

ADULT PROGRAMS



Saanich
Commonwealth
Place

FALL 2023



BRIDGE AT COMMONWEALTH PLACE

Bridge is a great way to meet new people and exercise the brain. Bring your coffee and join other Bridge players of all levels to play and practice this great card game. This is a drop in - pay \$3.50 for each day.

SAANICH COMMONWEALTH PLACE

Tue & Thu Sep 19-Dec 21 1-3pm \$3.50/day

ARTS

DRAWING FOR BEGINNERS

Learn to demystify the art of drawing. Belle Perez de Tagle will guide through this introductory course so you too can learn to draw.

SAANICH COMMONWEALTH PLACE

Belle Perez De Tagle

[101645](#) Th Nov 9-Dec 21 3:30-5:30pm 7/\$105

THE ART OF WOODBURNING

Learn the wonderful art of pyrography or woodburning which will allow you to create beautiful pieces of art with just one amazing tool, the woodburning pen. No previous art experience is required. Unleash your creative energies and ignite the flame to start "writing with fire". Start woodburning today!

SAANICH COMMONWEALTH PLACE

Belle Perez De Tagle

[101746](#) Tu Nov 7-Dec 19 3:15-4:45pm 7/\$95

THE JOY OF PAINTING IN ACRYLIC

Learn Painting in an easy and fun class that gets results. No lesson frustrating or too hard for anyone. Learn drawing, colour mixing and brush stroke techniques. Progress quickly and enjoy the art of Acrylic painting.

SAANICH COMMONWEALTH PLACE

Belle Perez De Tagle

[101743](#) Tu Nov 7-Dec 19 1-3pm 7/\$126

DANCE

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

[101638](#) Th Sep 21-Nov 2 2-3pm 7/\$66

[101639](#) Th Nov 9-Dec 21 2-3pm 7/\$66

LINE DANCING - CORDOVA BAY

Learn basic dance patterns and put them together into a line dance. No partner required. Enjoy beginner-level line dances for those who are familiar with basic steps. Drop-in available, \$9/session.

CORDOVA BAY 55 PLUS ASSOCIATION

Vicky McCulloch

[101648](#) F Nov 3-Dec 22 10:15-11:30am 8/\$64

SCP 30th Anniversary Celebration

Join us for a celebration of community spirit and a day of free family activities, displays, and fun. Games and activities in the morning followed by a special fun swim in the afternoon. More details to follow.

Sunday, November 26

9:00 am - 4:00 pm

Saanich Commonwealth Place



SAANICH
PARKS, RECREATION
& COMMUNITY SERVICES

SOCIAL BALLROOM DANCE - PRE-BRONZE

A full-year course for those who have completed Level 3. In addition to learning new figures, we'll continue to focus on improving the overall quality of our dancing. Samba and quickstep will also be introduced.

SAANICH COMMONWEALTH PLACE

E & R Ballroom Dance

[101720](#) Su Sep 24-Nov 26 4-5:10pm 9/\$130

SOCIAL BALLROOM DANCE - BRONZE

The next step up after pre-bronze; a full-year course with new steps introduced. Learn the technical skills necessary to master these figures because how well we dance is as important as what we dance.

SAANICH COMMONWEALTH PLACE

E & R Ballroom Dance

[101715](#) Su Sep 24-Nov 26 5:15-6:25pm 9/\$130

SOCIAL BALLROOM DANCE - BEYOND BRONZE

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

SAANICH COMMONWEALTH PLACE

E & R Ballroom Dance

[101714](#) Su Sep 24-Nov 26 6:30-7:40pm 9/\$130



SOCIAL BALLROOM DANCE - LEVEL 1

An introduction to popular ballroom dances including waltz, foxtrot, tango, cha-cha & jive. A fun, social activity you'll be able to enjoy for the rest of your life, with many physical and mental benefits.

SAANICH COMMONWEALTH PLACE

E & R Ballroom Dance

[101716](#) Su Sep 24-Dec 3 4-5pm 10/\$130

SOCIAL BALLROOM DANCE - LEVEL 2

Dancers will review level 1 figures, then focus on the introduction of new material. Style and technique tips will help you look and feel your best on the dance floor.

