SEAPARC Recreation

SEPTEMBER-DECEMBER ACTIVITY GUIDE

2026

50th ANNIVERSARY
SEAPARC ARENA
EST. 1976
SOOKE, BC

AUG 12

Program Registration

Wednesday, August 12th | 9:00am

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

SEPT 02

Swim Lesson Registration

Wednesday, Sept 2nd | 9:00am

OCT 21

Skate Lesson Registration

Wednesday, Oct 21st | 9:00am

Holiday Hours & Special Events

SEPTEMBER

Labour Day
Monday, September 7
Facility Closed

Pro D Day
Monday, September 21
Skate 11:00am-12:15pm
Youth Hockey 12:30-1:45pm
Swim 1:00-3:00pm

Truth & Reconciliation Day
Wednesday, September 30
Pool & Weight Room Open
7:00am-4:00pm

OCTOBER

Thanksgiving
Monday, October 12
Pool & Weight Room Open
7:00am-4:00pm

Pro D Day
Friday, October 23
Skate 11:30am-12:45pm
Youth Hockey 1:00-2:15pm
Swim 1:00-3:00pm

Halloween Skate
Sunday, October 25
11:30am-12:45pm

NOVEMBER

Remembrance Day
Wednesday, November 11
Pool & Weight Room Open
7:00am-4:00pm

Santa's Gift Shop
Tuesday, November 24
6:00-8:00pm

Pro D Day
Friday, November 27
Skate 11:30am-12:45pm
Youth Hockey 1:00-2:15pm
Swim 1:00-3:00pm

Festival of Trees
November 24 – December 26

DECEMBER

Youth Creative Craft Fair
Saturday, December 5
10:00am-1:00pm

Zumbathon
Sunday, December 6
1:00-2:30pm

Skate with Santa
Sunday, December 13
11:30am-12:45pm

Christmas Eve
Thursday, December 24
Pool & Weight Room Open
6:00am-2:30pm

Christmas Eve Skate
Thursday, December 24
11:30am-1:30pm

Christmas Day
Friday, December 25
Facility Closed

Boxing Day
Saturday, December 26
Facility Closed

New Year's Eve
Thursday, December 31
Pool & Weight Room Open
6:00am-5:30pm

New Year's Eve Skate
Thursday, December 31
11:30am-1:30pm

50th ANNIVERSARY
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Retro Rewind Skate

$2 ADMISSION

Sunday, October 18 | 11:30am-12:45pm

Travel back to the 70's with groovy tunes, retro treats & some throwback fun!

Break out your old jerseys, bell bottoms, or funky outfits & you might win a prize! Everyone Welcome!

Alumni Hockey Game

Tuesday, March 23 | 7:00pm-8:30pm

We will wrap the 50th season with a recreational hockey game of past and present SEAPARC Arena hockey players!

Interested in playing? Watch for registration information coming in January!

Open to anyone 19 years and older.

Can you dig it?

Help us celebrate by sharing your favourite memories, stories and vintage photos from days gone by!

We'll spotlight submissions on our social media channels through the season as we take a trip down memory lane.

Every entry will be entered in a draw to win a one-month family pass.

Send us your best throwback moments at seaparc@crd.bc.ca with 50th Anniversary Submission in the subject line.

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	$3.75	$33.75	$34.00	$79.00	$215.00	
Youth	13-18	$4.25	$38.25	$40.00	$93.50	$255.00	
Student*	19+	$5.75	$51.75	$54.00	$124.00	$444.00	$600.00
Adult	19+	$7.50	$67.50	$72.00	$159.00	$456.00	$600.00
Senior	60+	$5.75	$51.75	$54.00	$124.00	$456.00	$600.00
Family**		$15.00	$135.00	$143.00		$888.00	

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	$74.00
Adult/Senior/Student	$38.00
Youth	$21.25
Child	$17.92

* 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.*

All programs at SEAPARC Recreation Centre unless otherwise noted.

Early Years 0-5 Years

Arts, Dance & General Interest

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 participation encouraged.

Instructor: Deborah V.H.

Tu	Sep 15-Oct 20	5:00-5:45pm	$90/6	32745
Tu	Nov 3-Dec 8	5:00-5:45pm	$75/5	32746

No class Nov 24

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.

Instructor: Aloha Fit Victoria

F	Sep 11-Oct 30	12:45-1:15pm	$63/7	32743
F	Nov 6-Dec 18	12:45-1:15pm	$54/6	32744

No class Oct 23, Nov 27

Early Learning

Kinder Prep and Play

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. 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 9-Sep 28	9:00-11:00am	$111/6	32940
Tu, Th	Sep 8-Oct 1	9:00-11:00am	$148/8	32944
M, W	Oct 5-Oct 28	9:00-11:00am	$129.50/7	32941
Tu, Th	Oct 6-Oct 29	9:00-11:00am	$148/8	32945
M, W	Nov 2-Nov 25	9:00-11:00am	$129.50/7	32942
Tu, Th	Nov 3-Nov 26	9:00-11:00am	$148/8	32946
M, W	Nov 30-Dec 16	9:00-11:00am	$111/6	32943
Tu, Th	Dec 1-Dec 17	9:00-11:00am	$111/6	32947

No class Sep 30, Oct 12, Nov 11

Stuffie Sleepover

3 – 5 Years

Come dressed in your pajamas for a cozy story time with your stuffie. Enjoy songs, stories, and wiggles before saying goodnight to your stuffie for the night. Pick them up the next day and receive photos showing the fun they had overnight at SEAPARC!

F	Oct 2	6:00-6:45pm	$10/1	32758

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

All programs at SEAPARC Recreation Centre unless otherwise noted.

Sports & Physical Literacy

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 this non-competitive camp. Camp is beginner focused (Helmet with a face cage, shin pads, and gloves are mandatory). For players with no experience.

Tu-Th	Sep 1-Sep 3	3:00-3:45pm	$34/3	32566

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 12-Dec 19	10:00-11:30am	$4.50 Drop-in

No drop-in Dec 5

Parent and Tot Music, Yoga and Story Time — 2 – 5 Years

A chance to bond with your little one through games, storytelling and song. We will explore yoga poses and go on adventures everywhere from the moon to under the sea. Experience the benefits of yoga while laughing, dancing and singing together!

Instructor: Britt A.

Tu	Sep 15-Oct 27	11:10-11:45am	$56/7	32727
Tu	Nov 3-Dec 15	11:10-11:45am	$56/7	32728
Th	Sep 17-Oct 29	11:10-11:45am	$56/7	32725
Th	Nov 5-Dec 17	11:10-11:45am	$56/7	32726

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 15-Oct 20	5:00-6:00pm	$66/6	32948
Tu	Nov 3-Dec 8	5:00-6:00pm	$66/6	32949

10 Sport — 3 – 4 Years

10 Sport Program is a fun, high-energy program designed to build physical literacy by developing the fundamental movement skills children need to be active and confident for life. Through different sports, participants will improve their running, jumping, throwing, catching, balancing, and coordination skills while engaging in exciting games and activities. With a focus on fun, inclusivity, and skill development, children will build confidence, teamwork, and a love for movement, creating a strong foundation for lifelong participation in sport and physical activity.

Instructor: Richardson Sport Inc.
Location: Saseenos School Gym

M	Sep 21-Nov 2	6:00-6:30pm	$84/6	32950
M	Nov 9-Dec 14	6:00-6:30pm	$84/6	32951

No class Oct 12

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 13-Oct 25	10:00-10:30am	$55.50/6	32952
Su	Nov 1-Dec 13	10:00-10:30am	$55.50/6	32954

No class Oct 11, Nov 15

All programs at SEAPARC Recreation Centre unless otherwise noted.

Skate Lessons

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

Registration For November Skate Lessons opens Wednesday Oct 21, 2026 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 13	Oct 25	10:00am	33043	6
Tu	Sep 15	Oct 20	3:30pm	33044	6
Su	Nov 1	Dec 13	10:00am	33045	6
Tu	Nov 3	Dec 15	3:30pm	33046	7
Preschool Level 2					
Su	Sep 13	Oct 25	10:00am	33047	6
Tu	Sep 15	Oct 20	3:30pm	33048	6
Su	Nov 1	Dec 13	10:00am	33049	6
Tu	Nov 3	Dec 15	3:30pm	33050	7
Preschool Level 3/4					
Su	Sep 13	Oct 25	10:00am	33051	6
Tu	Sep 15	Oct 20	3:30pm	33052	6
Su	Nov 1	Dec 13	10:00am	33053	6
Tu	Nov 3	Dec 15	3:30pm	33054	7

**No class Oct 11, Nov 15*

	6 classes	7 classes
30 Minute Skate Lessons	$55.50	$64.75

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

Skate & Pool Party Packages $179
Kindergym Party $184

Visit seaparc.ca for information.

