

# ADULT PROGRAMS

# Fall 2025



## ARTS - DANCE, MUSIC & THEATRE

### HULA HAWAIIAN DANCE

The Hula is accompanied by music or traditional chant. Hands tell a story while hips sway to keep the rhythm of the dance. Easy and light, yet great for core muscles and joints. What a fun way to stay in shape!

#### SAANICH COMMONWEALTH PLACE

[Belle Perez De Tagle](#)

144669	Th	Sep 18-Oct 30	1:45-2:45pm	7/\$67
144670	Th	Nov 6-Dec 18	1:45-2:45pm	7/\$67

### LINE DANCING - CORDOVA BAY 55+

Learn basic dance patterns and put them together into a line dance. This course is ideal for those who are familiar with some basic steps and not recommended if you have no prior line dance experience. Drop-in fee available: \$9 per session. A partner is not required.

#### CORDOVA BAY 55 PLUS ASSOCIATION

[Vicky McCulloch](#)

144855	F	Sep 12-Oct 24	10:15-11:30am	7/\$56
144856	F	Oct 31-Dec 12	10:15-11:30am	7/\$56

### SOCIAL BALLROOM DANCE

Put your dance lessons to work! These ballroom dances are fun, friendly and inclusive and all dancers are welcome. Featuring complimentary refreshments, door prizes, and a fabulous selection of the best ballroom, Latin, and swing dance music. Programs start with a one hour workshop on a new dance, followed by general dancing.

#### SAANICH COMMONWEALTH PLACE

[E & R Ballroom Dance](#)

144989	Sa	Oct 25	7-9:45pm	\$15
144990	Sa	Nov 22	7-9:45pm	\$15

## HOW TO REGISTER

**ONLINE** at [saanich.ca/Recreation](https://saanich.ca/Recreation)

**PHONE** 250-475-7600

**IN PERSON** at any of our  
4 Recreation Centres



### SOCIAL BALLROOM DANCE - PRE-BRONZE

A full-year course for individuals who have completed Level 3. The course will cover new dance figures and focus on enhancing overall dancing quality. The samba and quickstep will also be introduced.

#### SAANICH COMMONWEALTH PLACE

[E & R Ballroom Dance](#)

144759	Su	Sep 21-Nov 23	4-5:10pm	9/\$150
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### SOCIAL BALLROOM DANCE - BRONZE

The next level after pre-bronze is a year-long course that introduces new steps and the technical skills required to master these figures, emphasizing the importance of both our dancing ability and the dances we perform.

#### SAANICH COMMONWEALTH PLACE

[E & R Ballroom Dance](#)

144755	Su	Sep 21-Nov 23	5:15-6:25pm	9/\$150
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### SOCIAL BALLROOM DANCE - BEYOND BRONZE

A challenging full-year course for those who have completed bronze. More intricate figures will be introduced along with increased emphasis on technique and style.

#### SAANICH COMMONWEALTH PLACE

[E & R Ballroom Dance](#)

144754	Su	Sep 21-Nov 23	6:30-7:40pm	9/\$150
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### SOCIAL BALLROOM DANCE - LEVEL 1

Our most popular ballroom course, this program introduces popular ballroom dances including the waltz, foxtrot, tango, cha-cha and jive. A fun, social activity you'll be able to enjoy for the rest of your life, with many physical and mental benefits. Perfect for beginners or as a refresher.

#### SAANICH COMMONWEALTH PLACE

[E & R Ballroom Dance](#)

144756	Su	Sep 21-Nov 30	4-5pm	10/\$140
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## SOCIAL BALLROOM DANCE - LEVEL 2

Level 1 figures will be reviewed before introducing new material, combined with style and technique tips to help you look and feel your best on the dance floor.

### SAANICH COMMONWEALTH PLACE

#### E & R Ballroom Dance

144757 Su Sep 21-Nov 30 5:05-6:05pm 10/\$140

## SOCIAL BALLROOM DANCE - LEVEL 3

Level 2 figures will be reviewed before we introduce new figures in all six dances, combined with style and technique tips. Samba and/or quickstep may be introduced.

### SAANICH COMMONWEALTH PLACE

#### E & R Ballroom Dance

144758 Su Sep 21-Nov 30 6:10-7:10pm 10/\$140

## UKULELE - BEGINNERS

The "Uke" is making a comeback! It's fun, affordable, and easy to play. This course is for folks who are new to playing the ukulele and who have little to no musical experience. Join our group as we learn to strum basic chords and sing popular songs. Uke can do it!

