



SEAPARC Recreation

JANUARY - APRIL ACTIVITY GUIDE

2026



Program Registration

Wednesday, Dec 3rd | 9:00am

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



Skate Lesson Registration

Wednesday, Dec 17th | 9:00am



Swim Lesson Registration

SET 1: Wednesday, Dec 17th | 9:00am
SET 2: Wednesday, March 18th | 9:00am



Holiday Hours & Special Events



January

New Years Day

Thursday, January 1

Facility Closed

February

Pro D Day

Friday, February 13

Skate 11:30am-12:45pm
Youth Hockey 1:00-2:15pm
Swim 1:00-3:00pm

Family Day

Monday, February 16

Family Day Skate 10:00-11:30am
Pool & Weight Room Open
7:00am-4:00pm

March

Glow in the Dark \$2 Youth Skate

Friday, March 13

2:30-3:45pm

Hockey Jersey Skate Contest

Sunday, March 22

11:30am-12:45pm

*Wear your favourite Hockey Jersey for
a chance to win prizes.*

Spring Break Drop-in Activities

*View activities schedules
www.seaparc.ca*

April

Easter

Friday, April 3

Pool & Weight Room Open
7:00am-4:00pm

Monday, April 6

Pool & Weight Room Open
7:00am-4:00pm

Garage Sale

Saturday, April 25

9:00am-12:30pm

May

Youth Creations Craft Fair

Saturday, May 2

10:00am-1:00pm



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 Jan 13-Feb 24 11:00-11:30am \$63/7 28181

Tu Mar 3-Apr 28 11:00-11:30am \$63/7 28182

No classes Mar 17 & 24

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 Jan 16-Feb 27 11:30-12:15pm \$90/6 28179

F Mar 6-Apr 24 11:30-12:15pm \$75/5 28180

No classes Feb 13, Mar 20, Mar 27, Apr 3

HOW TO REGISTER

ONLINE at seaparc.ca

PHONE 250.642.8000

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

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 Jan 5-Jan 28 9:00-11:00am \$144/8 28184

Tu, Th Jan 6-Jan 29 9:00-11:00am \$144/8 28188

M, W Feb 2-Feb 25 9:00-11:00am \$126/7 28185

Tu, Th Feb 3-Feb 26 9:00-11:00am \$144/8 28189

M, W Mar 2-Mar 11 9:00-11:00am \$72/4 28186

Tu, Th Mar 3-Mar 12 9:00-11:00am \$72/4 28190

M, W Apr 8-Apr 29 9:00-11:00am \$126/7 28187

Tu, Th Apr 7-Apr 30 9:00-11:00am \$144/8 28191

No class Feb 16

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 Feb 13 6:00-6:45pm \$10/1 28607



= Parent/Guardian Participation Required

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: Saseenos Elementary School Gym

| | | | | |
|----|---------------|-------------|--------|-------|
| Tu | Jan 13-Feb 17 | 5:00-6:00pm | \$66/6 | 28192 |
| Tu | Mar 10-Apr 28 | 5:00-6:00pm | \$66/6 | 28193 |

No class Mar 17 & 24

Taekwondo Little Kickers

3–5 Years

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

| | | | | |
|---|---------------|---------------|--------|-------|
| F | Jan 9-Feb 20 | 10:00-10:30am | \$51/6 | 28194 |
| F | Feb 27-Apr 24 | 10:00-10:30am | \$51/6 | 28195 |

No classes Feb 13, Mar 20, Mar 27, Apr 3

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 | Jan 10-Jun 27 | 10:00-11:30am | \$4.50 Drop-in | |
|----|---------------|---------------|----------------|--|

NEW! 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 | Jan 8-Feb 26 | 11:05-11:45am | \$60/8 | 28321 |
| Th | Mar 5-Apr 30 | 11:05-11:45am | \$52.50/7 | 28322 |

No class Mar 19 & 26

10 Sport

3–4 Years

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

Instructor: Richardson Sports Inc.

Location: Saseenos School Gym

| | | | | |
|---|---------------|-------------|--------|-------|
| M | Jan 12-Jan 26 | 6:00-6:30pm | \$42/3 | 28196 |
| M | Feb 2-Feb 23 | 6:00-6:30pm | \$42/3 | 28197 |
| M | Mar 2-Mar 30 | 6:00-6:30pm | \$42/3 | 28198 |

No class Feb 16, Mar 16, Mar 23

NEW! Drop-in Face Off for Fun Hockey

3–8 Years

Designed to ease kids and their families into sport of hockey in a fun and friendly environment. A SEAPARC instructor will be on the ice to help teach skating and fundamental hockey skills through play. Parent/guardian participation and Full Gear encouraged, Helmets and Gloves are mandatory.

Th 3:30-4:15pm *see Drop-in Arena schedules for more info

Face Off for Fun Spring Break Hockey Camp

3–9 Years

You want to try Hockey but don't know where to start? Are you looking to sign up for next season? 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. Limited hockey sticks and helmets are available.

Tu-F Mar 17-Mar 20 4:45-5:15pm \$40/4 28160



Skate Lessons

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

Skate Rentals are free for all registered participants.

Registration For January Skate Lessons opens Wednesday Dec 17, 2025 at 9:00am

*No class Feb 15

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 | Jan 11 | Mar 8 | 10:00am | 28165 | 8 |
| Tu | Jan 13 | Mar 10 | 3:30pm | 28166 | 9 |
| Preschool Level 2 | | | | | |
| Su | Jan 11 | Mar 8 | 10:00am | 28167 | 8 |
| Tu | Jan 13 | Mar 10 | 3:30pm | 28168 | 9 |
| Preschool Level 3/4 | | | | | |
| Su | Jan 11 | Mar 8 | 10:00am | 28169 | 8 |
| Tu | Jan 13 | Mar 10 | 3:30pm | 28170 | 9 |
| | | 8 classes | | 9 classes | |
| 30 Minute Skate Lessons | | \$70.00 | | \$78.75 | |

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 the tools and skills to assist their child in accomplishing 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 | Jan 11-Mar 8 | 10:00-10:30am | \$71/8 | 28156 |
| Tu | Jan 13-Mar 10 | 3:30-4:00pm | \$80/9 | 28157 |

No class Feb 15

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



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

Visit seaparc.ca for information.





School Age & Youth 5-17 Years

Art

Afterschool Makers Club

6 – 12 Years

Get ready to cut, glue, fold, and create! Afterschool Makers Club is a hands-on crafting class where kids make a brand-new project each week — from building paper puppets and decorating treasure boxes to designing DIY hats, masks, and maybe even creating their own custom slime! Your child will explore various materials like paper, felt, foam, wood, and recycled items while building fine motor skills and creative confidence in a fun, supportive environment that encourages exploration and creativity. Every week ends with a one-of-a-kind craft to take home and show off! All supplies are included — just bring your imagination and a smile!