School Age & Youth 5-17 Years

Art

Children's Art — 6 – 12 Years

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

Instructor: Deborah V.H.

Tu	Sep 15-Oct 27	6:00-7:30pm	$119/7	32751
Th	Sep 17-Oct 29	6:00-7:30pm	$119/7	32753
Tu	Nov 3-Dec 15	6:00-7:30pm	$102/6	32752
Th	Nov 5-Dec 17	6:00-7:30pm	$119/7	32754

No class Nov 24

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 11	6:00-8:00pm	$18/1	32747

Youth Creative Craft Fair — 7 – 18 Years

Celebrate the season of shopping local, all while supporting the next generation of young entrepreneurs. A unique opportunity for youth to sell their creations and shine! Vendors $11/table

Sa	Dec 5	10:00am-1:00pm	$11/1	32649

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

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Fitness & Wellness

Parent and Child Jumping Fitness — 6+ 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 includes up to one adult and one child.

Instructor: Melinda B

Tu	Sep 15-Oct 27	6:00-6:45pm	$94.50/7	32847
Tu	Nov 3-Dec 15	6:00-6:45pm	$94.50/7	32848
Su	Sep 13-Oct 25	8:15-9:00am	$81/6	32849
Su	Nov 1-Dec 13	8:15-9:00am	$94.50/7	32850

No class Oct 11

Aerial Yoga — 12+ 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 15-Oct 27	3:30-4:30pm	$94.50/7	32932
Tu	Nov 3-Dec 15	3:30-4:30pm	$94.50/7	32933

NEW! Introduction to Line Dancing — 13+ Years

Grab your boots and hit the dance floor! This lively line dancing class features popular country favorites and classic dance routines. Build confidence, improve coordination, and enjoy music, movement, and fun. Barefoot dancing is permitted! All levels welcome.

Instructor: Jessica A

F	Sep 18-Oct 30	3:30-4:30pm	$94.50/7	32982
F	Nov 6-Dec 18	3:30-4:30pm	$94.50/7	32984

NEW! Teen Girls in the Weight Room — 13+ Years

Get comfortable in the weight room and learn how to safely and effectively build strength and stamina with custom exercises to reach your fitness goals.
*13-15 yrs will earn their Youth Weight Room Orientation upon completion of course.

Instructor: Julia M

W	Oct 7-Nov 4	3:45-4:45pm	$67.50/5	32858
W	Nov 18-Dec 16	3:45-4:45pm	$67.50/5	32859

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 14-Oct 26	3:45-4:30pm	$54/6	32853
M	Nov 2-Dec 14	3:45-4:30pm	$63/7	32854

No class Oct 12

NEW! Teen Small Group Personal Training — 13+ Years

Wanting to learn a bit more than just the basics in the weight room? Join this program to build on a specialized program to meet your lifting goals. Each participant will come away with a custom program and the knowledge to effectively execute each exercise with proper form.
*13-15 yrs will earn their Youth Weight Room Orientation upon completion of course.

Instructor: Maurice A

Tu	Oct 6-Oct 27	3:45-4:45pm	$54/4	32851
Tu	Nov 3-Nov 24	3:45-4:45pm	$54/4	32852

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.

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 10	4:30-5:30pm	$15/1	32860
Su	Sep 13	3:00-4:00pm	$15/1	32861
F	Sep 18	3:30-4:30pm	$15/1	32862
Su	Sep 20	3:00-4:00pm	$15/1	32863
Su	Oct 4	3:00-4:00pm	$15/1	32864
Th	Oct 8	4:30-5:30pm	$15/1	32866
F	Oct 16	3:30-4:30pm	$15/1	32867
Su	Oct 25	3:00-4:00pm	$15/1	32868
Su	Nov 1	3:00-4:00pm	$15/1	32869
F	Nov 20	3:30-4:30pm	$15/1	32870
Th	Nov 26	4:30-5:30pm	$15/1	32871
Su	Nov 29	3:00-4:00pm	$15/1	32872
F	Dec 11	3:30-4:30pm	$15/1	32873
Th	Dec 17	4:30-5:30pm	$15/1	32874
Su	Dec 20	3:00-4:00pm	$15/1	32875

NEW! Family Fitness Circuit 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: Maurice A

Su	Sep 13-Oct 25	12:00-12:45pm	$63/7	32855
Su	Nov 8-Dec 13	12:00-12:45pm	$54/6	32856

Drop-in $2 Youth Fridays

7 – 18 Years

Get together with your friends!

Skate	2:15-3:45pm
Weight Room & Pool	2:30-5:00pm

Leadership & Training

Home Alone Program Preparing Youth 9 – 12 Years

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 20	1:30-4:30pm	$38/1	32563
Su	Nov 15	1:30-4:30pm	$38/1	32564

Red Cross Babysitter Course 11 – 17 Years

Learn to care for children of various ages. Participants learn how feed, diaper, dress, and play with children and babies, alongside the essential skills to prevent and respond to emergencies. A training manual is included in the course fee. A Red Cross Babysitters certification card is provided upon successful completion of the course.

Sa	Sep 26-Oct 3	12:00-4:00 pm	$90/2	33445

All programs at SEAPARC Recreation Centre unless otherwise noted.

General Interest & Educational

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 18-Oct 23	6:00-7:30pm	$58.50/6	32957
F	Nov 6-Dec 4	6:00-7:30pm	$48.75/5	32958

Kids Night Out — 7 – 11 Years

Pool, Pancakes and Pj's
Arrive in your Pj's, have breakfast for dinner, then jump in the pool with your friends! Must pass swim test to swim in the big pool without a life jacket. Additional Siblings are ½ price; contact reception to register and for more info.

F	Oct 30	5:00-8:00pm	$29/1	32960

Pizza and Pool Party
Join us for a swimming, games and crafts! Pizza served on pizza nights. Must pass swim test to swim in the big pool without a life jacket. Additional Siblings are ½ price; contact reception to register and for more info.

F	Dec 18	5:00-8:00pm	$29/1	32959

Dungeons & Dragons — 10 – 15 Years

Beginners welcome. Come and play Dungeons and Dragons.

Su	Sep13-Oct 25	6:00-7:30pm	$49.5/6	32961
Su	Nov 1-Dec 13	6:00-7:30pm	$57.75/7	32962

No class Oct 11

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!

KidSport GREATER VICTORIA

NEW! D&D for Neurodivergent Youth — 12 – 20 Years

This series of D&D games is catered towards neurodivergent children and youth, primarily with Autism and ADHD. We set a stage for them to use their imagination while practicing social skills in a stable environment. Unlike typical D&D, we come to it with the goal of learning skills that some kids need more attention on. Social learning, perspective taking, self regulation, to name a few. Led by Lars Neilsen, Education Assistant with 7 years of experience with education including behaviour science.

Sa	Sep 26	12:00-2:00pm	$30/1	32963
Sa	Sep 26	2:00-4:00pm	$30/1	32964
Sa	Oct 10	12:00-2:00pm	$30/1	32967
Sa	Oct 10	2:00-4:00pm	$30/1	32968
Sa	Oct 17	12:00-2:00pm	$30/1	32969
Sa	Oct 17	2:00-4:00pm	$30/1	32970
Sa	Oct 24	12:00-2:00pm	$30/1	32971
Sa	Oct 24	2:00-4:00pm	$30/1	32972

All programs at SEAPARC Recreation Centre unless otherwise noted.

Sports & Physical Literacy (Active Play)

NEW! Junior Golfers — 5 – 10 Years

Discover the game of golf in a fun and welcoming environment! This introductory program teaches children the fundamentals of golf, including putting, chipping, full swings, and course etiquette through engaging games and activities. Led by trained coaches, participants will build confidence, coordination, and golf skills while developing a love for the sport. Perfect for beginners looking to learn, play, and have fun on the course. Golf clubs provided.

Instructor: Richardson Sport Inc.
Location: DeMamiel Creek Golf Course

Tu	Sep 22-Oct 27	5:00-6:00pm	$105/6	32974

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	10:00-11:15am	Drop in rates
F	7:00-8:15pm	Drop in rates

Everyone Welcome Skate — All Ages

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.

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

NEW! Richardson Sport, Floor Hockey — 6 – 9 Years

Floor Hockey program combines fun, fitness, and skill development in an inclusive environment. Participants will learn fundamental hockey skills such as passing, shooting, and stick handling while improving coordination, balance, agility, and teamwork. Through exciting games and activities, children build confidence, physical literacy, and sportsmanship while staying active, making friends, and developing a love for the game.

