



Adult / Racquets

Swimming

Adult Swim Lessons All Ages

This program is designed to meet the individual needs of teens and adults. The built-in flexibility of the program allows the instructor to tailor the classes to meet your needs based on personal goals and rate of progress.

• Gordon Head Recreation Centre

Beginner Swim Lessons

280559	M	Jan 05-Mar 09	8:30pm- 9:30pm	10/\$58
280560	M	Mar 23-Jun 08	8:30pm- 9:30pm	10/\$58

Int/Adv Swim Lessons

280561	W	Jan 07-Mar 11	8:30pm- 9:30pm	10/\$68
280562	W	Mar 25-Apr 29	8:30pm- 9:30pm	6/\$40
280571	W	May 06-Jun 10	8:30pm- 9:30pm	6/\$40

Adult Swimming Lessons 16yrs +

Our Beginner program is for those with no swimming experience and is a good start for people that are nervous around water. The Intermediate program is for those that want to refine their strokes as well as build endurance. Our instructors will tailor each class to meet your own personal goals.

• Saanich Commonwealth Place

Beginner

278650	Tu	Jan 06-Mar 10	7:30pm- 8:15pm	10/\$58
278659	Th	Jan 08-Mar 12	7:30pm- 8:15pm	10/\$58
278658	Tu	Mar 24-Jun 16	7:30pm- 8:15pm	13/\$75
278662	Th	Mar 26-Jun 18	7:30pm- 8:15pm	13/\$75

Intermediate

278672	Tu	Jan 06-Mar 10	7:30pm- 8:30pm	10/\$68
278676	Th	Jan 08-Mar 12	7:30pm- 8:30pm	10/\$68
278674	Tu	Mar 24-Jun 16	7:30pm- 8:30pm	13/\$88
278677	Th	Mar 26-Jun 18	7:30pm- 8:30pm	13/\$88

Masters Swim Program 16yrs +

All levels of swimmers are welcome. Based on a structured swim progression and includes stroke improvement. Whether you are training for a triathlon, a Masters swim meet, or just training for fitness, this program is for you. Designed and led by certified coaches. For more information call 744-DO IT (3648)

• Saanich Commonwealth Place

Masters Swim - January to June, 2009

283150	M, W, F	Jan 05-Jun 19	12:00pm- 1:00pm	72/\$299
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Masters Swimming - January-March, 2009

283151	M, W, F	Jan 05-Mar 27	12:00pm- 1:00pm	36/\$169
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Masters Swimming - March to June, 2009

283152	M, W, F	Mar 30-Jun 19	12:00pm- 1:00pm	36/\$169
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Swim Fit 16yrs +

SwimFit is a basic swim stroke improvement session that is ideal for novice or intermedi-

ate swimmers who would like to improve their technique and fitness. If you can swim 50 meters, we can do the rest. A great start for those who would like to complete a triathlon. Designed and led by experienced coaches. For more information call 744-DO IT (3648)

• Saanich Commonwealth Place

283145	M, W	Jan 05-Feb 25	10:15am-11:30am	16/\$119
283146	M, W	Mar 02-Apr 22	10:15am-11:30am	16/\$119
283147	M, W	Apr 27-Jun 17	10:15am-11:30am	16/\$119

Racquets

Squash Adult Beginners 15yrs +

The beginner course provides new players with an understanding of the rules and other essentials including correct grip, serving technique, return of serve, basic forehand/backhand drive...you'll be playing games too! Complete the course and receive a 30 day trial membership.

• Cedar Hill Recreation Centre

Benjamin Uliana

285123	M	Jan 19-Feb 09	7:15pm- 8:00pm	4/\$47
285124	M	Feb 16-Mar 09	7:15pm- 8:00pm	4/\$47
285125	M	Mar 16-Apr 06	7:15pm- 8:00pm	4/\$47
285126	M	Apr 20-May 11	7:15pm- 8:00pm	4/\$47
285127	M	May 25-Jun 15	7:15pm- 8:00pm	4/\$47

Squash Drills and Skills (Level C and D) 13yrs and up

If you are looking to get into shape for the upcoming season, this is a program for you! Skill development, match play and fitness will be just some of the fundamentals incorporated to each 1.5 hour session. Prior experience is an asset.