### SAANICH COMMONWEALTH PLACE

#### Len Knoke

144764 Tu Sep 23-Nov 25 11am-12pm 8/\$95

144765 Th Sep 25-Nov 13 6-7pm 8/\$95

## UKULELE - CONTINUING

This class is designed for those who have taken the Beginner course already or have some experience with the basics and would like to continue expanding their repertoire.

### SAANICH COMMONWEALTH PLACE

#### Len Knoke

144766 Th Sep 25-Nov 13 7:15-8:15pm 8/\$95

## ARTS - VISUAL ARTS

## DRAWING - BEGINNERS

Learn to demystify the art of drawing. Instructor Belle Perez de Tagle will guide you through this introductory course so you can learn the basics needed to improve your drawing skills.

### SAANICH COMMONWEALTH PLACE

#### Belle Perez De Tagle

144667 Th Sep 18-Oct 30 3:15-5pm 7/\$129

144668 Th Nov 6-Dec 18 3:15-5pm 7/\$129

## PAINTING - BEGINNER ACRYLICS

Learn painting in an easy and fun class that gets results. No lesson is too frustrating or hard for anyone. Learn drawing, colour mixing and brush stroke techniques. Progress quickly and enjoy the art of acrylic painting. All essential supplies are included in the program fee.

### SAANICH COMMONWEALTH PLACE

#### Belle Perez De Tagle

144762 Tu Sep 16-Oct 28 1:15-3pm 6/\$110

144763 Tu Nov 4-Dec 16 1:15-3pm 6/\$110

## PAINTING - BEGINNER WATERCOLOURS

Learn the basics of colour mixing and brushwork as you paint along with easy-to-follow instructions. Begin layering washes to make objects appear 3-dimensional and learn how to create highlights and shadows. You'll quickly gain confidence with this enjoyable, stress relieving medium.

### SAANICH COMMONWEALTH PLACE

#### Belle Perez De Tagle

144985 Tu Sep 16-Oct 28 3:15-5pm 6/\$110

144987 Tu Nov 4-Dec 16 3:15-5pm 6/\$110

## OUTDOOR RECREATION - WALKS

## WALKING IN EUROPE - CAMINO PORTUGUESE

Provides an overview of the Walking in Europe presentations, featuring two popular routes from Porto to Santiago. Both the coastal and Interior hiking routes will be discussed, which are approximately 259 km long. Experience the richness of Portuguese culture and friendly hospitality. Highlights include route logistics, services, and key sites.

### SAANICH COMMONWEALTH PLACE

144781 Th Sep 18 6-8pm \$10

## WALKING IN EUROPE - FRANCE AND IRELAND

This session highlights walking trails in France and Ireland, including the GR10, an 866-kilometer trek through the Pyrenees, and the Dingle Way, which features stunning coastal views and charming villages. Both routes offer diverse landscapes, rich culture, and an immersive experience in nature's beauty and history.

144782 Th Nov 27 6-8pm \$10

## SOCIAL - GAMES & CLUBS

## MAHJONG - BEGINNER

Beginner players learn the fascinating mind game, Mahjong, from master teacher Belle. Mahjong is a game of skill, strategy, and calculation and involves a degree of chance. It also helps keep your brain sharp! Hong Kong Mahjong is played.

### SAANICH COMMONWEALTH PLACE

#### Belle Perez De Tagle

144679 W Sep 17-Oct 29 1-2:30pm 7/\$74

144680 W Nov 5-Dec 17 1-2:30pm 7/\$74

## HOW TO REGISTER

**ONLINE** at [Saanich.ca/Recreation](http://Saanich.ca/Recreation)

**PHONE** 250-475-7600

**IN PERSON** at any of our  
4 Recreation Centres



PARKS, RECREATION  
& COMMUNITY SERVICES

### MAHJONG - DROP-IN

The Mahjong drop-in sessions are for players who have taken Belle's classes and want to continue playing to keep up their skills. Hong Kong Mahjong played.