SAANICH COMMONWEALTH PLACE

E & R Ballroom Dance

[101717](#) Su Sep 24-Dec 3 5:05-6:05pm 10/\$130

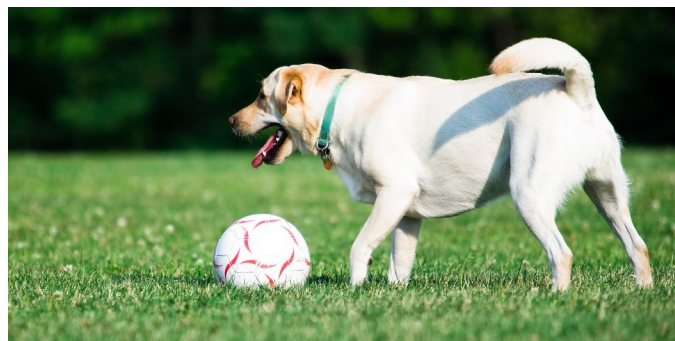
SOCIAL BALLROOM DANCE - PRACTICE SESSIONS

Practice your steps at these evening sessions. An instructor will assist with figures that you are having trouble with. All levels of dancers are welcome. Single drop-in fee is \$6 or purchase a 10x punch card \$52.50 (cash-only, at the door).

LOCHSIDE ELEMENTARY SCHOOL

E & R Ballroom Dance

Tuesday's Sep 19-Dec 5 7-8:30pm



DOG - FAMILY DOG MANNERS

Using reward-based training, this class for dogs 5mths+ covers all the basics: how to pay attention, sit, stay, come, walk without pulling and prevention of behavioural problems like jumping up. Proof of vaccination required. Small class size.

SAANICH COMMONWEALTH PLACE

Alison Stephens

[101641](#) Th Nov 9-Dec 14 6:30-7:20pm 6/\$240

[106757](#) Th Nov 9-Dec 14 6:30-7:20pm 6/\$240

SOCIAL BALLROOM - MONTHLY DANCE

All levels are welcome to enjoy a fun night out with the friendly ballroom dance community, including light refreshments and door prizes. Smaller dancing area for newcomers.

Optional Workshop 7:15-7:45 pm **\$2.50**

General Dancing 7:45-9:45pm **\$10**

Purchase tickets at the door or in advance to receive extra raffle tickets.

SAANICH COMMONWEALTH PLACE

E & R Ballroom Dance

Saturday, November 4 7-9:45pm

MAHJONG - BEGINNER 55yrs+

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 played.

SAANICH COMMONWEALTH PLACE

Belle Perez De Tagle

[101649](#) W Sep 20-Nov 1 2:30-4pm 7/\$74
[101650](#) W Nov 8-Dec 20 2:30-4pm 7/\$74

MAHJONG - CONTINUING 55yrs+

Players with some experience develop their Mahjong skills learning 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 played.

SAANICH COMMONWEALTH PLACE

Belle Perez De Tagle

[101651](#) W Sep 20-Nov 1 1-2:30pm 7/\$74
[101652](#) W Nov 8-Dec 20 1-2:30pm 7/\$74

STANDARD FIRST AID WITH CPR C 12yrs+

A WorkSafeBC Occupational Level 1 equivalent, this certification can be used in the workplace. Comprehensive training covering all aspects of first aid, CPR and AED use. Gain the skills and knowledge to respond to an emergency with confidence. Learn to treat head/neck, soft tissue and skeletal injuries and medical emergencies.

SAANICH COMMONWEALTH PLACE

[103933](#) Sa,Su Oct 28-29 9am-5:30pm 2/\$145

STANDARD FIRST AID - RECERTIFICATION 12yrs+

Standard First Aid certifications are valid for 3 years. After 3 years the SFA holder will attend an SFA Recertification course. Must show proof of original certification to instructor at beginning of course.

SAANICH COMMONWEALTH PLACE

[103928](#) Sa Sep 23 9am-5:30pm \$90
[103939](#) Su Dec 17 9am-6pm \$90

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 with little to no musical experience. Join us as we learn to strum basic chords and sing popular songs. Uke can do it!

SAANICH COMMONWEALTH PLACE

Len Knoke

[101881](#) Th Sep 21-Dec 7 6-7pm 8/\$95

MARTIAL ARTS

IAIDO

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

LOCHSIDE ELEMENTARY SCHOOL

[101646](#) W,F Sep 13-Dec 15 6:30-8pm \$65

KARATE - TEENS AND ADULTS

From basic karate for the beginner to self-defense weapons for the advanced. You will learn traditional Japanese Shito Ryu School. For more info call Rino at 250-920-6797.