• Cedar Hill Recreation Centre

Benjamin Uliana

287646	M	Jan 19-Feb 23	8:00pm- 9:30pm	6/\$94
287647	M	Mar 02-Apr 06	8:00pm- 9:30pm	6/\$94
287648	M	Apr 20-Jun 01	8:00pm- 9:30pm	6/\$94

Squash Junior Development Ages 12-14yrs 11-14yrs

Beginner/Intermediate level. These sessions introduce students to all the basic shots and strategies. Racquets and safety glasses are included.

• Cedar Hill Recreation Centre

Benjamin Uliana

285139	Tu	Jan 20-Feb 10	3:45pm- 5:00pm	4/\$47
285140	Tu	Feb 17-Mar 10	3:45pm- 5:00pm	4/\$47
285141	Tu	Mar 24-Apr 14	3:45pm- 5:00pm	4/\$47
285142	Tu	Apr 21-May 12	3:45pm- 5:00pm	4/\$47
287645	Tu	May 19-Jun 09	3:45pm- 5:00pm	4/\$47

Squash Junior Development Ages

8-10yrs

Beginners. Learn to play! We teach fundamental racquet and ball skills, learn basic shots and play games.

• Cedar Hill Recreation Centre

Benjamin Uliana

285143	W	Jan 21-Feb 11	3:30pm- 4:15pm	4/\$34
285144	W	Feb 18-Mar 11	3:30pm- 4:15pm	4/\$34
285145	W	Mar 25-Apr 15	3:30pm- 4:15pm	4/\$34
285146	W	Apr 22-May 13	3:30pm- 4:15pm	4/\$34
288045	W	May 20-Jun 10	3:30pm- 4:15pm	4/\$34

Squash Women's Coach and Play

15yrs +

These intro classes cover the essentials of rules and basic technique. Half the class we will work on your technique, the other half you will play.

• Cedar Hill Recreation Centre

Benjamin Uliana

285147	F	Jan 16-Feb 06	12:00pm- 1:30pm	4/\$32.38
285148	F	Feb 13-Mar 06	12:00pm- 1:30pm	4/\$32.38
285149	F	Mar 13-Apr 03	12:00pm- 1:30pm	4/\$32.38
285150	F	Apr 10-May 01	12:00pm- 1:30pm	4/\$32.38
287996	F	May 08-29	12:00pm- 1:30pm	4/\$32.38

Tennis Adult Development 15yrs +

For those players who want to take their game to the next level. High intensity drills focusing on consistency, spins, depth and tactics. Sunday Dev.1: 3.0-3.5, Tuesday Dev.2: 3.5-4.0, Thursday Dev.3: 4.0-4.5.

• Cedar Hill Recreation Centre

285159	Tu	Jan 13-Mar 17	7:00pm- 9:00pm	10/\$199
285160	Th	Jan 15-Mar 26	7:00pm- 9:00pm	10/\$199
285161	Su	Jan 18-Mar 22	7:00pm- 9:00pm	10/\$199
285162	Su	Mar 29-Jun 14	7:00pm- 9:00pm	10/\$199
285163	Th	Apr 02-Jun 04	7:00pm- 9:00pm	10/\$199

Tennis -Elite Training 12yrs +

These classes are designed to hit lots of balls and improve your game with point play. Focus will be on consistency, depth, tactics, movement.

Coach- Nick Coutts and Patrick Flint.

Level 3.5-4.0- Fri 5:30-7p Sat. 1:30p-3:30p

Level 4.0-4.5- Mon 8:30p-10:30p, Fri 4-5:30p, Sat 3:30-5:30 Level 4.5 + - Sat 5:30p-7:30p

• Cedar Hill Recreation Centre

285307	M	Jan 12-Mar 16	8:30pm-10:30pm	10/\$300
285311	F	Jan 16-Apr 03	4:00pm- 5:30pm	10/\$225
285312	F	Jan 16-Apr 03	5:30pm- 7:00pm	10/\$225
285313	Sa	Jan 17-Apr 04	1:30pm- 3:30pm	10/\$300
285314	Sa	Jan 17-Apr 04	3:30pm- 5:30pm	10/\$300
287700	Sa	Jan 17-Apr 04	5:30pm- 7:30pm	10/\$300



Racquets

Tennis- Junior Team Tennis 9-17yrs

Players will be put into teams of six based on age and ability so each team will be balanced. Singles and doubles will be played. You must be able to play sets from the baseline. Full rules will be available at reception once schedule is made. Teams and schedules will be available for pickup. T-shirt included. Play may also be at Recreation Oak Bay -Sundays- 2 -4:30pm.