#### SAANICH COMMONWEALTH PLACE

[Belle Perez De Tagle](#)

Wednesday's Sep 17-Dec 17 1-4 pm

Senior drop-in fee per session: \$6.75

or use a Saanich monthly or annual pass



### MAHJONG - CONTINUING

Players with some experience develop their Mahjong skills by learning from master teacher Belle. Mahjong is a game of skill, strategy, and calculation that involves a degree of chance. It also helps keep your brain sharp! Hong Kong Mahjong is played.

#### SAANICH COMMONWEALTH PLACE

[Belle Perez De Tagle](#)

144681 W Sep 17-Oct 29 2:30-4:00pm 7/\$74

144682 W Nov 5-Dec 17 2:30-4:00pm 7/\$74

## SPORTS

### ARCHERY - BEGINNER

Always wanted to shoot a bow and arrow? Learn basic archery skills and fundamental mechanics. A great opportunity to meet new people and enjoy this popular sport. All equipment supplied.

#### SAANICH COMMONWEALTH PLACE

[Victoria Bowmen Association](#)

144632 Su Sep 21-Nov 9 11am-12pm 8/\$135

### ARCHERY - CONTINUING

Comfortable with the basics? This is your chance to improve your skills and mechanics and practice, practice, practice! All equipment will be supplied. A great way to develop your accuracy and technique.

#### SAANICH COMMONWEALTH PLACE

[Victoria Bowmen Association](#)

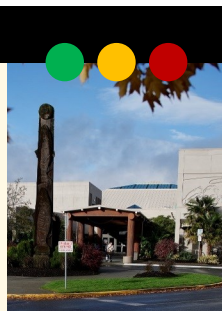
144633 Su Sep 21-Nov 9 12pm-1pm 8/\$135

## FACILITY STATUS

Know before you go!

If you are wondering if there are any closures at Saanich Commonwealth Place? View the operating status of any Saanich recreation facility on [saanich.ca](http://saanich.ca) anytime. Bookmark the page today!

[saanich.ca/status](http://saanich.ca/status)



### ARCHERY - RESERVED DROP IN SHOOT

Ever wanted to discover your inner Robin Hood? Come try your hand at Archery with our experienced facilitators, who will give you the basics to get started. All equipment is supplied. (\$12 per drop-in; Access Passes not valid for this program) Participants can reserve a spot for this session seven days in advance.

#### SAANICH COMMONWEALTH PLACE

[Victoria Bowmen Association](#)

144621 M Sep 15 8-9:30pm \$12

144622 M Sep 22 8-9:30pm \$12

144623 M Sep 29 8-9:30pm \$12

144624 M Oct 6 8-9:30pm \$12

144625 M Oct 20 8-9:30pm \$12

144626 M Oct 27 8-9:30pm \$12

144627 M Nov 3 8-9:30pm \$12

144628 M Nov 10 8-9:30pm \$12

144629 M Nov 17 8-9:30pm \$12

144630 M Nov 24 8-9:30pm \$12

144631 M Dec 1 8-9:30pm \$12

144784 M Dec 8 8-9:30pm \$12

144785 M Dec 15 8-9:30pm \$12

144786 M Dec 22 8-9:30pm \$12

### ARCHERY - YOU AND ME 8yrs+ P

This is a fun family activity for parents or guardians and children aged 8 and older. Join us to learn basic archery skills together. All equipment is provided; registration is required for each participant. The cost is per person.

#### SAANICH COMMONWEALTH PLACE

[Victoria Bowmen Association](#)

146019 F Sep 19-Oct 24 5-6pm 6/\$57

146020 F Sep 19-Oct 24 6-7pm 6/\$57

146021 F Sep 19-Oct 24 7-8pm 6/\$57

146022 F Nov 7-Dec 19 5-6pm 6/\$57

146023 F Nov 7-Dec 19 6-7pm 6/\$57

146024 F Nov 7-Dec 19 7-8pm 6/\$57

P = PARENT OR CAREGIVER PARTICIPATION REQUIRED



## FLOOR HOCKEY - YOU AND ME 7-10yrs

This is a time for parents, guardians, and their kids to play floor hockey together. You'll play games, but most of all, you'll have an awesome time playing together. Registration is required for each participant; the cost is per person.

### SAANICH COMMONWEALTH PLACE

146053	M	Sep 22-Nov 3	5:15-6:15pm	6/\$51
146054	M	Nov 10-Dec 15	5:15-6:15pm	6/\$51

## PICKLEBALL - CLINIC 1.0 NOVICE

Our clinics are a great chance to grow your pickleball skills, learn new techniques and practice your game. This clinic is geared towards novice players at a 1.0 skill level or comfortable playing with players at this level or above.