Instructor: Michelle C.

| | | | | |
|---|---------------|-------------|--------|-------|
| M | Jan 12-Feb 9 | 3:30-4:30pm | \$90/5 | 28217 |
| M | Feb 23-Apr 13 | 3:30-4:30pm | \$90/5 | 28218 |

No class Class Mar 16, Mar 23, Apr 6

Youth Creations Craft Fair

7-19 Years

This craft fair will showcase the talents of the youth in our community. They will be selling their wares including baking, art, crafts, jewelry, and more.

| | | | | |
|----|-------|--------------|--------|-------|
| Sa | May 2 | 10:00-1:00pm | \$10/1 | 28135 |
|----|-------|--------------|--------|-------|

HOW TO REGISTER

ONLINE at seaparc.ca

PHONE 250.642.8000

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

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 | Jan 15-Feb 26 | 6:00-7:30pm | \$119/7 | 28214 |
| Th | Mar 5-Apr 30 | 6:00-7:30pm | \$119/7 | 28216 |

No class Class Mar 19, Mar 26

Kids Night Dance Party

6 – 12 Years

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

Instructor: Cheryl M.

| | | | | |
|----|--------|-------------|--------|-------|
| Sa | Feb 28 | 5:00-8:00pm | \$35/1 | 28219 |
| Sa | Apr 11 | 5:00-8:00pm | \$35/1 | 28220 |

NEW! Mom & Me Paint Night

7 – 11 Years

Set the Mothers Day vibe and have kids spend a night with the mom of their life. Share the experience of painting a masterpiece. Parent/Guardian participation required. All art supplies will be provided.

Instructor: Deborah V.H.

| | | | | |
|---|-------|-------------|--------|-------|
| M | May 4 | 5:30-7:30pm | \$18/1 | 28306 |
|---|-------|-------------|--------|-------|



= Parent/Guardian Participation Required

Fitness & Wellness

NEW! Youth Athlete Strength Training

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.

| | | | | |
|----|---------------|-------------|---------|-------|
| Sa | Jan 10-Feb 28 | 3:00-4:00pm | \$104/8 | 28327 |
| Sa | Mar 7-May 2 | 3:00-4:00pm | \$91/7 | 28328 |
| Su | Jan 11-Feb 22 | 3:45-4:45pm | \$91/7 | 28329 |
| Su | Mar 1-Apr 26 | 3:45-4:45pm | \$78/6 | 28330 |

No classes: Mar 14, 15, 21, 22, & April 5

NEW! Teen Weights for Girls

13+ Years

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

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

Instructor: Kristi S

| | | | | |
|---|--------------|-------------|--------|-------|
| W | Jan 7-Jan 28 | 3:45-4:45pm | \$52/4 | 28337 |
| W | Feb 4-Feb 25 | 3:45-4:45pm | \$52/4 | 28338 |
| W | Apr 1-Apr 29 | 3:45-4:45pm | \$65/5 | 28339 |

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 | Jan 5-Feb 23 | 3:45-4:30pm | \$52.50/7 | 28331 |
| M | Mar 2-Apr 27 | 3:45-4:30pm | \$45/6 | 28332 |

Instructor: Jacklyn E

| | | | | |
|---|--------------|-------------|-----------|-------|
| W | Jan 7-Feb 25 | 3:45-4:30pm | \$60/8 | 28333 |
| W | Mar 4-Apr 29 | 3:45-4:30pm | \$52.50/7 | 28334 |

No classes: Feb 16, Mar 16, 18, 23, 25 & Apr 6

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 | Jan 6-Feb 24 | 6:00-6:45pm | \$104/8 | 28325 |
| Tu | Mar 3-Apr 28 | 6:00-6:45pm | \$91/7 | 28326 |
| Su | Jan 11-Feb 22 | 8:15-9:00am | \$91/7 | 28323 |
| Su | Mar 1-Apr 26 | 8:15-9:00am | \$78/6 | 28324 |

No classes: Mar 15, 17, 22, 24, & Apr 5

Family Fitness

6+ Years

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

Instructor: Kristi S

| | | | | |
|----|---------------|-------------|--------|-------|
| Sa | Jan 10-Jan 31 | 8:00-8:45am | \$30/4 | 28335 |
| Sa | Feb 7-Feb 28 | 8:00-8:45am | \$30/4 | 28336 |

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 | Jan 4 | 3:00-4:00pm | \$15/1 | 28340 |
| F | Jan 16 | 3:30-4:30pm | \$15/1 | 28344 |
| Th | Jan 22 | 4:30-5:30pm | \$15/1 | 28348 |
| F | Feb 6 | 3:30-4:30pm | \$15/1 | 28345 |
| Su | Feb 8 | 3:00-4:00pm | \$15/1 | 28341 |
| Th | Feb 19 | 4:30-5:30pm | \$15/1 | 28349 |
| F | Mar 6 | 3:30-4:30pm | \$15/1 | 28346 |
| Su | Mar 8 | 3:00-4:00pm | \$15/1 | 28342 |
| Th | Mar 19 | 4:30-5:30pm | \$15/1 | 28350 |
| F | Apr 10 | 3:30-4:30pm | \$15/1 | 28347 |
| Th | Apr 16 | 4:30-5:30pm | \$15/1 | 28351 |
| Su | Apr 19 | 3:00-4:00pm | \$15/1 | 28343 |

General Interest & Educational

NEW! Creativity Lounge

7 – 11 Years

Looking for ways to spark your creativity? This program invites you to learn new skills and make your artistic ideas a reality! Projects ideas include DIY Donut Stuffies, Emoji Paint Workshop, Dessert Showdown and more. We'll have days with swimming, yoga and dance too!

F Jan 16-Feb 27 6:30-8:00pm \$57/6 28433
F Mar 6-Apr 24 6:30-8:00pm \$47.50/5 28434

No classes Feb 13, Mar 20, Mar 27, Apr 3

NEW! 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 Mar 6-Apr 24 5:00-6:25pm \$47.5/5 28435

No classes Mar 20, 27, Apr 3

Kids Night Out

7 – 11 Years

NEW! 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 1/2 price; contact reception to register and for more info.

Sa Feb 7 5:00-8:00pm \$28/1 28221

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 1/2 price; contact reception to register and for more info.

