

ADULT PROGRAMS



SPRING & SUMMER

Saanich
Commonwealth
Place



ARCHERY FOR ADULTS - BEGINNER

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

SAANICH COMMONWEALTH PLACE

[101554](#) Su Jul 9-Aug 27 11:00am-12:00pm 8/\$134
[101555](#) Su Jul 9-Aug 27 12:00-1:00pm 8/\$134

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

M,Tu,Th Jan 3-Jun 22 1-3pm \$3.50/day
Tu & Th Jul 4-Aug 24 1-3pm \$3.50/day

DRAWING FOR 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
[97649](#) F Jul 7-Aug 25 11:45am-1:45pm 8/\$147

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
[94909](#) W Jul 5-Aug 23 11:30am-12:30pm 8/\$74

LINE DANCING - CORDOVA BAY

Learn some basic dance patterns which will be put together into an actual line dance. No partner required. Beginner level line dances for those who are familiar with the basic line dance steps. Drop-In's Welcome (\$9/session)

CORDOVA BAY 55 PLUS ASSOCIATION

Vicky McCulloch
[89013](#) F May 12-Jun 30 10:15-11:30am 8/\$64
[94921](#) F Jul 7-Aug 18 10:15-11:30am 7/\$51

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
[96977](#) F Jul 7 - Aug 25 2-4pm 8/\$149

REGISTER NOW

ONLINE [at Saanich.ca/active](https://saanich.ca/active)
PHONE 250-475-7600
IN PERSON at any of our
4 Recreation Centres





PICKLEBALL CLINIC (EXPERIENCED 3.0)

Experienced or competitive players - recommended for players at approximately a 3.0 skill level or comfortable playing with players at this level. The Saturday morning clinic will be geared toward the more experienced players and is a great chance to grow your pickleball skills against players of a similar skill set.

SAANICH COMMONWEALTH PLACE

Andy Vixaysouk

[94926](#) Sa Jul 8-Aug 26 8-10am 8/\$74



MAHJONG - BEGINNER

55yrs+

Dare to play this most fascinating mind game, Mahjong. Learn from Master Mahjong teacher Belle. Mahjong is a game of skill, strategy, and calculation and involves a degree of chance. Played with a set of 144 tiles based on Chinese characters and symbols, Mahjong is lots of fun and you will love it. It is a game that will keep your brain sharp! (*Hong Kong Mahjong played)

SAANICH COMMONWEALTH PLACE

Belle Perez De Tagle

[94922](#) W Jul 5-Aug 23 1-2:30 pm 8/\$74

IPHONE & IPAD: ALL ABOUT THE APPS

Once you have mastered the basics of your iPhone/iPad, it's all about the apps! This course will explore the many incredible apps that come with your device (such as the clock, weather, calculator) and how to manage these apps. We will learn about the home screen, widgets, the app library, and how to update apps. We will then look at some of the amazing free apps that you can download from the App Store, and how to not only download these apps, but determine which apps are safe and what to consider when evaluating a new app.

CORDOVA BAY 55 PLUS ASSOCIATION

[89080](#) F May 26-Jun 2 10-11:30am 2/\$59

MAHJONG - CONTINUING

55yrs+

Dare to play this most fascinating mind game, Mahjong. Learn from Master Mahjong teacher Belle. Mahjong is a game of skill, strategy, and calculation and involves a degree of chance. Played with a set of 144 tiles based on Chinese characters and symbols, Mahjong is lots of fun and you will love it. It is a game that will keep your brain sharp! (*Hong Kong Mahjong played)

SAANICH COMMONWEALTH PLACE

Belle Perez De Tagle

[94923](#) W Jul 5-Aug 23 2:45-4:15pm 8/\$74

IPHONE & IPAD: EVERYTHING PHOTOS

With recent advances in quality and features, iPhones and iPads are becoming the primary camera for many people. Join Mandy for this hands-on workshop that will explore the many incredible ways you can use your iPhone/iPad to capture and edit both images and video. Learn how to take panoramic photos, apply filters, create mini slideshows, capture and edit video, share your photos and videos, and so much more. We will also explore various ways to publish your photos, including digital photo albums, collage and invitations.

