



SEAPARC Recreation

MAY-AUGUST ACTIVITY GUIDE

2026



Program Registration

Wednesday, April 8th | 9:00am

- Summer Camps
- Fitness & Personal Training
- Early Years, School Age, Youth & Adult Programs



Swim Lesson Set 1 Registration + Aquatic Training & First Aid

Wednesday, May 6th | 9:00am



Swim Lesson Set 2 Registration

Wednesday, June 10th | 9:00am



Holiday Hours & Special Events



May

Youth Week

May 1-7

Youth Creations Craft Fair

Saturday, May 2

10:00am-1:00pm

Youth Dance Party

Grades 6-8

Saturday, May 2

6:00pm-8:00pm

Move for Health Day

Saturday, May 10

Everyone Welcome Swim

1:00-3:00pm \$2

Pro D Day

Monday, May 11

Everyone Welcome Swim

1:00-3:00pm

Victoria Day

Monday, May 18

Pool & Weight Room Open

7:00am-4:00pm

June

Pool **CLOSED** for annual maintenance June 15-July 1

Weight Room Open Regular Hours.

All other programs running as scheduled.

July

Canada Day

Wednesday, July 1

Facility Closed

Sooke Fine Arts Show

July 25-August 3

sookefinearts.com

August

BC Day

Monday, August 3

Facility Closed

SEAPARC 2 Person Scotch Golf Tournament

Men's, Mix, and Youth Divisions

Saturday, August 22

DeMamiel Creek Golf Course

OPEN 7 DAYS/WEEK

9 HOLE PAR 3 COURSE

A great place to practice your short game!

PUTTING GREEN AVAILABLE

LIMITED RENTALS AVAILABLE



Visit seaparc.ca for hours, prices, and course information.



Memberships

**PASSES
CAN BE
PURCHASED
ONLINE**

Rates	Ages	Single Admission	10x Admission	1 Month Active Pass	3 Month Active Pass	Annual Active Pass	Regional Annual Pass
Preschool	0-4	Free					
Child	5-12	\$3.50	\$31.50	\$33.50	\$77.25	\$210.00	
Youth	13-18	\$4.00	\$36.00	\$39.00	\$93.00	\$249.00	
Student*	19+	\$5.50	\$49.50	\$52.00	\$120.00	\$432.00	\$600.00
Adult	19+	\$7.25	\$65.25	\$69.50	\$155.00	\$432.00	\$600.00
Senior	60+	\$5.50	\$49.50	\$52.00	\$120.00	\$432.00	\$600.00
Family**		\$14.50	\$130.50	\$139.00		\$864.00	

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

Annual Pass Monthly Payments	
Family	\$72.00
Adult/Senior/Student	\$36.00
Youth	\$20.75
Child	\$17.50

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

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

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

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

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

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



Early Years 0-5 Years

Arts, Dance & General Interest

Preschool Fun Dance 2 – 5 Years

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

Instructor: Cheryl M.

Tu May 12-Jun 9 11:00-11:30am \$45/5 29333

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. All materials are provided.

Instructor: Deborah V.H.

F May 8-Jun 19 11:30am-12:15pm \$105/7 29332



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

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	May 4-May 27	9:00-11:00am	\$126/7	29337
Tu, Th	May 5-May 28	9:00-11:00am	\$144/8	29339
M, W	Jun 1-Jun 24	9:00-11:00am	\$144/8	29338
Tu, Th	Jun 2-Jun 25	9:00-11:00am	\$144/8	29340

No class May 18

NEW! 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	May 8	6:30-7:15pm	\$10/1	29334
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Sports & Physical Literacy

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: Journey School Field

Th	Jul 16-Aug 20	10:00-11:00am	\$66/6	29336
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Kindergym 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	Jan 10-Jun 27	10:00-11:30am	\$4.50 per child
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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.

Th	May 7-Jun 18	11:10-11:45am	\$52.50/7	29413
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Play 'n' Splash 0 – 4 Years

Come 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
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No program June 15-July 1

Preschool Summer Camps

Mini Adventure Camps

3–5 Years

**Must meet minimum age as of Dec 31, 2026*

Preschool Camps feature weekly themes, arts and crafts, outdoor games, music, and more. All campers must be independent in toileting and out of pull ups. Campers should wear closed-toed shoes, a hat and appropriate weather clothes. Pack a snack and water.

Camp SEAPARC

M/W Jul 6 & 8 9:00-11:00am \$44/2 29344

On the Farm

Tu/Th Jul 7 & 9 9:00-11:00am \$44/2 29345

Planes, Trains, and Automobiles

M/W Jul 13 & 15 9:00-11:00am \$44/2 29346

Construction Camp

Tu/Th Jul 14 & 16 9:00-11:00am \$44/2 29347

Dinosaur Adventures

M/W Aug 10 & 12 9:00-11:00am \$44/2 29348

Pirates & Mermaids

Tu/Th Aug 11 & 13 9:00-11:00am \$44/2 29343

A Bug's Life

M/W Aug 17 & 19 9:00-11:00am \$44/2 29349

Camp SEAPARC

Tu/Th Aug 18 & 20 9:00-11:00am \$44/2 29350

Mini Art Adventure Camp

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 child will create their own little masterpieces while most of all having fun and enjoying the process of creating and making art!

Instructor: Deborah V.H.

Tu-Th Jul 28-Jul 30 10:00-11:00am \$48/3 29341

Tu-Th Aug 4-Aug 6 10:00-11:00am \$48/3 29342



Check out **PAGE 13** for Richardson Sport Multi Sport Camps for 4-5 years

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



Pool Party Packages \$169
Kindergym Party \$174*

*NOT AVAILABLE JULY-AUGUST

Visit seaparc.ca for information.





School Age & Youth 5-17 Years

Leadership & Training

Home Alone Program 9 – 12 Years Preparing Youth

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

Instructor: Kathleen Lee

Su May 31 1:30-4:30pm \$38/1 29373

Camp Volunteer 101 13 – 17 Years

Participants will be introduced to the skills necessary to become a Summer Camp Leader through team building activities, group facilitation, and leading games and activities. Upon completion of this course participants can apply to volunteer and gain valuable hands-on experience by volunteering with SEAPARC Recreation staff in our 2026 Summer Camps.

Sa May 2 10:00-2:00pm \$44/1 28227

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 May 2,9 12:00-4:00pm \$80/2 31939

Art

Children's Art 6 – 12 Years

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

Instructor: Deborah V.H.

Th May 7-Jun 18 6:00-7:30pm \$119/7 29351

Youth Dance Party Grades 6 – 8

We're turning on the disco ball and turning up the volume in celebration of Youth Week! Join our local DJ in a fun, safe and engaging environment where you can socialize and showcase your dance moves. Limited space, so sign up early. Doors open at 5:30pm.

Sa May 2 6:00-8:00pm \$5/1 29374

HOW TO REGISTER

ONLINE at seaparc.ca

PHONE 250.642.8000

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



= Parent/Guardian Participation Required

Fitness & Wellness

NEW! Youth Athlete Strength Training 13+ Years

Want to excel in your sport and build on sport specific training as an athlete. You will get a weight room program, learn proper form, discuss the importance of fuel and rest for optimal performance and learn some injury prevention techniques on the foam roller.

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

Instructor: Justin L.

Su	May 3-May 31	3:45-4:45pm	\$52/4	31588
Su	Jun 7-Jun 28	3:45-4:45pm	\$52/4	31589

NEW! Teen Weights for Girls 13+ Years

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

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

Instructor: Kristi S

Sa	May 23-Jun 13	9:00-10:00am	\$52/4	31585
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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.