Sa Mar 21 5:00-8:00pm \$28/1 28222

Dungeons & Dragons

10 – 15 Years

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

Su Jan 11-Feb 22 6:00-7:30pm \$48/6 28223

Su Mar 1-Apr 26 6:00-7:30pm \$48/6 28224

No classes Feb 15, Mar 15, Mar 22, Apr 5

Leadership & Training

9 – 12 Years

Home Alone Program

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 Jan 25 1:30-4:30pm \$38/1 28225

Su Mar 29 1:30-4:30pm \$38/1 28226

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

All programs at SEAPARC Recreation Centre unless otherwise noted.

Sports & Physical Literacy (Active Play)

NEW! 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

W Apr 15-Jun 10 5:30-7:30pm Drop-in rates

10 Sport

5 – 6 Years

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

Instructor: Richardson Sports Inc.

Location: Saseenos School Gym

| | | | | |
|---|---------------|-------------|--------|-------|
| M | Jan 12-Jan 26 | 6:30-7:00pm | \$42/3 | 28248 |
| M | Feb 2-Feb 23 | 6:30-7:00pm | \$42/3 | 28249 |
| M | Mar 2-Mar 30 | 6:30-7:00pm | \$42/3 | 28250 |

No class Class Feb 16, Mar 16, Mar 23

10 Sport

7 – 12 Years

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

Instructor: Richardson Sports Inc.

Location: Saseenos School Gym

| | | | | |
|---|---------------|-------------|--------|-------|
| M | Jan 12-Jan 26 | 7:00-8:00pm | \$42/3 | 28251 |
| M | Feb 2-Feb 23 | 7:00-8:00pm | \$42/3 | 28252 |
| M | Mar 2-Mar 30 | 7:00-8:00pm | \$42/3 | 28253 |

No class Feb 16, Mar 16, Mar 23



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



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

Taekwondo Junior Kids

5 – 7 Years

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

Location: Poirier Elementary School Gym

Instructor: Michelle Carpenter

| | | | | |
|------|---------------|-------------|----------|-------|
| M, W | Jan 5-Feb 18 | 5:45-6:15pm | \$107/13 | 28256 |
| M, W | Feb 23-Apr 29 | 5:45-6:15pm | \$115/14 | 28257 |

Mondays Only

| | | | | |
|---|---------------|-------------|-----------|-------|
| M | Jan 5-Feb 9 | 5:45-6:15pm | \$52.50/6 | 28258 |
| M | Feb 23-Apr 27 | 5:45-6:15pm | \$52.50/6 | 28259 |

Wednesdays Only

| | | | | |
|---|---------------|-------------|-----------|-------|
| W | Jan 7-Feb 18 | 5:45-6:15pm | \$61.25/7 | 28260 |
| W | Feb 25-Apr 29 | 5:45-6:15pm | \$70/8 | 28261 |

No classes Feb 16, Mar 16, Mar 18, Mar 23, Mar 25, Apr 6, Apr 20

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 | Jan 5-Feb 18 | 6:15-7:00pm | \$156/13 | 28262 |
| M, W | Feb 23-Apr 29 | 6:15-7:00pm | \$168/14 | 28263 |

Mondays Only

| | | | | |
|---|---------------|-------------|--------|-------|
| M | Jan 5-Feb 9 | 6:15-7:00pm | \$78/6 | 28264 |
| M | Feb 23-Apr 27 | 6:15-7:00pm | \$78/6 | 28265 |

Wednesdays Only

| | | | | |
|---|---------------|-------------|---------|-------|
| W | Jan 7-Feb 18 | 6:15-7:00pm | \$91/7 | 28266 |
| W | Feb 25-Apr 29 | 6:15-7:00pm | \$104/8 | 28267 |

No classes Feb 16, Mar 16, Mar 18, Mar 23, Mar 25, Apr 6, Apr 20

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 | Jan 5-Feb 18 | 7:00-7:45pm | \$156/13 | 28268 |
| M, W | Feb 23-Apr 29 | 7:00-7:45pm | \$168/14 | 28269 |

Mondays Only

| | | | | |
|---|---------------|-------------|--------|-------|
| M | Jan 5-Feb 9 | 7:00-7:45pm | \$78/6 | 28270 |
| M | Feb 23-Apr 27 | 7:00-7:45pm | \$78/6 | 28271 |

Wednesdays Only

| | | | | |
|---|---------------|-------------|---------|-------|
| W | Jan 7-Feb 18 | 7:00-7:45pm | \$91/7 | 28272 |
| W | Feb 25-Apr 29 | 7:00-7:45pm | \$104/8 | 28273 |

No class Feb 16, Mar 16, Mar 18, Mar 23, Mar 25, Apr 6, Apr 20

Intro to Taekwondo

6 – 12 Years

Try out one of the world's most popular martial arts in this 6-week Intro to Taekwondo class! Students will learn the foundational skills of this Olympic sport, including basic kicking, punching, blocking, and will even get to break a board at the end of the session! After completing this introductory session, students are invited to join our regular Taekwondo classes on Mondays and Wednesdays.

Uniforms are not required for this class but are available for purchase through Mijo Taekwondo.

Instructor: Michelle Carpenter

| | | | | |
|----|---------------|-------------|--------|-------|
| Th | Jan 15-Feb 19 | 3:45-4:30pm | \$78/6 | 28254 |
| Th | Mar 5-Apr 23 | 3:45-4:30pm | \$78/6 | 28255 |

No class Mar 19, Mar 26

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

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 |

LAST DAY OF ICE SEASON MAR 27

Youth Skate Lessons – Learn to Skate

13+ Years

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

Su Jan 11-Mar 8 10:00-10:30am \$72/8 28159

No class Feb 15

NEW! Drop-in Face Off for Fun Hockey

3 – 8 Years

Designed to ease kids and their families into the sport of hockey in a fun and friendly environment. A SEAPARC instructor will be on the ice to help teach skating and fundamental hockey skills through play. Parent/guardian participation and Full Gear encouraged, Helmets and Gloves are mandatory.

*See Drop-in Arena schedule for more info

Th 3:30-4:15pm 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 10:00am-11:15pm Drop in rates
F 7:00-8:15pm Drop in rates

Drop-in \$2 Youth Fridays

7 – 18 Years

Get together with your friends!

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

March 13 is the last skate of the season!



KIDS PORT 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!