Instructor: Richardson Sport Inc.
Location: Saseenos School Gym

M	Sep 21-Nov 2	7:15-8:00pm	$84/6	32979
M	Nov 9-Dec 14	7:15-8:00pm	$84/6	32980

No class Oct 12

NEW! Richardson Sport, Basketball — 6 – 9 Years

Basketball Fun & Skill Development class helps children build physical literacy and confidence through engaging, non-competitive games and activities. Participants will learn fundamental basketball skills such as dribbling, passing, and shooting while improving coordination, balance, agility, and teamwork. With a focus on fun, inclusion, and active play, this program creates a positive environment where every child can learn, grow, and enjoy the game.

Instructor: Richardson Sport Inc.
Location: Saseenos School Gym

M	Sep 21-Nov 2	6:30-7:15pm	$84/6	32977
M	Nov 9-Dec 14	6:30-7:15pm	$84/6	32978

No class Oct 12

Youth Skate Lessons – Learn to Skate — 13 – 18 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.

Tu	Sep 15-Oct 20	3:30-4:00pm	$55.50/6	32988
Tu	Nov 3-Dec 15	3:30-4:00pm	$64.75/7	32990

All programs at SEAPARC Recreation Centre unless otherwise noted.

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: SEAPARC Multi-Purpose Room

Instructor: Michelle Carpenter

M, W	Sep 9-Oct 28	5:30-6:00pm	$92.50/10	33007
M, W	Nov 2-Dec 16	5:30-6:00pm	$120.25/13	33008
Mondays Only				
M	Sep 14-Oct 26	5:30-6:00pm	$48.75/5	33010
M	Nov 2-Dec 14	5:30-6:00pm	$68.25/7	33012
Wednesdays Only				
W	Sep 9-Oct 28	5:30-6:00pm	$48.75/5	33013
W	Nov 4-Dec 16	5:30-6:00pm	$58.50/6	33014

No class Sep 21, Sep 30, Oct 7, 12, 14, Nov 11

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 Mijo Taekwondo.

Location: Poirier Elementary School Gym

Instructor: Michelle Carpenter

M, W	Sep 9-Oct 28	6:15-7:00pm	$144/12	33015
M, W	Nov 2-Dec 16	6:15-7:00pm	$156/13	33016
Mondays Only				
M	Sep 14-Oct 26	6:15-7:00pm	$65/5	33017
M	Nov 2-Dec 14	6:15-7:00pm	$91/7	33018
Wednesdays Only				
W	Sep 9-Oct 28	6:15-7:00pm	$91/7	33020
W	Nov 4-Dec 16	6:15-7:00pm	$78/6	33021

No classes Sep 21, Sep 30, Oct 12, Nov 11

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 9-Oct 28	7:00-7:45pm	$144/12	33028
M, W	Nov 2-Dec 16	7:00-7:45pm	$156/13	33030
Mondays Only				
M	Sep 14-Oct 26	7:00-7:45pm	$65/5	33033
M	Nov 2-Dec 14	7:00-7:45pm	$91/7	33034
Wednesdays Only				
W	Sep 9-Oct 28	7:00-7:45pm	$91/7	33035
W	Nov 4-Dec 16	7:00-7:45pm	$78/6	33036

No class Sep 21, Sep 30, Oct 12, Nov 11

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 with Mijo Taekwondo! 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 10-Oct 29	3:45-4:30pm	$104/8	32983
Th	Nov 5-Dec 17	3:45-4:30pm	$91/7	32985

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

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 13	Oct 25	10:45am	33055	6
Tu	Sep 15	Oct 20	4:15pm	33056	6
Su	Nov 1	Dec 13	10:45am	33057	6
Tu	Nov 3	Dec 15	4:15pm	33058	7
School Age Level 2					
Su	Sep 13	Oct 25	10:45am	33059	6
Tu	Sep 15	Oct 20	4:15pm	33060	6
Su	Nov 1	Dec 13	10:45am	33061	6
Tu	Nov 3	Dec 15	4:15pm	33062	7
School Age Level 3/4					
Su	Sep 13	Oct 25	10:45am	33063	6
Tu	Sep 15	Oct 20	4:15pm	33064	6
Su	Nov 1	Dec 13	10:45am	33065	6
Tu	Nov 3	Dec 15	4:15pm	33066	7
School Age Level 5/6					
Su	Sep 13	Oct 25	10:45am	33067	6
Tu	Sep 15	Oct 20	4:15pm	33068	6
Su	Nov 1	Dec 13	10:45am	33069	6
Tu	Nov 3	Dec 15	4:15pm	33070	7

No class Oct 11, Nov 15

	6 classes	7 classes
30 Minute Skate Lessons	$55.50	$64.75

Skate Sharpening & Rentals

Sharpening
Rates: $6.00/pair | $54.00/10 Punch Card

Rentals
Regular Rentals: $4.00 | Family Rate: $8.00

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 10:00/10:45am
Tuesdays 3:30/4:15pm

RATES:

30 minutes $32/private, $45/semi-private (2 people)

TO BOOK:

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

Camps

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, 2026 ***and*** registered in a school or home learner program.

Squirrels Camp		**5-6 Years**		
M-Th	Dec 21-Dec 24	8:15am-3:30pm	$224/4	32998
M-Th	Dec 28-Dec 31	8:15am-3:30pm	$224/4	32999
Bears Camp		**7-11 Years**		
M-Th	Dec 21-Dec 24	8:15am-3:30pm	$224/4	33000
M-Th	Dec 28-Dec 31	8:15am-3:30pm	$224/4	33001

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 Leisure Complex. **Must be 5 years old by December 31, 2026* ***and*** *registered in a school or home learner program.*

Squirrels Camp 5-6 Years				
M	Sep 21	8:15am-3:30pm	$48/1	32992
F	Oct 23	8:15am-3:30pm	$48/1	32993
F	Nov 27	8:15am-3:30pm	$48/1	32994
Bears Camp 7-11 Years				
M	Sep 21	8:15am-3:30pm	$48/1	32995
F	Oct 23	8:15am-3:30pm	$48/1	32996
F	Nov 27	8:15am-3:30pm	$48/1	32997

Pro-D Day Wellness Lab Camp — 7 – 12 Years

Wellness Lab is an experiential, movement-based wellness program where participants explore how everyday habits like movement, sleep, screen use, nutrition, nature exposure, stress regulation, and social connection impact their mental and physical health. This is a hands-on "lab," where participants experiment, practice skills, observe changes in their bodies and minds, and reflect in their printed booklets. All learning is off-screen to model healthy digital boundaries.

Instructor: Jessica A

F	Oct 23	9:00am-12:00pm	$40/1	33441

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, helmet with a face cage, shin pads, and gloves.

M-F	Aug 24-Aug 28	3:30-4:30pm	$57/5	32565

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 focus. Helmet with a face cage, shin pads, and gloves are mandatory. This is for players with no experience; not for returning minor hockey players.

Tu-Th	Sep 1-Sep 3	3:00-3:45pm	$34/3	32566

All programs at SEAPARC Recreation Centre unless otherwise noted.

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 14	6:15-8:30pm	$33/1	32749
M	Nov 23	6:15-8:30pm	$33/1	32750

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 26	6:15-8:30pm	$36/1	32748

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

Yoga

Therapeutic Yoga — 16+ 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 14-Oct 26	10:30-11:30am	$81/6	32928
M	Nov 2-Dec 14	10:30-11:30am	$94.50/7	32929

Instructor: Anthea B

Tu	Sep 15-Oct 27	12:30-1:30pm	$94.50/7	32930
Tu	Nov 3-Dec 15	12:30-1:30pm	$94.50/7	32931

No class Oct 12

Dynamic & Still Yoga — 16+ 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 13-Oct 25	9:15-10:15am	$81/6	32924
Su	Nov 1-Dec 13	9:15-10:15am	$94.50/7	32925

No class Oct 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

All programs at SEAPARC Recreation Centre unless otherwise noted.

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: Jessica A

F	Sep 18-Oct 30	12:30-1:30pm	$94.50/7	32894
F	Nov 6-Dec 18	12:30-1:30pm	$94.50/7	32895

Candlelit Yoga 16+ Years

Wind down you're 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 14-Oct 26	7:30-8:30pm	$81/6	32938
M	Nov 2-Dec 14	7:30-8:30pm	$94.50/7	32939

Location: Otter Point, 3-7450 Butler Rd.

Th	Sep 17-Oct 29	7:00-8:00pm	$94.50/7	33519
Th	Nov 5-Dec 17	7:00-8:00pm	$94.50/7	33520

No class Oct 12

NEW! Mindful Path Meditation 16+ Years

Meditation is the practice of training your mind to focus attention and achieve a state of mental clarity, emotional calm, and heightened awareness. Using breathwork, guided imagery and working in the present moment without judgement in a safe space, you will calm your mind, reduce stress, and cultivate inner peace.

