Virtual Zoom Options:		
Session A: April 12 - May 17	7:15 - 8:15 pm	6/\$48 + gst
Session B: June 7 - June 28	7:15 - 8:15 pm	4/\$32 + gst
* Zoom link will be emailed to students after registration.		



The primary aim of yoga is to restore the mind to simplicity and peace, and free it from confusion and distress.

ADULT & YOUTH FITNESS CON'T

FITNESS

GENTLE YOGA FOUNDATIONS

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

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- * Please make sure to follow posted building regulations.
- * Please bring your own equipment (mats are available if needed).

Tuesdays,		
Session A: April 6 - May 11	6:00 - 7:00 pm	6/\$60 + gst
Session B: May 18 - June 22	6:00 - 7:00 pm	6/\$60 + gst
UCC Main Hall		
Instructor: Norannda Sigmund		
Virtual Zoom Options:		
Session A: April 6 - May 11	6:00 - 7:00 pm	6/\$48 + gst
Session B: May 18 - June 22	6:00 - 7:00 pm	6/\$48 + gst
* Zoom link will be emailed to students after registration.		

YIN YOGA

Join Norannda for a yin style yoga class where you will focus on long held postures for a relaxing, slow paced 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.

- * All students are to access the UCC from the rear Main Hall doors.
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- * All students are required to sign an Informed Consent & Waiver of Liability.
- * Please make sure to follow posted building regulations.
- * Please bring your own equipment (mats are available if needed).

Tuesdays,		
Session A: April 6 - May 11	6:00 - 7:00 pm	6/\$60 + gst
Session B: May 18 - June 22	6:00 - 7:00 pm	6/\$60 + gst
UCC Main Hall		
Instructor: Norannda Sigmund		
Virtual Zoom Options:		
Session A: April 6 - May 11	6:00 - 7:00 pm	6/\$48 + gst
Session B: May 18 - June 22	6:00 - 7:00 pm	6/\$48 + gst
* Zoom link will be emailed to students after registration.		

ALL LEVELS FLOW YOGA

In this class, you will connect breath and movement as you flow through a dynamic series of postures at an approachable pace. Each week will include a combination of standing and seated postures along with elements of breath and meditation. This class will focus on creating balance, strength and flexibility in the body and mind, always with an emphasis on safe alignment. A great class for all levels.

- * All students are to access the UCC from the rear Main Hall doors
- * All students are to maintain a two and a half metre physical distance while exercising.
- * All students are required to sign an Informed Consent & Waiver of Liability.
- * Please make sure to follow posted building regulations.
- * Please bring your own equipment (mats are available if needed).

Wednesdays,		
Session A: April 7 - May 12	5:30 - 6:30 pm	6/\$60 + gst
Session B: May 19 - June 23	5:30 - 6:30 pm	6/\$60 + gst
UCC Main Hall		
Instructor: Ashley Williamson		

SPRING PADDLING CLUB

Adults/16+

One of the many perks of west coast living is getting out on the water! Join the popular Spring Paddling Club with Majestic Kayaking and experience a variety of exciting kayaking adventures in Barkley Sound. Registration entitles you to four outings over the weekends of May on Sundays. Trips will go, weather permitting, from the launch site at Majestic Ocean Kayaking. Participants will receive weekly updates on paddling destinations and weather cancellations.

- Wear polyester, nylon, fleece or micro fleece clothing and shoes that can get wet.
- Fitness Level - Moderate.
- No paddling experience required.
- Minimum registration must be met so spread the word!
- * Paddlers must stay three meters away from other participants at all times.
- * If you are in the same bubble you can share a double kayak.
- * Bring your own personal filled water bottle.
- * Please wear a mask during times of close contact with other guests and staff. (not expected while on the water kayaking)
- * All participants must sign an Informed Consent & Waiver of Liability Form

Sundays, April 25- May 30 9:00 am launch
 Meet at Majestic Ocean Kayaking, 1167 Helen Rd. \$125 + GST (4 trips)*
 *sorry, no refunds for unused trips

YIN YOGA

Yin is a slower paced, meditative yoga class that includes a series of postures held for longer periods of time (typically 3-5 minutes). These long holds allow the stretch to move past the flexibility of your muscles and reach the connective tissues in your body. The result is a deeper opening that not only increases your flexibility but builds stronger joints and ligaments as well. A great class for all levels.