Skate Lessons

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

Registration For January Skate Lessons opens Wednesday Dec 17, 2025 at 9:00am

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

Skate Sharpening & Rentals

Sharpening

Rates: \$5.50/pair | \$49.50/10 Punch Card

Rentals

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

| Day | Start | Finish | Time | Code | # of classes |
|-----------------------------|--------|--------|---------|-------|--------------|
| School Age Level 1 | | | | | |
| Su | Jan 11 | Mar 8 | 10:45am | 28171 | 8 |
| Tu | Jan 13 | Mar 10 | 4:15pm | 28172 | 9 |
| School Age Level 2 | | | | | |
| Su | Jan 11 | Mar 8 | 10:45am | 28173 | 8 |
| Tu | Jan 13 | Mar 10 | 4:15pm | 28174 | 9 |
| School Age Level 3/4 | | | | | |
| Su | Jan 11 | Mar 8 | 10:45am | 28175 | 8 |
| Tu | Jan 13 | Mar 10 | 4:15pm | 28176 | 9 |
| School Age Level 5/6 | | | | | |
| Su | Jan 11 | Mar 8 | 10:45am | 28177 | 8 |
| Tu | Jan 13 | Mar 10 | 4:15pm | 28178 | 9 |

| | | |
|-------------------------|-----------|-----------|
| | 8 classes | 9 classes |
| 30 Minute Skate Lessons | \$70.00 | \$78.75 |

Private Skate Lessons

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

Sundays between 10:00-11:30am

Tuesdays between 3:30-5:00pm

RATES:

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

TO BOOK:

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



Camps

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 Recreation Centre. **Must be 6 years old by December 31, 2026 and registered in a school or home learner program.*

Squirrels Camp

5-6 Years

| | | | | |
|---|--------|-------------|--------|-------|
| F | Feb 13 | 8:15-3:30pm | \$46/1 | 28228 |
| M | Apr 20 | 8:15-3:30pm | \$46/1 | 28229 |

Bears Camp

7-11 Years

| | | | | |
|---|--------|-------------|--------|-------|
| F | Feb 13 | 8:15-3:30pm | \$46/1 | 28230 |
| M | Apr 20 | 8:15-3:30pm | \$46/1 | 28231 |

Spring 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 6 years old by December 31, 2025 and registered in a school or home learner program.*

Squirrels Camp

5-6 Years

| | | | | |
|-----|---------------|-------------|---------|-------|
| M-F | Mar 16-Mar 20 | 8:15-3:30pm | \$270/5 | 28232 |
| M-F | Mar 23-Mar 27 | 8:15-3:30pm | \$270/5 | 28233 |

Bears Camp

7-11 Years

| | | | | |
|-----|---------------|-------------|---------|-------|
| M-F | Mar 16-Mar 20 | 8:15-3:30pm | \$270/5 | 28234 |
| M-F | Mar 23-Mar 27 | 8:15-3:30pm | \$270/5 | 28235 |

Spring Break Hockey Camp

6 – 9 Years

Can't get enough of Hockey? 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, including helmet, face cage, and gloves.

Tu-F Mar 17-Mar 20 3:30-4:30pm \$46/4 28161

Face Off for Fun Spring Break Hockey Camp

3 – 9 Years

You want to try hockey but don't know where to start? Sign up and join a fun introduction to fundamental hockey this spring break. Learn the basics of the sport in a non-competitive way. Stick handling, passing, shooting, and skating skills will be incorporated to various games and fun activities. *Helmet with a face cage, shin pads, and gloves are mandatory.*

Tu-F Mar 17-Mar 20 4:45-5:15pm \$40/4 28160





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 Waltz / Foxtrot

Tu Jan 13-Feb 10 7:00-7:55pm

\$75/5

28208

Introduction to Cha Cha / Rumba

Tu Jan 13-Feb 10 8:05-9:00pm

\$75/5

28209

Intermediate Waltz

Tu Feb 24-Mar 24 7:00-7:55pm

\$75/5

28210

Introduction to Jive (East Coast Swing)

Tu Feb 24-Mar 24 8:05-9:00pm

\$75/5

28211

Introduction to Cha Cha / Rumba

Tu Apr 7-May 5 7:00-7:55pm

\$75/5

28212

Intermediate Jive (East Coast Swing)

Tu Apr 7-May 5 8:05-9:00pm

\$75/5

28213

Hula for Health



19+ Years

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

Instructor: Cheryl M.

Tu Jan 13-Feb 24 11:45am-12:30pm \$77/7 28206

Tu Mar 3-Apr 28 11:45am-12:30pm \$77/7 28207

No class Mar 17, Mar 24

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 Jan 26 5:30-8:00pm \$33/1 28202

M Apr 13 5:30-8:00pm \$33/1 28203

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

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 | Feb 23 | 5:30-8:00pm | \$36/1 | 28204 |
|---|--------|-------------|--------|-------|

NEW! Glutes, Quads, and Core

16+ Years

Come let Justin 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 | Jan 5-Feb 23 | 6:00-7:00pm | \$91/7 | 28380 |
| M | Mar 2-Apr 27 | 6:00-7:00pm | \$104/8 | 28381 |

No class Feb 16, Apr 6

Weight Room Training

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 | Jan 8 | 4:30-5:30pm | \$15/1 | 28307 |
| Su | Jan 18 | 3:00-4:00pm | \$15/1 | 28312 |
| Th | Feb 5 | 4:30-5:30pm | \$15/1 | 28308 |
| Su | Feb 22 | 3:00-4:00pm | \$15/1 | 28313 |
| Th | Mar 5 | 4:30-5:30pm | \$15/1 | 28309 |
| Su | Mar 22 | 3:00-4:00pm | \$15/1 | 28314 |
| Th | Apr 2 | 4:30-5:30pm | \$15/1 | 28310 |
| Su | Apr 12 | 3:00-4:00pm | \$15/1 | 28315 |
| Th | Apr 30 | 4:30-5:30pm | \$15/1 | 28311 |

Weight Training Introduction

16+ 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 | Jan 4-Jan 25 | 1:00-2:00pm | \$60/4 | 28384 |
| Su | Feb 1-Feb 22 | 1:00-2:00pm | \$60/4 | 28385 |
| Su | Mar 1-Mar 22 | 1:00-2:00pm | \$60/4 | 28386 |
| Su | Apr 5-Apr 26 | 1:00-2:00pm | \$60/4 | 28387 |

NEW! Arms, Back & Chest

16+ Years

Come let Justin 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 | Jan 7-Feb 25 | 6:00-7:00pm | \$104/8 | 28382 |
| W | Mar 4-Apr 29 | 6:00-7:00pm | \$117/9 | 28383 |



Group Fitness

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 | Jan 7-Feb 25 | 10:30-11:30am | \$104/8 | 28376 |
| W | Mar 4-Apr 29 | 10:30-11:30am | \$117/9 | 28377 |

Instructor: Donna T

| | | | | |
|----|---------------|---------------|---------|-------|
| Su | Jan 11-Feb 22 | 10:30-11:30am | \$91/7 | 28378 |
| Su | Mar 1-Apr 26 | 10:30-11:30am | \$104/8 | 28379 |

No class Apr 5

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 | Jan 11-Feb 22 | 11:45am-12:45pm | \$91/7 | 28374 |
| Su | Mar 1-Apr 26 | 11:45am-12:45pm | \$104/8 | 28375 |