Instructor: Rachel W

Su	Sep 13-Oct 25	6:00-7:00pm	$81/6	32926
Su	Nov 1-Dec 13	6:00-7:00pm	$94.50/7	32927

No class Oct 11

Flow Yoga 16+ Years

Build strength and mindful body awareness as you flow from one pose to the next. In this dynamic vinyasa flow you will relax the mind as you focus on your breath, while fueling your soul mid week. All levels welcome.

Instructor: Julie V

W	Sep 16-Oct 28	7:30-8:30pm	$81/6	32805
W	Nov 4-Dec 16	7:30-8:30pm	$81/6	32806

No class Oct 30 & Nov 11

Chair Yoga 16+ 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: Katie Q

Th	Sep 17-Oct 29	1:00-1:45pm	$68.25/7	32892
Th	Nov 5-Dec 17	1:00-1:45pm	$68.25/7	32893

NEW! Hatha Yoga 16+ Years

Spice up your yoga practice as you dive deeper into hatha poses. We may explore progressions for headstands and arm balances with modifications provided. Leave class feeling rejuvenated and relaxed. All levels welcome.

Instructor: Katie Q

F	Sep 18-Oct 30	5:45-7:00pm	$105/7	32936
F	Nov 6-Dec 18	5:45-7:00pm	$105/7	32937

Aerial Yoga 12+ 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 15-Oct 27	3:30-4:30pm	$94.50/7	32932
Tu	Nov 3-Dec 15	3:30-4:30pm	$94.50/7	32933
Fri	Sep 18-Oct 30	7:15-8:15pm	$94.50/7	32934
Fri	Nov 6-Dec 18	7:15-8:15pm	$94.50/7	32935

Pilates

NEW! Pilates & Plunge 16+ Years

Practice your Pilates near the dock in East Sooke, surrounded by all the earthy elements. Wear your sunscreen, bring a hat, bring at mat and come our for the fun. Bring your swimsuit and follow your practice with a cold dip off the dock for an invigorating ocean plunge! All levels welcome.

Instructor: Jenna K

Th	Sep 17	1:00-2:00pm	$15/1	33567

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 14-Oct 26	1:00-2:00pm	$81/6	32899
M	Nov 2-Dec 14	1:00-2:00pm	$94.50/7	32900

No Class Oct 12

Instructor: Candace C
Location: East Sooke Community Hall

M	Sep 14-Oct 26	5:30-6:30pm	$81/6	32901
M	Nov 2-Dec 14	5:30-6:30pm	$94.50/7	32902

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	Oct 7-Nov 4	11:45am-12:45pm	$67.50/5	32903
W	Nov 18- Dec 16	11:45am-12:45pm	$67.50/5	32904

Rehabilitation

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.

Subsidy available for registration + transportation fees!
Please contact Jenna for more info: jkurylo@crd.bc.ca

Instructor: SEAPARC Staff/Island Health

M, W	Oct 19-Nov 9	2:15-3:15pm	$63/7	32890
M, W	Nov 16-Dec 9	2:15-3:15pm	$72/8	32891

Active Aging

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 1-Oct 27	9:00-10:00am	$81/9	32876
Tu	Sep 1-Oct 27	10:15-11:15am	$68/9	32877
W	Sep 2-Oct 28	8:00-9:00am	$72/8	32878
Th	Sep 3-Oct 29	9:00-10:00am	$81/9	32879
Th	Sep 3-Oct 29	10:15-11:15am	$81/9	32880
F	Sep 4-Oct 30	8:00-9:00am	$81/9	32881
Tu	Nov 3-Dec 15	9:00-10:00am	$63/7	32882
Tu	Nov 3-Dec 15	10:15-11:15am	$63/7	32883
W	Nov 4-Dec 16	8:00-9:00am	$54/6	32884
Th	Nov 5-Dec 17	9:00-10:00am	$63/7	32885
Th	Nov 5-Dec 17	10:15-11:15am	$63/7	32886
F	Nov 6-Dec 18	8:00-9:00am	$63/7	32887

No class Sep 30, Nov 11

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 11-Oct 30	10:30-11:30am	$72/8	32888
F	Nov 6-Dec 18	10:30-11:30am	$63/7	32889

NEW! Heart Health & Better Bones

Build balance, strength, mobility, and flexibility through safe, functional exercises designed for everyday movement. A welcoming, class incorporating a short low-impact cardio segment, followed by stretching, balance, body weight, and light equipment work. For happy hearts and stronger bones! All levels welcome.

Instructor: Julie V

W	Sep 16-Oct 28	10:30-11:30am	$81/6	33410
W	Nov 4-Dec 16	10:30-11:30am	$81/6	33411

No class Sep 30, Nov 11

All programs at SEAPARC Recreation Centre unless otherwise noted.

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 24	4:30-5:30pm	$15/1	32905
Su	Sep 27	3:00-4:00pm	$15/1	32906
Su	Oct 18	3:00-4:00pm	$15/1	32907
Th	Oct 22	4:30-5:30pm	$15/1	32908
Th	Nov 12	4:30-5:30pm	$15/1	32909
Su	Nov 15	3:00-4:00pm	$15/1	32910
Th	Dec 3	4:30-5:30pm	$15/1	32911
Su	Dec 13	3:00-4:00pm	$15/1	32912

NEW! Introduction to Line Dancing — 13+ Years

Grab your boots and hit the dance floor! This lively line dancing class features popular country favorites and classic dance routines. Build confidence, improve coordination, and enjoy music, movement, and fun. Barefoot dancing is permitted! All levels welcome.

Instructor: Jessica A

F	Sep 18-Oct 30	3:30-4:30pm	$94.50/7	32982
F	Nov 6-Dec 18	3:30-4:30pm	$94.50/7	32984

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 of this new to us system!

Instructor: Dave R

M	Sep 14-Oct 26	5:15-6:00pm	$63/7	32913
M	Nov 2-Dec 14	5:15-6:00pm	$63/7	32914
Tu	Sep 15-Oct 27	11:30am-12:15pm	$63/7	32915
Tu	Nov 3-Dec 15	11:30am-12:15pm	$63/7	32916

No classes Oct 12

Parent and Child Jumping Fitness — 6+ 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 includes up to one adult and one child.

Instructor: Melinda B

Tu	Sep 15-Oct 27	6:00-6:45pm	$94.50/7	32847
Tu	Nov 3-Dec 15	6:00-6:45pm	$94.50/7	32848
Su	Sep 13-Oct 25	8:15-9:00am	$81/6	32849
Su	Nov 1-Dec 13	8:15-9:00am	$94.50/7	32850

No class Oct 11

Barre Workout — 16+ Years

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

Instructor: Donna T

Su	Nov 15-Dec 13	10:30-11:30am	$67.50/5	32897

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. This new program will have you wanting more!

Instructor: Donna T

Su	Nov 15-Dec 13	11:50am-12:50pm	$67.50/5	32896

All programs at SEAPARC Recreation Centre unless otherwise noted.

Weight Room Training

Weight Training Introduction — 13+ Years

In a small group class, led by a certified personal trainer, learn how to safely create a weight training program to help build muscle strength and endurance, while learning proper technique. The first class will give you an orientation to the weight room. The 2nd and 3rd class will build on a program tailored to your needs. The last class you will have a full program and feel comfortable working out on your own. A variety of equipment including machines, barbells, dumbbells, kettle bells will be introduced. 13-15 years will earn their Youth Weight Room Orientation upon completion.

Instructor: Maurice

Su	Sep 6-Sep 27	1:00-2:00pm	$60/4	32738
Su	Oct 4-Oct 25	1:00-2:00pm	$60/4	32921
Su	Nov 1-Nov 22	1:00-2:00pm	$60/4	32922
Su	Nov 29-Dec 20	1:00-2:00pm	$60/4	32923

Introduction to Powerlifting — 16+ Years

This course will meet twice per week and will help you add weight to your squat, bench, and deadlift. Each participant will receive customized personal training to improve their technique on the big 3 and encourage the "love" for heavy weights. Whether your goal is to increase your personal bests or to improve overall bone density, Justin's got you covered.

Instructor: Justin L

M, W	Sep 21-Nov 4	7:00-8:30pm	$162/12	32729
M, W	Nov 9-Dec 16	7:00-8:30pm	$148.50/11	32898

No class Sep 30, Oct 12, Nov 11

Arms, Back & Chest — 16+ Years

Justin will take you through his exercise choices of the day so you don't have to think – you just have to move! Join a small group and train together to reach your goals. Machines, free weights and a variety of training techniques will be offered each week.

