



SEAPARC Recreation

SEPTEMBER-DECEMBER ACTIVITY GUIDE

2025



Program Registration

Wednesday, Aug 13th | 9:00am

- Fitness
- Community Recreation
- Pro D Camps
- Select Aquatic Programs



Swim Lesson Registration

SET 1: Wednesday, Aug 27th | 9:00am
SET 2: Wednesday, Oct 29th | 9:00am



Skate Lesson Registration

SET 1: Wednesday, Aug 13th | 9:00am
SET 2: Wednesday, Oct 22nd | 9:00am





Holiday Hours & Special Events



September

Labour Day

Monday, September 1

Facility Closed

Pro D Day

Monday, September 22

Skate 11:30am-12:45pm

Youth Hockey 1:00-2:15pm

Swim 1:00-3:00pm

Truth & Reconciliation Day

Tuesday, September 30

Pool & Weight Room Open

9:00am-5:00pm

October

Thanksgiving

Monday, October 13

Pool & Weight Room Open

9:00am-5:00pm

Pro D Day

Friday, October 24

Skate 11:30am-12:45pm

Youth Hockey 1:00-2:15pm

Swim 1:00-3:00pm

Halloween Skate

Tuesday, October 28

7:00-8:15pm

November

Remembrance Day

Tuesday, November 11

Pool & Weight Room Open

9:00am-5:00pm

Pro D Day

Friday, November 21

Skate 11:30am-12:45pm

Youth Hockey 1:00-2:15pm

Swim 1:00-3:00pm

Santa's Gift Shop

Tuesday, November 25

6:00-8:00pm

Festival of Trees

November 25 – December 26

December

Zumbathon

Sunday, December 7

1:00-2:30pm

Skate with Santa

Sunday, December 14

11:30am-12:45pm

Holiday Swim

Saturday, December 20

1:00-3:00pm

A fun afternoon of holiday themed activities and games

Christmas Eve

Wednesday, December 24

Facility Open

6:00am-2:30pm

Christmas Eve Skate

Wednesday, December 24

1:00-2:30pm

Christmas Day

Thursday, December 25

Facility Closed

Boxing Day

Friday, December 26

Facility Closed

New Year's Eve

Wednesday, December 31

Pool & Weight Room Open

6:00am-5:30pm

New Year's Eve Skate

Wednesday, December 31

1:00-2:30pm



Memberships

**PASSES
CAN BE
PURCHASED
ONLINE**

Rates	Ages	Single Admission	10x Admission	1 Month Active Pass	3 Month Active Pass	Annual Active Pass	Regional Annual Pass
Preschool	0-4	Free					
Child	5-12	\$3.50	\$31.50	\$33.50	\$77.25	\$210.00	
Youth	13-18	\$4.00	\$36.00	\$39.00	\$93.00	\$249.00	
Student*	19+	\$5.50	\$49.50	\$52.00	\$120.00	\$432.00	\$570.00
Adult	19+	\$7.25	\$65.25	\$69.50	\$155.00	\$432.00	\$570.00
Senior	60+	\$5.50	\$49.50	\$52.00	\$120.00	\$432.00	\$570.00
Family**		\$14.50	\$130.50	\$139.00		\$864.00	

What's Included	Single Admission	10x Admission	1 Month/ 3 Month Active Pass	Annual Active Pass	Regional Annual Pass
Aquatic Centre: Pool, Hot Tub & Sauna	✓	✓	✓	✓	✓
Arena: Public Skate & Family & Friends Hockey	✓	✓	✓	✓	✓
Weight Room: Cardio Equipment & Weights	✓	✓	✓	✓	✓
Aquatic Fitness	✓	✓	✓	✓	✓
Regular Priced Group Fitness	✓	✓	✓	✓	✓
Payment Plan				✓	✓

Annual Pass Monthly Payments

Family	\$72.00
Adult/Senior/Student	\$36.00
Youth	\$20.75
Child	\$17.50

* Student rate with valid full time accredited post secondary school ID.

** Family Admission includes 2 adults and 3 children (under the age of 19) or 1 adult and up to 4 children living in the same household.

Membership refunds will only be considered for relocation or medical reasons and will be prorated to include 30 days charge as a withdrawal fee.

An administration fee of \$25 will be applied for a payment plan option for the Annual Regional Pass.

A \$25 NSF fee will be charged for returned payments.

Refund Policy - In order to receive a full refund, requests must be received 72 hours prior to the program start date. Exceptions may be made for medical, relocation or other extenuating circumstances at the sole discretion of SEAPARC Recreation. A \$10 administration fee will apply to all approved refund requests with less than 72 hours notice.



Early Years 0-5 Years

Arts, Dance & General Interest

Preschool Fun Dance 2 – 5 Years

In this exciting and lively class, children will have fun in learning new dance techniques, expressing themselves through dance, movement, and music. Parent / Guardian Participation Required.

Instructor: Cheryl G.

Tu	Sep 2-Oct 21	11:00-11:30am	\$63/7	26558
Tu	Oct 28-Dec 16	11:00-11:30am	\$63/7	26559

No class Sep 30, Nov 11

Preschool Art Classes 3 – 5 Years

Children will have fun exploring and making colourful art using many different types of media such as watercolour paints, tempura paints, crayons, oil pastels, markers, pencil crayons and much more. Every week they will create their own little masterpieces while most of all having fun and enjoying the process of creating and making art! Parent / Guardian Participation Encouraged.

Instructor: Deborah V.H.

F	Sep 12-Oct 17	11:30am-12:15pm	\$90/6	26556
F	Nov 7-Dec 19	11:30am-12:15pm	\$90/6	26557

No class Nov 21

Early Learning

Play and Learn 3 – 4 Years

Join us in a safe and engaging atmosphere where your child can learn about the world around them while developing their independence and self-confidence. This program lays a strong foundation for future learning and success. Each month the program activities will be based around a theme with hands on learning and a variety of fun experiences! Children must be fully independent in toileting to register.

Tu, Th	Sep 2-Sep 25	9:00-11:00am	\$144/8	26560
Tu, Th	Oct 7-Oct 30	9:00-11:00am	\$144/8	26561
Tu, Th	Nov 4-Nov 27	9:00-11:00am	\$126/7	26562
Tu, Th	Dec 2-Dec 18	9:00-11:00am	\$108/6	26563

Kinder Prep and Play 3 – 4 Years

This program is designed to give young learners the skills, confidence, and enthusiasm they need to thrive in kindergarten and beyond. We'll introduce literacy, numeracy, problem-solving, and social-emotional skills in a way that feels natural and engaging, ensuring your child gets their best start. Children must be fully independent in toileting to register.

M, W	Sep 3-Sep 24	9:00-11:00am	\$126/7	26564
M, W	Oct 6-Oct 29	9:00-11:00am	\$126/7	26565
M, W	Nov 3-Nov 26	9:00-11:00am	\$126/7	26566
M, W	Dec 1-Dec 17	9:00-11:00am	\$108/6	26567

No class Oct 13, Nov 10

HOW TO REGISTER

ONLINE at seaparc.ca

PHONE 250.642.8000

IN PERSON at SEAPARC Recreation Centre, 2168 Phillips Rd, Sooke, BC



= Parent/Guardian Participation Required

Sports & Physical Literacy

Preschool Yoga 3 – 5 Years

A yoga class to help little ones learn about the world, nature, their minds, their emotions, and their bodies. This class incorporates yoga poses, breathing exercises, stories, music, and fun yoga games.

Instructor: Britt A

Th	Sep 11-Oct 30	11:40am-12:15pm	\$60/8	26931
Th	Nov 6 – Dec 18	11:40am-12:15pm	\$52.50/7	26932

Taekwondo Little Kickers 3 – 5 Years

Our littlest kickers will love this fun class where they will practice the basics of movement, coordination and teamwork through original games and activities, while learning the foundations of Taekwondo skills. Uniforms are available for purchase through Mijo Taekwondo.

F	Sep 12-Oct 17	10:00-10:30am	\$51/6	26571
F	Nov 7-Dec 19	10:00-10:30am	\$51/6	26572

10 Sport 3 – 5 Years

This fun, non-competitive multi-sport program introduces young athletes to key movement skills across hockey, soccer, tennis, and more. Using games, songs, and positive reinforcement, coaches create an engaging environment where kids develop sports skills with confidence and joy.

Instructor: Richardson Sports Inc.

Location: Ravens Ridge Park - Sport Box

Sa	Sep 13-Oct 11	1:00-1:30pm	\$70/5	26952
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10 Sport 3 – 4 Years

This fun, non-competitive multi-sport program introduces young athletes to key movement skills across hockey, soccer, tennis, and more. Using games, songs, and positive reinforcement, coaches create an engaging environment where kids develop sports skills with confidence and joy.

Instructor: Richardson Sports Inc.

Location: Saseenos School Gym

M	Sep 8-Sep 29	6:00-6:30pm	\$42/3	26947
M	Oct 6-Oct 27	6:00-6:30pm	\$42/3	26949
M	Nov 3-Nov 24	6:00-6:30pm	\$42/3	26950

No class Sep 22, Oct 13, Nov 10

Active Start 1 – 4 Years

Come out and play! Join us for an introduction to a variety of sports, free play and structured games that help develop physical literacy movement skills including throwing, catching, kicking, running, jumping and balance. This program will inspire kids (and their parents) to build confidence, develop their skills, have fun, build teamwork and cooperation. Through this program we will lay a foundation to live an active, healthy, lifestyle.... for life! Parent / Guardian Participation Required.

Location: Saseenos Elementary School Gym

Tu	Sep 9-Oct 21	5:00-6:00pm	\$66/6	26569
Tu	Nov 4-Dec 16	5:00-6:00pm	\$66/6	26570

No class Sep 30, Nov 11

Kindergym Drop-in 1 – 4 Years

Join us as we have a blast jumping in the bounce house, playing, climbing and exploring. Parent / Guardian Participation is Required.

Sa	Sep 6-Dec 13	10:00-11:30am	\$4.50 Drop-in	
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Face Off for Fun Hockey Camp 3 – 9 Years

You want to try Hockey but don't know where to start? Or maybe you already signed up but want to be ready before the season starts. Join us in a fun introduction to fundamental hockey. Learn the basics of the sport in a non-competitive way. Children must be new to hockey; camp is beginner focused. Helmet with a face cage, shin pads, and gloves are mandatory.

Tu-Th	Aug 26-Aug 28	4:00-4:45pm	\$33/3	26758
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Parent & Tot Skate Lessons 2 – 4 Years

First time skaters will get comfortable on the ice with an adult, who is comfortable on skates. The adult will be given tools and skills to assist their child in accomplishing the basics of skating, including balancing on two feet, touching toes, falling down, and getting up. Participants must wear skates. (This is NOT a Prerequisite to Preschool Level 1)

Su	Sep 7-Oct 26	10:00-10:30am	\$62/7	26751
Tu	Sep 9-Oct 28	3:30-4:00pm	\$62/7	26752
Su	Nov 2-Dec 14	10:00-10:30am	\$62/7	26753
Tu	Nov 4-Dec 16	3:30-4:00pm	\$53/6	26754

No class Sep 30, Oct 12, Nov 11

Skate Lessons

Don't forget! Helmets and gloves are required for all skate lesson participants before going on the ice.

Skate Rentals are free for all registered participants.

Registration For November Skate Lessons opens Wednesday Oct 22, 2025 at 9:00am

Pre-School Learn to Skate

3 – 5 Years

Preschool 1

Skaters will be taught basic skating skills including: balancing on two feet, touching toes, walking forwards, marching and falling down and getting up.