No class Apr 5

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 | Jan 5-Feb 23 | 5:15-6:00pm | \$59.50/7 | 28414 |
| M | Mar 2-Apr 27 | 5:15-6:00pm | \$68/8 | 28415 |
| Tu | Jan 6-Feb 24 | 11:30am-12:15pm | \$68/8 | 28416 |
| Tu | Mar 3-Apr 28 | 11:30am-12:15pm | \$76.5/9 | 28417 |

No class Feb 16, Apr 6

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 | Jan 6-Feb 24 | 6:00-6:45pm | \$104/8 | 28325 |
| Tu | Mar 3-Apr 28 | 6:00-6:45pm | \$91/7 | 28326 |
| Su | Jan 11-Feb 22 | 8:15-9:00am | \$91/7 | 28323 |
| Su | Mar 1-Apr 26 | 8:15-9:00am | \$78/6 | 28324 |

No classes: Mar 15, 17, 22, 24, & Apr 5

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 | Jan 5-Feb 23 | 1:00-2:00pm | \$91/7 | 28404 |
| M | Mar 2-Apr 27 | 1:00-2:00pm | \$91/7 | 28405 |

Instructor: Candace C

Location: East Sooke Community Hall

| | | | | |
|---|---------------|-------------|--------|-------|
| M | Jan 5-Feb 9 | 5:30-6:30pm | \$78/6 | 28583 |
| M | Feb 23-Mar 30 | 5:30-6:30pm | \$78/6 | 28584 |

No class Feb 16, Mar 23, Apr 6

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 | Jan 7-Feb 25 | 11:45-12:45pm | \$104/8 | 28406 |
| W | Mar 4-Apr 29 | 11:45-12:45pm | \$104/8 | 28407 |

No class Mar 25

Yoga

Chair Yoga

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 | Jan 8-Feb 5 | 12:45-1:30pm | \$48.75/5 | 28364 |
| Th | Feb 12-Mar 12 | 12:45-1:30pm | \$48.75/5 | 28365 |
| Th | Apr 2-Apr 30 | 12:45-1:30pm | \$48.75/5 | 285557 |

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 | Jan 11-Feb 22 | 9:15-10:15am | \$91/7 | 28408 |
| Su | Mar 1-Apr 26 | 9:15-10:15am | \$104/8 | 28409 |

No class Apr 5

NEW! 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 | Jan 5-Feb 9 | 7:30-8:30pm | \$78/6 | 28412 |
| M | Feb 23-Mar 23 | 7:30-8:30pm | \$65/5 | 28413 |

Instructor: Karla S

| | | | | |
|---|----------------|-------------|--------|-------|
| M | Mar 30-Apr 27 | 7:30-8:30pm | \$52/4 | 28555 |
| | No class Apr 6 | | | |

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 | Jan 9-Feb 6 | 12:30-1:30pm | \$65/5 | 28368 |
| F | Feb 13-Mar 13 | 12:30-1:30pm | \$65/5 | 28369 |
| F | Apr 10-May 1 | 12:30-1:30pm | \$52/4 | 28558 |

NEW! Beginner Yoga

16+ Years

This class is perfect for the absolute beginner, or someone just wanting to get back into yoga and connect with their body. This class will focus on the foundations of breath, asana and meditation for a sustainable practice that supports your mind and body. Everyone is welcome.

Instructor: Britt A

| | | | | |
|----|--------------|--------------|-----------|-------|
| Tu | Jan 6-Feb 24 | 12:30-1:15pm | \$78/8 | 28390 |
| Tu | Mar 3-Apr 28 | 12:30-1:15pm | \$76.50/9 | 28391 |

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 | Jan 5-Feb 9 | 10:30-11:30am | \$78/6 | 28388 |
| M | Feb 23-Mar 23 | 10:30-11:30am | \$65/5 | 28389 |

Instructor: Jazmin H

| | | | | |
|-----------------------|---------------|---------------|--------|-------|
| M | Mar 30-Apr 27 | 10:30-11:30am | \$52/4 | 28556 |
| <i>No class Apr 6</i> | | | | |

Aerial Yoga

16+ Years

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

Instructor: Katie Q

| | | | | |
|----|---------------|-------------|--------|-------|
| Tu | Jan 6-Feb 3 | 2:00-3:00pm | \$65/5 | 28392 |
| Tu | Feb 10-Mar 10 | 2:00-3:00pm | \$65/5 | 28393 |
| Tu | Mar 31-Apr 28 | 2:00-3:00pm | \$65/5 | 28559 |
| F | Jan 9-Feb 6 | 4:45-5:45pm | \$65/5 | 28394 |
| F | Jan 9-Feb 6 | 6:00-7:00pm | \$65/5 | 28395 |
| F | Jan 9-Feb 6 | 7:15-8:15pm | \$65/5 | 28396 |
| F | Feb 13-May 13 | 4:45-5:45pm | \$65/5 | 28397 |
| F | Feb 13-May 13 | 6:00-7:00pm | \$65/5 | 28398 |
| F | Feb 13-May 13 | 7:15-8:15pm | \$65/5 | 28399 |
| F | Mar 27-May 1 | 4:45-5:45pm | \$65/5 | 28561 |
| F | Mar 27-May 1 | 6:00-7:00pm | \$65/5 | 28562 |
| F | Mar 27-May 1 | 7:15-8:15pm | \$65/5 | 28563 |

No class Apr 3

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 | Jan 11-Feb 22 | 6:00-7:00pm | \$91/7 | 28400 |
| Su | Mar 1-Apr 26 | 6:00-7:00pm | \$104/8 | 28411 |
| <i>No class Apr 5</i> | | | | |

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/W | Jan 5-Feb 25 | 2:15-3:15pm | \$195/15 | 28366 |
| M/W | Mar 2-Apr 29 | 2:15-3:15pm | \$221/17 | 28367 |

No class Feb 16 & Apr 6

DID YOU KNOW?