• Cedar Hill Recreation Centre

285269 Sa Feb 14-May 09 9:00am- 1:30pm 10/\$125

Tennis Kids-All levels 4-7yrs

MINI TENNIS. Introduction to basic hand-eye coordination and strokes using games and drills. Parents are encouraged to be involved in class! 4 and 5yr olds 4:30-5pm, 6 and 7 yr olds 5- 5:30pm.

• Cedar Hill Recreation Centre

285180 Tu Jan 13-Feb 17 4:30pm- 5:00pm 6/\$25
 287145 Tu Jan 13-Feb 17 5:00pm- 5:30pm 6/\$25
 285181 Tu Feb 24-Apr 07 4:30pm- 5:00pm 6/\$25
 287146 Tu Feb 24-Apr 07 5:00pm- 5:30pm 6/\$25
 285182 Tu Apr 14-May 19 4:30pm- 5:00pm 6/\$25
 287147 Tu Apr 14-May 19 5:00pm- 5:30pm 6/\$25
 285183 Tu May 26-Jun 30 4:30pm- 5:00pm 6/\$25
 287148 Tu May 26-Jun 30 5:00pm- 5:30pm 6/\$25

Tennis Learn then Play -2.0-3.0

15yrs +

A great way to develop skills, hit lots of balls, and meet others. There will be 45 min of instruction , tactics and then 45 min of supervised game play .

• Cedar Hill Recreation Centre

285185 Tu Jan 13-Feb 17 12:00pm- 1:30pm 6/\$87
 285186 Tu Feb 24-Mar 31 12:00pm- 1:30pm 6/\$87
 285187 Tu Apr 07-May 12 12:00pm- 1:30pm 6/\$87
 285188 Tu May 19-Jun 23 12:00pm- 1:30pm 6/\$87

Tennis Learn then Play- 3.0-4.0

15yrs +

A great way to develop skills, hit lots of balls, and meet others. There will be 45 min of instruction , tactics and then 45 min of supervised game play .

• Cedar Hill Recreation Centre

285189 M Jan 12-Feb 16 5:30pm- 7:00pm 6/\$87
 285190 M Feb 23-Mar 30 5:30pm- 7:00pm 6/\$87
 285191 M Apr 06-May 25 5:30pm- 7:00pm 6/\$87
 287845 M Jun 01-29 5:30pm- 7:00pm 5/\$73

Tennis Level 1 15yrs +

Beginner. Self-Rating N.T.R.P 1.0-2.0. Just starting to play or may have limited playing experience.

• Cedar Hill Recreation Centre

285192 Tu Jan 13-Feb 17 5:30pm- 7:00pm 6/\$78

285193 W Jan 14-Feb 18 6:00pm- 7:30pm 6/\$78
 285194 Tu Feb 24-Mar 31 5:30pm- 7:00pm 6/\$78
 285195 W Mar 04-Apr 08 6:00pm- 7:30pm 6/\$78
 285196 Tu Apr 07-May 12 5:30pm- 7:00pm 6/\$78
 285197 W Apr 15-May 20 6:00pm- 7:30pm 6/\$78
 285198 Tu May 19-Jun 23 5:30pm- 7:00pm 6/\$78
 285199 W May 27-Jun 24 6:00pm- 7:30pm 5/\$65

Tennis Level 2 15yrs +

Refresher. Self-Rating N.T.R.P.2.0-2.5. For those players who have had lessons before but play infrequently and need to further develop basic skills.

• Cedar Hill Recreation Centre

285201 M Jan 12-Feb 16 7:00pm- 8:30pm 6/\$78
 285202 W Jan 14-Feb 18 6:00pm- 7:30pm 6/\$78
 285203 W Jan 14-Feb 18 7:30pm- 9:00pm 6/\$78
 285205 W Mar 04-Apr 08 6:00pm- 7:30pm 6/\$78
 285206 W Mar 04-Apr 08 7:30pm- 9:00pm 6/\$78
 285208 W Apr 15-May 20 6:00pm- 7:30pm 6/\$78
 285209 W Apr 15-May 20 7:30pm- 9:00pm 6/\$78
 285210 W May 27-Jun 24 7:30pm- 9:00pm 5/\$65
 285211 W May 27-Jun 24 6:00pm- 7:30pm 5/\$65
 285204 M Feb 23-Mar 30 7:00pm- 8:30pm 6/\$78
 285207 M Apr 06-May 25 7:00pm- 8:30pm 6/\$78
 285212 M Jun 01-29 7:00pm- 8:30pm 5/\$65

Tennis Level 3 15yrs +

Intermediate. Self-Rating N.T.R.P.2.5-3.0. For those players who have considerable playing experience. Level 3 will focus on consistency, spins and strategy.