Su	May 3	3:00-4:00pm	\$15/1	31575
Th	May 21	4:30-5:30pm	\$15/1	31576
F	May 29	3:30-4:30pm	\$15/1	31577
F	Jun 12	3:30-4:30pm	\$15/1	31578
Th	Jun 18	4:30-5:30pm	\$15/1	31579
Su	Jul 12	3:00-4:00pm	\$15/1	31580
Th	Jul 23	4:30-5:30pm	\$15/1	31581
Th	Aug 20	4:30-5:30pm	\$15/1	31582
Su	Aug 23	3:00-4:00pm	\$15/1	31583

Mom and Daughter 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 is for one adult and one child.

Instructor: Melinda B

Tu	May 5-Jun 23	6:00-6:45pm	\$104/8	31512
Su	May 3-Jun 21	8:15-9:00am	\$91/7	31513

NEW! Wellness Lab

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. Each week functions as 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

13+ Years

F	Apr 10-May 29	3:30-4:30pm	\$104/8	29371
F	Jun 5-Jul 24	3:30-4:30pm	\$104/8	29372

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	May 4-Jun 29	3:45-4:30pm	\$60/8	31586
M	Jul 6-Aug 31	3:45-4:30pm	\$60/8	31587

No classes: May 18 & Aug 3



General Interest & Educational

Engineering for Kids: Eggstreme Defense 6 – 10 Years

Join us for a morning of problem solving and hands-on building! Try your hand at the classic Egg Drop challenge and build a contraption to protect your fragile cargo!

Instructor: Engineering for Kids Vancouver Island

Location: Journey Middle School

Tu Aug 4 10:00-12:00pm \$35/1 29378

Engineering for Kids: Egg Drop Eggstravaganza 8 – 12 Years

Join us for the classic Egg Drop challenge! Use your creativity and ingenuity to build a safety contraption out of everyday materials. Will your egg survive the drop?

Instructor: Engineering for Kids Vancouver Island

Location: Journey Middle School

Tu Aug 4 1:00-3:00pm \$35/1 29379

Engineering for Kids: Snap Circuits & Sketch Bots 6 – 10 Years

Light up your day with this electrical engineering workshop! Learn the basics of electricity with our Snap Circuits kits and then build your very own version of the game Operation with copper tape and LEDs!

Instructor: Engineering for Kids Vancouver Island

Location: Journey Middle School

Tu Aug 18 10:00-12:00pm \$35/1 29382

Engineering for Kids: Snap Circuits & LED Games 8 – 12 Years

Light up your day with this electrical engineering workshop! Learn the basics of electricity with our Snap Circuits kits and then build your very own version of the game Operation with copper tape and LEDs!

Instructor: Engineering for Kids Vancouver Island

Location: Journey Middle School

Tu Aug 18 1:00-3:00pm \$35/1 29383

Engineering for Kids: LED Flashlights 6 – 10 Years

Let there be light! Come explore the wonders and colours of electricity! In this workshop, you will use LEDs and copper tape to build your own flashlight to take home with you!

Instructor: Engineering for Kids Vancouver Island

Location: Journey Middle School

Tu Aug 11 10:00-12:00pm \$35/1 29380

Engineering for Kids: 3D Design with 3Doodlers 8 – 12 Years

Unleash your inner artist and explore the concepts of 3D design! In this workshop, you'll use your imagination and our 3Doodler pens to bring your wildest ideas to life. Are you ready to get creative?

Instructor: Engineering for Kids Vancouver Island

Location: Journey Middle School

Tu Aug 11 1:00-3:00pm \$35/1 29381

Drop-in \$2 Youth Fridays

13+ Years with Weightroom Orientation

Get together with your friends!
(Available during school season)

Weight Room & Pool

2:30-5:00pm





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.

Sa May 16 5:00-8:00pm \$28/1 29352

Pizza and Pool Party

Join us for 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.

Sa Jun 13 5:00-8:00pm \$28/1 29353

90's Kids

7 – 11 Years

We're bringing back some classics! Camouflage, Capture the Flag, Dodgeball, 4 Square, Flashlight Tag, Kick Ball, 'smores & ghost stories, Frisbee and swim nights too!

F May 8-Jun 19 5:00-6:25pm \$66.5/7 29272

Dungeons & Dragons

10 – 15 Years

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

Su May 3-Jun 14 6:00-7:30pm \$48/6 29273

No classes May 17

Learn to Fish



5 – 15 Years

Join the Freshwater Fisheries Society of BC for a one 2 hour session and learn the basics of freshwater fishing. Topics include hatchery roles, fish identification, proper fish handling, tackle, rod rigging, casting, and an hour of hands-on fishing. Rapala rods are provided, program runs rain or shine. Guardian participation required.

Location: Poirier Lake

Sa Jul 11 10:00-12:00pm by Donation 29370

Boy's Night Out

7 – 11 Years

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

Forest Games

F May 15 6:30-8:00pm \$12/1 29354

Swim Night

F May 29 6:30-8:00pm \$12/1 29355

All Sorts of Sports

F Jun 12 6:30-8:00pm \$12/1 29356

For the Girls

7 – 11 Years

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

Craft Night

F May 22 6:30-8:00pm \$12/1 29357

Swim Night

F Jun 5 6:30-8:00pm \$12/1 29358

Paint Night

F Jun 19 6:30-8:00pm \$12/1 29359



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.

Sports & Physical Literacy (Active Play)

NEW! SEAPARC 2 Person Youth Scotch Golf Tournament

10 – 17 Years

Join our 18 hole tournament. Fee is per team of 2, please contact reception to register. Limited space.

Location: DeMamiel Creek Golf Course

Sa Aug 22 12:30-4:00pm \$58 29375

Drop-in Pickleball All Ages

A fun racquet sport which combines elements of badminton, tennis, and table tennis. Suitable for players of all ages and ability levels. Regular admission rates apply.

All Levels

M	Apr 13-Jun 8	1:00-3:00pm	Drop-in rates
Tu	Apr 14-Jun 9	3:00-4:30pm	Drop-in rates
W	Apr 15-Jun 10	5:30-7:30pm	Drop-in rates
Th	Apr 16-Jun 11	10:30am-12:30pm	Drop-in rates

No class Apr 20, May 11, May 18

Everyone Welcome Skate – Roller / Inline Skates

Drop in for an Everyone Welcome Skate, Roller Skates or Inline Skates. An excellent opportunity for all members of the community to get active. Helmets are strongly recommended for all participants. Bring your own Skates or rent one of ours – rental sizes are limited.

Tu	Apr 14-Jun 9	11:30am-12:45pm	Drop-in rates
Th	Apr 16-Jun 11	6:00-7:15pm	Drop-in rates

Pro-D Day Camp Grades K – 5

Join us for an action packed day of games, outdoor exploration, swimming, and more! Drop-off between 8:15-9:00am and pick-up between 3:00-3:30pm at SEAPARC, **Must be 6 years old by December 31, 2026 and registered in a school or home learner program.*

Squirrels Camp 5-6 Years				
M	May 11	8:15-3:30pm	\$46/1	31846

Bears Camp 7-10 Years				
M	May 11	8:15-3:30pm	\$46/1	31847



NEW! Drop-in Family & Friends Ball Hockey

A program for everyone to play together and practice Ball Hockey skills. A family game will be played on the far end of the arena.