Preschool 2

Skaters will learn skills including: gliding, two foot jumps, making snow and walking backwards. This class is for children who can skate independently.

Prerequisite: Preschool 1

Preschool 3

Skaters will learn skills including: v-pushes, one foot gliding, two foot jump while gliding, walking backwards with some glide, two foot quarter turns on the spot and stopping.

Prerequisite: Preschool 2

Preschool 4

Skaters will learn skills including: two foot glide on a curve, walking cross cuts, backward sculling and backwards stopping. Prerequisite: Preschool 3

Day	Start	Finish	Time	Code	# of classes
Preschool Level 1					
Su	Sep 7	Oct 26	10:00am	26799	7
Tu	Sep 9	Oct 28	3:30pm	26800	7
Su	Nov 2	Dec 14	10:00am	26805	7
Tu	Nov 4	Dec 16	3:30pm	26806	6
Preschool Level 2					
Su	Sep 7	Oct 26	10:00am	26801	7
Tu	Sep 9	Oct 28	3:30pm	26802	7
Su	Nov 2	Dec 14	10:00am	26807	7
Tu	Nov 4	Dec 16	3:30pm	26808	6
Preschool Level 3/4					
Su	Sep 7	Oct 26	10:00am	26803	7
Tu	Sep 9	Oct 28	3:30pm	26804	7
Su	Nov 2	Dec 14	10:00am	26809	7
Tu	Nov 4	Dec 16	3:30pm	26810	6

No classes Sep 30, Oct 12, Nov 11

	9 classes	10 classes
30 Minute Skate Lessons	\$78.75	\$87.50

SEAPARC offers swim party options for all ages or a Kindergym party package for children 1-4 years.



Skate & Pool Party Packages \$169
Kindergym Party \$174

Visit seaparc.ca for information.





School Age & Youth 5-17 Years

Art

NEW! Afterschool Makers Club 6 – 12 Years

Get ready to cut, glue, fold, and create! Afterschool Makers Club is a hands-on crafting class where kids make a brand-new project each week — from building paper puppets and decorating treasure boxes to designing DIY hats, masks, and maybe even creating their own custom slime! All supplies are included — just bring your imagination and a smile!

Instructor: Michelle C.

M	Sep 15-Oct 20	3:30-4:30pm	\$72/4	26627
M	Nov 3-Dec 1	3:30-4:30pm	\$72/4	26628

No class Sep 22, Oct 13, Nov 10

Family Art All Ages

Come create a Family Masterpiece. Art instructor Deb will guide you through the creation of a beautiful ocean-scape or landscape painting that the whole family can create together. All materials are provided.

Instructor: Deborah V.H.

M	Oct 20	5:30-8:00pm	\$36/1	26629
M	Dec 15	5:30-8:00pm	\$36/1	26630

Children's Art

6 – 12 Years

In this creative and artistic class, the students will have fun learning how to paint and draw several different styles and create their own colourful, unique projects. We will be using several media such as acrylic paints, watercolour paints, acrylic markers, crayons, oil pastels, fine line markers, ink, canvas, and more. Every week we will be creating a new masterpiece! All materials are provided.

Instructor: Deborah V.H.

Th	Sep 11-Oct 23	5:30-7:00pm	\$119/7	26625
Th	Nov 6-Dec 18	5:30-7:00pm	\$119/7	26626

Paint a Present

7 – 11 Years

Send the kids to paint a masterpiece for a favourite friend or family member. They'll gift wrap it too, ready for under the tree! All art supplies will be provided.

Instructor: Deborah V.H.

F	Dec 12	6:00-8:00pm	\$18/1	26892
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Kids Night Dance Party

6 – 12 Years

Parents, looking for a date night? Leave the kids with us for a Kids Night Dance Party. The night will consist of dancing, games, and Pizza!

Instructor: Cheryl G.

Sa	Oct 25	5:00-8:00pm	\$34/1	26631
Sa	Dec 6	5:00-8:00pm	\$34/1	26632

HOW TO REGISTER

ONLINE at seaparc.ca

PHONE 250.642.8000

IN PERSON at SEAPARC Recreation Centre, 2168 Phillips Rd, Sooke, BC



= Parent/Guardian Participation Required

Fitness & Wellness

NEW! Mom and Daughter Jumping Fitness 10+ Years

Jumping is a new low impact cardio fitness movement performed on a patented trampoline to upbeat music. This is an energetic HIIT style workout - come check it out and have loads of fun! Parents and children will take turns working and resting. Registration fee is for one adult and one child.

Instructor: Melinda B

Tu	Sep 9-Oct 28	6:00-6:45pm	\$91/7	26899
Tu	Nov 4-Dec 16	6:00-6:45pm	\$78/6	26903
Su	Sep 7-Oct 26	8:15-9:00am	\$91/7	26904
Su	Nov 2-Dec 14	8:15-9:00am	\$91/7	26905

No class Sep 30, Oct 12 & Nov 11

NEW! Jr Personal Trainer 13+ Years

Thinking of wanting to one day become a personal trainer or work or volunteer in our weight room? Come learn about the necessary steps towards certification and gain some Strength Training Anatomy knowledge as it relates to specific exercises in your program planning.

Prerequisite: 13-15 yrs must have completed the Youth Weight Room Orientation prior to start date

Instructor: Dave R

Tu	Oct 7-Oct 28	3:45-4:45pm	\$52/4	26906
Tu	Nov 18-Dec 9	3:45-4:45pm	\$52/4	26907

Youth Fit 7 – 12 Years

Love fitness through movement, play and FUN! Each unique workout is based on functional movements, reflecting the most important aspects of all sports and everyday activities. Learn proper form and gain strength, agility and confidence in this active alternative to sedentary after school activities. Drop ins allowed, space permitting.

Instructor: Maurice A

M	Sep 8- Oct 27	3:45-4:30pm	\$52.50/7	26908
M	Nov 3-Dec 15	3:45-4:30pm	\$52.50/7	26909

Instructor: Jacklyn E

W	Sep 10-Oct 29	3:45-4:30pm	\$60/8	26910
W	Nov 5-Dec 17	3:45-4:30pm	\$52.50/7	26911

No class Oct 13

NEW! Family Fitness 6+ Years

Come and workout together with your whole family in this fun filled circuit style class. Improve your overall fitness with some cardio drills, strength, and endurance options as well as some balance challenges. Small equipment and bodyweight exercises will be offered. Register now and start your healthy lifestyle with a smile! One registration per family.

Instructor: Kristi S

Sa	Sep 13-Oct 25	8:15-9:00am	\$91/7	26912
Sa	Nov 8-Dec 13	8:15-9:00am	\$91/7	26913

NEW! Teen Weights for Girls 13+ Years

Get comfortable in the weight room and learn how to safely and effectively build strength to get in shape, improve your sport performance and reach your fitness goals.

Pre-req: 13-15 yrs must have completed the Youth Weight Room Orientation prior to start date

Instructor: Kristi S

W	Sep 10-Oct 29	3:45-4:45pm	\$104/8	26914
W	Nov 5-Dec 17	3:45-4:45pm	\$91/7	26915

Youth Weight Room Orientation 13 – 15 Years

This orientation will provide youth with an introduction on how to safely use a recreation centre weight room. Content will include: weight room guidelines and etiquette; cardio and weight training guidelines; orientation and instruction on how to use basic cardio and strength training equipment. Upon completion of this orientation, participants will receive a sticker which permits access to weight rooms at the following facilities: SEAPARC, Panorama, Esquimalt, City of Victoria, Saanich, West Shore and Oak Bay.

Th	Sep 4	4:30-5:30pm	\$15/1	26916
Su	Sep 7	3:00-4:00pm	\$15/1	26917
Th	Sep 11	4:30-5:30pm	\$15/1	26918
Su	Sep 14	3:00-4:00pm	\$15/1	26919
F	Sep 19	3:30-4:30pm	\$15/1	26920
Th	Oct 9	4:30-5:30pm	\$15/1	26921
F	Oct 17	3:30-4:30pm	\$15/1	26922
Su	Oct 19	3:00-4:00pm	\$15/1	26923
Th	Nov 6	4:30-5:30pm	\$15/1	26924
F	Nov 14	3:30-4:30pm	\$15/1	26928
Su	Nov 16	3:00-4:00pm	\$15/1	26925
Th	Dec 4	4:30-5:30pm	\$15/1	26926
F	Dec 12	3:30-4:30pm	\$15/1	26927
Su	Dec 14	3:00-4:00pm	\$15/1	26929

General Interest & Educational

Boys Night Out 7 – 11 Years

This program is guaranteed to keep your boys busy, active and entertained! There will be some outdoor games, so please dress to get dirty.

Active Outdoor Games

F	Sep 26	6:00-7:30pm	\$12/1	26900
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Forest Tag Night

F	Oct 17	6:00-7:30pm	\$12/1	26901
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S'mores & Camp Fire

F	Nov 28	6:00-7:30pm	\$12/1	26902
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For the Girls 7 – 11 Years

Spend the evening with the girls! A mixed bag of crafts, active games, swimming and outdoor fun.

F	Sep 12-Oct 24	6:00-7:30pm	\$65/7	26633
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F	Nov 7-Dec 19	6:00-7:30pm	\$65/7	26634
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Kids Night Out 7 – 11 Years

Join us for a swimming, games and crafts! Pizza served on pizza nights.

Pizza & Pool Party

F	Sep 12	4:00-8:00pm	\$28/1	26893
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F	Oct 3	4:00-8:00pm	\$28/1	26894
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F	Nov 14	4:00-8:00pm	\$28/1	26895
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Active Outdoor Games

F	Sep 19	6:00-7:30pm	\$12/1	26896
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Paint Night

F	Oct 10	6:00-7:30pm	\$12/1	26897
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Flashlight Capture the Flag

F	Dec 5	6:00-7:30pm	\$12/1	26898
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Lego Robotics Sumo Bots 9 – 14 Years Tournament Workshop By LITTLUNIVERSE

Think you have what it takes to take your building/programming skills to another level?! You and 2 other participants will be one of two teams representing Sooke! Your team will design, build, and program a Sumo Robot to compete in the tournament (Dec 6) at Gordon Head Recreation in Saanich. Participants will get their own LITTLUNIVERSE t-shirt.

Su	Nov 16	10:00am-4:00pm	\$120/1	26637
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Dungeons & Dragons 10 – 15 Years

Come and play Dungeons and Dragons. Bring your own game supplies or use ours. Beginners welcome.

Su	Sep 7-Oct 26	6:00-7:30pm	\$48/6	26635
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Su	Nov 2-Dec 14	6:00-7:30pm	\$48/6	26636
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No class Sep 28, Oct 12, Nov 9

Leadership & Training

Home Alone Program 9 – 12 Years Preparing Youth

After school time and the occasional short outings for parents are easily dealt with when children are prepared. The focus of the workshop is home and personal safety tips for dealing with emergency situations.

Instructor: Kathleen Lee

Su	Sep 28	1:30-4:30pm	\$38/1	26638
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Su	Nov 9	1:30-4:30pm	\$38/1	26639
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Red Cross Babysitters Course 11+ Years

Learn to care for children of various ages. Basic first aid and personal safety measures are emphasized throughout this workshop. Participants will also learn a variety of age appropriate games to give them the tools to be a great babysitter. A training manual is included in the course fee. A Red Cross Babysitters certification card will be provided upon successful completion of the course.