### SAANICH COMMONWEALTH PLACE

[Andy Vixaysouk](#)

144687	Tu	Sep 16-Oct 28	12-1:30pm	6/\$50
144688	Tu	Nov 4-Dec 16	12-1:30pm	6/\$50

## PICKLEBALL - CLINIC 2.0 INTERMEDIATE

Our clinics are a great chance to grow your pickleball skills, learn new techniques and practice your game. This clinic is geared towards intermediate/experienced players at a 2.0 skill level or comfortable playing with players at this level.

### SAANICH COMMONWEALTH PLACE

[Andy Vixaysouk](#)

144689	Th	Sep 18-Oct 30	11:45am-1:30pm	7/\$68
144690	Th	Nov 6-Dec 18	11:45am-1:30pm	7/\$68

## PICKLEBALL - CLINIC 3.0 EXPERIENCED

Our clinics are a great chance to grow your pickleball skills, learn new techniques and practice your game. This clinic is geared towards experienced or competitive players of a 3.0 skill level or comfortable playing with players at this level.

### SAANICH COMMONWEALTH PLACE

[Andy Vixaysouk](#)

144691	Sa	Sep 20-Nov 1	8-10am	7/\$77
144692	Sa	Nov 8-Dec 20	8-10am	6/\$66

## PICKLEBALL - LEARN TO PLAY

Interested in playing pickleball? This beginner class covers the basics, including techniques, tactics, scoring and positioning. No experience necessary. Please provide your own paddle if possible.

### SAANICH COMMONWEALTH PLACE

[Andy Vixaysouk](#)

144870	M	Sep 15-Nov 3	10:30am-12pm	7/\$132
144871	M	Nov 10-Dec 15	10:30am-12pm	6/\$113
144873	M	Sep 15-Nov 3	12-1:30pm	7/\$132
144874	M	Nov 10-Dec 15	12-1:30pm	6/\$113
144878	F	Sep 19-Oct 31	12-1:30pm	7/\$132
144881	F	Nov 7-Dec 19	12-1:30pm	7/\$132

## SPORTS - INDOOR BIKE TRAINING

Looking to build fitness and have fun? Led by certified cycling and triathlon coaches, these progressive workouts will improve your outdoor cycling-racing or recreational. Thursday night sessions include an optional run after the ride. All abilities welcome. Must supply bike and stationary trainer (some trainers are available to borrow).

### SAANICH COMMONWEALTH PLACE

[Paul Regensburg - Pinnacle Fitness](#)

145096	T,Th	Sep 16-Dec 18	6-7:15pm	26/\$299
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### TUESDAY ONLY

145097	Tu	Sep 16-Dec 16	6-7:15pm	12/\$169
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### THURSDAYS ONLY

145098	Th	Sep 18-Dec 18	6-7:15pm	14/\$169
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## TRAINING & EDUCATION - COOKING

## AUTHENTIC INDIAN - BUTTER CHICKEN AND HOMEMADE NAAN

Uncover the secrets of Indian cuisine! Learn to cook delicious Indian food, with special emphasis on techniques that bring maximum flavour from a whole range of spices. Tonight's menu includes butter chicken, homemade naan bread, spiced vegetables, homemade chutneys and more.

### ROYAL OAK MIDDLE SCHOOL

[Chef Heidi Fink](#)

147022	Tu	Dec 2	6-9:30pm	\$109
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## AUTHENTIC INDIAN BASIC - HOMESTYLE CHICKEN CURRY & DAHL

This class is for those who love authentic Indian cuisine but can never make it taste just "right." Learn the key techniques that make vibrant, full-bodied Indian food. Highlights of tonight's menu include lentil dahl, fresh green chutney, homemade curry powder, fragrant chicken curry with basmati rice, and much more.

### ROYAL OAK MIDDLE SCHOOL

[Chef Heidi Fink](#)

147021	Tu	Nov 25	6-9:30pm	\$109
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## MEET THE INSTRUCTOR

### Heidi Fink

Heidi Fink is a chef, food writer, and award-winning culinary instructor, specializing in local ingredients and international cuisines. Previously Executive Chef of ReBar Modern Food and a culinary instructor at Camosun College, Heidi now shares her knowledge and enthusiasm through her classes, recipes and culinary tours.