F	May 15	7:00-8:15pm	Drop-in rates
F	Jun 19	7:00-8:15pm	Drop-in rates

NEW! Drop-in Face Off for Fun Floor Hockey 3 – 8 Years

Designed to ease kids and their families into the sport of floor hockey in a fun and friendly environment. A SEAPARC instructor will be on the floor to help teach fundamental skills through play. *Parent/guardian participation encouraged.*

Th	Apr 16-Jun 18	3:30-4:15pm	Drop-in rates
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Taekwondo Junior Kids 5 – 7 Years

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

Location: Poirier Elementary School Gym

Instructor: Michelle Carpenter

M, W	May 4-Jun 17	5:45-6:15pm	\$99/12	29384
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Mondays Only

M	May 4-Jun 15	5:45-6:15pm	\$43.75/5	29385
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Wednesdays Only

W	May 6-Jun 17	5:45-6:15pm	\$61.25/7	29386
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No classes May 11, May 18

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 May 4-Jun 17 6:15-7:00pm \$144/12 29387

Mondays Only

M May 4-Jun 15 6:15-7:00pm \$65/5 29388

Wednesdays Only

W May 6-Jun 17 6:15-7:00pm \$91/7 29389

No classes May 11, May 18

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 May 4-Jun 17 7:00-7:45pm \$144/12 29390

Mondays Only

M May 4-Jun 15 7:00-7:45pm \$65/5 29391

Wednesdays Only

W May 6-Jun 17 7:00-7:45pm \$91/7 29392

No class May 11, May 18

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!



Kids Taekwondo

5 – 12 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.

Instructor: Michelle Carpenter

M, W Jul 6-Jul 29 6:15-7:00pm \$96/8 29396

M, W Aug 5-Aug 26 6:15-7:00pm \$84/7 29397

Mondays Only

M Jul 6-Jul 27 6:15-7:00pm \$52/4 29398

M Aug 10-Aug 24 6:15-7:00pm \$39/3 29399

Wednesdays Only

W Jul 8-Jul 29 6:15-7:00pm \$52/4 29401

W Aug 5-Aug 26 6:15-7:00pm \$52/4 29403

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

Summer Camps

Sports Camps

Richardson Sport: 6 – 12 Years Multi Sport Camp – Full Day

Welcome to RSI multi sports camp! Our camp focuses on building strong FUNdamentals in a welcoming and playful environment. Kids will learn basic skills in various sports such as soccer, basketball, tee ball, football and much more all while improving their physical literacy, enjoying games and activities designed to spark excitement. It's a perfect mix of learning and fun!

Instructor: Richardson Sport Inc.

Location: Poirier Elementary School Gym

M-F	Jul 27-Jul 31	9:00-3:00pm	\$285/5	29418
M-F	Aug 4-Aug 7	9:00-3:00pm	\$228/4	29419
M-F	Aug 17-Aug 21	9:00-3:00pm	\$285/5	29420

Richardson Sport: 4 – 5 Years Multi Sport Camp – Half Day PM

Welcome to RSI multi sports camp! Our camp focuses on building strong FUNdamentals in a welcoming and playful environment. Kids will learn basic skills in various sports such as soccer, basketball, tee ball, football and much more all while improving their physical literacy, enjoying games and activities designed to spark excitement. It's a perfect mix of learning and fun!

Instructor: Richardson Sport Inc.

Location: Poirier Elementary School Gym

M-F	Jul 27-Jul 31	12:00-3:00pm	\$180/5	29425
M-F	Aug 4-Aug 7	12:00-3:00pm	\$145/4	29426
M-F	Aug 17-Aug 21	12:00-3:00pm	\$180/5	29427

Mijo Taekwondo 7 – 12 Years Summer Camp

Join Mijo Taekwondo Instructors for a fun week of Kicking, conditioning, games, and even some board breaking! Whether you are new to this Olympic sport or are one of our existing students, you'll gain new skills in this action packed week of Taekwondo. Be sure to remember your water, a snack, running shoes, and wear comfortable clothing or a uniform.

Location: Poirier Elementary School

M-F	Aug 10-Aug 14	9:00-12:00pm	\$170/5	29407
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Richardson Sport: 4 – 5 Years Multi Sport Camp – Half Day AM

Welcome to RSI multi sports camp! Our camp focuses on building strong FUNdamentals in a welcoming and playful environment. Kids will learn basic skills in various sports such as soccer, basketball, tee ball, football and much more all while improving their physical literacy, enjoying games and activities designed to spark excitement. It's a perfect mix of learning and fun!

Instructor: Richardson Sport Inc.

Location: Poirier Elementary School Gym

Th-F	Jul 2-Jul 3	9:00-12:00pm	\$73/2	29421
M-F	Jul 27-Jul 31	9:00-12:00pm	\$180/5	29422
Tu-F	Aug 4-Aug 7	9:00-12:00pm	\$145/4	29423
M-F	Aug 17-Aug 21	9:00-12:00pm	\$180/5	29424

Location: Stan Jones Field, SEAPARC

M-F	Jul 6-Jul 10	9:00-12:00pm	\$180/5	29428
M-F	Jul 13-Jul 17	9:00-12:00pm	\$180/5	29429
M-F	Jul 20-Jul 24	9:00-12:00pm	\$180/5	29430
M-F	Aug 10-Aug 14	9:00-12:00pm	\$180/5	29431

EMCS SOCIETY PROGRAMS

FEED YOUR CURIOSITY - GROW YOUR MIND - STRENGTHEN YOUR BODY



DROP - IN SPORTS

Basketball - Volleyball - Badminton



CAMPS

Play & Learn Camp, Sports, Rock Chops Band Camp



COMMUNITY EDUCATION

Classes, workshops, & presentations



FACILITY & ROOM RENTALS

Sooke Community Theatre, Classrooms, Gyms



MAKERSPACE

Create, tinker, record in the Sooke Makerspace



WWW.EMCSPROGRAMS.CA

250-642-6371




Learn to Sail

8 – 18 Years

Sooke Sailing offers sailing instruction for the community of Sooke and beyond, following the Sail Canada CANSail training model with our team of certified sailing coaches. Our coaches are experienced sailors who actively compete and coach at high levels of the sport, bringing strong technical knowledge and a passion for developing young sailors. Come and join us to learn how to sail! We offer lessons for sailors aged eight to eighteen and strive to create a safe, fun, instructive, and exciting learning environment for everyone. We look forward to welcoming you on the water!

Location: Sooke Marine Centre, 7369 West Coast Rd.

M-F	Jul 13-Jul 17	9:00-4:00pm	\$450/5	29408
M-F	Jul 20-Jul 24	9:00-4:00pm	\$450/5	29409
M-F	Aug 17-Aug 21	9:00-4:00pm	\$450/5	29410
M-F	Aug 24-Aug 28	9:00-4:00pm	\$450/5	29411

Soccertron

5 – 14 Years

Soccertron is the established leader in providing an organized, total soccer experience. Enthusiastic coaches focus on developing the core skills of Soccer in a safe and fun environment. FUN is the most important part of soccer FUNdamentals. Full day kids will have a day to cool off with a swim in the afternoon. Camp includes a free t-shirt.

Location: Journey Middle School Field

Half Day (5-9 Years)

M-F	Aug 10-Aug 14	9:00-12:00pm	\$175/5	29404
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Half Day (10-14 Years)

M-F	Aug 10-Aug 14	1:00-4:00pm	\$175/5	29405
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Full Day (7-14 Years)

M-F	Aug 10-Aug 14	9:00-4:00pm	\$280/5	29406
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NEW! 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. Each day functions as 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.

M-F	June 29-Jul 3	9:00-12:00pm	\$156	31845
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No class July 1

Educational Camps

LEGO Robotics (Wedo 2.0)

6 – 9 Years

and Science: Battlebots Edition

Let's rumble! Join our LITTLUNIVERSE for an exciting week of LEGO, programming and science! Every day teammates will dive into engineering using LEGO's WeDo 2.0 Sets/Software! End of week build/program Battlebots! Take-home science experiments! Indoor/outdoor activities! Game consoles! Air hockey! Foosball! Arts/Crafts! Camp t-shirt! & MORE!