Total Required Training Time: 8 hours

Sa	Sep 20-Sep 27	12:00-4:00pm	\$78/2	27702
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Sa	Nov 8-Nov 15	12:00-4:00pm	\$78/2	27707
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Sports & Physical Literacy (Active Play)

Junior Golf Clinic

8 – 14 Years

This class is suitable for those taking up golf for the first time or those looking to enhance their skills. Strong emphasis will be placed on the fundamentals – stance, grip, full swing, putting, chipping, and rules of the game. On the last day we will play on the course. *Golf clubs are available for use if needed.*

Instructor: Griffin Gilmore

Location: DeMamie Creek Golf Course

Th	Sep 4-Sep 25	4:00-4:45pm	\$90/4	24379
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Beginner Golf Clinic

15+ Years

These clinics are the perfect way to learn the game of golf and have some fun. Strong emphasis will be placed on the fundamentals - proper grip, posture, stance, and rules of the game. On the last day we will play on the course. *Golf clubs are available for use if needed.*

Instructor: Griffin Gilmore

Level 1

Location: DeMamie Creek Golf Course

Th	Sep 4-Sep 25	5:00-5:50pm	\$90/4	24287
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Street Hockey

5 – 12 Years

This dynamic floor hockey class welcomes all skill levels in a fun, supportive environment. Through drills and mini-games, participants develop coordination, strength, and teamwork while learning hockey basics. Enjoy friendly competition, build fitness, and foster sportsmanship in an inclusive setting!

Instructor: Richardson Sports Inc.

Location: Ravens Ridge Park Sport Box

Sa	Sep 13 – Oct 11	2:15-3:15pm	\$85/5	26969
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10 Sport

5 – 6 Years

This fun, non-competitive multi-sport program introduces young athletes to key movement skills across hockey, soccer, tennis, and more. Using games, songs, and positive reinforcement, coaches create an engaging environment where kids develop sports skills with confidence and joy.

Instructor: Richardson Sports Inc.

Location: Saseenos School Gym

M	Sep 8-Sep 29	6:30-7:00pm	\$42/3	26956
M	Oct 6-Oct 27	6:30-7:00pm	\$42/3	26958
M	Nov 3-Nov 24	6:30-7:00pm	\$42/3	26959

No class Sep 22, Oct 13, Nov 10

10 Sport

6 – 9 Years

This fun, non-competitive multi-sport program introduces young athletes to key movement skills across hockey, soccer, tennis, and more. Using games, songs, and positive reinforcement, coaches create an engaging environment where kids develop sports skills with confidence and joy.

Instructor: Richardson Sports Inc.

Location: Ravens Ridge Park Sport Box

Sa	Sep 13-Oct 11	1:30-2:15pm	\$75/5	26967
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10 Sport

7 – 12 Years

This fun, non-competitive multi-sport program introduces young athletes to key movement skills across hockey, soccer, tennis, and more. Using games, songs, and positive reinforcement, coaches create an engaging environment where kids develop sports skills with confidence and joy.

Instructor: Richardson Sports Inc.

Location: Saseenos School Gym

M	Sep 8-Sep 29	7:00-8:00pm	\$42/3	26963
M	Oct 6-Oct 27	7:00-8:00pm	\$42/3	26964
M	Nov 3-Nov 24	7:00-8:00pm	\$42/3	26965

No class Sep 22, Oct 13, Nov 10



LIFE (Leisure Involvement for Everyone) is designed to provide free and low cost recreation opportunities through the SEAPARC Recreation Centre for individuals and families on limited income. Individuals who live in Sooke or Juan de Fuca Electoral Area whose combined gross family income falls within or below the low income levels as recognized by Statistics Canada may apply. Application forms are available at SEAPARC Recreation Centre and seaparc.ca.

Taekwondo Junior Kids

5 – 7 Years

Learn the basics of Olympic style Taekwondo with Mijo Taekwondo. This program is for young beginners new to martial arts and provides participants with a foundation of basic Taekwondo skills. Students will develop important life skills such as perseverance and integrity, while working towards their yellow belt. Uniforms are available for purchase through Mijo Taekwondo.

Location: Poirier Elementary School Gym

Instructor: Michelle Carpenter

M, W	Sep 8-Oct 29	5:30-6:00pm	\$115/14	26700
M, W	Nov 3-Dec 17	5:30-6:00pm	\$115/14	26701

Mondays Only

M	Sep 8-Oct 27	5:30-6:00pm	\$52.50/6	26698
M	Nov 3-Dec 15	5:30-6:00pm	\$61.25/7	26699

Wednesdays Only

W	Sep 10-Oct 29	5:30-6:00pm	\$70/8	26696
W	Nov 5-Dec 17	5:30-6:00pm	\$61.25/7	26697

No class Sep 22, Oct 13

Taekwondo Senior Kids

8 – 12 Years

Let your kids learn to kick, punch, block and eventually break boards in these fun and dynamic Taekwondo classes with Mijo Taekwondo. Beginning as a white belt, students will have the opportunity to progress through our coloured belt system while learning exciting kicks, (including jumping, flying and spinning kicks), dynamic hand strikes and self defence all in a supportive, inclusive and structured learning environment. Classes are a blend of traditional and sport Taekwondo training and stability and conditioning drills and are suitable for all levels. Uniforms are available for purchase through Taekwondo.

Location: Poirier Elementary School Gym

Instructor: Michelle Carpenter

M, W	Sep 8-Oct 29	6:15-7:00pm	\$168/14	26733
M, W	Nov 3-Dec 17	6:15-7:00pm	\$168/14	26734

Mondays Only

M	Sep 8-Oct 27	6:15-7:00pm	\$78/6	26735
M	Nov 3-Dec 15	6:15-7:00pm	\$91/7	26736

Wednesdays Only

W	Sep 10-Oct 29	6:15-7:00pm	\$104/8	26737
W	Nov 5-Dec 17	6:15-7:00pm	\$91/7	26738

No class Sep 22, Oct 13

Taekwondo Youth

13 – 18 Years

Olympic style Taekwondo is one of the most popular martial arts in the world and you can find out why in our dynamic, challenging and fun Taekwondo program. Beginning at white belt, you train with a wide range of belt levels, learning the basics and technique of our curriculum-based system, this includes kicking, punching, blocking, hand strikes, self defence and patterns. Classes are a blend of traditional and sport Taekwondo training and stability and conditioning drills and are suitable for all levels. Sr Kids who have achieved Blue Belt or higher are welcome to move up to this class; please contact Master Michelle for more details.

Location: Poirier Elementary School Gym

Instructor: Michelle Carpenter

M, W	Sep 8-Oct 29	7:00-7:45pm	\$168/14	26739
M, W	Nov 3-Dec 17	7:00-7:45pm	\$168/14	26740

Mondays Only

M	Sep 8-Oct 27	7:00-7:45pm	\$78/6	26741
M	Nov 3-Dec 15	7:00-7:45pm	\$91/7	26742

Wednesdays Only

W	Sep 10-Oct 29	7:00-7:45pm	\$104/8	26743
W	Nov 5-Dec 17	7:00-7:45pm	\$91/7	26744

No class Sep 22, Oct 13

Intro to Taekwondo

6 – 12 Years

Try out one of the world's most popular martial arts in this 6-week Intro to Taekwondo class! Students will learn the foundational skills of this Olympic sport, including basic kicking, punching, blocking, and will even get to break a board at the end of the session! After completing this introductory session, students are invited to join our regular Taekwondo classes on Mondays and Wednesdays. Uniforms are not required for this class but are available for purchase through Mijo Taekwondo.

Instructor: Michelle Carpenter

Th	Sep 11-Oct 16	3:45-4:30pm	\$78/6	26673
Th	Nov 6-Dec 11	3:45-4:30pm	\$78/6	26674

Check out **PAGE 32** for
Aquatic Training and
First Aid Programs

Future Soccer Stars 5 – 7 Years

This fun, non-competitive class introduces young children to soccer while building essential motor skills. Through playful drills and mini-games, kids develop coordination, agility, and teamwork, fostering confidence and a love for movement in an engaging, active environment. Join us!

Instructor: Richardson Sports Inc.
Location: Journey School Field

W	Sep 10-Oct 1	5:30-6:30pm	\$68/4	26972
W	Oct 8-Oct 29	5:30-6:30pm	\$68/4	26975

Future Soccer Stars 8 – 12 Years

This fun, non-competitive class introduces young children to soccer while building essential motor skills. Through playful drills and mini-games, kids develop coordination, agility, and teamwork, fostering confidence and a love for movement in an engaging, active environment. Join us!

Instructor: Richardson Sports Inc.
Location: Journey School Field

W	Sep 10-Oct 1	6:30-7:30pm	\$68/4	26976
W	Oct 8-Oct 29	6:30-7:30pm	\$68/4	26979

Future Soccer Stars, For Girls 6 – 12 Years

Join our Girls Soccer Stars program! This supportive, empowering class helps young women build skills, teamwork, and confidence while fostering a love for the game in a fun, encouraging environment.

Instructor: Richardson Sports Inc.
Location: Journey School Field

W	Sep 10-Oct 1	7:30-8:30pm	\$68/4	26980
W	Oct 8-Oct 29	7:30-8:30pm	\$68/4	26982

Youth Skate Lessons – Learn to Skate 13+ Years

It's never too late to learn how to skate! A fun approach to learning to skate, designed for skaters with limited or no experience. We will focus on familiarizing you to the ice and arena environment and take you through the natural progressions of balance and gliding. Helmets and gloves are required.

Su	Sep 7-Oct 26	10:00-10:30am	\$63/7	26764
Tu	Sep 9-Oct 28	3:30-4:00pm	\$63/7	26763
Su	Nov 2-Dec 14	10:00-10:30am	\$63/7	26765
Tu	Nov 4-Dec 16	3:30-4:00pm	\$54/6	26766

No class Sep 30, Oct 12, Nov 11

Drop-in \$2 Youth Fridays

7 – 18 Years

Get together with your friends!

Skate	2:30-3:45pm
Weight Room & Pool	2:30-5:00pm

No drop-in Oct 24, Nov 21



Face Off for Fun Hockey 5 – 9 Years

A fun introduction to fundamental hockey and skating skills for children. Learn the basics of hockey in a non-competitive way. Stick handling, passing, shooting, and skating skills will be incorporated to various games and fun activities. Helmet with a face cage, shin pads, and gloves are mandatory.

Th	Sep 11-Oct 23	3:30-4:15pm	\$68/7	26755
Th	Nov 6-Dec 18	3:30-4:15pm	\$68/7	26756

Family & Friends Hockey All Ages

A program for everyone to play together and practice skating and puck handling skills. A family game will be played on the far end of the ice. Helmets and gloves are required for all participants. It is recommended that youth wear full gear for their own safety.

*See Drop-in Arena schedule for more info

F	11:30am-12:45pm	Drop in rates
F	7:00-8:15pm	Drop in rates

Everyone Welcome Skate

These sessions provide an excellent opportunity for all members of the community to get active on the ice! Helmets are strongly recommended for all participants.

*See Drop-in Arena schedule for more info

Su,Tu,Th	11:30am-12:45pm	Drop in rates
Tu	7:00-8:15pm	Drop in rates

Skate Lessons

Don't forget! Helmets and gloves are required for all skate lesson participants before going on the ice.

Skate Rentals are free for all registered participants.

Learn to Skate – Level 1

Children who do not have a lot of skating experience will build confidence on the ice. Skills will include: marching forwards, forwards gliding, making snow, falling down and getting up, and walking backwards.