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

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

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

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

Parent & Baby Fitness

Parent & Baby Cycle, Core & Stretch

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

Instructor: Jenna K

| | | | | |
|---|--------------|---------------|--------|-------|
| M | Jan 5-Feb 23 | 11:45-12:45pm | \$91/7 | 28402 |
| M | Mar 2-Apr 27 | 11:45-12:45pm | \$91/7 | 28403 |

No class Feb 16, Mar 23, Apr 6

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 | Jan 8-Feb 26 | 11:30-12:30pm | \$104/8 | 28400 |
| Th | Mar 5-April 30 | 11:30-12:30pm | \$117/9 | 28401 |



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 | Jan 6-Feb 24 | 9:00-10:00am | \$68/8 | 28352 |
| Tu | Jan 6-Feb 24 | 10:15-11:15am | \$68/8 | 28353 |
| W | Jan 7-Feb 25 | 8:00-9:00am | \$68/8 | 28354 |
| Th | Jan 8-Feb 26 | 9:00-10:00am | \$68/8 | 28355 |
| Th | Jan 8-Feb 26 | 10:15-11:15am | \$68/8 | 28356 |
| F | Jan 9-Feb 27 | 8:00-9:00am | \$68/8 | 28357 |
| Tu | Mar 3-Apr 28 | 9:00-10:00am | \$76.50/9 | 28358 |
| Tu | Mar 3-Apr 28 | 10:15-11:15am | \$76.50/9 | 28359 |
| W | Mar 4-Apr 29 | 8:00-9:00am | \$76.50/9 | 28360 |
| Th | Mar 5-Apr 30 | 9:00-10:00am | \$76.50/9 | 28361 |
| Th | Mar 5-Apr 30 | 10:15-11:15am | \$76.50/9 | 28362 |
| F | Mar 6-May 1 | 8:00-9:00am | \$76.50/9 | 28363 |

No class Feb 16, Apr 3, 6

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.

Location: Knox Presbyterian Church at 2110 Church Rd.

Instructor: Colleen D

| | | | | |
|----|--------------|---------------|-----------|-------|
| Tu | Jan 6-Feb 24 | 11:45-12:45pm | \$68/8 | 28370 |
| Tu | Mar 3-Apr 28 | 11:45-12:45pm | \$76.50/9 | 28371 |

Location: SEAPARC

Instructor: Colleen D

| | | | | |
|---|--------------|---------------|--------|-------|
| F | Jan 9-Feb 27 | 10:30-11:30am | \$68/8 | 28372 |
| F | Mar 6-May 1 | 10:30-11:30am | \$68/8 | 28373 |

No class Apr 3

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

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 | Jan 5-Feb 18 | 7:00-7:45pm | \$156/13 | 28242 |
| M, W | Feb 23-Apr 29 | 7:00-7:45pm | \$168/14 | 28243 |

Mondays Only

| | | | | |
|---|---------------|-------------|--------|-------|
| M | Jan 5-Feb 9 | 7:00-7:45pm | \$78/6 | 28244 |
| M | Feb 23-Apr 27 | 7:00-7:45pm | \$78/6 | 28245 |

Wednesdays Only

| | | | | |
|---|---------------|-------------|---------|-------|
| W | Jan 7-Feb 18 | 7:00-7:45pm | \$91/7 | 28246 |
| W | Feb 25-Apr 29 | 7:00-7:45pm | \$104/8 | 28247 |

No class Feb 16, Mar 16, Mar 18, Mar 23, Mar 25, Apr 6, Apr 20

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 |

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

Adult Skate Lessons -

19+ Years

Learn to Ice Skate

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 Jan 11-Mar 8 10:00-10:30am \$72/8 28158

No class Feb 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 between 10:00-11:30am
Tuesdays between 3:30-5:00pm

RATES:

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

TO BOOK:

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

Adult Hockey

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

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

Su 9:30-10:45pm Drop in rates

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 | Jan 11 | 9:30-10:45pm | Drop-in rates |
| Su | Feb 15 | 9:30-10:45pm | Drop-in rates |
| Su | Mar 8 | 9:30-10:45pm | Drop-in rates |

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 7-Jun 9 | 11:30-12:45pm | Drop-in rates |
| Th | Apr 9-Jun 11 | 6:00-7:15pm | Drop-in rates |



NEW! 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

| | | | |
|---|---------------|-------------|---------------|
| W | Apr 15-Jun 10 | 5:30-7:30pm | Drop-in rates |
|---|---------------|-------------|---------------|

REGIONAL ANNUAL PASS

\$600/year

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



Walking & Running

Hike Club

All Ages

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

Instructor: SEAPARC Staff & Volunteers

Location: Mary Vine Creek Falls

| | | | | |
|----|--------|--------|------|-------|
| Sa | Jan 10 | 1:30pm | FREE | 28564 |
|----|--------|--------|------|-------|

Location: Sugarloaf Mountain

| | | | | |
|----|-------|--------------|------|-------|
| Sa | Feb 7 | 11:30-2:30pm | FREE | 28565 |
|----|-------|--------------|------|-------|

Location: Waugh Creek Falls and Suspension Bridge

| | | | | |
|----|--------|-------------|------|-------|
| Sa | Mar 14 | 1:30-3:30pm | FREE | 28566 |
|----|--------|-------------|------|-------|

Location: Upper Thetis Lake Trail

| | | | | |
|----|--------|--------------|------|-------|
| Sa | Apr 11 | 11:30-1:00pm | FREE | 28567 |
|----|--------|--------------|------|-------|

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 5 or 10-week clinic will have you ready to run the TC 10Km on Sunday April 26. 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 | Jan 14-Feb 11 | 5:30-6:30pm | \$42.50/5 | 28418 |
| W | Feb 18-Apr 22 | 5:30-6:30pm | \$85/10 | 28419 |

Interested in being a Volunteer Run Leader?

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

Workshops

Better Blood Sugar: Nutrition for Diabetes Workshop

This interactive workshop goes beyond basic meal plans to explore a holistic approach to managing diabetes and prediabetes. Participants will learn how to create balanced, blood sugar friendly meals using real, whole foods; understand how sleep, stress, macronutrients, digestion support and movement affect glucose levels. Discover approachable solutions for building sustainable habits to support you with managing blood sugar. Workshop includes digital hand outs.

Instructor: Meagan McKinney HN, NNCP

| | | | | |
|---|--------|-------------|--------|-------|
| W | Feb 18 | 5:00-6:00pm | \$20/1 | 28304 |
| W | Apr 15 | 5:00-6:00pm | \$20/1 | 28305 |

Better Balance: A Supportive New Year Reset for Nutrition, Mind, and Body

Start the new year with a gentle, supportive approach to caring for yourself through nourishment. No strict diets, calorie counting, or resolutions required. This workshop invites participants to pause, reflect, and explore their relationship with food through a holistic and sustainable approach. Together, we'll look at ways to nourish your body, recharge your mind, and create small, meaningful routines that feel good and fit your unique needs. Whether you're looking to refresh your daily habits, reconnect with your intentions, or simply show yourself a little more kindness this season, this workshop offers a warm space to reset and refocus.