She is the host of CHEK TV's cooking show, *Cookin' on the Coast*, and the chef representative for Vancouver Island's own Country Grocer. [www.chefheidifink.com](http://www.chefheidifink.com)

## KNIFE SKILLS

Join Chef Heidi for a hands-on knife skills class. Learn safe, efficient chopping techniques, knife care, and classic cuts. Use your new skills to prep a delicious, shared meal, including salsa, soup, stir fry, and more.

### ROYAL OAK MIDDLE SCHOOL

Chef Heidi Fink

147017 Tu Oct 21 6-9:30pm \$109

## PIE-MAKING 101

Struggle with pastry? This fun, hands-on class will teach you step-by-step how to make a perfect fruit pie. Learn simple, foolproof techniques and take home your very own pie to impress family and friends. Easy as pie

### ROYAL OAK MIDDLE SCHOOL

Chef Heidi Fink

147016 Tu Oct 7 6-9:30pm \$109

## SPANISH CUISINE

Flavourful Spanish tapas, authentic seafood paella, and mouthwatering vegetables will be on the menu as we explore some of the highlights of Spanish cuisine. Learn where to find Spanish ingredients locally, how to plan a Spanish-themed dinner party, and eat your fill at tonight's class. Recipe booklet included.

### ROYAL OAK MIDDLE SCHOOL

Chef Heidi Fink

147020 Tu Nov 18 6-9:30pm \$109

## TACO PARTY!

Join a fun cooking class focused on authentic Mexican flavours. Learn to make soft masa tacos with flank steak, chicken, spiced beans, homemade green and red salsas, Mexican green rice, and rich Mexican chocolate brownies.

### ROYAL OAK MIDDLE SCHOOL

Chef Heidi Fink

147014 Tu Sep 23 6-9:30pm \$109

## THAI AT HOME - GREEN CURRY AND PAD THAI

This class will take those familiar with basic Thai cooking to the next level. Exploring ingredients and cooking techniques will help you make delicious, authentic Thai food. The menu includes Tom Kha Kai (chicken soup with coconut milk), green curry paste from scratch, shrimp pad Thai, and more.

### ROYAL OAK MIDDLE SCHOOL

Chef Heidi Fink

147019 Tu Nov 4 6-9:30pm \$109

## THAI AT HOME BASIC - RED CURRY AND TOM YUM

Thai food may seem complex, but you can make many authentic dishes simply and quickly! Learn how to get the most from basic Thai ingredients and cooking techniques as you make foods like Thai hot and sour soup, red coconut chicken curry, spicy tofu noodles, mango rice pudding, and more.

### ROYAL OAK MIDDLE SCHOOL

Chef Heidi Fink

147018 Tu Oct 28 6-9:30pm \$109

## SPORTS - MARTIAL ARTS

### AIKIDO - SHIODA STYLE 12yrs+

Explore the martial art of Aikido and develop mind-body connection, fitness, balance and self-defence skills in a noncompetitive, collaborative partner practice. Circular movements redirect the body and energy of attackers with a focus on timing, control, and sensitivity. 10 class passes available: adult 10/\$100, student 10/\$80.

### PROSPECT LAKE COMMUNITY HALL

#### Island Aikido

145242	Tu	Sep 9-Oct 28	7-8:30pm	7/\$70
145243	Th	Sep 11-Oct 30	7-8:30pm	8/\$80
145244	Su	Sep 14-Nov 2	10:30am-12pm	8/\$80
146290	Tu	Nov 4-Dec 16	7-8:30pm	6/\$60
146292	Th	Nov 6-Dec 18	7-8:30pm	7/\$70
146293	Su	Nov 9-Dec 14	10:30am-12pm	6/\$60

### KARATE - TEENS AND ADULTS 12yrs+

From basic karate for the beginner to self-defence weapons for the advanced. You will learn traditional Japanese Shito Ryu School.

### SAANICH COMMONWEALTH PLACE

#### Victoria Renshikan Karate

146058	Tu	Sep 16-Dec 16	7:35-9pm	12/\$192
146059	Tu,Th	Sep 16-Dec 18	7:35-9pm	26/\$364
146060	Th	Sep 18-Dec 18	7:35-9pm	14/\$224

### IAIDO 14yrs+

Learn the Japanese martial art of the samurai sword. Beginners will require a bokuto/bokken (wooden sword). Registration required.