Learn to Skate – Level 2

Skaters will learn skills including: forward sculling, one foot forward glides, stopping, walking backwards with some glide and two foot backwards glide to one foot and snow plow stop. Prerequisite: Level 1 or Preschool 3

Learn to Skate – Level 3

Skaters will learn skills including: one-foot glides on a curve, forwards walking cross cuts, backwards skating and sculling, two foot backwards glide to one foot and snowplow stop. Prerequisite: Level 2 or Preschool 4

Learn to Skate – Level 4

Skaters will learn skills including: two-foot stop, forwards crosscuts, turning forwards to backwards and backwards to forwards, and two-foot jump in a glide backwards. Prerequisite: Level 3

Learn to Skate – Level 5

Skaters will learn skills including: Backwards Mohawk turn, two foot stop in both directions, one foot jump gliding forward, fast backwards start and fast forward start from back stop. Prerequisite: Level 4

Learn to Skate – Level 6

This is an introduction to advanced skating skills, while continuing to focus and enhance acquire skills. This class allows participants the opportunity to request specific skills they would like to focus on with unstructured practice time with instructor supervision. Prerequisite: Level 5

Day	Start	Finish	Time	Code	# of classes
School Age Level 1					
Su	Sep 7	Oct 26	10:45am	26814	7
Tu	Sep 9	Oct 28	4:15pm	26815	7
Su	Nov 2	Dec 14	10:45am	26822	7
Tu	Nov 4	Dec 16	4:15pm	26823	6
School Age Level 2					
Su	Sep 7	Oct 26	10:45am	26816	7
Tu	Sep 9	Oct 28	4:15pm	26817	7
Su	Nov 2	Dec 14	10:45am	26824	7
Tu	Nov 4	Dec 16	4:15pm	26825	6
School Age Level 3/4					
Su	Sep 7	Oct 26	10:45am	26818	7
Tu	Sep 9	Oct 28	4:15pm	26819	7
Su	Nov 2	Dec 14	10:45am	26826	7
Tu	Nov 4	Dec 16	4:15pm	26827	6
School Age Level 5/6					
Su	Sep 7	Oct 26	10:45am	26820	7
Tu	Sep 9	Oct 28	4:15pm	26821	7
Su	Nov 2	Dec 14	10:45am	26828	7
Tu	Nov 4	Dec 16	4:15pm	26829	6

No classes Sep 30, Oct 12, Nov 11

	6 classes	7 classes
30 Minute Skate Lessons	\$52.50	\$61.25

Skate Sharpening & Rentals

Sharpening

Rates: \$5.75/pair | \$51.75/10 Punch Card

Rentals

Regular Rentals: \$3.75 | Family Rate: \$7.50

Private Skate Lessons

Private Skate lessons are available for those who require a more individualized approach to learning or have a specific goal in mind. One of our experienced instructors will be happy to work with you.

Sundays between 10:00-11:30am
Tuesdays between 3:30-5:00pm

RATES:

30 minutes \$30/private, \$40/semi-private (2 people)

TO BOOK:

Contact the Recreation Program Coordinator, Eduardo Hermosa, at **250-642-8008** or erhermosa@crd.bc.ca

Camps

Dust Off and Face Off Hockey Camp

6 – 9 Years

Are you ready for another Hockey Season? Come join us and we'll help you shake the rust off and get you ready. Lead by an experienced hockey coach, let's get your stick handling, passing, shooting, and skating skills up to speed. Some hockey team experience required. Full Hockey Gear is mandatory.

M-F	Aug 18-Aug 22	3:30-4:30pm	\$55/5	26757
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Pro-D Day Camp

Grades K – 5

Join us for an action packed day of games, outdoor exploration, swimming, and more! Drop-off between 8:15-9:00am and pick-up between 3:00-3:30pm at SEAPARC, **Must be 5 years old by December 31, 2025 and registered in a school or home learner program.*

M	Sep 22	8:15-3:30pm	\$46/1	26677
F	Oct 24	8:15-3:30pm	\$46/1	26678
F	Nov 21	8:15-3:30pm	\$46/1	26679

Winter Break Camp

Grades K – 5

Join us for an action packed week full of games, outdoor exploration, swimming, and more! Drop-off between 8:15-9:00am and pick-up between 3:00-3:30pm. **Must be 5 years old by December 31, 2025 and registered in a school or home learner program.*

M-W	Dec 22-Dec 24	8:15-3:30pm	\$138/3	26680
M-W	Dec 29-Dec 31	8:15-3:30pm	\$138/3	26681
F	Jan 2	8:15-3:30pm	\$46/1	26682

No class Dec 25, 26, Jan 1

Face Off for Fun Hockey Camp

3 – 9 Years

You want to try Hockey but don't know where to start? Or maybe you already signed up but want to be ready before the season starts. Join us in a fun introduction to fundamental hockey. Learn the basics of the sport in a non-competitive way. Children must be new to hockey; camp is beginner focused. Helmet with a face cage, shin pads, and gloves are mandatory.

Tu-Th	Aug 26-Aug 28	4:00-4:45pm	\$33/3	26758
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EDWARD MILNE
Community
SCHOOL SOCIETY

FEED YOUR CURIOSITY - GROW YOUR MIND - STRENGTHEN YOUR BODY

01
FACILITY RENTALS

Theatre, classrooms, gymnasium



02
COMMUNITY EDUCATION

Courses to explore hobbies, get certified, and get fit!



03
Sooke & Westshore Literacy

Literacy and educational initiatives



04
YOUTH ENGAGEMENT

Drop-in Sports, camps, events



WWW.EMCSPROGRAMS.CA



KIDSPORT GREATER VICTORIA

So ALL Kids Can Play!

For the children of many families in the Capital Regional District, the cost associated with organized sports continues to be a barrier to participation.

For more information about eligibility criteria, and to apply for KidSport support, please visit our website.

Thanks to our donors and supporters, over 14,750 local kids have been helped off the sidelines and onto the playing field by KidSport Greater Victoria, with over \$3,650,000 in season-of-sport registration fees.

If you're in a position to give, through funds or time, please contact us.

www.kidsportvictoria.ca
So ALL Kids Can Play!



Adult Programs

Arts & Dance

Art Workshop 13+ Years

Step by step, art instructor Deb will guide you through the creation of a beautiful ocean-scape or landscape painting using acrylic or watercolour paints, watercolour paper or canvas.
All materials are provided.

Instructor: Deborah V.H.

M	Sep 15	5:30-8:00pm	\$33/1	26683
M	Nov 17	5:30-8:00pm	\$33/1	26684

Hula for Health 19+ Years

Hula is a Polynesian dance developed in the Hawaiian Islands. Every hula dance tells a story, the fluid movements mimicking nature: waves washing up onto the shore, birds in flight, or emotions, like joy and love. Come learn basic Hawaiian hand, feet, and body dance movements, teaching you fluidity of movement and grace. Sway and move to the music of Hawaii and Polynesia in this low-impact class that will keep you active, while improving your coordination, balance, and memory. Adults with limited mobility, who are unable to stand or are concerned about balance, are encouraged to participate while sitting (Hula Noha).

Instructor: Cheryl G.

Tu	Sep 2-Oct 21	11:45am-12:30pm	\$77/7	26689
Tu	Oct 28-Dec 16	11:45am-12:30pm	\$77/7	26690

No class Sep 30, Nov 11

Family Art

All Ages

Come create a Family Masterpiece. Art instructor Deb will guide you through the creation of a beautiful ocean-scape or landscape painting that the whole family can create together.
All materials are provided.

Instructor: Deborah V.H.

M	Oct 20	5:30-8:00pm	\$36/1	26629
M	Dec 15	5:30-8:00pm	\$36/1	26630

Social Ballroom Dance

19+ Years

Social Ballroom Dance encompasses not only classic dance styles such as Waltz, Foxtrot & Tango, but also Latin & Swing dance styles such as Cha Cha, Rhumba & Jive. It has been proven to enhance your physical, mental & emotional well-being. It improves balance & coordination, enhances cognitive function, reduces stress & fosters a sense of community & friendship. The dancing skills you learn now will last your entire lifetime. Please sign up with a partner or contact us for our partner matching service.

Instructor: E & R Ballroom Dance

Introduction to Jive (East Coast Swing)

Tu	Sep 16-Oct 21	7:00-7:55pm	\$74/5	26685
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Introduction to Tango

Tu	Sep 16-Oct 21	8:05-9:00pm	\$74/5	26686
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Intermediate Jive (East Coast Swing)

Tu	Oct 28-Dec 2	7:00-7:55pm	\$74/5	26687
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Introduction to Waltz/Foxtrot

Tu	Oct 28-Dec 2	8:05-9:00pm	\$74/5	26688
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No class Sep 30, Nov 11

HOW TO REGISTER

ONLINE at seaparc.ca

PHONE 250.642.8000

IN PERSON at SEAPARC Recreation Centre, 2168 Phillips Rd, Sooke, BC

 = Option of exercising while seated

 = Wheelchair Accessible

Rehabilitation

NEW! Together in Movement and Exercise (TIME)

55+ Years

Together in Movement and Exercise is an exercise class for individuals with balance and mobility challenges from conditions such as Stroke, Acquired Brain Injury or Multiple Sclerosis. This specialized circuit style fitness class is offered in partnership with Island Health. Participants must be able to independently walk 10 metres with or without a walking aid without the assistance of someone else.

Instructor: SEAPARC Staff/Island Health

M,W	Sep 29-Oct 22	2:15-3:15pm	\$87.50/7	27010
M,W	Oct 27-Nov 19	2:15-3:15pm	\$100/8	27012
M,W	Nov 24-Dec 17	2:15-3:15pm	\$100/8	27425

No class Oct 13

Pilates

Pilates Beginner: Level 1

16+ Years

Strengthen the core, improve flexibility, and challenge the mind/body connection. You will work with the foundations of the STOTT® Pilates Method to improve your posture and prevent back injuries, while staying motivated in this multi-level class. All levels welcome.

Instructor: Jenna K

M	Sep 8-Oct 27	1:00-2:00pm	\$91/7	27044
M	Nov 3-Dec 15	1:00-2:00pm	\$91/7	27045

No class Oct 13

Pilates: Level 1 - 2

16+ Years

Build on the foundations of the STOTT® Pilates Method and challenge your core with some progressive multi-level exercises. You will discover some new muscles as your body awareness improves and your Pilates practice becomes more precise. All levels welcome.

Instructor: Jenna K

W	Sep 10-Oct 29	11:45am-12:45pm	\$104/8	27046
W	Nov 5-Dec 17	11:45am-12:45pm	\$91/7	27047

NEW! Parent & Baby Cycle, Core & Stretch

Build back your cardio as we ride on-the-bike for 20min, followed by 20min of Pilates based core work and then a relaxing yoga-based stretch. Baby play pens, strollers, or exer-saucers are welcome. All levels welcome (6 weeks post-partum is recommended).

Instructor: Jenna K

M	Sep 8-Oct 27	11:45am-12:45pm	\$91/7	27042
M	Nov 3-Dec 15	11:45am-12:45pm	\$91/7	27043

No class Oct 13

Group Weight Room Orientations & General Group Fitness

Group Weight Room Orientation

16+ Years

Learn the basics of using the weight room equipment available at SEAPARC Recreation Centre. Content will include: weight room guidelines and etiquette; cardio and weight training guidelines; orientation and instruction on how to use basic cardio and strength training equipment.