Instructor: LITTLUNIVERSE

Location: Poirier Elementary School Gym

M-F	Jul 6-10	9:00-3:00pm	\$350/5	29414
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LEGO Robotics (Wedo 2.0)

6 – 9 Years

and Science: Race Car Edition

Drivers start your engines! Join our LITTLUNIVERSE for an exciting week of LEGO, programming and science! Every day teammates will dive into engineering using LEGO's WeDo 2.0 Sets/Software! End of week build/program Race Cars! Take-home science experiments! Indoor/outdoor activities! Game consoles! Air hockey! Foosball! Arts/Crafts! Camp T-shirt! & MORE!

Instructor: LITTLUNIVERSE

Location: Poirier Elementary School Gym

M-F	Jul 13-17	9:00-3:00pm	\$350/5	29415
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LEGO Robotics (Mindstorms EV3)

9 – 15 Years

and Science: Extreme Battlebots Edition

Battlebots Engage! Join our LITTLUNIVERSE for an exciting week of LEGO, programming and science! Every day teammates will dive into engineering using LEGO's MINDSTORMS EV3 Sets/Software! Build/program Battlebots! Take-home science experiments! Indoor/outdoor activities! Game consoles! Air hockey! Foosball! Arts/Crafts! Camp t-shirt! & MORE!

Instructor: LITTLUNIVERSE

Location: Poirier Elementary School Gym

M-F	Jul 20-24	9:00-3:00pm	\$360/5	29416
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SEAPARC Adventure Camps

Adventure Camps are jam-packed with a variety of fun filled summer activities including field trips by bus, games, outdoor exploring, crafts and swimming.

Squirrels

5 – 6 Years

(Life jackets will be worn by all campers for swimming activities)
Must meet minimum age as of December 31, 2025 and be eligible to enter Grade 1 in September, 2026.

M-F	Jun 29-Jul 3*	8:30am-3:30pm	\$232/4	30443
M-F	Jul 6-Jul 10	8:30am-3:30pm	\$290/5	30444
M-F	Jul 13-Jul 17	8:30am-3:30pm	\$290/5	30445
M-F	Jul 20-Jul 24	8:30am-3:30pm	\$290/5	30446
M-F	Jul 27-Jul 31	8:30am-3:30pm	\$290/5	30447
M-F	Aug 4-Aug 7*	8:30am-3:30pm	\$232/4	30448
M-F	Aug 10-Aug 14	8:30am-3:30pm	\$290/5	30449
Tu-F	Aug 17-Aug 21	8:30am-3:30pm	\$290/5	30450
M-F	Aug 24-Aug 28	8:30am-3:30pm	\$290/5	30451
M-F	Aug 31-Sep 4	8:30am-3:30pm	\$290/5	30452

Bears

7 – 9 Years

Camper's age 7+ must pass a swim test to swim without a life jacket in the pool.

Location: Journey Middle School

M-F	Jun 29-Jul 3*	8:30am-3:30pm	\$232/4	30457
M-F	Jul 6-Jul 10	8:30am-3:30pm	\$290/5	30458
M-F	Jul 13-Jul 17	8:30am-3:30pm	\$290/5	30459
M-F	Jul 20-Jul 24	8:30am-3:30pm	\$290/5	30460
M-F	Jul 27-Jul 31	8:30am-3:30pm	\$290/5	30461
Tu-F	Aug 4-Aug 7*	8:30am-3:30pm	\$232/4	30462
M-F	Aug 10-Aug 14	8:30am-3:30pm	\$290/5	30463
M-F	Aug 17-Aug 21	8:30am-3:30pm	\$290/5	30464

Location: SEAPARC Recreation Centre

M-F	Aug 24-Aug 28	8:30am-3:30pm	\$290/5	30465
M-F	Aug 31-Sep 4	8:30am-3:30pm	\$290/5	30466

Ravens

10 – 12 Years

Ravens, our oldest campers, get to do what they want, when they want! They will help plan the day's activities while getting all the good stuff summer camps are about (field trips, swimming, and chill time with friends). Camper's age 7+ must pass a swim test to swim without a life jacket in the pool.

Location: Journey Middle School

M-F	Jun 29-Jul 3*	8:30am-3:30pm	\$232/4	30467
M-F	Jul 6-Jul 10	8:30am-3:30pm	\$290/5	30468
M-F	Jul 13-Jul 17	8:30am-3:30pm	\$290/5	30469
M-F	Jul 20-Jul 24	8:30am-3:30pm	\$290/5	30470
M-F	Jul 27-Jul 31	8:30am-3:30pm	\$290/5	30471
Tu-F	Aug 4-Aug 7*	8:30am-3:30pm	\$232/4	30472
M-F	Aug 10-Aug 14	8:30am-3:30pm	\$290/5	30473
M-F	Aug 17-Aug 21	8:30am-3:30pm	\$290/5	30474

Location: SEAPARC Recreation Centre

M-F	Aug 24-Aug 28	8:30am-3:30pm	\$290/5	30475
M-F	Aug 31-Sep 4	8:30am-3:30pm	\$290/5	30476

*No Camp Jul 1 and Aug 3.

Boys Unplugged Camp

7 – 12 Years

This week will be full of high energy activities and games: capture the flag, sports extravaganza, shelter building, team challenges, forest games, canoeing and lake swims.

Location: Drop off and pick up at Camp Barnard

M-F	Jul 27-31	8:30am-3:30pm	\$355/week	30456
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For the Girls Camp

7 – 12 Years

A camp for the girls! Forest explorations, yoga, painting, team initiatives, stand up paddle boarding, and swimming in the lake will make this week unforgettable.

Location: Drop off and pick up at Camp Barnard

M-F	Jul 20-24	8:30am-3:30pm	\$355/week	30455
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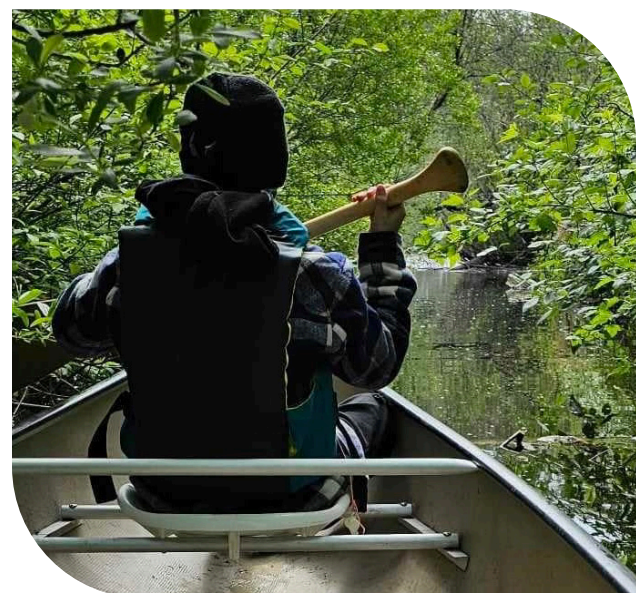
Off the Grid

7 – 12 Years

Get out and explore! Join us for an intro to living off the grid with map reading, compass skills, canoeing, lake swimming, old school camp games and much more.