Instructor: Meagan McKinney HN, NNCP

| | | | | |
|---|--------|-------------|--------|-------|
| W | Jan 21 | 5:00-6:00pm | \$20/1 | 28303 |
|---|--------|-------------|--------|-------|

NEW! Leverage Your Squat

16+ Years

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

Instructor: Justin L

| | | | | |
|---|--------|-------------|--------|-------|
| F | Jan 24 | 4:15-5:15pm | \$15/1 | 28420 |
|---|--------|-------------|--------|-------|

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 | Mar 11 | 5:00-6:00pm | \$20/1 | 28553 |
|---|--------|-------------|--------|-------|

NEW! Date Night Out: Moving Together

16+ Years

In this partner workout, you will explore some reformer on the floor exercises to work your core along with a variety of fun and innovative exercises you can do together. Drop-the kids off at our Craft, Pool and Pizza night and start your Valentine's Date night with a workout together with your partner. You will leave feeling invigorated and more connected. Registration is for one couple.

Instructor: Donna T

| | | | | |
|----|--------|-------------|--------|-------|
| Sa | Feb 14 | 4:00-5:00pm | \$20/1 | 28317 |
|----|--------|-------------|--------|-------|

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

| | | | | |
|----|--------|-------------|--------|-------|
| Su | Jan 18 | 1:00-2:30pm | \$20/1 | 28319 |
|----|--------|-------------|--------|-------|

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 Feb 21 1:00-2:30pm \$20/1 28422

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 Jan 17 1:00-2:30pm \$20/1 28421

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 Mar 14 1:00-2:30pm \$20/1 28423



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

Su Feb 8 11:00-12:00pm \$15/1 28281

How to Optimize Fertility Naturally!

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

Instructor: Donna O

Su Jan 25 11:00-12:00pm \$15/1 28282



JANUARY FIT PASS \$20

Available for purchase December 3

5 drop-in admissions for just \$20 | Turn your Fit Pass into a monthly or annual pass!

Ask reception for details!

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 | Jan 24 | 1:00-2:00pm | \$15/1 | 28424 |
| Sa | Mar 21 | 1:00-2:00pm | \$15/1 | 28425 |

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 | Apr 18 | 1:00-2:30pm | \$20/1 | 28320 |
|----|--------|-------------|--------|-------|

“Your Perfect Pigeon”

16+ Years

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

Instructor: Donna T

| | | | | |
|----|--------|-------------|--------|-------|
| Su | Feb 22 | 7:15-8:45pm | \$20/1 | 28318 |
|----|--------|-------------|--------|-------|



Personal Training

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

To book:

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

Pricing (plus tax)

Packages expire 6 months from purchase date

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

Weight Room Orientations

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

Group & Team Training available upon request. Please contact Fitness Coordinator for availability and rates.

jkurylo@crd.bc.ca

Trainers:

COLLEEN DILALLO

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

JENNA KURYLO

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

DAVE RISTAU

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

MAURICE ALTONA

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

JUSTIN LANGILLE

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



Aquatic Programs & Training

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

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 | Jan 13-Mar 10 | 4:00-5:00pm | \$67.5/9 | 28716 |
| Th | Jan 15-Mar 12 | 4:00-5:00pm | \$67.5/9 | 28715 |
| Tu | Apr 7-June 2 | 4:00-5:00pm | \$67.5/9 | TBD |
| Th | Apr 9-June 4 | 4:00-5:00pm | \$67.5/9 | TBD |



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 to 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.

Set 1

Beginner Level

| | | | | |
|----|---------------|---------------|---------|-------|
| Sa | Jan 10-Mar 7 | 11:30-12:30pm | \$120/8 | 28542 |
| Tu | Jan 13-Mar 10 | 6:30-7:30pm | \$135/9 | 28540 |

Intermediate Level

| | | | | |
|-----|---------------|---------------|---------|-------|
| Th | Jan 15-Mar 12 | 7:00-8:00pm | \$135/9 | 28544 |
| Fri | Jan 16-Mar 13 | 11:15-12:15pm | \$135/9 | 28546 |

Set 2

Beginner Level

| | | | | |
|----|--------------|---------------|---------|-------|
| Sa | Apr 11-Jun 6 | 11:30-12:30pm | \$120/8 | 28543 |
| Tu | Apr 7-Jun 7 | 7:00-8:00pm | \$135/9 | 28541 |

Intermediate Level

| | | | | |
|-----|--------------|---------------|---------|-------|
| Th | Apr 9-Jun 4 | 7:00-8:00pm | \$135/9 | 28545 |
| Fri | Apr 10-Jun 5 | 11:15-12:15pm | \$135/9 | 28547 |

No class Feb 14 & May 16



NEW! Drop in Swim Lessons

Try swim lessons as a drop in participant. Are you wanting to try a lesson, are not able to commit to a full set, or looking for extra practice time? Try this format. Book your class online a head 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 increase 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

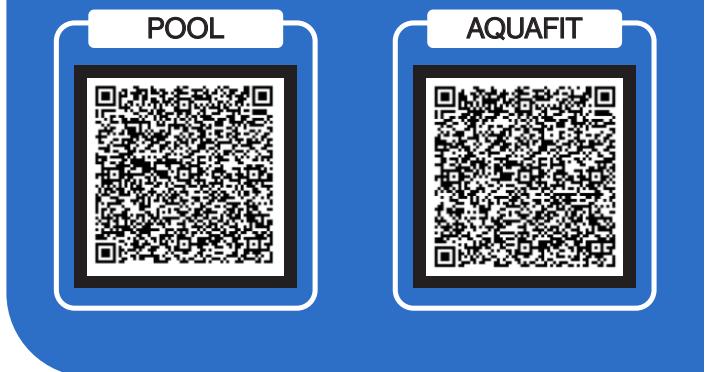
A drop-in swim workout focused on stroke correction, improving endurance, and developing skills. Great for those training for triathlons, open-water swimming, surfing, or former club swimmers coming back to their sport. New swimmers are welcome daily, meet the other participants and coach on deck at 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 with support from Neil Harvey.

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

Regular admission rates apply. Included with membership.