### LOCHSIDE ELEMENTARY SCHOOL

144854 W,F Sep 17-Dec 12 7:30-9pm 26/\$65

## TRAINING & EDUCATION - EMERGENCY

### PREPAREDNESS 101: EMERGENCY PREPAREDNESS BEGINS WITH YOU

Are you and your family ready for an emergency? The Saanich Emergency Program offers individual and family emergency preparedness presentations for residents of Saanich. Learn how to plan and prepare before disaster strikes.

### SAANICH COMMONWEALTH PLACE

144750 Tu Nov 4 7:15-8:45pm FREE

## HOW TO REGISTER

ONLINE at [saanich.ca/Recreation](https://saanich.ca/Recreation)

PHONE 250-475-7600

IN PERSON at any of our  
4 Recreation Centres



PARKS, RECREATION  
& COMMUNITY SERVICES

## TRAINING & EDUCATION - FIRST AID & CPR

### EMERGENCY FIRST AID (EFA) WITH CPR-C 12yrs+

Emergency First Aid is a WorkSafeBC Basic First Aid equivalent and can be used in the workplace. Using hands-on training and practice, this basic first aid course will give you confidence to respond effectively in an emergency. You will learn lifesaving skills such as CPR/AED and obstructed airway procedures to respond to adult, child, and infant emergencies. You will also learn to recognize and respond to respiratory and circulatory emergencies including asthma, allergic reactions, heart attack, stroke, and bleeding. Prerequisite: None (recommended 13 years of age). Candidates must bring a government issued ID.

#### SAANICH COMMONWEALTH PLACE

147239 Sa Nov 8 9am-6pm \$109

### STANDARD FIRST AID (SFA) WITH CPR-C 12yrs+

Standard First Aid is a WorkSafeBC Intermediate First Aid equivalent and can be used in the workplace. This course includes comprehensive training covering all aspects of first aid, CPR and AED use. Whether you need training for employment or simply want to be prepared to respond to life-threatening emergencies, this course will give you the skills and knowledge to act with confidence. In addition to the material covered in Emergency First Aid, candidates will learn how to treat head/neck injuries, soft tissue and skeletal injuries and medical emergencies.

#### SAANICH COMMONWEALTH PLACE

147240 Sa,Su Nov 8-9 9am-6pm 2/\$179

### STANDARD FIRST AID (SFA) WITH CPR C - RECERTIFICATION 12YRS+

Standard First Aid certifications are valid for three years. After three years, the SFA holder must attend an SFA Recertification course. At the beginning of the course, the SFA holder must show proof of the original certification to the instructor.

#### SAANICH COMMONWEALTH PLACE

147243 Sa Dec 6 9am-6:00pm \$109

## TRAINING & EDUCATION - LECTURE

### FIGHT BACK FOR WOMEN - PART 1 14yrs+

We offer participants personal awareness strategies to reduce the risks of sudden violence and street crime. Our program builds confidence and provides practical skills to manage real-world encounters. Methods are simple and adaptable for all ages and abilities. Participants aged 14 and 15 must register with a Adult or guardian.

#### SAANICH COMMONWEALTH PLACE

Sheepdog Self-Protection Inc.

146049 F Sep 19 7-10pm \$125

### FIGHT BACK FOR WOMEN 14yrs+ P

We offer participants personal awareness strategies to reduce the risks of sudden violence and street crime. Our program builds confidence and provides practical skills to manage real-world encounters. Methods are simple and adaptable for all ages and abilities. Participants aged 14 and 15 must register with a Adult or guardian.

#### SAANICH COMMONWEALTH PLACE

Sheepdog Self-Protection Inc.

146050 Sa Nov 29 9am-12pm \$125

## TRAINING & EDUCATION - TECHNOLOGY

### IPAD - MASTERING THE BASICS & BEYOND

Are you using the basic features of your iPad, but wondering what else you can do with it? Join Mandy for this slower paced, encouraging, and relaxed workshop - all levels are welcome! Explore important settings, contacts, email, privacy and security, FaceTime, and many other useful tips and tricks.