Location: Drop off and pick up at Camp Barnard

M-F	Jul 13-17	8:30am-3:30pm	\$355/week	30454
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2026 Summer Camps at a Glance

Week 1 Jun 29-Jul 3 *4 Days	Week 2 Jul 6-10	Week 3 Jul 13-17	Week 4 Jun 20-24	Week 5 Jul 27-31	Week 6 Aug 4-7 *4 Days	Week 7 Aug 10-14	Week 8 Aug 17-21	Week 9 Aug 24-28	Week 10 Aug 31-Sep 4
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Engineering for kids Vancouver Island / Soccertron / Multi-sport Camp / Mijo Taekwondo / LITTLUNIVERSE / Art Attack Camp / Sooke Sailing

Multi Sport Camp Half Day	LITTL UNIVERSE Battlebots Robotics 6-9 years Multi Sport Camp Half Day	LITTL UNIVERSE Race Car Robotics 6-9 years Multi Sport Camp Half Day Learn to Sail 8-18 years	LITTL UNIVERSE Lego Robotics 9-15 years Multi Sport Camp Half Day Learn to Sail 8-18 years	Mini Art Camp 3-5 years Tu-Th Multi Sport Camp Full/Half Day	Mini Art Camp 3-5 years Tu-Th Multi Sport Camp Full/Half Day	Soccertron 5-14 years Mijo Taekwondo 7-12 years Multi Sport Camp Half Day	Learn to Sail 8-18 Years Multi Sport Camp Full/Half Day	Learn to Sail 8-18 Years	
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Mini Adventure Camps 3-5 years 9:00-11:00am

	Mini Adventure M/W or Tu/Th	Mini Adventure M/W or Tu/Th				Mini Adventure M/W or Tu/Th	Mini Adventure Tu/Th only		
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Adventure Camps 8:30am – 4pm

Squirrels 5-6 Years	Squirrels 5-6 Years	Squirrels 5-6 Years	Squirrels 5-6 Years	Squirrels 5-6 Years	Squirrels 5-6 Years	Squirrels 5-6 Years	Squirrels 5-6 Years	Squirrels 5-6 Years	Squirrels 5-6 Years
Bears 7-9 Years	Bears 7-9 Years	Bears 7-9 Years	Bears 7-9 Years	Bears 7-9 Years	Bears 7-9 Years	Bears 7-9 Years	Bears 7-9 Years	Bears 7-9 Years	Bears 7-9 Years
Ravens 10-12 years	Ravens 10-12 years	Ravens 10-12 years	Ravens 10-12 years	Ravens 10-12 years	Ravens 10-12 years	Ravens 10-12 years	Ravens 10-12 years	Ravens 10-12 years	Ravens 10-12 years
			Off the Grid 7-12 years	For the Girls 7-12 years	Boys Unplugged 7-12 years				

Parent Reminders

Please complete all information including the camp questionnaire upon registration, through online or in person.

What should I do if my child has special needs?

If your child requires support or qualifies for Supported Child Development funding, please email us at erhermosa@crd.bc.ca prior to registering to discuss your child's needs. Space is limited and spots do fill up quickly.

Sign In & Out:

Parents and alternate pick-ups are required to sign-in and out each day. **Photo ID is required at pick up daily.** Children 10 years + may sign themselves out with written permission, see reception for more details.

What to bring to summer programs:

To have a positive and enjoyable program experience, children should bring the following each day:

- Healthy snacks
- Refillable water bottle
- Hat
- Sunscreen
- Closed toe shoes (no flip flops)

Campers enjoying our full day programs will also need to bring:

To have a positive and enjoyable program experience, children should bring the following each day:

- A nutritious lunch with morning & afternoon snack
- Weather appropriate clothing (eg. jackets, sun shirts etc.)
- Bathing suit & towel

Please label all belongings and clothing with your child's name. Please do not send your child to the program with any electronics, toys from home or valuables.

Medications, Epi-pens & Inhalers:

If your child requires medication during program hours a medication form must be completed before the first day of camp.

Campers are responsible for:

- Staying Safe: following instructions given by program leaders and staying within boundaries
- Being Respectful: Respecting self, others and equipment
- Being a Participant: Campers are expected to be part of the day's activities including swimming.
- Having Fun!

Parents/guardians will be notified if their camper is not able to meet these behavioural responsibilities. Children endangering themselves or another person's safety will be asked to leave the program and only return when we can ensure the safety of all.



Adult Programs

Arts & Dance

Social Ballroom Dance

19+ Years

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

Instructor: E & R Ballroom Dance

Introduction to Cha Cha / Rumba

Tu May 19-Jun 16 7:00-7:55pm \$75/5 29367

Introduction to Waltz / Foxtrot

Tu May 19-Jun 16 8:05-9:00pm \$75/5 29369

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 Jun 8 5:30-8:00pm \$33/1 29365

Parent & Baby Fitness

Parent & Baby Cycle, Core & Stretch

16+ Years

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

Instructor: Jenna K

M May 4-Jun 29 11:45am-12:45pm \$104/8 31485

M Jul 6-Aug 17 11:45am-12:45pm \$78/6 31486

No class May 18 & Aug 3

Parent & Baby Yoga

16+ Years

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

Instructor: Jazmin H

Th May 7-Jun 25 11:30am-12:30pm \$104/8 31487

Th Jul 2-Jul 30 11:30am-12:30pm \$65/5 31488

Th Aug 6-Sep 3 11:30am-12:30pm \$65/5 31489

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

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	May 7	4:30-5:30pm	\$15/1	31542
Su	May 24	3:00-4:00pm	\$15/1	31543
Th	Jun 4	4:30-5:30pm	\$15/1	31544
Su	Jun 14	3:00-4:00pm	\$15/1	31545
Su	Jun 28	3:00-4:00pm	\$15/1	31546
Th	Jul 9	4:30-5:30pm	\$15/1	31547
Su	Jul 26	3:00-4:00pm	\$15/1	31548
Th	Aug 6	4:30-5:30pm	\$15/1	31549
Su	Aug 9	3:00-4:00pm	\$15/1	31550

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: Candace C

W	May 6-Jun 24	10:30-11:30am	\$104/8	31539
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TRX® Training 16+ Years

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

Instructor: Dave R

M	May 4-Jun 29	5:15-6:00pm	\$68/8	31533
M	Jul 6-Jul 27	5:15-6:00pm	\$34/4	31534
M	Aug 10-Aug 31	5:15-6:00pm	\$34/4	31535
Tu	May 5-Jun 30	11:30am-12:15pm	\$76.50/9	31536
Tu	Jul 7-Jul 28	11:30am-12:15pm	\$34/4	31537
Tu	Aug 4-Aug 25	11:30am-12:15pm	\$34/4	31538

No classes May 18

REGIONAL ANNUAL PASS

\$600/year

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



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 year olds will earn their Youth Weight Room Orientation upon completion.