- * All students are to access the UCC from the rear Main Hall doors.
- * All students are to maintain a two and a half metre physical distance while exercising.
- * All students are required to sign an Informed Consent & Waiver of Liability.
- * Please make sure to follow posted building regulations.
- * Please bring your own equipment (mats are available if needed).

Wednesdays,		
Session A: April 7 - May 12	7:00 - 8:00 pm	6/\$60 + gst
Session B: May 19 - June 23	7:00 - 8:00 pm	6/\$60 + gst
UCC Main Hall		
Instructor: Ashley Williamson		

WELCOME DAGAN BEACH

Dagan believes that yoga is a gift. An opportunity to better understand ourselves through the development of both our physical and mental abilities, a capacity to have a clearer perspective on life. Yoga helps us maintain a stable foundation and inspires us to find the full expression of our being. Teaching and sharing knowledge and practice is a very fulfilling service and wonderful challenge that Dagan embraces. Dagan has had the opportunity to teach in Squamish, Victoria, Troncones - Mexico, attended retreats in Costa Rica, El Salvador & Mexico. Dagan's other passions in life are surfing, photography, travel, music and outdoor pursuits.



FITNESS

SURFER'S DELIGHT YOGA

New!

Take a deep dive into a practice aimed at both restoring and strengthening your body and your mind. Through the release of tension, your energy can flow more freely. Through the stabilizing of your joints, your ability will develop strength. Classes will include fundamentals for beginners and challenges for more advanced practices. Enjoy this Vinyasa-based class, with restorative elements, to build, maintain and nurture your body and soul.

- * All students are to access the UCC from the rear Main Hall doors.
- * All students are to maintain a two and a half metre physical distance while exercising.
- * All students are required to sign an Informed Consent & Waiver of Liability.
- * Please make sure to follow posted building regulations.
- * Please bring your own equipment (mats/props are available if needed).

Sundays,		
Session A: April 11 - May 16	5:00 - 6:00 pm	6/\$60 + gst
Session B: May 30 - June 27	5:00 - 6:00 pm	5/\$50 + gst
UCC Main Hall		
Instructor: Dagan Beach		

DEEP FLOW YOGA

New!

This Vinyasa style class is woven together with Ashtanga and Anusara flavours, to take you deep into your physical and mental awareness. Not sure what that means? It's an exploration of complimentary yoga styles designed to develop strength, flexibility, expression and focus, giving your body the opportunity to find new potential and your mind to find stillness. Long holds and creative sequencing will be sure to inspire those newer to yoga and offer opportunity for others to find a new edge to their practice.

- * All students are to access the UCC from the rear Main Hall doors.
- * All students are to maintain a two and a half metre physical distance while exercising.
- * All students are required to sign an Informed Consent & Waiver of Liability.
- * Please make sure to follow posted building regulations.
- * Please bring your own equipment (mats/props are available if needed).

Sundays,		
Session A: April 11 - May 16	6:30 - 7:45 pm	6/\$72 + gst
Session B: May 30 - June 27	6:30 - 7:45 pm	5/\$60 + gst
UCC Main Hall		
Instructor: Dagan Beach		



ADULT & YOUTH FITNESS CON'T

WELCOME TONY ROUILLARD

Tony has been practicing traditional martial arts since 1985 and officially teaching Shito Ryu Karate -Do, Vietnamese Kung Fu, Taiji Quan and Qi Gong since 2005 in France, Australia, Vietnam and now here for you in Ucluelet. He started out like many as a child with Karate, competitions, passed 2nd dan in Karate and 5th dan in Vo Thuat Co Tryuen. He assisted Master: Nghiem An Thach and master Hô Hoa Hue (first official female master in Vietnam) who gave him the Master name of Hô Bach Long ("Master Ho Hoa Hue's White Dragon"). Through his classes Tony hopes to transmit his passion for traditional martial arts and health techniques.