Instructor: Justin L

W	Sep 16-Oct 28	5:45-6:45pm	$81/6	32919
W	Nov 4-Dec 16	5:45-6:45pm	$81/6	32920

No class Sep 30, Nov 11

Glutes, Quads, and Core — 16+ Years

Justin will take you through his exercise choices of the day so you don't have to think – you just have to move! Join a small group and train together to reach your goals. Machines, free weights and a variety of training techniques will be offered each week.

Instructor: Justin L

M	Sep 14-Oct 26	5:45-6:45pm	$81/6	32917
M	Nov 2-Dec 14	5:45-6:45pm	$94.50/7	32918

No class Oct 12

Juan de Fuca Community Recreation Programs

Stay active, learn new skills, and explore nature!

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

Juan de Fuca
Community Parks and Recreation

Move with Mel
Dance & Movement Instruction
Mondays 6:00–7:00 pm
Location: Otter Point, 3-7450 Butler Road
Fridays 9:30–10:30 am
Location: Shirley, 2795 Sheringham Point Rd.

Goju Ryu Karate
Kids: Tuesdays 6:00–6:45 pm
Adults: Tuesdays 7:00–8:00 pm
Location: East Sooke Community Hall
1397 Coppermine Road

Guided Hikes
Explore the incredible wilderness of the region with knowledgeable guides from the Juan de Fuca Community Trails Society.
Learn more: www.jdftrails.ca

Register today!
Email: jdfinfo@crd.bc.ca
Visit: www.crd.bc.ca/jdfrec

All programs at SEAPARC Recreation Centre unless otherwise noted.

Walking & Running

FREE! Hike Club — All Ages

Joins us for one or all of our guided community hikes. 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. Each hike will range between 1.5-2 hours.

Instructor: SEAPARC Staff & Volunteers

Location: Sugarloaf

Sa	Sep 19	2:30-5:00pm	Free	32976

Location: Mount Wells

Sa	Oct 10	9:00-11:30am	Free	32981

Interested in being a Volunteer Hike Leader?
Please contact Jenna for more info: jkurylo@crd.bc.ca

NEW! Introduction to Running — 16+ Years

Whether you are brand new to running or just starting out, this 4-week clinic will give you the basics to get moving. Learn some tips about running gear, cross training and gain the knowledge to help you build on your stamina and proper running technique both indoors and what to expect on a treadmill. All levels welcome.

Instructor: Jenna K and Run Leaders

W	Sep 9-Oct 7	5:15-6:15pm	$52/4	32975

No class Sep 23

Parent & Baby Fitness

Parent & Baby Yoga — 16+ Years

This class starts with 15 minutes of parent-led social time to allow you to share milestones and meet new parents in the community. The Yoga portion 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.

Instructor: Britt A

Th	Sep 17-Oct 29	11:45am-12:45pm	$94.50/7	32953
Th	Nov 5-Dec 17	11:30am-12:30pm	$94.50/7	32955

Parent & Baby Cycle, Core & Stretch — 16+ Years

Build back your cardio as we ride on-the-bike for 20min, followed by 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). Class will start with some parent-led social time.

Instructor: Jenna K

M	Sep 14-Oct 26	11:45am-12:45pm	$94.50/7	32956
M	Nov 2-Dec 14	11:45am-12:45pm	$94.50/7	32973

No class Oct 12

BABY TALK — 16+ Years

In conjunction with Island Health's BABY TALK Program, we will share information about SEAPARC's Parent and Baby Program offerings, safety and expectations as well as both a Parent and Baby Yoga demo and an in-pool experience for you and your baby.

Instructor: SEAPARC Staff

Tu	Sep 29	10:00-11:30am	Free	33507

REGIONAL ANNUAL PASS

$600/year

for access to 14 Recreation Centres in the greater Victoria area!

Sports

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 9-Oct 28	7:00-7:45pm	$144/12	33037
M, W	Nov 2-Dec 16	7:00-7:45pm	$156/13	33038
Mondays Only				
M	Sep 14-Oct 26	7:00-7:45pm	$65/5	33039
M	Nov 2-Dec 14	7:00-7:45pm	$91/7	33040
Wednesdays Only				
W	Sep 9-Oct 28	7:00-7:45pm	$91/7	33041
W	Nov 4-Dec 16	7:00-7:45pm	$78/6	33042

No class Sep 21, Sep 30, Oct 12, Nov 11

Women's Drop-in Hockey

18+ Years

Get together for a drop-in session. Combined with some basic skill development and organized games that will surely deliver some fun and positive experience. Open to all skill levels. Goalies play for free.

Su	Aug 23	9:30-10:45pm	Drop-in rates
Su	Sep 6	9:30-10:45pm	Drop-in rates
Su	Oct 4	9:30-10:45pm	Drop-in rates
Su	Nov 1	9:30-10:45pm	Drop-in rates
Su	Nov 29	9:30-10:45pm	Drop-in rates
Su	Dec 20	10:00-11:15pm	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

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 13-Oct 25	10:00-10:30am	$55.50/6	33002
Su	Nov 1-Dec 13	10:00-10:30am	$55.50/6	33003

No class Oct 11, Nov 15

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 10:00/10:45am
Tuesdays 3:30/4:15pm

RATES:

30 minutes $32/private, $45/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

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	10:00-11:15am	Drop in rates
F	7:00-8:15pm	Drop in rates

Workshops

The Deadlift — 16+ Years

Learn how to perfect the deadlift with proper form and understand why your 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 17	12:30-2:00pm	$20/1	33458

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 26	12:30-2:00pm	$20/1	33457

TRX Basics and Beyond — 16+ Years

Whether you have never used a TRX or have attended several 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

F	Sep 4	9:15-10:15am	$15/1	32791
Sa	Nov 14	12:30-1:30pm	$15/1	33456

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 21	12:30-2:00pm	$20/1	33459

Nourish Through Winter — 18+ Years

A practical wellness workshop on how to support your body through the colder months with simple, grounded nutrition and lifestyle habits. We'll explore macronutrients and how to build balanced meals, blood sugar regulation for stable energy, the impact of coffee and cortisol on stress, and how screen time affects focus and nervous system health. We'll also dive into seasonal eating to strengthen digestion and immunity, winter wellness themes, and realistic meal prep plus budgeting strategies to make nourishing yourself easier.

Instructor: Meagan McKinney HN, NNCP

W	Oct 28	7:00-8:00pm	$20/1	33006

The Bench Press — 16+ Years

Whether you have never tried a single bench press or are an avid "bench-presser" this workshop will ensure you can properly execute this staple exercise in the weight room. Learn variations of this exercise with both the bar and dumbbells and come away confident in your ability to both perform and spot others.

Instructor: Dave R

Sa	Dec 12	12:30-2:00pm	$20/1	33460

Naturopathic Workshops:

NEW! How To Better Manage Cortisol and Why It Matters!

A 1-hour informal presentation and discussion about current Naturopathic Approaches to better manage Cortisol and why it matters. This stress hormone is responsible for helping us adapt to challenges but when it is chronically turned on, we gain weight, cannot sleep and crave sugar. This session will give you some tips and considerations to help manage these challenges you may be facing.

Instructor: Donna O

W	Oct 7	7:00-8:00pm	$15/1	33447

NEW! Help for the Sleep Deprived!

A 1-hour informal presentation and discussion about current Naturopathic Approaches to help those who are sleep deprived. This session will give you some Naturopathic support for optimal sleep.

Instructor: Donna O

W	Nov 18	7:00-8:00pm	$15/1	33448

All programs at SEAPARC Recreation Centre unless otherwise noted.

NEW! Stopping GLP-1 Medications for Weight Loss – Now What? 40+ Years

If you're worried about coming off GLP-1s... For many, the weight loss benefits of GLP-1 medications are not enough to offset the constant nausea and other potential side effects. At the same time, the fear of rapid weight regain is real. This innovative workshop introduces conscious skills and capacities that support transitioning off GLP-1 medications — a way to still calm food preoccupation, emotional eating and binge behaviours. Ideal for people wanting to develop a more natural and lasting relationship with food beyond the medications.

Instructor: Kathrine Brown

Sa	Sep 19	2:00-3:00pm	$25/1	32576
Tu	Oct 13	5:00-6:00pm	$25/1	33435
Th	Nov 12	5:00-6:00pm	$25/1	33436

Includes interactive online support tool

NEW! Navigating Weight Loss on GLP-1 Medications 40+ Years

If you're currently on GLP-1s... This insightful workshop offers enhanced support for those choosing to include GLP-1 medications in their weight loss efforts. The medications affect appetite and digestion, leading to weight loss. However, reduced appetite doesn't equate to inner healing, and a smaller body doesn't equate to a deeper relationship with yourself. In fact, physical changes can amplify existing anxieties about food, body image, and identity. Ideal for those wanting to better navigate the emotional and psychological aspects of weight loss alongside the medications.