Instructor: Maurice

Su	May 10-May 31	1:00-2:00pm	\$60/4	31525
Su	June 7-Jun 28	1:00-2:00pm	\$60/4	31526
Su	Jul 5-Jul 26	1:00-2:00pm	\$60/4	31527
Su	Aug 9-Aug 30	1:00-2:00pm	\$60/4	31528

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	May 4-Jun 29	6:00-7:00pm	\$104/8	31531
M	Jul 6-Aug 31	6:00-7:00pm	\$104/8	31532

No class May 18 & Aug 3

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	May 6-Jun 24	6:00-7:00pm	\$104/8	31529
W	Jul 8-Aug 26	6:00-7:00pm	\$104/8	31530

Mom and Daughter Jumping Fitness

10+ Years

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

Instructor: Melinda B

Tu	May 5-Jun 23	6:00-6:45pm	\$104/8	31512
Su	May 3-Jun 21	8:15-9:00am	\$91/7	31513

No classes: May 17

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	May 5-Jun 30	9:00-10:00am	\$76.50/9	31563
Tu	May 5-Jun 30	10:15-11:15am	\$76.50/9	31564
W	May 6-Jun 24	8:00-9:00am	\$68/8	31565
Th	May 7-Jul 2	9:00-10:00am	\$76.50/9	31566
Th	May 7-Jul 2	10:15-11:15am	\$76.50/9	31567
F	May 8-Jul 3	8:00-9:00am	\$76.50/9	31568
Tu	Jul 7-Aug 25	10:15-11:15am	\$68/8	31570
W	Jul 8-Aug 26	8:00-9:00am	\$68/8	31571
Th	Jul 9-Aug 27	9:00-10:00am	\$68/8	31572
F	Jul 10-Aug 28	8:00-9:00am	\$68/8	31574

Outdoors

Tu	Jul 7-Aug 25	9:00-10:00am	\$68/8	31569
Th	Jul 9-Aug 27	10:15-11:15am	\$68/8	31573

No class Jul 1

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	May 8-Jun 26	10:30-11:30am	\$68/8	31558
F	Jul 3-Jul 31	10:30-11:30am	\$42.50/5	31559
F	Aug 7-Aug 28	10:30-11:30am	\$34/4	31560

DID YOU KNOW?

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

Indoor Cycle, Step & Sculpt, Sculpt & Stretch, HIIT, Zumba, Shimmy Shake & Flow, Total Body Strength (TBS), Yoga Pilates Fusion, Drop-in Yoga, and Wednesday Workout

Please view the schedule and class descriptions on our website at:

www.crd.bc.ca/seaparc/activity-schedules/fitness-schedule

Yoga

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	May 7-Jun 25	12:45-1:30pm	\$78/8	31494
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Instructor: SEAPARC Staff

Th	Jul 2-Jul 30	12:45-1:30pm	\$48.75/5	31495
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Th	Aug 6-Sep 3	12:45-1:30pm	\$48.75/5	31496
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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	May 3-Jun 28	9:15-10:15am	\$104/8	31509
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Su	Jul 5-Jul 26	9:15-10:15am	\$52/4	31510
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Su	Aug 9-Aug 30	9:15-10:15am	\$52/4	31511
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No class May 17

Candlelit Yoga

16+ Years

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

Instructor: Julie V

M	May 4-Jun 22	7:30-8:30pm	\$91/7	31500
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Instructor: SEAPARC Staff

M	Jul 6-Jul 27	7:30-8:30pm	\$52/4	31501
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M	Aug 10-Aug 31	7:30-8:30pm	\$52/4	31502
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No class May 18

Gentle Yoga

55+ Years

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

Instructor: Jazmin H

F	May 8-Jun 26	12:30-1:30pm	\$104/8	31490
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F	Jul 3-Jul 31	12:30-1:30pm	\$65/5	31491
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F	Aug 7-Sep 4	12:30-1:30pm	\$65/5	31492
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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

Su	May 3-Jun 28	3:00-4:15pm	\$120/8	31493
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No class May 31

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.



Move with Mel – Otter Point

Dance & Movement Instruction
Thursdays 6:30–7:30 pm
Sundays 10:00–11:00 am
Location: Juan de Fuca Local Area
Services Building, 3 – 7450 Butler Road



Goju Ryu Karate – East Sooke

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

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	May 4-Jun 22	10:30-11:30am	\$91/7	31503
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Instructor: SEAPARC Staff

M	Jul 6-Jul 27	10:30-11:30am	\$52/4	31504
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M	Aug 10-Aug 31	10:30-11:30am	\$52/4	31505
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No class May 18

Aerial Yoga 16+ Years

Yoga hammocks suspended from the ceiling make for a great way to build strength and decompress the spine. This unique class will be a fun experience whether you have tried yoga or not. Space is limited.

Instructor: Katie Q

Tu	May 5-Jun 23	2:00-3:00pm	\$104/8	31497
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F	May 8-Jun 26	6:00-7:00pm	\$104/8	31498
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F	May 8-Jun 26	7:15-8:15pm	\$104/8	31499
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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 can calm your mind, reduce stress, and cultivate inner peace. This practice is a gentle building week over week of ability to reduce stress and anxiety by developing self awareness and relaxing your nervous system to help you self regulate in challenging moments. Bring a yoga mat, a blanket, a pen, and a journal to capture what comes up for you during this practice each week as we work within to help us flow with what we experience on the outside day to day.

Instructor: Rachel W

Su	May 3-Jun 28	6:00-7:00pm	\$104/8	31506
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No class May 17

NEW! 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	May 6-Jun 24	7:30-8:30pm	\$104/8	31849
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Instructor: SEAPARC Staff

W	Jul 8-Jul 29	7:30-8:30pm	\$52/4	31850
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W	Aug 5-Aug 26	7:30-8:30pm	\$52/4	31851
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NEW! Yoga In the Park 12+ Years

Experience the benefits of both being outdoors and adding Yoga to your routine this summer. These all-levels classes led by our team of Yoga Professionals will leave you feeling relaxed and rejuvenated. Come move with us in the beauty of nature at Ed McGregor Park. Please bring your own Yoga Mat.

W	Jul 8	6:00-7:00pm	\$5/1	31852
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W	July 15	6:00-7:00pm	\$5/1	31853
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W	July 22	6:00-7:00pm	\$5/1	31854
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W	July 29	6:00-7:00pm	\$5/1	31855
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W	Aug 5	6:00-7:00pm	\$5/1	31856
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W	Aug 12	6:00-7:00pm	\$5/1	31857
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W	Aug 19	6:00-7:00pm	\$5/1	31858
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W	Aug 26	6:00-7:00pm	\$5/1	31859
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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.

Instructor: SEAPARC Staff/Island Health

M	July 13-Aug 24	2:15-3:15pm	\$78/6	31562
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No class Aug 3

Sports

NEW! SEAPARC 2 Person Scotch Golf Tournament 18+ Years

Join our 18 hole tournament. Fee is per team of 2, please contact reception to register. Limited space.

Location: DeMamie Creek Golf Course

Men's Division

Sa	Aug 22	8:30am-12:00pm	\$68	29377
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Mix Division

Sa	Aug 22	12:30-4:00pm	\$68	29376
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Drop-in Pickleball All Ages

A fun racquet sport which combines elements of badminton, tennis, and table tennis. Suitable for players of all ages and ability levels. Regular admission rates apply.

All Levels

M	Apr 13-Jun 8	1:00-3:00pm	Drop-in rates
Tu	Apr 14-Jun 9	3:00-4:30pm	Drop-in rates
W	Apr 15-Jun 10	5:30-7:30pm	Drop-in rates
Th	Apr 16-Jun 11	10:30am-12:30pm	Drop-in rates

No class Apr 20, May 11, May 18

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	May 4-Jun 17	7:00-7:45pm	\$144/12	29393
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Mondays Only

M	May 4-Jun 15	7:00-7:45pm	\$65/5	29394
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Wednesdays Only

W	May 6-Jun 17	7:00-7:45pm	\$91/7	29395
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No class May 11, May 18

Everyone Welcome Skate – Roller / Inline Skates

Drop in for an Everyone Welcome Skate, Roller Skates or Inline Skates. An excellent opportunity for all members of the community to get active. Helmets are strongly recommended for all participants. Bring your own Skates or rent one of ours – rental sizes are limited.

Tu	Apr 14-Jun 9	11:30am-12:45pm	Drop-in rates
Th	Apr 16-Jun 11	6:00-7:15pm	Drop-in rates

NEW! Drop-in Family & Friends Ball Hockey

A program for everyone to play together and practice Ball Hockey skills. A family game will be played on the far end of the arena.