Th	Sep 25	4:30-5:30pm	\$15/1	26938
Su	Sep 28	3:00-4:00pm	\$15/1	26933
Su	Oct 5	3:00-4:00pm	\$15/1	26934
Th	Oct 23	4:30-5:30pm	\$15/1	26939
Su	Nov 2	3:00-4:00pm	\$15/1	26935
Th	Nov 20	4:30-5:30pm	\$15/1	26940
Su	Nov 30	3:00-4:00pm	\$15/1	26936
Th	Dec 18	4:30-5:30pm	\$15/1	26941
Su	Dec 28	3:00-4:00pm	\$15/1	26937

Zumba® in the Circuit



55+ Years

The Latin-inspired dance rhythms of Zumba® combine with the benefits of metabolism-boosting strength training for one complete workout. Chair options available. Wheelchair accessible.

Instructor: Colleen D

F	Sep 5-Oct 31	10:30-11:30am	\$76.50/9	27030
F	Nov 7-Dec 19	10:30-11:30am	\$59.50/7	27031

NEW! Mom and Daughter Jumping Fitness

10+ Years

Jumping is a new low impact cardio fitness movement performed on a patented trampoline to upbeat music. This is an energetic HIIT style workout - come check it out and have loads of fun! Parents and children will take turns working and resting. Registration fee is for one adult and one child.

Instructor: Melinda B

Tu	Sep 9-Oct 28	6:00-6:45pm	\$91/7	26899
Tu	Nov 4-Dec 16	6:00-6:45pm	\$78/6	26903
Su	Sep 7-Oct 26	8:15-9:00am	\$91/7	26904
Su	Nov 2-Dec 14	8:15-9:00am	\$91/7	26905

No class Sep 30, Oct 12 & Nov 11

NEW! Family Fitness

6+ Years

Come and workout together with your whole family in this fun filled circuit style class. Improve your overall fitness with some cardio drills, strength, and endurance options as well as some balance challenges. Small equipment and bodyweight exercises will be offered. Register now and start your healthy lifestyle with a smile! One registration per family.

Instructor: Kristi S

Sa	Sep 13-Oct 25	8:15-9:00am	\$91/7	26912
Sa	Nov 8-Dec 20	8:15-9:00am	\$91/7	26913

NEW! Mijo TotalBody

16+ Years

Join Mijo Sport to start your day with an energizing total body workout! You'll enjoy periodized training that includes strength, conditioning, stability, agility, and power training in a supportive and inclusive environment using a variety of equipment and bodyweight drills and exercises. This is a great workout for beginners through to advanced with modifications available for all workouts.

Instructor: Mijo Sport

Tu	Sep 9-Oct 28	6:30-7:15am	\$91/7	27008
Tu	Nov 4-Dec 16	6:30-7:15am	\$78/6	27009

NEW! Mijo Boxfit

16+ Years

Get ready to sweat and punch in this high-energy class that blends traditional boxing with functional fitness. Led by a certified fitness and martial arts professional, this class uses gloves and pad drills and delivers a dynamic, full-body workout in a supportive, high-intensity group setting. No experience required. Gloves/wraps available for purchase via Mijo Sport.

Instructor: Mijo Sport

W	Sep 10-Oct 29	8:00-8:45pm	\$104/8	27006
W	Nov 5-Dec 17	8:00-8:45pm	\$91/7	27007



Juan de Fuca Community Recreation Programs
Residents of the Juan de Fuca Electoral Area
(East Sooke, Otter Point, Shirley, Jordan River, Port Renfrew qualify for a subsidy rate)

Community Parks and Recreation

Move with Mel – Otter Point
Dance/Movement Instructional Training
Thursdays 6:30-7:30pm & Sundays 10-11am
Juan de Fuca Local Area Services Building, 3 – 7450 Butler Road

Tuesday Karate – East Sooke
Kids 6:00-6:45pm
Adults 7:00-8:00pm
East Sooke Community Hall
1397 Coppermine Road

Guided Recreational Hikes Program
The Juan de Fuca Community Trails Society provides a guided Recreational Hiking Program sponsored by the Juan de Fuca Parks and Recreation Advisory Commission, encouraging residents and visitors alike to enjoy the incredible wilderness of the Juan de Fuca Electoral Area.
For more information, visit www.jdftrails.ca



For more information, please contact jdfinfo@crd.bc.ca or visit www.crd.bc.ca/jdfrec

Check out **PAGE 28** for
Swim Fit & Aqua Fit details

Strength & Mobility

55+ Years

Improve your strength and overall movement. This older adult friendly class includes a variety of cardio and strength building exercises using little to no equipment and some stretching at the end. All fitness levels welcome, no experience necessary. Chair Exercise options available!

Instructor: Dave R

Tu	Sep 2-Oct 28	9:00-10:00am	\$68/8	27014
Tu	Sep 2-Oct 28	10:15-11:15am	\$68/8	27015
W	Sep 3 - Oct 29	8:00-9:00am	\$76.50/9	27016
Th	Sep 4-Oct 30	9:00-10:00am	\$76.50/9	27017
Th	Sep 4-Oct 30	10:15-11:15am	\$76.50/9	27018
F	Sep 5-Oct 31	8:00-9:00am	\$76.50/9	27019
Tu	Nov 4-Dec 16	9:00-10:00am	\$51/6	27020
Tu	Nov 4-Dec 16	10:15-11:15am	\$59.50/7	27021
W	Nov 5-Dec 17	8:00-9:00am	\$59.50/7	27022
Th	Nov 6-Dec 18	9:00-10:00am	\$59.50/7	27023
Th	Nov 6-Dec 18	10:15-11:15am	\$59.50/7	27024
F	Nov 7-Dec 19	8:00-9:00am	\$59.50/7	27025

No class Sep 30, Nov 11

Rowing HIIT

16+ Years

Join certified Indoor Rowing Instructor Donna Toulmin in this educational class that will have you properly executing the mechanics safely and effectively on the rowing machine with intervals of high interval intensity training in this semi-private class setting.

Instructor: Donna T

Su	Nov 16-Dec 21	11:50am-12:50pm	\$78/6	26999
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TRX® Training

16+ Years

What is TRX® training? TRX® is also known as Total Body Resistance Exercise. A TRX® workout is about suspension training using your body weight. In other words, a TRX® workout is basically a full body training session. Come join the fun and feel the benefits!

Instructor: Dave R

M	Sep 8-Oct 27	5:15-6:00pm	\$59.50/7	27054
M	Nov 3-Dec 15	5:15-6:00pm	\$59.50/7	27055
Tu	Sep 9-Oct 28	11:30am-12:15pm	\$59.50/7	27056
Tu	Nov 4-Dec 16	11:30am-12:15pm	\$51/6	27057
W	Sep 10-Oct 29	7:30-8:15pm	\$68/8	27058
W	Nov 5-Dec 17	7:30-8:15pm	\$59.50/7	27059

No class Sep 30, Oct 12, Nov 11

Introduction to Powerlifting

16+ Years

This 6-week course will meet twice per week and will help you add weight to your squat, bench, and deadlift. Everyone in the course will receive programming for days we do not meet directly tailored to you. Justin will work with you to better your techniques on the big 3 and help you fall in love with heavy weights. Whether your goal is to increase your personal bests or to compete in the near future, Justin's got you covered.

Instructor: Justin L

M,W	Sep 8-Oct 15	6:00-8:00pm	\$156/12	26887
M,W	Oct 20-Nov 26	6:00-8:00pm	\$156/12	26888

No class Oct 13

**DID YOU
KNOW?**

**A number of group fitness classes are included
in your membership including:**

Indoor Cycle, Step & Sculpt, Sculpt & Stretch, HIIT, Zumba, Bellyfit®,
Bellyfitflow™, Yoga Pilates Fusion, Hatha Yoga.

Please view the schedule and class descriptions on our website at:
www.seaparc.ca/drop-schedules/fitness

Barre Workout16+ Years

This class mixes Barre, Pilates and Yoga for a whole-body Slow impact workout to improve muscle tone and endurance as well as increase flexibility, balance and core conditioning.

Instructor: Candace C

W	Sep 24-Oct 29	10:30-11:30am	\$78/6	27032
W	Nov 5-Dec 17	10:30-11:30am	\$91/7	27033

Instructor: Donna T

Su	Nov 16-Dec 21	10:30-11:30am	\$65/5	27001
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Instructor: Candace C

W	Sep 24-Oct 29	5:15-6:15pm	\$78/6	27428
W	Nov 26-Dec 17	5:15-6:15pm	\$52/4	27429



Yoga16+ Years

Chair yoga for an accessible practice for all ages and abilities. This is great for anyone with movement disorders, seniors, or those recovering from injury. Chair yoga deepens your flexibility and strengthens your body awareness, improves strength, reduces risks of falls and helps to better continue independent activities. Come for a gentle but challenging practice so you can leave feeling supported and more relaxed.

Instructor: Julie V

Th	Sep 11-Oct 30	12:45-1:30pm	\$78/8	27026
Th	Nov 6-Dec 18	12:45-1:30pm	\$68.25/7	27027

Dynamic & Still Yoga16+ Years

Enjoy the benefits of a combination of active and passive yoga. Active yoga builds strength, balance, and flexibility. Passive yoga promotes healthy connective tissue and calms the mind by slowing down, supporting the body, and holding the poses longer. All levels welcome. Please dress in layers and come prepared to explore the joy and challenge of movement and stillness.

Instructor: Deanna M

Su	Sep 7-Oct 26	9:15-10:15am	\$91/7	27048
Su	Nov 2-Dec 14	9:15-10:15am	\$91/7	27049

No class Oct 12

Therapeutic Yoga16+ Years

Enjoy nourishing movements to build strength while improving your flexibility from the ground up. Modifications are offered and yoga props are available. Breathing practices and yoga tools to help with self-care will be explored. Everyone is welcome.

Instructor: Julie V

M	Sep 8-Oct 27	10:30-11:30am	\$91/7	27034
M	Nov 3-Dec 15	10:30-11:30am	\$91/7	27035

Instructor: Jazmin

Tu	Sep 9-Oct 28	12:30-1:30pm	\$91/7	27036
Tu	Nov 4-Dec 16	12:30-1:30pm	\$78/6	27037

No class Sep 30, Oct 13, Nov 11

Gentle Yoga

55+ Years

Gently build strong bones and muscles, enhance your balance and stability, and stay mobile and agile. Relaxation, breath awareness and mindfulness make this practice a complete yogic experience.

Instructor: Jazmin H

F	Sep 12-Oct 31	12:30-1:30pm	\$104/8	27028
F	Nov 7-Dec 19	12:30-1:30pm	\$91/7	27029

Aerial Yoga

16+ Years

Yoga hammocks suspended from the ceiling make for a great way to build strength and decompress the spine. This unique class will be a fun experience whether you have tried yoga or not. Register soon for this exciting new addition to the SEAPARC Fitness Programming. Space is limited.

Instructor: Katie Q

Tu	Sep 9-Oct 28	2:00-3:00pm	\$105/7	27211
Tu	Nov 4-Dec 16	2:00-3:00pm	\$90/6	27212
F	Sep 12-Oct 24	6:00-7:00pm	\$105/7	27213
F	Nov 7-Dec 19	6:00-7:00pm	\$105/7	27214

No class Sep 30, Nov 11

NEW! Candlelight Yoga

16+ Years

Wind down your evening in this slow and smooth flow class. Practicing breath, movement, and stillness to regulate the nervous system while nurturing the body, mind and soul. All levels welcome.

Instructor: Julie V

M	Sep 8-Oct 27	7:30-8:30pm	\$91/7	27050
M	Nov 3-Dec 15	7:30-8:30pm	\$91/7	27051

No class Oct 13

“Hottish” Yoga

16+ Years

This class will get you moving and sweating. Find your flow during this class as we move through an invigorating series of poses to build heat within your body, as we connect breath with movement. You will develop core strength, upper body strength, flexibility in the shoulders, legs, and spine plus improved concentration.