Instructor: Kathrine Brown

Th	Sep 17	5:00-6:00pm	$25/1	32575
Sa	Oct 17	10:30-11:30am	$25/1	33433
Tu	Nov 10	5:00-6:00pm	$25/1	33434

Includes interactive online support tool

NEW! Nutrition for Young Athletes 16+ Years

Focus on internal hydration, blood sugar stabilization, muscle recovery, building and replacing energy for events, obtaining nutrients through whole foods. Ever heard of oiling your vehicle? (The importance of essential fatty acids) Debunking nutritional myths: Q&A space for parents and kids.

Instructor: Darrell G

Th	Oct 1	4:00pm-5:00pm	$15/1	33446

NEW! Weight Loss Without Willpower or GLP-1 Medications 40+ Years

If you're a burnt out dieter... Weight loss doesn't require exhausting willpower or reliance on GLP-1 medications. In this eye-opening workshop, learn about a leading-edge approach that moves you from food obsession and guilt toward personal choice and trust. Break free from cycles of deprivation and indulgence that start over every Monday. Discover a natural, practical framework that supports lasting change without fighting yourself. Ideal for anyone tired of battling with food and looking for a deeper connection with eating, weight and life itself.

Instructor: Kathrine Brown

Tu	Sep 15	5:00-6:00pm	$25/1	32574
Th	Oct 15	5:00-6:00pm	$25/1	33429
Sa	Nov 14	2:00-3:00pm	$25/1	33430

Includes interactive online support tool

NEW! Coming Home to Yourself: A Breathwork Experience 16+ Years

Life has a way of pulling us away from ourselves. In this gentle, guided breathwork experience, you'll be invited to slow down, quiet the noise, and reconnect with the version of you that's been there all along. No experience is necessary—just come as you are. This is a VIRTUAL CLASS - you must have access to a cellular device or computer/tablet. The link will be provided prior to class start. Please connect with the Fitness Coordinator prior to the day of the session if you need any assistance. jkurylo@crd.bc.ca

Instructor: Tara E

W	Nov 18	7:00-8:00pm	$15/1	33518

NEW! The Self-Worth in Net Worth for Women 18+ Years

The Self-Worth in Net Worth session explores the connection between money, self-worth, and financial confidence, and why confidence—not just knowledge—plays such a powerful role in women's financial wellbeing. Participants will reflect on their personal money mindset, learn practical steps to build confidence, and understand how money shows up in relationships. This session supports women in creating healthier financial habits and moving toward long-term financial security. Limited Space.

Instructor: Ekaterina Thomas, B.Sc., CPA, CGA

W	Nov 25	7:00-8:00pm	Free	32755

Become a Fitness Leader

Fitness Theory Course — 16+ Years

Fitness Theory Course is where passion for fitness meets professional opportunity. Designed for aspiring fitness leaders, coaches, and personal trainers, this course explores how the body works, how exercise creates change, and how to help others achieve their health and fitness goals. You'll gain practical knowledge, industry recognized foundations, and the confidence to take the next step toward a rewarding career in fitness. Whether you're looking to start a career in the fitness industry or deepen your understanding of health and wellness, this course provides the essential foundation for success. Exam prep will be provided.

Instructor: Sally Larrington-Brown

Sa/Su	Nov 7-8	8:00am-5:00pm	$350/2	33449

Indoor Cycling Instructor Certification — 16+ Years

Whether you're passionate about fitness, already love riding, or you're looking for an exciting career in fitness, this amazing Indoor Cycling Certification gives you the knowledge, coaching skills, and confidence to lead unforgettable classes. Learn far more than simply riding a bike. You'll master professional coaching techniques, bike fitting, ride design, music, cueing, motivation, anatomy, performance, and the art of connecting with people. Through hands on learning and real-world coaching experience, you'll discover how to motivate every rider from complete beginners to experienced athletes. Your ride starts here. Learn. Ride. Lead. Inspire.

Location: Westshore Parks and Recreation
Instructor: Sally Larrington-Brown

Sa/Su	Oct 3, 4, 17, 18	1:30-5:30pm	$250/4

Call WSPR Reception to book: 250-478-8384

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 28	12:30-2:00pm	$20/1	33461

Gut Feeling: Feed your Microbiome, Fuel Your Mind — 18+ Years

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	Sep 23	7:00-8:00pm	$20/1	33004
W	Nov 4	7:00-8:00pm	$20/1	33005

Ten Healthy Habits of Financial Management — 16+ Years

This session explores what financial literacy really means. Why it matters, and how current challenges and social issues often stem from money habits. Participants will assess their own financial fitness, learn the ten healthy habits of financial management, and begin organizing their financial lives through goal-setting and practical tools. By the end, participants will leave with actionable resources and worksheets to build sustainable, value-based financial habits, and confidence in managing money. Limited Space.

Instructor: Ekaterina Thomas, B.Sc., CPA, CGA

W	Oct 21	7:00-8:00pm	Free	32756

How to Teach your Kids About Money — 16+ Years

This session explores why teaching kids about matters of money and the real-life challenges of raising financially responsible, independent children. You'll learn how money habits and decisions evolve from early childhood through young adulthood, with practical, age-appropriate strategies for each stage. We'll also cover actionable tools from allowances and budgeting to digital spending, supported by worksheets and resources to help you confidently guide your child's financial journey. Limited Space.

Instructor: Ekaterina Thomas, B.Sc., CPA, CGA

W	Sep 16	7:00-8:00pm	Free	32757

All programs at SEAPARC Recreation Centre unless otherwise noted.

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	$174
6 Sessions	$336
12 Sessions	$648
Semi-Private	
3 Sessions	$111/person
6 Sessions	$213/person
12 Sessions	$402/person
Kinesiology (ICBC) *must have claim number + PHC number	
Initial Assessment	$119
ICBC 45min Follow Up	$96

Weight Room Orientations

Group & private weight room orientation available. Private session $55 or semi-private $38/person.

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 24	4:30-5:30pm	$15/1	32905
Su	Sep 27	3:00-4:00pm	$15/1	32906
Su	Oct 18	3:00-4:00pm	$15/1	32907
Th	Oct 22	4:30-5:30pm	$15/1	32908
Th	Nov 12	4:30-5:30pm	$15/1	32909
Su	Nov 15	3:00-4:00pm	$15/1	32910
Th	Dec 3	4:30-5:30pm	$15/1	32911
Su	Dec 13	3:00-4:00pm	$15/1	32912

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

NEW! Canadian Armed Forces **FORCE** and **BMQ** (Basic Military Qualification) training available with Dave. The program will include structured PT sessions along with assigned homework. Simulated testing will be provided.

NEW! Now accepting **ICBC** clients for pre-approved Kinesiology and active rehab for the first 12 weeks following a motor vehicle crash.

Please contact Fitness Coordinator for availability and rates. jkurylo@crd.bc.ca

DID YOU KNOW?

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

Indoor Cycle, Step & Sculpt, Sculpt & Stretch, HIIT, Zumba, Zumba Gold, Shimmy, Shake & Flow, Yoga Pilates Fusion, & Drop-in Yoga

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

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. Dave is a Veteran of the Canadian Armed Forces.

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.

DARRELL GREENWOOD

Darrell brings over 20 years of experience in functional fitness, helping clients build strength that supports real life. His approach recognizes that true vitality begins at the cellular level and expands through mindset, conscious movement, and daily habits. Blending functional training with earth based, nutrient dense nourishment principles, Darrell teaches that the body is designed to heal, adapt, and thrive when properly supported. No matter your age or skill level, Darrell meets you where you are. His mission is to bring strength, confidence, and joy back into everyday movements, helping you feel capable in your body and empowered in your life.

DONNA TOULMIN

Donna has over 16 years experience as a certified fitness instructor teaching Pilates, Yoga, Spin, Barre, Indoor Rowing and T.I.M.E. With an Essential Biomechanics and Active Aging Pilates Specialist Certification, Donna specializes in accessible functional movement with a focus on core stability. Donna enjoys training individuals, youth teams & groups, while offering a personalized approach to each session. Donna is passionate about empowering her clients to move in a way that allows them to become the best possible version of themselves!

JESSICA ALMONTE

Jessica is a Registered Kinesiologist, Yoga teacher, Personal Trainer, Educator and Homeopath. In her clinical work with adults, at Intuitive Movement Clinic in Sooke, she helps her clients regulate the systems in the body that can affect sleep, movement patterns, and emotional challenges. Jessica is here to help you train whole heartedly and can help you achieve success in and outside the weightroom. She is inspired to ensure you get exactly what your body needs to succeed.