• Cedar Hill Recreation Centre

285213 M Jan 12-Feb 16 7:00pm- 8:30pm 6/\$78
 285214 W Jan 14-Feb 18 7:30pm- 9:00pm 6/\$78
 285215 M Feb 23-Mar 30 7:00pm- 8:30pm 6/\$78
 285216 W Mar 04-Apr 08 7:30pm- 9:00pm 6/\$78
 285217 M Apr 06-May 25 7:00pm- 8:30pm 6/\$78
 285218 W Apr 15-May 20 7:30pm- 9:00pm 6/\$78
 285219 W May 27-Jun 24 7:30pm- 9:00pm 5/\$65
 287846 M Jun 01-29 7:00pm- 8:30pm 5/\$65

Tennis Mixed Social 18yrs +

A coordinator is on hand to arrange games. Must be able to rally and play Doubles games. Self-Rating Wed-4.0+, Thurs & Fri-3.0+

• Cedar Hill Recreation Centre

285223 W Jan 14-Feb 25 9:00am-10:30am 7/\$75
 285224 Th Jan 15-Feb 26 9:00am-10:30am 7/\$75
 285225 F Jan 16-Feb 27 9:00am-10:30am 7/\$75
 285226 W Mar 04-Apr 15 9:00am-10:30am 7/\$75
 285227 Th Mar 05-Apr 16 9:00am-10:30am 7/\$75
 285228 F Mar 06-Apr 17 9:00am-10:30am 7/\$75
 285229 W Apr 22-May 27 9:00am-10:30am 6/\$64
 285230 Th Apr 23-May 28 9:00am-10:30am 6/\$64
 285231 F Apr 24-May 29 9:00am-10:30am 6/\$64

Tennis U16 Junior Development 12-

16yrs

For the advanced player who is interested in taking their game to the next level and compete. Must be able to rally 10 times in a row and have confidence in serve and volley. The class will be divided into two levels.

• Cedar Hill Recreation Centre

285240 Su Jan 18-Mar 08 5:00pm- 7:00pm 8/\$159
 285241 Su Mar 29-May 31 5:00pm- 7:00pm 10/\$199

Tennis Womens Social 18yrs +

A coordinator is on hand to arrange games. Must be able to rally and play Doubles games. Self-Rating 2.5+

• Cedar Hill Recreation Centre

285242 Tu Jan 13-Feb 24 10:30am-12:00pm 7/\$75
 285243 Tu Mar 03-Apr 14 10:30am-12:00pm 7/\$75
 285244 Tu Apr 21-May 26 10:30am-12:00pm 6/\$64

Tennis Youth (12-14yrs) Level 1 12-

14yrs

For the novice player. Intro to basic hand-eye coordination and strokes using games and drills.

• Cedar Hill Recreation Centre

285245 Th Jan 15-Feb 19 4:00pm- 5:00pm 6/\$45
 285246 Th Mar 05-Apr 16 4:00pm- 5:00pm 6/\$45
 285247 Th Apr 23-May 28 4:00pm- 5:00pm 6/\$45

Tennis Youth (12-14yrs) Level 2 12-

14yrs

For the player with limited experience. Has already taken tennis and been introduced to the game. Further development of ground strokes, serve and volley.

• Cedar Hill Recreation Centre

285249 Th Jan 15-Feb 19 5:00pm- 6:00pm 6/\$45
 285250 Th Mar 05-Apr 16 5:00pm- 6:00pm 6/\$45
 285251 Th Apr 23-May 28 5:00pm- 6:00pm 6/\$45

Tennis Youth (12-14yrs) Level 3 12-

14yrs

For the player who can rally from baseline, serve full court, and has basic understanding of tennis. Continuation of technique and intro on tactics.

• Cedar Hill Recreation Centre

285253 Th Jan 15-Feb 19 6:00pm- 7:00pm 6/\$45
 285254 Th Mar 05-Apr 16 6:00pm- 7:00pm 6/\$45
 285255 Th Apr 23-May 28 6:00pm- 7:00pm 6/\$45

Tennis Youth (8-11yrs) Level 1 8-11yrs

For the novice player. Intro to basic hand-eye coordination and strokes using games and drills.