Instructor: Julie V

Sa	Sep 13-Oct 25	8:00-8:45am	\$68.25/7	27052
Sa	Nov 8-Dec 20	8:00-8:45am	\$68.25/7	27053

Prenatal Yoga

16+ Years

Stay healthy throughout your pregnancy, build a deeper connection with your baby, and remain flexible and strong to help prepare for labour, birth and beyond. Each class includes safe poses for each trimester, deep breathing, relaxation, and meditation. Please get clearance from your care provider if you are dealing with any medical issues.

Instructor: Angela M

Sa	Sep 13-Oct 25	11:30am-12:30pm	\$91/7	27038
Sa	Nov 8-Dec 20	11:30am-12:30pm	\$91/7	27039

Parent & Baby Yoga

16+ Years

This class is for parents looking to start or continue to grow your yoga practice while sharing it with your pre-mobile baby. Our practice will be for all levels, leaving your body and mind feeling relaxed and nourished. Parents must be minimum six-week post partum and cleared by your medical professional. This will be an inclusive environment, and a safe space for feeding, changing, and tending to your little one. There will be time to move and connect with one another in this community.

Instructor: Jazmin H

Th	Sep 11-Oct 30	11:30am-12:30pm	\$104/8	27040
Th	Nov 6-Dec 18	11:30am-12:30pm	\$91/7	27041



Sports

Beginner Golf Clinic

15+ Years

These clinics are the perfect way to learn the game of golf and have some fun. Strong emphasis will be placed on the fundamentals - proper grip, posture, stance, and rules of the game. On the last day we will play on the course. Golf clubs are available for use if needed.

Location: DeMamie Creek Golf Course

Instructor: Griffin Gilmore

Th	Sep 4-Sep 25	5:00-5:50pm	\$90/4	24287
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Taekwondo Adult

18+ Years

Olympic style Taekwondo is one of the most popular martial arts in the world and you can find out why in our dynamic, challenging and fun adults Taekwondo program. Beginning at white belt, you train with a wide range of belt levels, learning the basics and technique of our curriculum-based system, this includes: kicking, punching, blocking, hand strikes, self defence and patterns. Classes are a blend of traditional and sport Taekwondo training and stability and conditioning drills and are suitable for all levels.

Location: Poirier Elementary School

Instructor: Michelle Carpenter

M, W	Sep 8-Oct 29	7:00-7:45pm	\$168/14	26745
M, W	Nov 3-Dec 17	7:00-7:45pm	\$168/14	26746

Mondays Only

M	Sep 8-Oct 27	7:00-7:45pm	\$78/6	26747
M	Nov 3-Dec 15	7:00-7:45pm	\$91/7	26748

Wednesdays Only

W	Sep 10-Oct 29	7:00-7:45pm	\$104/8	26749
W	Nov 5-Dec 17	7:00-7:45pm	\$91/7	26750

No class Sep 22, Oct 13

Everyone Welcome Skate

These sessions provide an excellent opportunity for all members of the community to get active on the ice! Helmets are strongly recommended for all participants.

**see Drop-in Arena schedule for more info*

Su, Tu, Th	11:30am-12:45pm	Drop in rates
Tu	7:00-8:15pm	Drop in rates

Adult Skate Lessons - Learn to Ice Skate

19+ Years

It's never too late to learn how to skate! A fun approach to learning to skate, designed for skaters with limited or no experience. We will focus on familiarizing you to the ice and arena environment and take you through the natural progressions of balance and gliding. Helmets and gloves are required.

Su	Sep 7-Oct 26	10:00-10:30am	\$63/7	26759
Tu	Sep 9-Oct 28	3:30-4:00pm	\$63/7	26760
Su	Nov 2-Dec 14	10:00-10:30am	\$63/7	26761
Tu	Nov 4-Dec 16	3:30-4:00pm	\$54/6	26762

No class Sep 30, Oct 12, Nov 11

Private Skate Lessons

Private Skate lessons are available for those who require a more individualized approach to learning or have a specific goal in mind. One of our experienced instructors will be happy to work with you.

Sundays between 10:00-11:30am
Tuesdays between 3:30-5:00pm

RATES:

30 minutes \$30/private, \$40/semi-private (2 people)

TO BOOK:

Contact the Recreation Program Coordinator, Eduardo Hermosa, at **250-642-8008** or **erhermosa@crd.bc.ca**

Adult Hockey

Get together for a drop-in session of non-contact social hockey. Goalies play for free.

**See Drop-in Arena schedule for more info*

Su	9:30-10:45pm	Drop in rates
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Family & Friends Hockey

All Ages

A program for everyone to play together and practice skating and puck handling skills. A family game will be played on the far end of the ice. **Helmets and gloves are required for all participants.** It is recommended that youth wear full gear for their own safety.

**See Drop-in Arena schedule for more info*

F	11:30am-12:45pm	Drop in rates
F	7:00-8:15pm	Drop in rates

Workshops

Gut Feeling: Feed your Microbiome, Fuel Your Mind

Did you know your gut and brain are constantly talking to each other? In this insightful and practical workshop, we'll explore how the foods you eat can impact digestion, mood, mental clarity, and overall wellness. You'll learn what the microbiome is, why it matters, and how to support it through real, everyday foods—even with a busy schedule. We'll cover gut-friendly ingredients, probiotic and prebiotic foods, and easy lifestyle habits that nourish both your belly and your brain. Led by a holistic nutritionist, this session is ideal for anyone looking to improve energy, focus, digestion, and stress resilience—one meal at a time.

Instructor: Meagan McKinney HN, NNCP

W	Nov 19	5:00-6:00pm	\$20/1	26695
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Fuel Your Movement: Eat to Energize

18+ Years

This practical, community-focused workshop is designed for people juggling busy lives, families, and everyday movement. Whether you're heading to a fitness class, walking the dog, chasing kids, or squeezing in a quick gym session, you'll learn how to fuel your body in a way that supports energy, mood, and recovery. Led by holistic nutritionist, Meagan McKinney, we'll cover simple strategies for eating well on a busy schedule, how to snack smart, and what to eat before and after activity to help you feel your best. No diets, no calorie counting—just real food, realistic tips, and lasting energy.

Instructor: Meagan McKinney HN, NNCP

W	Oct 1	5:00-6:00pm	\$20/1	26693
W	Dec 3	5:00-6:00pm	\$20/1	26694

NEW! Leverage Your Squat

16+ Years

Join National Competitor Justin Langille as he takes you through a deep dive into squat techniques and mechanics to help you achieve the perfect technique for you and your fitness goals. Suitable for all levels.

Instructor: Justin L

F	Sep 26	3:15– 4:15pm	\$15/1	26889
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Snack Smarts: Fun & Healthy Eating for Kids

18+ Years

Struggling to find snack ideas that are both healthy and kid-approved? This workshop is designed for parents, caregivers, educators, and anyone supporting children's health. Learn how to build balanced, energizing snacks that kids will actually enjoy—using whole foods, simple ingredients, and a dash of creativity. We'll cover practical nutrition tips, lunchbox hacks, and strategies to reduce sugar and processed foods without sacrificing fun or flavor. You'll walk away with fresh snack ideas, label-reading skills, and the confidence to support kids' energy, focus, and mood through food. Led by a holistic nutritionist, Meagan McKinney this session balances education with real-life solutions for busy homes and classrooms.

Instructor: Meagan McKinney HN, NNCP

Th	Sep 4	6:00-7:00pm	\$20/1	26691
Th	Oct 30	6:00-7:00pm	\$20/1	26692

The Rowing Machine

16+ Years

Join certified Indoor Rowing Instructor Donna Toulmin & Olympian Nick Toulmin in this interactive session that will cover and provide participants the following:

- The basics and initial setup of the rowing machine.
- Proper rowing technique.
- The break down of the four components of a rowing stroke.
- Hands on training for each of the components.
- Effective rowing machine workouts, as well as standard warm up and cool down strokes.

Instructor: Donna & Nick T

Sa	Nov 2	12:00-1:30pm	\$20/1	26998
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TRX Basics and Beyond

16+ Years

Whether you have never used a TRX or have attended a number of our TRX classes, this workshop is for you. Learn how to perfect the basic moves with correct set up and form and then explore some advanced exercises to incorporate into your routine or to show off to your friends in class! Suitable for all levels.

Instructor: Dave R

Sa	Sep 6	1:00-2:00pm	\$15/1	26961
Sa	Oct 25	1:00-2:00pm	\$15/1	26962

The Deadlift 16+ Years

Learn how to perfect the deadlift with proper form and understand why great technique is crucial to maximizing the benefits of this exercise. Master proper form, proper grip and learn some variations to spice up your workouts and to avoid back pain or injuries.

Instructor: Dave R

Sa Oct 18 1:00-2:30pm \$20/1 26955

The Landmine 16+ Years

Learn how to get the most out of this very versatile piece of equipment in the weight room and how to properly execute some new-to-you exercises. Some of the significant advantages to choosing the landmine in your training include its ability to facilitate bilateral, asymmetrical, and unilateral movements. Join Dave and take your workouts to a new level.

Instructor: Dave R

Sa Sep 20 1:00-2:30pm \$20/1 26973

The Kettlebell 16+ Years

Taking the kettlebell beyond using it as another weighted object and using it as a conditioning tool that will increase your strength. We will start with the basic kettlebell swing and progress into some more integrate moves. To finish off the workshop, you will learn all about the loaded carries.

Instructor: Dave R

Sa Nov 29 1:00-2:30pm \$20/1 26954



Peri-Menopause & Menopause:

NEW! What is going on with my body and how can I manage it naturally?

A 1-hour informal presentation and discussion on current Naturopathic medical research about the physiological and hormonal changes that take place during peri menopause and menopause. Learn how you can best manage this transition naturally with nutrition and lifestyle tips.

Instructor: Donna O

Su Oct 19 11:00-12:00pm \$15/1 26942

NEW! How to Optimize Fertility Naturally!

A 1-hour informal presentation and discussion about current Naturopathic Approaches to improving fertility. Are you trying to conceive or about to start trying? This session will guide you with nutritional and lifestyle suggestions for optimizing your fertility. This course addresses both male and female fertility factors.

Instructor: Donna O

Su Oct 26 11:00-12:00pm \$15/1 26943

NEW! BSS:
Balance, Strength & Stretch

16+ Years

Improve mobility, stability and increase flexibility and strength using a variety of equipment, and body weight exercises. We will target specific movements for daily living that involve multiple joints and muscle groups working together. Focusing on whole body coordination is essential for daily tasks, sports and rehabilitation. A class for everybody.

Instructor: Julie V

Sa	Nov 15	1:00-2:30pm	\$20/1	26995
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NEW! Reformer on the Floor

16+ Years

Build strength and body awareness in this unique workshop designed to challenge all your stabilizers and awaken your core using CoreFirst® bands in a unique “reformer on the floor”. Join Donna as she leads you through an unforgettable Pilates based session.

Instructor: Donna T

Sa	Oct 25	1:00-2:30pm	\$20/1	27209
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NEW! Your Perfect Pigeon Pose

16+ Years

This workshop is aimed at developing your version of the fabulous yoga pose “Pigeon”. We will explore the many modifications as well as the preparatory movements to assist you in finding your very own personal version of “Pigeon”. We will take into consideration your unique personal abilities and limitations. All levels are welcome.

Instructor: Donna T

Su	Oct 5	7:00-8:30pm	\$20/1	27005
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NEW! Yoga Chakra Series

16+ Years

Balance and stimulate the seven energy centres of the body. Learn about each chakra, its associated qualities and the specific poses, breath work and meditations to improve flow of energy and establish deeper connection to self.