JULIA MACPHERSON

Julia played Lacrosse as a young athlete and become passionate about weight training at a young age, helping her both with her physical strength and mental health. She wants to share her passion with young athletes and youth who are wanting to learn how to safely and effectively train in our weight room. Julia is a certified Personal Trainer who specializes in strength training and loves to incorporate Plyometrics into her sessions. Julia believes movement is the perfect outlet for overall health and wellness and she wants to help you achieve your fitness goals.

Aquatic Programs & Training

Early Years

Play 'n' Splash 0 – 4 Years

Play and meet other families during our pre-school swim on weekday mornings. The leisure pool is set with toys to explore. Regular swimming with a caregiver increases children's comfort with water. Regular admission rates apply. Included with membership.

M-F	9:00-11:00am	Drop-in

School Age

SEAPARC Sharks Swim Group 7 – 14 Years

Games, swimming, and rescue skills mashed into an hour of activity. Swimmers build swim strokes and skills, improve their endurance, sample different aquatic sports, play "tired and true" water games, and learn skills to rescue themselves and others.

Swimming ability: Comfortable in deep water, able to swim 25 M without stopping, and tread water for 15 seconds.

M	Sept 14-Oct 26	4:00-5:00pm	$45/6	33019
W	Sept 16-Oct 28	4:00-5:00pm	$45/6	33022
F	Sept 18-Oct 30	4:00-5:00pm	$52.50/7	33023
M	Nov 2-Dec 14	4:00-5:00pm	$52.50/7	33024
W	Nov 4-Dec 16	4:00-5:00pm	$45/6	33025
F	Nov 6-Dec 11	4:00-5:00pm	$45/6	33026

No class Sep 30, Oct 12, Nov 11

NEW! Sharks is now three days a week and includes water rescue skills.

Swim after school on Mon, Wed, and Fri. Choose how many times a week you'd like - 1, 2, or 3.

Register for two days and receive a 10% discount on the second day, register for 3 and receive a 50% discount on the third day.

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

All programs at SEAPARC Recreation Centre unless otherwise noted.

Adult Programs

Learn to Swim

14+ Years

Whether you are just starting out or want help with your strokes, swimming is for all ages. Beginners learn breath control, floating, jumping into deep water, flutter kick, basic whip kick, front crawl (10-15m), and back crawl (10-15m). Intermediates build on their swimming skills and develop their strokes to go further with more ease.

The advanced level refnes your front crawl, back crawl, and breaststroke and encourages fitness training with a 300 m workout, spring challenges, and interval training.

Beginner Level 1

Tu	Sept 29–Dec 1	6:15-7:15pm	$150/10	32795

Intermediate Level 2

Th	Sept 24-Nov 26	6:15-7:15pm	$150/10	32797

Advanced Level 3

F	Sept 25–Dec 11	11:15am-12:15pm	$150/10	32796

No class Oct 23, Nov 27

Drop in Swim Lessons

Try swim lessons as a drop in participant. Do you want to try a lesson, cannot commit to a full set, or looking for extra practice time? Try this format. Book your class online ahead of time or in person at reception, then meet your instructor on deck. Report cards are not provided; but, depending on the level, student can receive an assessment at the end of one class. Following levels are offered in the drop-in format:

- Drop-in Parent Tot
  - Available for 0–2-year-olds during Jellyfish/ Goldfish classes. Spots are limited.
- Adult Drop-in
  - Spots available during the registered drop-in class time. Limited drop in spots available for each class.

DROP IN AQUATIC FITNESS - VIEW SCHEDULE

Aqua Fit

AquaFit classes are a fun and challenging workout with little to no impact on the joints. Classes are labeled as "shallow-focus" or "deep-focus" but are always designed for both water depths; moves are suitable for both or are modified.

Aqua Fit: Water Walking

A low-impact movement class aimed at increasing mobility, dexterity, and flexibility. Movements focus on proper posture and alignment through the available range of motion. This class is suitable for those with arthritis, osteoporosis, or pre/ post-surgery.

Swim Fit

16+ Years

A drop-in swim workout focused on stroke correction, improving endurance, and developing skills. Great for those training for triathlons, open-water swimming, surfing, or former club swimmers coming back to their sport. Workouts are typically 2000m, and can be modified up or down based on ability . New swimmers are welcome daily, meet the other participants and coach on deck at the shallow end of the lap pool. Swimmers need a recognizable front crawl they can perform for a minimum of 50 m.

Sessions are taught by a dedicated group of coaches - Wendy Johnson and Hailey Tory.

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

Regular admission rates apply. Included with membership.

SCAN TO VIEW LIVE SCHEDULE

POOL

AQUAFIT

SEAPARC SWIM LESSONS

Class days and times are displayed online two weeks prior to registration. Click **HERE** to see activities.

Fall Set 1

Classes Viewable Online	August 19			
Registration	Sept 2, 9:00am			
Day of Week	**# of Classes**	**First Day**	**Last Day**	**No Lesson**
Sunday	10	Sept 27	Dec 6	Oct 11
Monday	10	Sept 28	Dec 7	Oct 12
Tuesday	10	Sept 29	Dec 1	
Wednesday	10	Sept 23	Dec 9	Sept 30 & Nov 11
Thursday	10	Sept 24	Nov 26	
Saturday	10	Sept 26	Dec 5	Oct 10

NEW! End of Season Private Lessons

Classes Viewable Online	Nov 11			
Registration	Nov 25, 9:00 am			
Day of Week	**# of Classes**	**First Day**	**Last Day**	**No Lesson**
Tu/Th (2x wk)	5	Dec 3	Dec 17	

Class Type	Length of Lesson	Cost of 1 Lesson
Parent & Tot, Preschool, Swimmer 1-4	30 minutes	$9.25
Swimmer 5-6	45 minutes	$11.75
Swimmer 7-9	1 hour	$15.00
Private Lessons	30 minutes	$32.50

Waitlisting

If you did not get a spot, please add yourself to the waiting list. Waitlists are 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.

Not sure which level to register for?

Contact reception to book a free swim assessment. Assessments are approximately 15 mins long. Swimmers perform a series of skills while an aquatic employee gages their ability and matches it to a level in the Lifesaving Swim for Life program.

Matching ability to the right level is important. Swimmers registered above their level can be unsafe and impact the learning of others. Swimmers registered above their level are withdrawn and can only be placed in a lower level if there is space.

PRIVATE SWIM LESSONS

One-to-one or small group instruction. Private swim lessons can accommodate up to 3 participants of similar ability at no additional charge. Swimmers need to use the same pool space and be within a 2-level range. The primary booker is responsible for coordinating participants, adding the other participants to the registration questionnaire, and paying the full amount at the time of registration. Lessons are 30 minutes long.

LAP POOL PRIVATE SWIM LESSONS:

Lap pool private lessons are held in the lap pool and are best for swimmers 6 years and older, including teens and adults.

LEISURE POOL PRIVATE SWIM LESSONS:

Leisure pool private lessons are held in the leisure pool which has warmer water and shallower depth than the lap pool. Lessons are best for swimmers 5 years and under, or first-time pre-school aged swimmers. Children aged 2 and under will require parental assistance in the water.

HOW TO REGISTER

ONLINE at seaparc.ca
PHONE 250.642.8000
IN PERSON at SEAPARC Recreation Centre, 2168 Phillips Rd, Sooke, BC

All programs at SEAPARC Recreation Centre unless otherwise noted.

SWIM FOR LIFE®
LIFESAVING SOCIETY

PARENT & TOT 4-36 MONTHS

1 - Jellyfish (4-12 Months)

Provides an orientation to water for infants and their parent/caregiver. Parents/caregivers learn how to swim safely with their infant in the pool through instruction of holds and supports. Infants are 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 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 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 develop underwater skills such as submersion and opening their eyes underwater. 'Starfish' floats, 'pencil' floats and kicking skills are taught using songs and games.

**For Parent & Tot levels, only one caregiver in the water with the swimmer.*

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 have fun learning to get in and out of the water. They 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 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 learn how to submerge and exhale underwater, retrieve objects underwater, and 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 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 also learn how to tread water and perform vertical whip kick with a buoyant aid. Once complete, preschoolers can register into Swimmer 2.

**PFD = Personal Floatation Device*

SWIMMERS 6-12 YEARS

Swimmer 1

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

Swimmer 2

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

Swimmer 3

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

Swimmer 4

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

Swimmer 5

These swimmers master dives and swimming in deep water. They 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 become proficient at deep water skills including stride entries and compact jumps. They' 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 are introduced. Demonstrating 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

Star Patrol challenges swimmers with a 300m timed swim, 600m workout, and a 25m object carry. Strokes are refined. Lifesaving skills include use of rescue aids, defense methods, victim removals, and supporting a victim in shallow water. First aid items focus on treatment of bone or joint injuries and respiratory emergencies. Once complete, swimmers register into Bronze Star.