#### SAANICH COMMONWEALTH PLACE

Mandy Ospina

144671 Tu Sep 16-23 12:30-2:30pm 2/\$79

### IPHONE - MASTERING THE BASICS & BEYOND

There's so much more your iPhone can do - here's where to start! Join Mandy for this slower-paced, encouraging and relaxed workshop. Explore important settings, texting, phone and contacts, privacy and security, email and many other useful tips and tricks.

#### SAANICH COMMONWEALTH PLACE

Mandy Ospina

144672 Tu Oct 7-21 12:30-2pm 3/\$89

### IPHONE AND IPAD - EVERYTHING PHOTOS

iPhones and iPads are many peoples' primary cameras. Join Mandy and learn how to use your iPhone or iPad to capture and edit images and video. Take panoramic photos, apply filters, create mini slideshows and more. Explore different ways to publish and share.

#### SAANICH COMMONWEALTH PLACE

Mandy Ospina

144676 Tu Nov 18-Dec 2 12:30-2pm 3/\$89

### IPHONE AND IPAD - ALL ABOUT THE APPS

After mastering iPhone or iPad basics, it's all about the apps! Explore your device's standard apps and how to manage them. Learn about the home screen, widgets, the app library including clock, weather, calculator, voice memos, Safari and updates. Explore free downloadable apps and considerations when evaluating new apps.

#### SAANICH COMMONWEALTH PLACE

Mandy Ospina

144673 Tu Dec 9-16 12:30-2pm 2/\$59

## IPHONE AND IPAD - LEVEL 2

If you've taken iPhone or iPad Mastering the Basics, join Mandy for Level 2 and explore how to find and download an app, add appointments to the calendar, use Siri to assist with tasks, use widgets, make grocery lists in the Notes app, and other tips for texting, phone calls, and privacy and security.

### SAANICH COMMONWEALTH PLACE

Mandy Ospina

144677 Tu Oct 28-Nov 4 12:30-2pm 2/\$59

## IPHONE AND IPAD - WHAT'S NEW IN IOS26 (19)

iOS 26 new version of the iPhone and iPad's operating system, and with it comes some changes and new features! Join Mandy at this one-day workshop to learn what's new. If we have time, we will also have a look at some of common iPhone and iPad questions and troubleshooting.

### SAANICH COMMONWEALTH PLACE

Mandy Ospina

144678 F Oct 17 10am-12pm \$39

## NORDIC POLE WALKING - INTRODUCTION

Learn the basics of Nordic pole walking with a short video presentation, instructions and practical experience to familiarize and gain proficiency with walking with poles. Some walking poles will be available or participants can bring their own.

### SAANICH COMMONWEALTH PLACE

144683 Sa Oct 11 1-2:30pm \$15

144684 Sa Oct 11 2:30-4:00pm \$15

## TRAINING & EDUCATION - GENERAL

### DOG - FAMILY DOG MANNERS

This class utilizes reward-based training to teach dogs 5 months and older essential commands like sit, stay, and come, while also addressing behavioral issues, such as jumping. Small class sizes ensure attention, but dogs must be non-aggressive and comfortable around others. Proof of vaccination is required for participation.

### SAANICH COMMONWEALTH PLACE

Alison Stephens

144663 Th Sep 18-Oct 23 6:30-7:20pm 6/\$265

144664 Th Nov 6-Dec 11 6:30-7:20pm 6/\$265

### DOG - PUPPY FIRST STEPS

Puppies are keen to learn and very impressionable! This program includes socialization with puppies and people, supervised off-leash play, basic obedience, and prevention of behaviour problems. Small class size for puppies aged 9 to 17 weeks with proof of first set of vaccinations.

### SAANICH COMMONWEALTH PLACE

Alison Stephens

144665 Th Sep 18-Oct 23 7:30-8:20pm 6/\$265

144666 Th Nov 6-Dec 11 7:30-8:20pm 6/\$265

## HEALTH & FITNESS - EDUCATION

### NORDIC POLE WALKING - INTRODUCTION

Learn the basics of Nordic pole walking with a short video presentation, instructions and practical experience to familiarize and gain proficiency with walking with poles. Some walking poles will be available or participants can bring their own.

### SAANICH COMMONWEALTH PLACE

144683 Sa Oct 11 1-2:30pm \$15

144684 Sa Oct 11 2:30-4:00pm \$15

## RECONLINE REGISTRATION SYSTEM

Saanich's RecOnline registration system is your gateway to programs, lessons, activities and more at Saanich recreation centres and community spaces. Check out our tutorials and resources for how to create an account, search, register in programs and more.