• Cedar Hill Recreation Centre

285257 Th Jan 15-Feb 19 4:00pm- 5:00pm 6/\$45
 285258 Th Mar 05-Apr 16 4:00pm- 5:00pm 6/\$45
 285259 Th Apr 23-May 28 4:00pm- 5:00pm 6/\$45



Racquets / Skating

Tennis Youth (8-11yrs) Level 2 8-11yrs

For the player with limited experience. Has already taken tennis and been introduced to the game. Further development of ground strokes, serve and volley.

• Cedar Hill Recreation Centre

285261	Th	Jan 15-Feb 19	5:00pm-6:00pm	6/\$45
285262	Th	Mar 05-Apr 16	5:00pm-6:00pm	6/\$45
285263	Th	Apr 23-May 28	5:00pm-6:00pm	6/\$45

Tennis Youth (8-11yrs) Level 3 8-11yrs

For the player who can rally from baseline, serve full court, and has basic understanding of tennis. Continuation of technique and intro on tactics.

• Cedar Hill Recreation Centre

285265	Th	Jan 15-Feb 19	6:00pm-7:00pm	6/\$45
285266	Th	Mar 05-Apr 16	6:00pm-7:00pm	6/\$45
285267	Th	Apr 23-May 28	6:00pm-7:00pm	6/\$45

Skating

Family Skating

Skate-Family Skate Lessons 2-65yrs

Enjoy some family time...Learn to skate in this family class. Bring your family, up to 5 members and learn to skate together with an instructor. HELMETS AND GLOVES MANDATORY.

Pearkes Recreation Centre

271069	Tu	Jan 06-Feb 24	6:45pm-7:15pm	8/\$80
271068	W	Jan 07-Feb 25	5:15pm-5:45pm	8/\$80
271075	Sa	Jan 10-Feb 28	10:00am-10:30am	7/\$70
271077	Sa	Jan 10-Feb 28	12:00pm-12:30pm	7/\$70
271071	Tu	Mar 03-Apr 21	6:45pm-7:15pm	7/\$70
271070	W	Mar 04-Apr 22	5:15pm-5:45pm	8/\$80
271076	Sa	Mar 07-Apr 25	10:00am-10:30am	7/\$70
271078	Sa	Mar 07-Apr 25	12:00pm-12:30pm	7/\$70

Skate-Parent & Tot Lessons 2-4yrs

Tots introduced to skating in a fun, play based atmosphere. Parents must be comfortable skaters. Magenta skills taught as a group with time provided for individual practice. HELMETS AND GLOVES MANDATORY.

• Pearkes Recreation Centre

271240	Tu	Jan 06-Feb 24	6:15pm-6:45pm	8/\$41.25
271246	Tu	Jan 06-Feb 24	6:15pm-6:45pm	8/\$41.25
271241	W	Jan 07-Feb 25	9:45am-10:15am	7/\$29
271242	W	Jan 07-Feb 25	5:45pm-6:15pm	8/\$41.25
271243	Th	Jan 08-Feb 26	1:30pm-2:00pm	8/\$33
271244	F	Jan 09-Feb 27	9:45am-10:15am	7/\$29
271245	Sa	Jan 10-Feb 28	10:30am-11:00am	7/\$36
271253	Tu	Mar 03-Apr 21	6:15pm-6:45pm	7/\$36
271248	W	Mar 04-Apr 22	9:45am-10:15am	8/\$33
271249	W	Mar 04-Apr 22	5:45pm-6:15pm	8/\$41.25
271247	Th	Mar 05-Apr 23	1:30pm-2:00pm	7/\$29
271254	F	Mar 06-Apr 10	9:45am-10:15am	5/\$25
271252	Sa	Mar 07-Apr 25	10:30am-11:00am	7/\$36

Spikes & Tykes 2-4yrs

Parent & Tot Lessons designed for non-skating parents who wear spiked shoe covers keeping them stable on ice, while tot learns in skates. Spike rentals included in cost and available through key exchange at skate shop.