All programs at SEAPARC Recreation Centre unless otherwise noted.

Aquatic Training & First Aid

Bronze Medallion — 13+ Years

This course challenges participants both mentally and physically in the four components of water rescue – judgement, knowledge, skills, and fitness. It is a prerequisite for Bronze Cross. 100% attendance and participation is required to pass the swimming and skill standards evaluated throughout the course.

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

Total Required Training Time: 20 hours

Su	Sep 27-Nov 1	2:00-6:15pm	$200/5	32801

Bronze Cross — 13+ Years

Successful completion of this course beings the transition from lifesaving to lifeguarding and prepares candidates for Assistant Lifeguard responsibilities. It is a prerequisite for National Lifeguard and Lifesaving Society Swim Instructor certifications. 100% attendance and participation is required to pass the swimming and skill standards evaluated throughout the course.

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

Total Required Training Time: 20 hours

Su	Nov 8-Dec 6	1:00-5:00 pm	$200	33432

Lifesaving Society Instructor & Examiner (LSI) — 15+ Years

Lifesaving instructors are trained to teach the Swim to Survive and Canadian Swim Patrol awards, as well as Bronze Star, Brone Medallion, Bronze Cross and Junior Lifeguard Club. Lifesaving Examiners evaluate and certify candidates in Bronze Medallion and Bronze Cross. 100% attendance and participation is required to pass the swimming and skill standards evaluated throughout the course.

CANCELLED

Prerequisites: 15 years old (by last day of course), completion of Bronze Cross (need not be current). Experience as a Lifesaving Swim Instructor is highly recommended.

Includes: Life Saving Instructor Kit

Total Required Training Time: 36 hours

Su	Oct 18-Nov 29	9:30am-3:00pm	$400/7	33437

Swim Instructor Re-cert — 15+ Years

Successful completion of this course renews a candidate's Swim Instructor award for 24 months. Candidates must successfully pass the course and complete a Swim for Life® skills assessment.

Prerequisites: Proof of previous Lifesaving Society Swim Instructor award.

Total Required Training Time: 4.5 hours

M	Aug 24	4:15-9:00pm	$120	33442

Next Course Winter/Spring 2027

- Lifesaving Society Swim Instructor (LSSI)
- National Lifeguard - Pool Option
- National Lifeguard Re-Cert - Pool Option

Standard First Aid with CPR-C — 13+ Years

Standard First Aid is Worksafe BC Intermediate First Aid 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. Candidates must bring government issued ID. 100% attendance is mandatory.

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

Total Required Training Time: 16 hours

Sa/Su	Oct 3/4	8:30am-5:00pm	$185/2	33439

Standard First Aid Re-Cert — 13+ Years

Standard First Aid certifications (SFA) are valid for 3 years. Standard First Aid recertifications are recognized as a WorkSafeBC Intermediate First Aid equivalent (formally OFA 2).

Prerequisites: Candidates must show proof of original certification to the instructor at the beginning of course. Candidates must bring government issued ID. 100% attendance is mandatory.

Total Required Training Time: 8 hours

Su	Sept 27	8:30am-1:00 pm	$109/1	22444

CPR-C — 13+ Years

Be prepared to save a life! Knowing how to activate EMS, perform CPR and use an AED are critical lifesaving skills that everyone should have. Learn how to recognize and treat the early signs of heart attack- additional skills include how to help someone who is choking and perform CPR when there is more than one rescuer. CPR-C with AED teaches the skills needed to help adults, children and infants. Candidates must bring government issued ID. 100% attendance is mandatory.

Prerequisites: None (recommended 13 years of age)

Sa	Oct 3	8:30am-2:15 pm	$69/1	33443

CPR-C Re-Cert — 13+ Years

CPR-C certifications are valid for 3 years. Recertification is required to renew the certification.

Prerequisites: Candidates must show proof of original CPR-C certification to instructor at beginning of course.

Candidates must bring government issued ID. 100% attendance is mandatory.

Sa	Sept 27	8:30am-1:00 pm	$59/1	22444

Emergency First Aid — 13+ Years

Emergency First Aid is a WorksafeBC Basic First Aid equivalent and can be used in the workplace. Using hands-on training and practice, this basic first aid course will give you confidence to respond effectively in an emergency. You will learn lifesaving skills such as CPR/AED and obstructed airway procedures to respond to adult, child, and infant emergencies. You will also learn to recognize and respond to respiratory and circulatory emergencies including asthma, allergic reactions, heart attack, stroke, and bleeding.

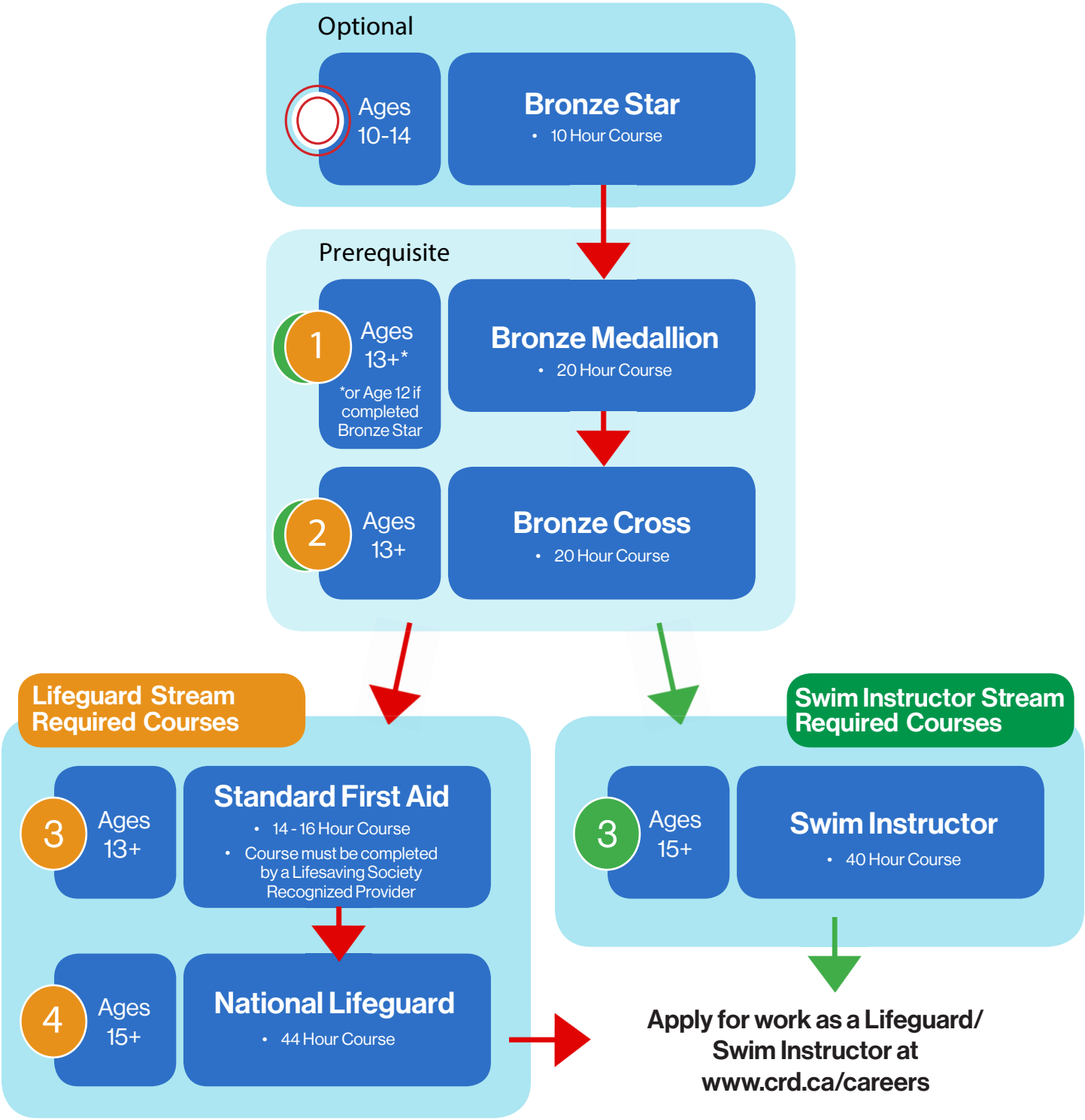
Prerequisites: None (recommended 13 years of age)

Candidates must bring government issued ID. 100% attendance is mandatory.

Sa	Oct 3	8:30am-2:15 pm	$69/1	33443

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.



All programs at SEAPARC Recreation Centre unless otherwise noted.

50th ANNIVERSARY

SEAPARC ARENA

EST. 1976

SOOKE, BC

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