SCAN TO VIEW LIVE SCHEDULE



SEAPARC SWIM LESSONS

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

Winter Set: January 10-March 13

| Classes Viewable Online | | December 3, 9:00am | | |
|-------------------------|--------------|---------------------|----------|-----------|
| Registration | | December 17, 9:00am | | |
| Day of Week | # of Classes | First Day | Last Day | No Lesson |
| Saturday | 8 | Jan 10 | March 7 | Feb 14 |
| Sunday | 8 | Jan 11 | March 8 | Feb 15 |
| Monday | 8 | Jan 12 | March 9 | Feb 16 |
| Tuesday | 9 | Jan 13 | March 10 | |
| Wednesday | 9 | Jan 14 | March 11 | |
| Thursday | 9 | Jan 15 | March 12 | |
| Friday | 9 | Jan 16 | March 13 | |

Spring Set: April 7-June 6

| Classes Viewable Online | | March 4, 9:00am | | |
|-------------------------|--------------|------------------|----------|-----------|
| Registration | | March 18, 9:00am | | |
| Day of Week | # of Classes | First Day | Last Day | No Lesson |
| Saturday | 8 | April 11 | June 6 | May 16 |
| Sunday | 7 | April 12 | May 31 | May 17 |
| Monday | 7 | April 13 | June 1 | May 18 |
| Tuesday | 9 | April 7 | June 2 | |
| Wednesday | 9 | April 8 | June 3 | |
| Thursday | 9 | April 9 | June 4 | |
| Friday | 9 | April 10 | June 5 | |

| 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 withdraw 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



PRESCHOOL AGES 3-5 YEARS



PARENT & TOT 4-36 MONTHS

1 - Jellyfish (4-12 Months)

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

2 - Goldfish (12-24 Months)

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

3 - Seahorse (24-36 Months)

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

Preschool 1 Octopus

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

Preschool 2 – Crab

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

Preschool 3 – Orca

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

Preschool 4 – Sea Lion

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

Preschool 5 – Narwhal

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



SWIMMERS 6-12 YEARS

Swimmer 1

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

Swimmer 2

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

Swimmer 3

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

Swimmer 4

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

Swimmer 5

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

Swimmer 6

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

Swimmer 7/Rookie Patrol

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

Swimmer 8/Ranger Patrol

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

Swimmer 9/Star Patrol

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



Aquatic Training & First Aid

Bronze Medallion

13+ Years

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

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

Includes: Lifesaving Manual

Total Required Training Time: 20 hours

| | | | | |
|-----------------|-------------|-------------|-------|-------|
| Su | Feb 1-Mar 8 | 1:00-5:00pm | \$182 | 28548 |
| No class Feb 15 | | | | |

Bronze Cross

13+ Years

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

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

Total Required Training Time: 20 hours

| | | | | |
|-----------------|---------------|-------------|-------|-------|
| Su | Apr 26-May 31 | 1:00-5:00pm | \$182 | 28549 |
| No class May 17 | | | | |



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: Minimum 15 years old (by last day of course), Bronze Cross, Standard First Aid..

Includes: Alert Manual

Total Required Training Time: 44 hours

TBA

National Lifeguard Re-Cert

15+ Years

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

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

Total Required Training Time: 8 hours

TBA

Standard First Aid with CPR-C

13+ Years

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

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

Total Required Training Time: 16 hours

TBA

Swim Instructor

15+ Years

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

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

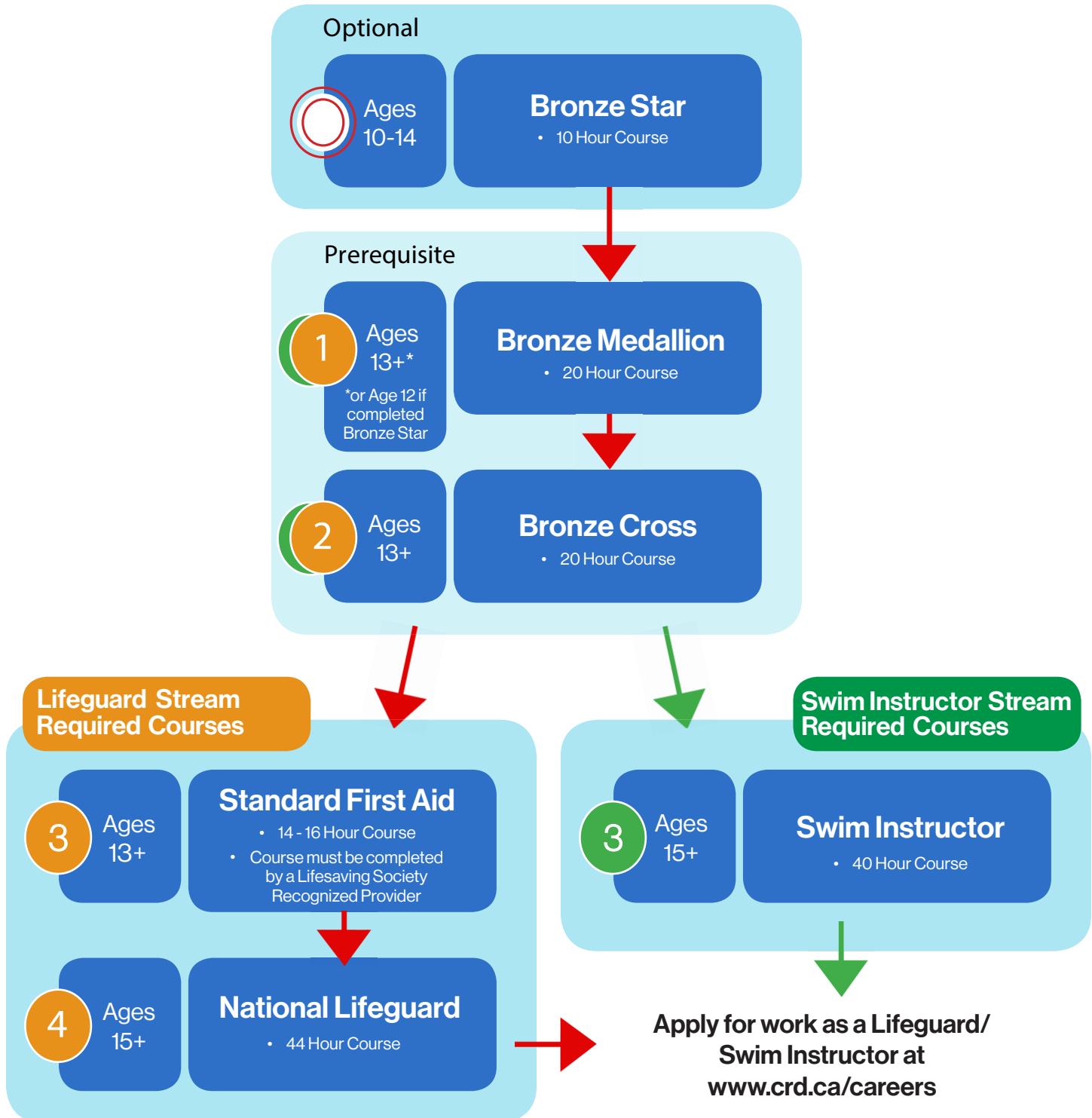
Includes: Swim Instructor Manual

Total Required Training Time: 40 hours

TBA

How to Become a Lifeguard and Swim Instructor

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





SEAPARC

RECREATION CENTRE DROP-IN ADMISSIONS & MEMBERSHIPS INCLUDE:

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