• Pearkes Recreation Centre

271469	Tu	Jan 06-Feb 24	5:45pm-6:15pm	8/\$49.50
271465	W	Jan 07-Feb 25	6:15pm-6:45pm	8/\$49.50
271471	W	Jan 07-Feb 25	9:45am-10:15am	7/\$36
271466	Th	Jan 08-Feb 26	1:30pm-2:00pm	8/\$41.25
271467	F	Jan 09-Feb 27	9:45am-10:15am	7/\$36
271468	Sa	Jan 10-Feb 28	10:00am-10:30am	7/\$43.25
271470	Tu	Mar 03-Apr 21	5:45pm-6:15pm	7/\$43.25
271472	W	Mar 04-Apr 22	6:15pm-6:45pm	8/\$49.50
271482	W	Mar 04-Apr 22	9:45am-10:15am	8/\$41.25
271473	Th	Mar 05-Apr 23	1:30pm-2:00pm	7/\$36
271477	F	Mar 06-Apr 10	9:45am-10:15am	5/\$25
271474	Sa	Mar 07-Apr 25	10:00am-10:30am	7/\$43.25

Adult Skating Lessons

Skate-Standing Stiff 16yrs+

Beginners who want to improve their level of comfort as they learn basic skating skills. Learn gliding, stopping, and introduction to backwards skating. Helmets are mandatory.

• Pearkes Recreation Centre

271483	Tu	Jan 06-Feb 24	7:15pm-8:05pm	8/\$64
271484	Tu	Mar 03-Apr 21	7:15pm-8:05pm	7/\$56

Skate-Next Step 16yrs+

Skaters that are comfortable on skates who are looking for instruction on striding, turning, new stops, backwards skating and forward crossovers. Must be comfortable at stopping.

• Pearkes Recreation Centre

271190	Tu	Jan 06-Feb 24	7:15pm-8:05pm	8/\$64
271191	Tu	Mar 03-Apr 21	7:15pm-8:05pm	7/\$56

Skate-Smooth Striders 16yrs+

Get ready to master your skills! Backwards crossovers, advanced stopping, turning and advanced backward skating.

• Pearkes Recreation Centre

271462	Tu	Jan 06-Feb 24	7:15pm-8:05pm	8/\$64
271463	Tu	Mar 03-Apr 21	7:15pm-8:05pm	7/\$56

Skate-Adult Figure Skating Lesson

16yrs+

An introductory class in figure skating for comfortable skaters. Get ready, you'll be learning spins, edges and possibly even jumps!

• Pearkes Recreation Centre

271023	Tu	Jan 06-Feb 24	7:15pm-8:05pm	8/\$64
271024	Tu	Mar 03-Apr 21	7:15pm-8:05pm	7/\$56

Power Skating

Skate-Power Skate Advanced 7-8yrs

Dennise Bowles of Power Unlimited brings years of experience and expertise to this program. Take your game to the next level with Victoria's leading power skating instructor. Balance, acceleration, agility, speed, explosive starts, edge control and game stride are all part of this challenging and rewarding program. Full gear required.

• Pearkes Recreation Centre

Dennise Bowles

271263	Tu	Jan 06-Feb 24	3:45pm-4:35pm	7/\$86
271264	Tu	Mar 03-Apr 21	3:45pm-4:35pm	7/\$86

Skate-Power Skating 11-14yrs

Dennise Bowles of Power Unlimited brings years of experience and expertise to this program. Take your game to the next level with Victoria's leading power skating instructor. Balance, acceleration, agility, speed, explosive starts, edge control and game stride are all part of this challenging and rewarding program. Full gear required.

• Pearkes Recreation Centre

Dennise Bowles

11-14 yrs

271267	M	Jan 05-Feb 23	4:45pm-5:45pm	8/\$116
271268	M	Mar 02-Apr 20	4:45pm-5:45pm	7/\$102

11-13 yrs Adv

271269	M	Jan 05-Feb 23	5:55pm-6:55pm	8/\$116
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Skate-Power Skating Advanced 14-

17yrs

Dennise Bowles of Power Unlimited brings years of experience and expertise to this program. Take your game to the next level with Victoria's leading power skating instructor. Balance, acceleration, agility, speed, explosive starts, edge control and game stride are all part of this challenging and rewarding program. Full gear required.

• Pearkes Recreation Centre

Dennise Bowles

271276	M	Jan 05-Feb 23	7:05pm-8:05pm	8/\$116
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Skate-Power Skating 7-8yrs

Dennise Bowles of Power Unlimited brings years of experience and expertise to this program. Take your game to the next level with Victoria's leading power skating instructor. Balance, acceleration, agility, speed, explosive starts, edge control and game stride are all part of this challenging and rewarding program. Full gear required.

• Pearkes Recreation Centre