New!

QI GONG

Practicing Qi Gong is a good introduction to traditional martial arts, a health technique and practice, a way to achieve a state of calm. The exercises will help to massage the organs, work on breathing, to be attentive to the movement within and will drain the meridians while enhancing the Qi. You will learn the seven principles of action, eighteen points of vigilance, song gong, Bachu - the eight sensations in the practice of Qi Gong, Zhan Zhuang (tree posture), Ba Duan Jin - eight pieces of brocade, Yi Jin Jing - strengthening muscles, tendons and meridians. This class is open to all levels of practice, all levels, all ages, evolve at your own pace.

- * All students are to maintain a two and a half metre physical distance while exercising.
- * All students are required to sign an Informed Consent & Waiver of Liability.
- * Please make sure to follow posted building regulations.

Mondays,	7:30 - 8:30 am
Session A: April 12 - May 17	6/\$60 + gst
Session B: May 31 - June 28	5/\$50 + gst
AND/OR	
Wednesdays,	7:30 - 8:30 am
Session A: April 7 - May 12	6/\$60 + gst
Session B: May 19 - June 30	7/\$70 + gst
UCC Main Hall	
Instructor: Tony Rouillard	

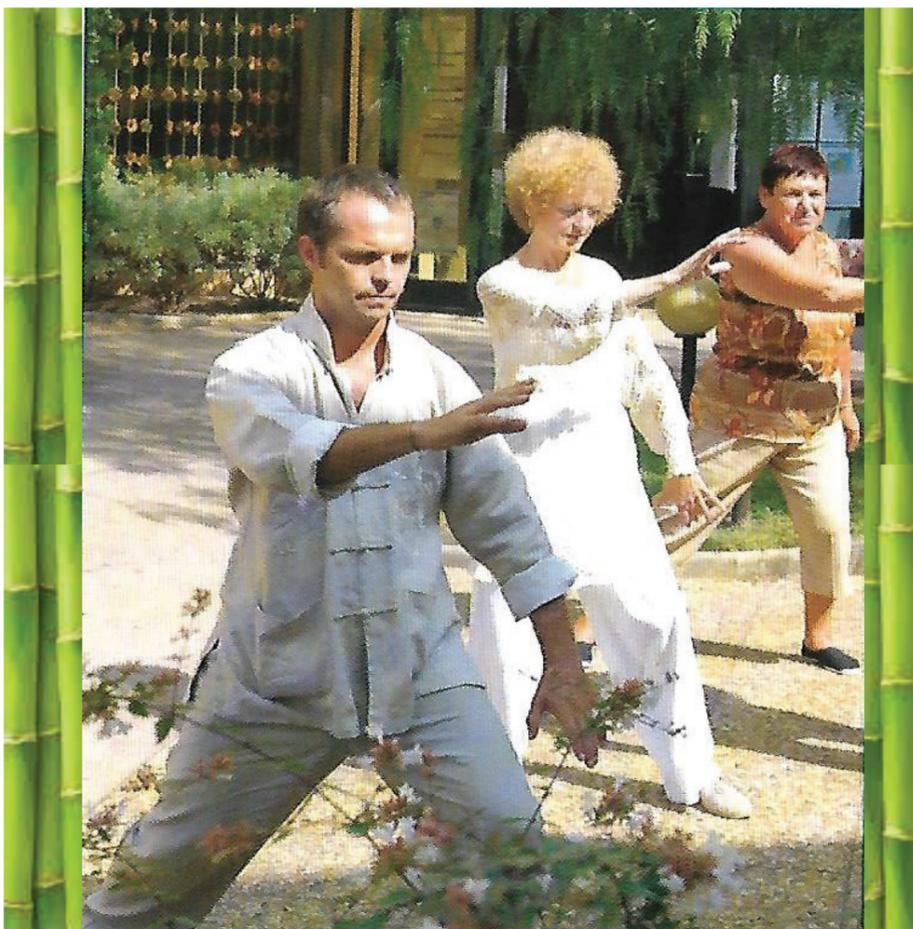
TAIJI QUAN (TAI CHI CHUAN)

New!