F	May 15	7:00-8:15pm	Drop-in rates
F	Jun 19	7:00-8:15pm	Drop-in rates



Pilates

Pilates Beginner: Level 1

16+ Years

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

Instructor: Jenna K

M	May 4-Jun 22	1:00-2:00pm	\$91/7	31556
M	Jul 13-Aug 24	1:00-2:00pm	\$78/6	31557

No class May 18 & Aug 3

Instructor: Candace C

Location: East Sooke Community Hall

M	Apr 13- May 11	5:30-6:30pm	\$65/5	31553
M	May 25-Jun 29	5:30-6:30pm	\$78/6	31554
M	Jul 13-Aug 31	5:30-6:30pm	\$78/6	31555

No class May 18 & Aug 3, Aug 10

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	May 6-Jun 24	11:45am-12:45pm	\$104/8	31551
W	Jul 8-Aug 19	11:45am-12:45pm	\$91/7	31552

NEW! Beachside Pilates

16+ Years

Practice your pilates near the dock in East Sooke, surrounded by all the earthy elements. Wear your sunscreen, bring a hat, bring a mat and come out for the fun. If you bring your suit, follow your practice with a cold dip

Instructor: Jenna K

Location: Becher Bay Marina

F	Jul 24	2:00-3:00pm	\$15/1	31860
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Walking & Running

Hike Club

All Ages

Join 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: Broom Hill

Sa	May 9	10:00am-1:00pm	Free	31861
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Location: Cedar Grove Trail at Matheson Lake

W	Jun 17	4:00-7:00pm	Free	31862
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Learn to Run Clinic

16+ Years

Join us in training for your first 5-10km race. Whether you are brand new to running or just starting out, this 8-week clinic will have you ready to choose a summer event or build towards a Fall race. Learn some tips about running gear, cross training and gain the knowledge to help you build on your stamina to safely cross the finish line of training and earn your "SEAPARC Run Clinic" Medal. All levels welcome.

Instructor: Jenna K and Run Leaders

W	May 6-June 24	5:15-6:15pm	\$68/8	31484
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Interested in being a Volunteer Run Leader?

Please contact Jenna for more info: jkurylo@crd.bc.ca

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

Workshops

The Deadlift

16+ Years

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

Instructor: Dave R

Sa June 6 1:00-2:30pm \$20/1 31483

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 May 2 1:00-2:30pm \$20/1 31482

TRX Basics and Beyond

16+ Years

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

Instructor: Dave R

Sa May 23 1:00-2:00pm \$15/1 31480

Sa July 23 1:00-2:00pm \$15/1 31481

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 July 11 1:00-2:30pm \$20/1 31479

NEW! Back Care Workshop

16+ Years

All movement hinges from the spine, providing us with motion and flexibility. Explore the spine with us: recruiting the deeper layer muscle groups for core stability, as well as the intermediate and superficial layers which have a profound effect on posture. Most importantly, we'll review various back care strategies and practices designed to assist you in maintaining both strength and pain free functional movement.

Instructor: Donna T

Su May 24 7:15-8:15pm \$15/1 31477

NEW! The Turkish Get Up

16+ Years

This ancient movement practice, utilized by warriors and athletes starts by laying on the ground and continues through a series of functional movements with a weight overhead and then returning to the ground. Come learn how to safely and effectively integrate this movement into your own practice. This staple exercise will improve your functional strength, mobility, focus, concentration and benefit both sport specific training and overall corrective wellness goals.

Instructor: Darrell G

Sa May 2 3:00-4:30pm \$20/1 31836

Peri-Menopause & Menopause:

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

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

Instructor: Donna O

Sa May 3 1:00-2:00pm \$15/1 31865

How to Optimize Fertility Naturally!

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

Instructor: Donna O

Sa June 7 1:00-2:00pm \$15/1 31866

Leverage Your Squat 16+ Years

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

Instructor: Justin L

Su	Jun 14	2:30-3:30pm	\$15/1	31863
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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

Sa	May 2	1:15-2:45pm	\$20/1	31478
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NEW! Core Conditioning for Golfers 16+ Years

Come learn some great techniques to build on core strength and body awareness to help keep your back happy and healthy for the whole golf season. Donna will show you some unique exercises that you can practice each day to develop the muscles you need for all your golf game goals.

Instructor: Donna T

Su	May 3	7:15-8:15pm	\$20/1	30477
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NEW! 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	Aug 22	1:00-2:00pm	\$15/1	31864
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NEW! 7 Steps to the Most Radiant You

Step into the best version of yourself before Summer. Darrell will share the key to a health based body transformation while unlocking the truths & Shining light on the Myths in the Fitness Industry. Kickstart the positivity in your life now and join in on this learning journey.

Instructor: Darrel G

Sa	May 9	3:00-4:30pm	\$20/1	31878
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Gut Feeling: Feed your Microbiome, Fuel Your Mind

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

Instructor: Meagan McKinney HN, NNCP

W	May 13	5:00-6:00pm	\$20/1	29275
W	Jun 10	5:00-6:00pm	\$20/1	29276

General Interest & Educational

NEW! Money For New Parents 16+ Years

Money for New Parents is a practical session designed to help expecting and new parents feel confident and prepared for the financial realities of raising a child. Participants will learn how to budget for a baby, understand EI maternity and parental leave, plan for childcare costs, and make the most of available government benefits. The session also introduces strategies for saving money and laying the foundation for teaching children healthy money habits. This course is beginner-friendly and focused on real-life, actionable guidance. Limited Space.

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

W	Jun 17	7:00-8:00pm	Free	30440
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NEW! The Self-Worth in Net Worth for Women 25+ 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	May 20	7:00-8:00pm	Free	30439
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Personal Training

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

To book:

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

Pricing (plus tax)

Packages expire 6 months from purchase date

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

Weight Room Orientations

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

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

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

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

Trainers:

COLLEEN DILALLO

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

JENNA KURYLO

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

DAVE RISTAU

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



Aquatic Programs & Training

School Age

SEAPARC Sharks Swim Group 7 – 14 Years

Games and swimming mashed into an hour of activity. Swimmers build swim strokes and skills, improving their endurance, sample different aquatic sports, and playing “tried and true” water games.

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

Tu	Jul 7-Jul 28	3:45-4:45pm	\$30/4	31958
Th	Jul 9-Jul 30	3:45-4:45pm	\$30/4	31960
Tu	Aug 11-Sep 1	3:45-4:45pm	\$30/4	31959
Th	Aug 13-Sep 3	3:45-4:45pm	\$30/4	31961

Early Years

Play ‘n’ Splash 0 – 4 Years


Come 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



HOW TO REGISTER

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

 = Parent/Guardian Participation Required

Adult Programs

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.

Beginner Level

Tu/Th Jul 7-Jul 30 6:15-7:15pm \$120/8 31962

Intermediate Level

Tu/Th Aug 11-Sep 2 6:15-7:15pm \$120/8 31963



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 the day and time of the class. 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 (age 0-3)
- Drop-In Octopus

DROP IN AQUATIC FITNESS - VIEW SCHEDULE

Aqua Fit

AquaFit classes are a fun, challenging workout with little to no impact on 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/Th 11:05am-12:05pm Drop-in
W 8:05-9:00pm Drop-In

Regular admission rates apply. Included with membership.