Instructor: Julie V

Sa	Oct 4	1:00-2:30pm	\$20/1	26994
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NEW! Hike Club

All Ages

NEW! Learn to Run Clinic

16+ Years

Join us in a family friendly hike. Each hike will start with a brief discussion and end with a high five! Discover the sights nature has to offer in the beautiful place we call home. Hiking is a great activity everyone can enjoy and beneficial for mental health. Register now for this family friendly way to stay active and social. All ages welcome. Please bring water, snacks, and dress for the weather. Range of time can range from 1 hr - 2 hrs depending on pace. All levels welcome.

Instructor: SEAPARC Staff & Volunteers

Location: Broom Hill

Sa	Sep 20	1:30pm	FREE	27426
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Location: East Sooke

Sa	Oct 18	2:30pm	FREE	27427
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***Seeking Volunteer Hike Leaders –**
please contact: jkurylo@crd.bc.ca to apply.



Join us in training for your first 5-Km race. Whether you are brand new to running or just starting out, this 5-week clinic will have you ready to run the Royal Victoria 5km on Sunday Oct 12. Learn some tips about running gear, cross training and gain the knowledge to help you build on your stamina to safely cross the finish line. All levels welcome.

Instructor: SEAPARC Staff & Volunteers

W	Sep 10-Oct 8	5:30-6:30pm	\$75/5	27210
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***Seeking Volunteer Run Leaders –**
please contact: jkurylo@crd.bc.ca to apply.

REGIONAL ANNUAL PASS

\$570/year
for access to 14 Recreation Centres
in the greater Victoria area!



Personal Training

Designed with you in mind, personal training at SEAPARC will help you achieve your goals. Our qualified team will customize workouts to meet your needs and abilities. Whether a beginner or seasoned athlete we can support your fitness goals with our expertise! Work one-on-one, with a family member or friend or set up small group training with your sports team.

To book:

- 1. Please fill out an intake form online (link to online form) or in-person and return it to reception,
- 2. Purchase the package of your choice.
- 3. One of our trainers will connect with you to set up your first training session.

Pricing (plus tax)

Packages expire 6 months from purchase date

Training Sessions	
Private	
3 Sessions	\$168
6 Sessions	\$324
12 Sessions	\$636
Semi-Private	
3 Sessions	\$105
6 Sessions	\$198
12 Sessions	\$360

Weight Room Orientations

Group & private weight room orientation available. Private session \$50 or semi-private \$37/person.

Group & Team Training available upon request. Please contact Fitness Coordinator for availability and rates.
jkurylo@crd.bc.ca

Trainers:

COLLEEN DILALLO

Colleen's passion as a fitness professional is to empower others to create positive healthy lifestyle changes in their daily lives. It takes awareness, intention, choice of thought and an action plan for any transformation of body & mind to occur. Colleen's specialty is personal guidance and functional movement. She also teaches a variety of classes including HIIT, Zumba, Aqua Zumba and BellyFit Flow.

JENNA KURYLO

Jenna has over 20 years in the fitness industry teaching a variety of group classes from strength, spin, TRX®, Bellyfit®, yoga, aqua, BARRE and is Fully STOTT®, Pilates certified. Her Bachelor of Health Science Studies and years as a Registered Massage Therapist and College Hockey Team Trainer gives her a therapeutic approach to training and she knows everybody is unique. Golf, skiing, and running are her current passions.

DAVE RISTAU

Dave brings a wealth of knowledge with over 15 years experience in fitness and recreation with a passion for weightlifting, athletic conditioning, karate, and scuba diving. Dave specializes in working with older adults, improving lifting technique and strength and the ability to get you moving better. He looks forward to working with you in one of his popular classes or as your personal trainer.

MAURICE ALTONA

Maurice believes in training with the client in mind. Maurice will find exercises that will keep you motivated to reach your goals. Maurice believes in the balance of life and feels coming to the weightroom is a lifestyle. Maurice will ensure your exercise choices are safe and effective.

JUSTIN LANGILLE

Justin is a national level powerlifter residing in the community of East Sooke. As he just competed at Canada Powerlifting Nationals in February, he wants to expand powerlifting to Sooke. Justin specializes in strength training and helping individuals obliterate their squat, bench, and deadlift personal bests. Justin is an asset to our training team and is constantly looking to help you reach your goals.

IKE BATTEN

With a Bachelor of Health and Exercise Science, Ike specializes in helping clients build strength, confidence, and lifelong fitness habits. When he's not training, you'll find him mountain biking, skiing, or rock climbing — always looking for the next adventure. Ike has worked with several young athletes to better their sport specific performance.



Aquatic Programs & Training

Early Years

Play 'n' Splash



0 – 4 Years

Join us for this fun and active pre-school swim weekday mornings. The "little" pool will be set up with toys and activities to play and explore. This time is a great way to meet other parents and grandparents. This will help children become comfortable in the water and discover the joy that swimming can bring. Regular admission rates apply. Included with membership.

M-F 9:00-11:00am

Drop-in

School Age

SEAPARC Sharks Swim Group

7 – 14 Years

This aquatic activity group will have fun while working on their swimming skills and endurance. They will be introduced to aquatic sports and play fun games. Participants will build confidence in the water while having a ton of fun with their friends.

Swimming ability: Must be comfortable in deep water and be able to swim 25 M

Tu	Sep 9-Oct 28	3:45-4:45pm	\$60/8	26617
Th	Sep 11-Oct 30	3:45-4:45pm	\$60/8	26618
Tu	Nov 4-Dec 16	3:45-4:45pm	\$45/6	26619
Th	Nov 6-Dec 18	3:45-4:45pm	\$52.5/7	26621

No class Nov 11



HOW TO REGISTER

ONLINE at seaparc.ca

PHONE 250.642.8000

IN PERSON at SEAPARC Recreation Centre, 2168 Phillips Rd, Sooke, BC



= Parent/Guardian Participation Required

Adult Programs

Adult Group Swim Lessons 14+ Years

With two different levels to choose from, you can learn the basics of swimming or work on your swimming strokes. These lessons will help build confidence in the water environment. It's never too late to start!

Swimming ability: None for beginner level, and must be comfortable in deep water and be able to swim 25 M for intermediate level

Set 1

Beginner Level

Sa	Sep 6-Oct 25	11:30-12:30pm	\$105/7	26610
Tu	Sep 9-Oct 28	6:30-7:30pm	\$120/8	26611

Intermediate Level

Th	Sep 11-Oct 30	7:00-8:00pm	\$120/8	26608
F	Sep 12-Oct 24	11:00-12:00pm	\$105/7	26609

Set 2

Beginner Level

Sa	Nov 1-Dec 13	11:30-12:30pm	\$105/7	26616
Tu	Nov 4-Dec 16	7:00-8:00pm	\$90/6	24211

Intermediate Level

Th	Nov 6-Dec 18	7:00-8:00pm	\$105/7	26614
F	Oct 31-Dec 19	11:00-12:00pm	\$120/8	26613

No class Oct 11, Nov 11

NEW! Drop in Swim Lessons

Try out entry level swim lessons in our new Drop in Format. Drop in lessons can be joined in advanced online or before class starts at the front desk. Perfect for those who cannot make a whole set, are just starting the swim journey or are looking for extra practice. There will be no report cards for this program. Depending on level, Students can receive an assessment at the end of one class. Following programs are offered in Drop in format. Dates and times posted with other swim lessons.

- Drop-in Parent Tot (age 0-3)
- Drop-In Octopus
- Drop-in Swimmer 1
- Drop-In Youth swimming skills (ages 10-16)
- Drop-In Adult Beginner

DROP IN AQUATIC FITNESS - VIEW SCHEDULE

Aqua Fit

AquaFit classes are always designed for both shallow and deep water participants and provide a fun and challenging workout with little to no impact on joints!

Aqua Fit: Water Walking

Low-impact exercise to help increase mobility, dexterity and flexibility of the body. Focus on proper posture and alignment through full range of motion movements. This class is great for those with arthritis, osteoporosis or pre/post-surgery.

Swim Fit 16+ Years

This drop-in program focuses on stroke correction, endurance building and skill development. Great for those training for triathlons, open-water swimming and surfing.

Beginner swimmers require the ability to swim two continuous lengths (50m) and be comfortable putting their face and head under water to participate. For anyone working on those learn to swim skills, please see our adult group or lap pool private lessons.

These one hour swim sessions are taught by a dedicated group of specialized coaches: Neil Harvey and Wendy Johnson.

Tu,Th	11:05-12:05pm	Drop-in
W	8:05-9:00pm	Drop-In

Regular admission rates apply. Included with membership.

SCAN TO VIEW LIVE SCHEDULE

POOL



AQUAFIT



SEAPARC SWIM LESSONS

Swim lessons days and times are displayed online two weeks prior to registration. Click [HERE](#) to see activities.

Fall Registration

Set 1: Sep 6 - Oct 30

Classes Viewable Online		August 13		
Registration		August 27 at 9am		
Day of Week	# of Classes	First Day	Last Day	No Lesson
Saturday	7	Sep 6	Oct 25	Oct 11
Sunday	7	Sep 7	Oct 26	Oct 12
Monday	7	Sep 8	Oct 27	Oct 13
Tuesday	7	Sep 9	Oct 28	Sept 30
Wednesday	8	Sep 10	Oct 29	
Thursday	8	Sep 11	Oct 30	

Set 2: Nov 1 - Dec 18

Classes Viewable Online		October 15		
Registration		October 29 at 9am		
Day of Week	# of Classes	First Day	Last Day	No Lesson
Saturday	7	Nov 1	Dec 13	
Sunday	7	Nov 2	Dec 14	
Monday	7	Nov 3	Dec 15	
Tuesday	6	Nov 4	Dec 16	Nov 11
Wednesday	7	Nov 5	Dec 17	
Thursday	7	Nov 6	Dec 18	

Class Type	Length of Lesson	Cost of 1 Lesson
Parent & Tot, Preschool, Swimmer 1-4	30 minutes	\$9.00
Swimmer 5-6	45 minutes	\$11.50
Swimmer 7-9	1 hour	\$15.00
Private Lessons	30 minutes	\$31.50

PRIVATE SWIM LESSONS

Private swim lessons can accommodate up to 3 participants of similar ability (within a 2-level range) at no additional charge. Receive personalized attention tailored to each swimmer's needs and swimming goals. Lessons 30 minutes. Must be booked as a set during same timeline as regular lessons.

LAP POOL PRIVATE SWIM LESSONS:

Best for swimmers 6 years and older, including teens and adults.

LEISURE POOL PRIVATE SWIM LESSONS:

Best for swimmers 5 and under, or first-time pre-school aged swimmers. Children aged 2 and under require parental assistance.

Waitlisting

If you did not get a spot, please put yourself on our waiting list. You will be prioritized for registration if a spot becomes available and it helps us determine if we need to add more classes.

Are you new to registering for SEAPARC programs?

Please phone reception at 250.642.8000 or go online prior to the registration opening date to create your account.

If you are not sure which level to register for: Phone to book a free swim assessment. During an assessment, an aquatic employee will spend up to 15 minutes with your child to properly gage their swimming ability and match it to the Lifesaving Swim for Life program.

Situations in which a child is registered at a level above their skills could create a safety issue for the class and instructor. Such scenarios could result in a withdrawal from swimming lessons. Please contact us if you are unsure of what level to register your child.