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.

- * All students are to maintain a two and a half metre physical distance while exercising.
- * All students are required to sign an Informed Consent & Waiver of Liability.
- * Please make sure to follow posted building regulations.

Tuesdays,	7:30 - 8:30 am
Session A: April 6 - May 11	6/\$60 + gst
Session B: May 18 - June 29	7/\$70 + gst
AND/OR	
Thursdays,	7:30 - 8:30 am
Session A: April 8 - May 13	6/\$60 + gst
Session B: May 20 - June 24	6/\$60 + gst
UCC Main Hall	
Instructor: Tony Rouillard	



SENIOR & ADULT FITNESS

CHI GONG

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

- * All students are to maintain a two and a half metre physical distance while exercising
- * All students are required to register at the front desk and sign an Informed Consent & Waiver of Liability.
- * Please make sure to follow posted building regulations at all times.

Mondays & Wednesdays, April 7 - June 30 (ongoing)	10:30 - 11:30 am
UCC Main Hall	
Instructor: Jan Draeseke	\$3 fee

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, builds strength and balance and can help with a better sleep. Get moving and join Cris at the UCC to get your groove on. No experience or physical fitness levels required, just come out and have some fun.

- * All students are to maintain a two and a half metre physical distance while exercising.
- * All students are required to register at the front desk and sign an Informed Consent & Waiver of Liability.
- * Please make sure to follow posted building regulations.

Thursdays, April 8 (ongoing)	10:00 - 11:00 am
Volunteer: Cris Martin	\$2 fee
UCC Main Hall	

SENIORS STRETCH CLASS

This class will combine active and passive stretches to aid in the improvement of mobility, agility and injury prevention. No experience necessary, all levels are welcome.

- * All students are to maintain a two and a half metre physical distance while exercising.
- * All students are required to sign an Informed Consent & Waiver of Liability.
- * Please make sure to follow posted building regulations.
- * Please bring your own equipment (mats are available if needed).

Fridays,	10:30 - 11:15 am
Session A: April 9 - May 14 (NO CLASS: April 23, 30)	4/\$24 + gst
Session B: May 21 - June 25	6/\$36 + gst
UCC Main Hall	
Instructor: Lindsay Kerdman	

Virtual Zoom Options:	10:30 - 11:15 am
Session A: April 9 - May 14 (NO CLASS: April 23, 30)	4/\$24 + gst
Session B: May 21 - June 25	6/\$36 + gst

SENIORS MAT PILATES

This class will focus on the posture, balance and muscular development for seniors. Pilates is a method of exercise that consists of low-impact flexibility and muscular strength and endurance movements without the use of equipment. Pilates emphasizes proper postural alignment, core strength and muscle balance. No experience necessary.

- * All students are to maintain a two and a half metre physical distance while exercising.
- * All students are required to sign an Informed Consent & Waiver of Liability.
- * Please make sure to follow posted building regulations.
- * Please bring your own equipment (mats are available if needed).

Fridays,	11:30 - 12:15 pm
Session A: April 9 - May 14 (NO CLASS: April 23, 30)	4/\$24 + gst
Session B: May 21 - June 25	6/\$36 + gst
UCC Main Hall	
Instructor: Lindsay Kerdman	

Virtual Zoom Options:	11:30 - 12:15 pm
Session A: April 9 - May 14 (NO CLASS: April 23, 30)	4/\$24 + gst
Session B: May 21 - June 25	6/\$36 + 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 students are to maintain a two and a half metre physical distance while exercising.
- * All students are required to register at the Ucluelet Community Centre.
- * All students are required to sign an Informed Consent & Waiver of Liability.
- * Please make sure to follow posted building regulations at all times.
- * Bring a filled water bottle

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

LOW IMPACT