SCAN TO VIEW LIVE SCHEDULE

POOL



AQUAFIT



SEAPARC SWIM LESSONS

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

Spring Set 2

Classes Viewable Online		April 22, 9:00am		
Registration		May 6, 9:00am		
Day of Week	# of Classes	First Day	Last Day	No Lesson
Mon & Wed (2x wk)	9	May 11	June 10	May 18

Summer Registration

Classes Viewable Online		June 3, 9:00am		
Registration		June 10, 9:00am		
Day of Week	# of Classes	First Day	Last Day	No Lesson
M-Th	8	July 6	July 16	July 10
M-Th	8	July 20	July 30	July 24
M-Th	8	Aug 10	Aug 20	Aug 14
M-Th	8	Aug 24	Sep 3	Aug 26
Tu & Th	8	July 7	July 30	
Tu & Th	8	Aug 11	Sep 2	

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

Waitlisting

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

Are you new to registering for SEAPARC programs?

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

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 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 from swimming lessons 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



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.

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.



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

Swimmer 6

These swimmers 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. Demonstrating the ability to conduct a primary assessment and calling EMS are included as first aid skills. Victim recognition and throwing assists are other key elements of the program.

Swimmer 8/Ranger Patrol

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

Swimmer 9/Star Patrol

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



Aquatic Training & First Aid

Registration Now Open

National Lifeguard 15+ Years

Successful completion of this course certifies those interested in working as Lifeguards. 100% attendance is required, and participants must be able to complete swimming and skill standards throughout course to pass.

Prerequisites: 15 years old (by last day of course), Bronze Cross (need not be current), Standard First Aid/CPR-C/AED (need not be current). Aquatic Emergency Care is strongly recommended.

Includes: Alert Manual

Total Required Training Time: 44 hours

M/W	May 4-June 3	4:00-8:30pm	\$400	31807
M	May 11	10:00am-5:00 pm		
Sa	May 30	10:00am-5:00 pm		

No class May 18

National Lifeguard Re-Cert 15+ Years

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

Prerequisites: Proof of previous NL pool option (need not be current)

Total Required Training Time: 8 hours

Su	May 10	9:00am-5:45 pm	\$120	31806
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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: 5 hours

Su	May 3	1:00-6:15 pm	\$110	31805
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Summer Registration

Classes Viewable Online	April 22, 9:00am
Registration	May 6, 9:00am

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 is required

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

Includes: Lifesaving Manual

Total Required Training Time: 20 hours

Bronze Cross 13+ Years

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

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

Total Required Training Time: 20 hours

No class May 17

Swim Instructor 15+ Years

The Lifesaving Society Swim Instructor certification prepares candidates to teach and evaluate basic swim strokes and related skills, and includes an Adapted Swim Instructor session. Swim Instructors teach and evaluate candidates in the Society's Swim for Life and Canadian Swim Patrol programs. The course includes 32 hours of instructional time and up to 8 hours of practical teaching. 100% attendance is required, and participants must demonstrate skills

Prerequisites: 15 years old (by last day of course), completion of Bronze Cross, and must be able to demonstrate the skills to a Swimmer 6 level.

Includes: Swim Instructor Manual

Total Required Training Time: 32 hours of instruction time and up to 8 hours of practical teaching.

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.

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

Total Required Training Time: 16 hours

Standard First Aid Re-cert 13+ Years

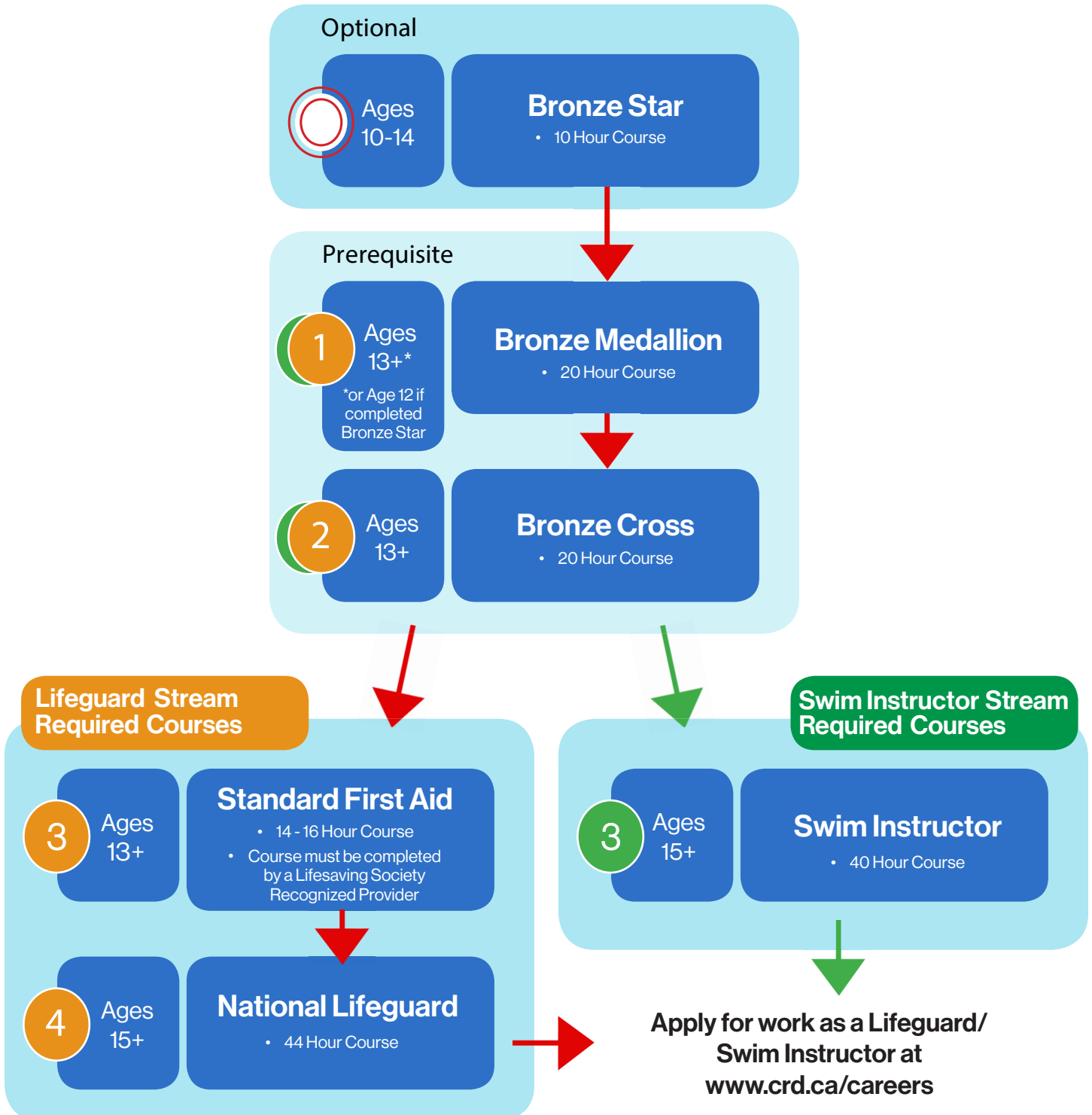
Standard First Aid is Worksafe BC Intermediate First Aid equivalent and can be used in the workplace. It is a prerequisite to the National Lifeguard program. This course includes comprehensive training covering all aspects of first aid, CPR and AED use.

Prerequisites: Proof of current Standard First Aid certification. A full course is required for expired certifications. Re-certify before your expiry date.

Total Required Training Time: 8 hours

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.



YOUTH SUMMER PASSES



\$49

13-18 Years

SUMMER ACTIVE PASS

Unlimited drop-in access to the weight room and pool, plus select fitness classes

*MUST COMPLETE AN ORIENTATION PRIOR TO ATTENDING THE WEIGHT ROOM

7-15 Years

SPLASH PASS

Unlimited access to pool drop-in activities only

\$35



\$227

8-18 Years

GOLF SEASON PASS

Unlimited golf rounds at DeMamiel Creek Golf Course