HOW TO REGISTER

ONLINE at seaparc.ca

PHONE 250.642.8000

IN PERSON at SEAPARC Recreation Centre, 2168 Phillips Rd, Sooke, BC



PARENT & TOT 4-36 MONTHS

1 - Jellyfish (4-12 Months)

Provides an orientation to water for infants and their parent/caregiver. Parents/caregivers will learn how to swim safely with their infant in the pool through instruction of holds and supports. Infants will be introduced to getting their face wet, blowing bubbles and floating with the help of their caregiver.

2 - Goldfish (12-24 Months)

Teaches toddlers how to play in the water safely! They'll learn how to enter and exit the water with help from their parent/caregiver and will play games to encourage them to get their face wet and blow bubbles in the water. Toddlers will also develop floating and kicking skills with the support of their parent/caregiver.

3 - Seahorse (24-36 Months)

Teaches toddlers how to safely enter the water wearing a PFD. They'll develop underwater skills such as submersion and opening their eyes underwater. 'Starfish' floats, 'pencil' floats and kicking skills are taught using songs and games.



PRESCHOOL AGES 3-5 YEARS

Preschool 1 Octopus

Preschool 1 is a transitional level which transfers the preschooler to the care of the instructor. Preschoolers will have fun learning to get in and out of the water. They'll learn how to put their face in the water, blow bubbles in the water, and how to float and glide.

Preschool 2 – Crab

Preschool 2 teaches preschoolers how to safely jump into chest-deep water and how to swim wearing a PFD. They'll learn submersion skills and continue to work on floats, glides, and kicking with buoyant objects.

Preschool 3 – Orca

Preschool 3 teaches preschoolers how to enter deep water safely wearing a PFD. They'll learn how to submerge and exhale underwater, retrieve objects underwater, and will continue developing their floating, gliding and kicking skills.

Preschool 4 – Sea Lion

Preschool 4 teaches deep-water entries and treading water wearing a PFD. Preschoolers will become skilled at retrieving objects from the bottom of the pool in chest-deep water and performing front and side glide. Front crawl wearing a PFD is also introduced.

Preschool 5 – Narwhal

Preschool 5 teaches Swim to Survive® skills wearing a PFD. Front crawl and back crawl are introduced as well as interval fitness training. Preschoolers will also learn how to tread water and perform vertical whip kick with a buoyant aid. Once complete, preschoolers can register into Swimmer 2.



SWIMMERS 6-12 YEARS

Swimmer 1

These beginners will become comfortable jumping into the water with and without a PFD. They'll learn how to open their eyes, exhale and hold their breath underwater. Floats, glides and kicking skills are introduced.

Swimmer 2

These swimmers will jump into deeper water and learn to be comfortable falling sideways into the water wearing a PFD. They'll learn how to tread water, develop kicking skills, and will be introduced to front crawl and back crawl.

Swimmer 3

These swimmers will learn how to dive and will do in-water somersaults and handstands to develop weight-transfer skills. They'll learn Swim to Survive® skills, whip kick on back and will further develop their front crawl and back crawl.

Swimmer 4

These swimmers will become better at diving, treading water, and swimming underwater. They'll learn the Swim to Survive® standard and start to develop breaststroke. Front crawl and back crawl are further developed.

Swimmer 5

These swimmers will master dives and swimming in deep water. They'll further their Swim to Survive® skills and start to develop eggbeater kick. Breaststroke, front crawl, and back crawl are further developed. Interval training and sprinting drills continue to challenge these swimmers.

Swimmer 6

These swimmers will become proficient at deep water skills including stride entries and compact jumps. They'll develop lifesaving kicks such as eggbeater and scissor kick. Breaststroke, front crawl, and back crawl are further developed. Head-up swims, interval training and a 300m workout develop strength and endurance.

Swimmer 7/Rookie Patrol

Swimmers continue developing front crawl, back crawl and breaststroke. Swimmers develop individual fitness to meet a timed 100m swim and 350m workout. Water proficiency skills include swimming with clothes, ready position, and feet-first/head-first surface dives. Demonstrating the ability to conduct a primary assessment and calling EMS are included as first aid skills. Victim recognition and throwing assists are other key elements of the program.

Swimmer 8/Ranger Patrol

Ranger Patrol enhances capability in the water including stride entries and underwater, forward and backward somersaults. Swimmers learn lifesaving sport skills with a lifesaving stroke medley, timed object support and a non-contact rescue with a buoyant aid. Eggbeater kick and increased fitness levels are developed to meet a 200m timed swim. First aid focuses on unconscious victims and obstructed airway procedures.

Swimmer 9/Star Patrol

Recommended: Completed Swimmer 8 – Ranger Patrol. Star Patrol challenges swimmers with a 300m timed swim, 600m workout and a 25m object carry. Strokes are continued to be refined. Lifesaving skills include use of rescue aids, defense methods, victim removals and supporting a victim in shallow water. First aid focuses on treatment of bone or joint injuries and respiratory emergencies. Once complete, swimmers register into Bronze Star.



Aquatic Training & First Aid

Bronze Medallion

13+ Years

Bronze Medallion challenges participants mentally and physically in the four components of water rescue - judgement, knowledge, skill, and fitness. It is a prerequisite for Bronze Cross: 100% attendance is required and participants must be able to complete swimming and skill standards throughout course to pass.

Prerequisites: Minimum 13 years old (by last day of course) or hold Bronze Star (need not be current). Can be 12 years old if successfully completed Bronze Star.

Includes: Lifesaving Manual

Total Required Training Time: 20 hours

Su Oct 19-Nov 9 12:45-6:00pm \$177/4 27690

Bronze Cross

13+ Years

Successful completion of this course certifies those interested in working as Assistant Lifeguards / Swim Instructors and is a prerequisite for National Lifeguard and the LSS Swim Instructor programs. 100% attendance is required and participants must be able to complete swimming and skill standards throughout course to pass.

Prerequisites: Bronze Medallion (by the first day of course)

Total Required Training Time: 20 hours

Su Nov 23-Dec 14 12:45-6:00pm \$177/4 27691

Swim Instructor

15+ Years

Successful completion of this course will certify those interested in working as Swim Instructors, to teach the Lifesaving Swim for Life lessons. This course includes practice teaching time. 100% attendance is required and participants must be able to complete swimming and skill standards throughout course to pass.

Prerequisites: Bronze Cross, minimum 15 years old (by last day of course).

Includes: Swim Instructor Manual

Total Required Training Time: 40 hours

Su Oct 19-Nov 9 8:45am-3:30pm \$387/4 27682

National Lifeguard Re-Cert

15+ Years

Successful completion of this course re-certifies the National Lifeguard award. 100% attendance is required and participants must be able to complete swimming and skill standards throughout course to pass.

Prerequisites: Must show proof of National Lifeguard by start, can be expired up to 5 years.

Total Required Training Time: 8 hours

Sa Sep 27 9:30am-6:00pm \$120/1 25109

Standard First Aid with CPR-C

13+ Years

Standard First Aid is Worksafe BC Basic First Aid (formally known as WorkSafeBC Occupational Level 1) equivalent and can be used in the workplace. It is a prerequisite to the National Lifeguard program. This course includes comprehensive training covering all aspects of first aid, CPR and AED use.

Prerequisites: 13 years old (by last day of course)

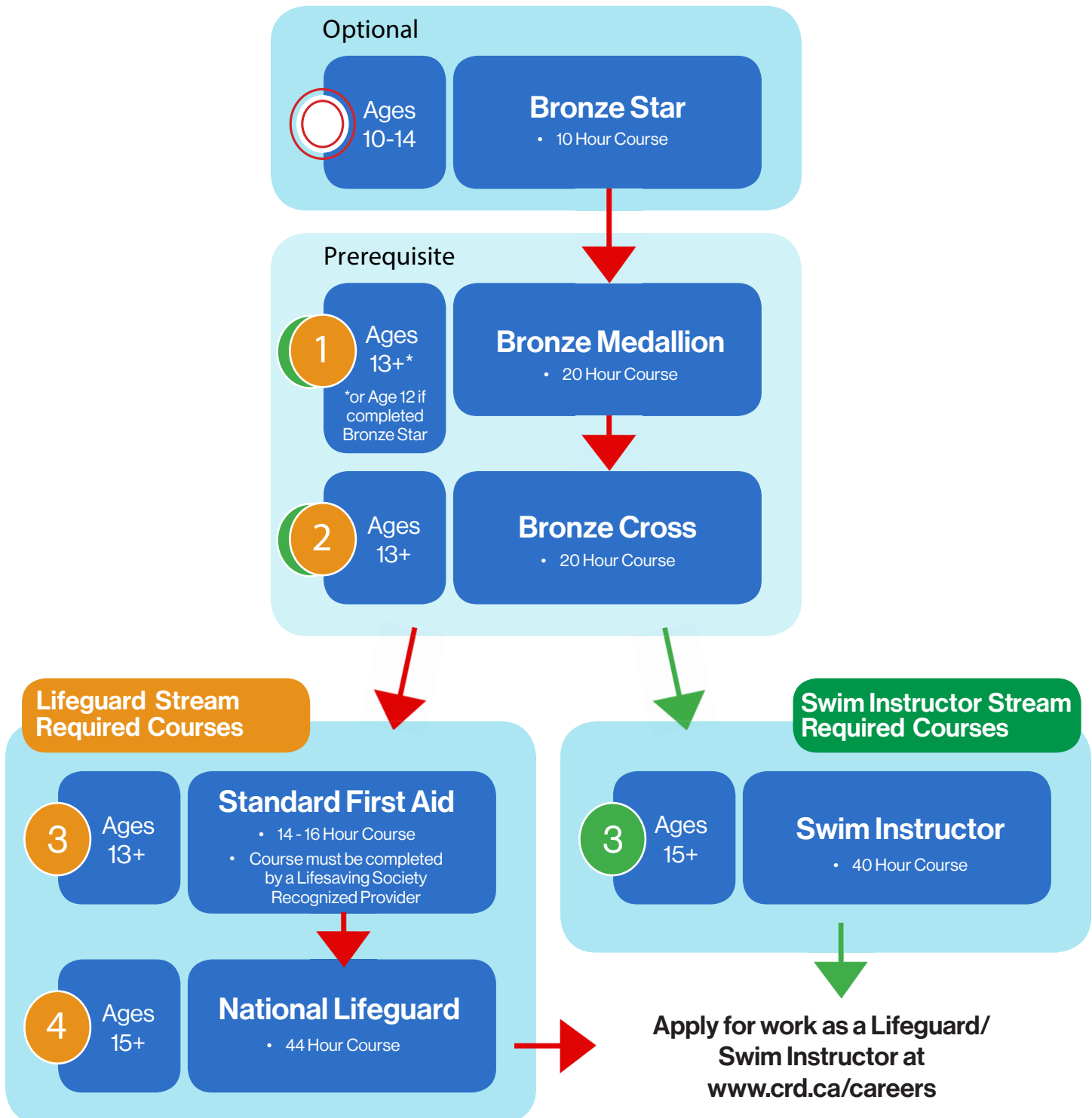
Total Required Training Time: 16 hours

TBA



How to Become a Lifeguard and Swim Instructor

Becoming a Lifeguard and Swim Instructor is a rewarding journey and can lead to meaningful work and lifelong friendships. The path to employment has two different streams: Lifeguard and Swim Instructor.





SEAPARC

RECREATION CENTRE DROP-IN ADMISSIONS & MEMBERSHIPS INCLUDE:

Swimming, Skating, Weight Room and Stretching Room (Ages 13+),
Indoor Cycling, Aquafit, and a Variety of Fitness Classes, including Yoga.

