



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



Skating

Dennise Bowles

7-8 yrs

271281	Tu	Jan 06-Feb 24	3:45pm-4:35pm	7/\$86
271282	Tu	Mar 03-Apr 21	3:45pm-4:35pm	7/\$86
Pro D Day 1/2 day camp (8-10yrs)				
271284	F	Feb 20	12:00pm-1:00pm	1/\$32

Skate-Power Skating 9-10yrs

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

271285	Tu	Jan 06-Feb 24	4:45pm-5:35pm	8/\$98
271286	Tu	Mar 03-Apr 21	4:45pm-5:35pm	7/\$86

Skate-Power Skating 19yrs+

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

271289	M	Mar 02-Apr 20	5:55pm-6:55pm	7/\$222
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Hockey Programs

Skate-Pearkes Hockey Program

Skater 6-12yrs

Enjoy this program designed to give kids a chance to develop their hockey skills in a fun environment. Participants work on their skills in games and drills, followed by a modified game. Players registered in Minor Hockey are not permitted to register in this program. Participants should be comfortable skaters and capable of stopping. Full gear required.

- **Pearkes Recreation Centre**

271261	Th	Jan 08-Apr 23	5:00pm-6:00pm	15/\$96
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Skate-Tot Hockey 3-5yrs

Basic hockey skills in a fun based class. Players must have completed Purple or skate quickly, stop effectively and be able to skate backward. Full gear required.

- **Pearkes Recreation Centre**

271527	Tu	Jan 06-Feb 24	6:45pm-7:15pm	8/\$48
271526	Su	Jan 11-Mar 01	12:15pm-1:00pm	6/\$45
271530	Tu	Mar 03-Apr 21	6:45pm-7:15pm	7/\$42
271528	Su	Mar 08-Apr 19	12:15pm-1:00pm	7/\$45

Skate-Adult Hockey Skills - Goalie All

Ages

- **Pearkes Recreation Centre**

271026	Th	Jan 08-Feb 26	7:30pm-8:50pm	8/\$0
271027	Th	Mar 05-Apr 23	7:30pm-8:50pm	8/\$0
271028	M	Jan 05-Feb 02	9:00am-10:15am	5/\$0
271029	M	Mar 09-Apr 20	9:00am-10:15am	6/\$0

Skate-Adult Hockey Skills - Player

19yrs+

This fun class allows you to improve your passing, stick handling, shooting skills and ends with an informal scrimmage. This is a co-ed program. Full gear required.

- **Pearkes Recreation Centre**

271034	Th	Jan 08-Feb 26	7:30pm-8:50pm	8/\$128
271035	Th	Mar 05-Apr 23	7:30pm-8:50pm	8/\$128
271032	M	Jan 05-Feb 02	9:00am-10:15am	5/\$24
271033	M	Mar 09-Apr 20	9:00am-10:15am	6/\$28

Skate-Goalie Time Recreational

8-15yrs

This goalie program is designed for beginner to intermediate goalies who want to learn and improve on goalie specific skills. Min. 1 year experience. (Not recommended for advanced goalies.)

- **Pearkes Recreation Centre**

Beginner and Intermediate goalies

271089	Th	Jan 08-Feb 26	6:10pm-7:20pm	8/\$64
271090	Th	Mar 05-Apr 23	6:10pm-7:20pm	8/\$64

Skate-Parent & Child Hockey Social

3-10yrs

- **Pearkes Recreation Centre**

271235	Su	Jan 11-Feb 22	12:15pm-1:35pm	5/\$50
271236	Su	Mar 01-Apr 19	12:15pm-1:35pm	8/\$80

Skate-Pearkes Hockey Program

Goalie 6-12yrs

Enjoy this program designed to give kids a chance to develop their hockey skills in a fun environment. Participants work on their skills in games and drills, followed by a modified game. Participants should be comfortable skaters and capable of stopping. Full gear required.

- **Pearkes Recreation Centre**

271259	Th	Jan 08-Apr 23	5:00pm-6:00pm	15/\$0
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Skate-Private Lessons All Ages

Private/Semi-Private/Group Lessons

- **Pearkes Recreation Centre**

271319	Tu	Apr 28-Jun 16	5:45pm-8:05pm	7/\$15
271313	Tu-Sa	Jan 06-Apr 25	5:45pm-8:15pm	74/\$15
271293	W	Jan 07-Apr 22	7:45pm-8:35pm	15/\$15
271295	W	Jan 07-Apr 22	4:45pm-5:15pm	16/\$15
271298	W	Jan 07-Apr 22	7:15am-8:00am	16/\$0
271296	Sa	Jan 10-Apr 25	9:15am-10:00am	14/\$15

Skate-Women's Reg. Hockey Goalie

19yrs+

- **Pearkes Recreation Centre**

271534	W	Jan 07-Apr 22	8:45pm-10:05pm	16/\$128
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Skate-Women's Reg'd Hockey Skater

19yrs+

Join this fun supervised recreational in-house hockey just for women! This program is offered for beginner and intermediate players. Full gear required.

- **Pearkes Recreation Centre**

271536	W	Jan 07-Apr 22	8:45pm-10:05pm	16/\$256
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Swimming

Advanced Aquatics

Swim Patrol 8-12yrs

A three-level program introduces kids to the world of lifesaving. Have fun while working towards your Rookie, Ranger and Star Patrol awards. Each level includes three modules: Water Proficiency, Rescues, and First Aid.

- **GORDON HEAD RECREATION CENTRE**

279911	Sa	Jan 10-Mar 14	10:00am-11:00am	10/\$66
279912	Su	Mar 29-Jun 07	10:00am-11:00am	9/\$60

Bronze Star 12-14yrs

Your first step to become a lifeguard. Candidates learn CPR, land spinal recovery, solo and partner rescues, searches and other rescue and first aid skills. Pre-Requisites: Star Patrol (Recommended), 12 years old (Recommended) and the ability to swim easily 100 metres (Required).

- **SAANICH COMMONWEALTH PLACE**

278545	Sa	Jan 10-Feb 07	10:30am-12:30pm	5/\$86
278553	Sa	Mar 28-May 02	10:30am-12:30pm	5/\$86

Bronze Medallion and Bronze Cross

13-50yrs

Must be able to swim 600m in 18 minutes by the end of the course. Manual included. Pre-requisites: Bronze Star by the first day of the course (Recommended), or 13 years of age (Recommended if participant has Bronze Star, required if they have not taken Bronze Star).

- **GORDON HEAD RECREATION CENTRE**

279199	F-Su	Jan 30-Feb 15		9/\$225
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F 5:00-9:00pm

Sa-Su 1:00-5:00pm

279201	W, M	Apr 15-May 13	5:00-9:00pm	9/\$225
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- **SAANICH COMMONWEALTH PLACE**

Bronze Medallion

278554	Su	Feb 15-Mar 08	1:00-6:00pm	4/\$130
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