SAANICH COMMONWEALTH PLACE

Victoria Renshikan Karate

[103861](#) Tu Sep 19-Dec 19 7:35-9pm 14/\$224
[103862](#) Tu,Th Sep 19-Dec 21 7:35-9pm 28/\$392
[103863](#) Th Sep 21-Dec 21 7:35-9pm 14/\$224

SPORTS

PICKLEBALL FOR BEGINNERS

This instructional program is designed to teach basic pickleball skills and rules of play. Emphasis on proper movement, techniques and play.

SAANICH COMMONWEALTH PLACE

Andy Vixaysouk

[101659](#) M Nov 6-Dec 18 10:30am-12pm 7/\$126
[101657](#) F Nov 10-Dec 22 12-1:30pm 7/\$126

PICKLEBALL - IMPROVE YOUR GAME

Further develop your game. Emphasis on playing with balance, serves, second and third shot technique, positioning, net play, lobs, smashes, volleys, attacks, defense, dinks and soft game. Designed for players at 3.0 level or higher.

SAANICH COMMONWEALTH PLACE

Andy Vixaysouk

[101655](#) M Nov 6-Dec 18 12-1:30pm 7/\$126

SCP 30th Anniversary Celebration

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Sunday, November 26

9:00 am - 4:00 pm
Saanich Commonwealth Place

PICKLEBALL CLINIC - NOVICE 1.0

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

[101662](#) Tu Nov 7-Dec 19 12-1:30pm 7/\$53

PICKLEBALL CLINIC - INTERMEDIATE 2.0

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

[101664](#) Th Nov 9-Dec 21 11:45am-1:30pm 7/\$62

TECHNOLOGY

IPAD - MASTERING THE BASICS AND 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

[101783](#) Tu Oct 10-17 1-3pm 2/\$79

IPHONE AND IPAD - EVERYTHING PHOTOS

iPhones and iPads are many peoples' primary camera. 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, including digital photo albums, collages and invitations.

SAANICH COMMONWEALTH PLACE

Mandy Ospina

[101786](#) Tu Oct 24-31 1-3pm 2/\$79

IPHONE - MASTERING THE BASICS AND 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

[103245](#) Tu Nov 21-28 1-3pm 2/\$79

IPHONE AND IPAD - ALL ABOUT THE APPS

After mastering the basics of your iPhone or iPad, it's all about the apps! Explore apps that come with your device and how to manage them. Learn about the home screen, widgets, the App library, and updates. Look at free downloadable apps and what

to consider when evaluating a new app.

CORDOVA BAY 55 PLUS ASSOCIATION

Mandy Ospina

[101785](#) F Nov 10-17 10-11:30am 2/\$59

IPHONE AND IPAD: TIPS AND TRICKS - PART 1

Go beyond the basic features of your iPhone or iPad! In this one-day session, learn useful (and fun) tips and tricks to try on your device. Explore contextual menus, camera and photo tips, Shortcuts, optimizing battery charging, the Focus/Do Not Disturb feature, typing/gesture shortcuts, texting tips, and more.

SAANICH COMMONWEALTH PLACE

Mandy Ospina

[103248](#) Tu Dec 5 1-3pm \$39

IPHONE AND IPAD: TIPS AND TRICKS - PART 2

Ideal for those comfortable using the basic features of iPhone or iPad, this one-day session helps you get even more out of your device. Explore advanced texting and messaging features, photo tips, voice memos, security settings and more!

SAANICH COMMONWEALTH PLACE

Mandy Ospina

[103251](#) Tu Dec 12 1-3pm \$39

WALKING IN EUROPE - AN INTRODUCTION

This session will introduce you to walking the Camino de Santiago - an inexpensive way to experience European countryside, culture and cuisine while keeping fit. Learn about route options, accommodations, food, how to train, what to pack, transportation, guidebooks and what you will encounter along the way.

SAANICH COMMONWEALTH PLACE

[101636](#) W Oct 18 6-8pm \$10

WALKING IN EUROPE - PRIMITIVO & INVERTO

This session will introduce you to two less travelled walking routes in Spain - an inexpensive way to experience the countryside, culture and cuisine while keeping fit. Learn about route options, accommodations, food, how to prepare, train, what to pack, transportation, guidebooks and what you will encounter along the way. The session will include videos and/or pictures and questions and answers about each walk.

SAANICH COMMONWEALTH PLACE

[101637](#) W Nov 15 6-8pm \$10