## MEET THE INSTRUCTOR

### Alison Stephens Dog Obedience Classes

Alison is a Certified Professional Dog Trainer (CPDT-KA) and a Karen Pryor Academy Certified Training Partner (KPA CTP) and has been offering puppy classes, basic manners and obedience classes and dog sport classes for almost 20 years. She also specializes in private one-on-one sessions for those clients whose dogs were too aroused or afraid in a group setting with other dogs, people and distractions.

Alison embraces force-free, science-based training methods with an emphasis on developing and nurturing your relationship with your dog.

Alison relocated to the beautiful west coast from the prairies and enjoys hiking, camping, hitting the beach and exploring the island with Ava, her black Labrador.





# ADULT DROP-IN SPORTS - REGISTRATION CODES

MONDAY	TUESDAY	WEDNESDAY	FRIDAY	SUNDAY
PICKLEBALL	VOLLEYBALL	PICKLEBALL	PICKLEBALL	BASKETBALL
1:45 - 4:00 pm	8:00 - 10:00 pm	6:30 - 7:45 pm	1:45 - 4:00 pm	4:30 - 6:30 pm
144700 Sep 15	144767 Sep 16	144727 Sep 17	144713 Sep 19	144650 Sep 21
144701 Sep 22	144768 Sep 23	144728 Sep 24	144714 Sep 26	<b>Event Sep 28</b>
144702 Sep 29	<b>No session Sep 30</b>	144729 Oct 1	144715 Oct 3	<b>Scheduled No session</b>
144703 Oct 6	144769 Oct 7	144730 Oct 8	144716 Oct 10	<b>Event Oct 5</b>
144704 Oct 20	144770 Oct 14	144731 Oct 15	144717 Oct 17	<b>Scheduled No session</b>
144705 Oct 27	144771 Oct 21	144732 Oct 22	144718 Oct 24	144653 Oct 12
144706 Nov 3	144772 Oct 28	144733 Oct 29	144719 Oct 31	<b>Event Oct 19</b>
144707 Nov 10	144773 Nov 4	144734 Nov 5	144720 Nov 7	<b>Scheduled No session</b>
144708 Nov 17	<b>No session Nov 11</b>	144735 Nov 12	144721 Nov 14	144655 Oct 26
144709 Nov 24	144774 Nov 18	144736 Nov 19	144722 Nov 21	144656 Nov 2
144710 Dec 1	144775 Nov 25	144737 Nov 26	144723 Nov 28	144657 Nov 9
144711 Dec 8	144776 Dec 2	144738 Dec 3	144724 Dec 5	144658 Nov 23
144712 Dec 15	144777 Dec 9	144902 Dec 10	144725 Dec 12	144659 Nov 30
	144778 Dec 16	144904 Dec 17	144726 Dec 19	144660 Dec 7
				144661 Dec 14
				144662 Dec 21

## Reserved Drop-In Sessions

Participants can register up to 7 days in advance **starting at 7:30 am** using these program barcodes. Many of our drop-in programs are very popular and fill quickly so don't miss out and use the Saanich Recreation App to secure your spot.

## Saanich Recreation App

The Saanich Recreation app is your mobile companion to the RecOnline registration system. Available on Apple and Android devices, download the free app to take advantage of great features such as: Withdraw from reserved drop-in sessions

MONDAY
ARCHERY
8:00 - 9:30 pm
144621 Sep 15
144622 Sep 22
144623 Sep 29
144624 Oct 6
144625 Oct 20
144626 Oct 27
144627 Nov 3
144628 Nov 10
144629 Nov 17
144630 Nov 24
144631 Dec 1
144784 Dec 8
144785 Dec 15
144786 Dec 22

Scan the Code  
for an ONLINE  
SPORTS SCHEDULE



WEDNESDAY
BADMINTON
8:00 - 10:00 pm
144636 Sep 24
144637 Oct 1
144638 Oct 8
144639 Oct 15
144640 Oct 22
144641 Oct 29
144642 Nov 5
144643 Nov 12
144644 Nov 19
144645 Nov 26
144646 Dec 3
144647 Dec 10
144648 Dec 17