CORDOVA BAY 55 PLUS ASSOCIATION

[89081](#) F Jun 9-16 10am-12pm 2/\$79

ROWING - ADULT LEARN TO ROW

For those brand new to rowing. In nine sessions, you will learn the basics of the sport, including basic movements of the rowing stroke, grip, balance, boat handling, and safety in sculling boats (single, double, quad). Our experienced, certified coaches create a fun and supportive learning environment. No prerequisite.

VICTORIA CITY ROWING CLUB

Rowing Club Victoria City

[94865](#) M,W,F May 1-19 6:30-8:30pm 9/\$395

[94866](#) M,W,F May 29-Jun 16 6:30-8:30pm 9/\$395

[94867](#) M,W,F Jun 26-Jul 14 6:30-8:30pm 9/\$395

[97235](#) M,W,F Jul 24-Aug 14 6:30-8:30pm 9/\$395

[97236](#) M,W,F Aug 21-Sep 11 6:30-8:30pm 9/\$395

REGISTER NOW

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

PHONE 250-475-7600

IN PERSON at any of our 4 Recreation Centres



AIRWAY MANAGEMENT & OXYGEN ADMINISTRATION (AMOA) RECERT 13yrs+

Recertification of Airway Management & Oxygen Administration is achieved by attending a 2-hour Airway Management & Oxygen Administration Recertification course.

SAANICH COMMONWEALTH PLACE

[97891](#) Su Jul 16 12:30-2:30pm \$35

BASIC LIFE SUPPORT RESPONDER (BLS) 12yrs+

Basic Life Support training is designed for health care providers such as doctors, nurses, paramedics or those who work in a health care field and require the Health Care Provider CPR-C certification. In addition to all CPR-C level skills, participants are taught how to work in a multi-person team, do simultaneous assessment of breathing and pulse, stand-alone rescue breathing and use bag-valve-masks.

SAANICH COMMONWEALTH PLACE

[97889](#) Sa Jul 29 9am-2pm \$75

BASIC LIFE SUPPORT RESPONDER (BLS) RECERTIFICATION 12yrs+

Basic Life Support training is designed for health care providers such as doctors, nurses, paramedics or those who work in a health care field and require the Health Care Provider CPR-C certification. In addition to all CPR-C level skills, participants are taught how to work in a multi-person team, do simultaneous assessment of breathing and pulse, stand-alone rescue breathing and use bag-valve-masks.

SAANICH COMMONWEALTH PLACE

[97892](#) Su Jul 16 9am-12pm \$55

CPR A (WITH AED) 12yrs+

CPR-A teaches resuscitation skills needed to help adults and children over 8 years old. Learn critical lifesaving skills, such as: how to recognize and treat early signs of heart attack, activate EMS, perform CPR, and use and AED and help someone who is choking.

SAANICH COMMONWEALTH PLACE

[98049](#) Sa Aug 12 9am-1pm \$60

[98091](#) Sa Aug 26 9am-2:15pm \$60

CPR C (WITH AED) - RECERTIFICATION 12yrs+

CPR-C certifications are valid for three years. After three years, the CPR holder will attend a CPR recertification course. Must show proof of original certification to instructor at beginning of course.

SAANICH COMMONWEALTH PLACE

[97893](#) Sa Jul 22 9am-1:15pm \$50

[98052](#) Su Aug 13 9am-1:15pm \$50

EMERGENCY FIRST AID (EFA) WITH CPR-C 13yrs+

Emergency First Aid is a WorkSafeBC Occupational Level 1 equivalent and can be used in the workplace. You will learn lifesaving skills such as CPR/AED and obstructed airway procedures to respond to adult and child emergencies.

SAANICH COMMONWEALTH PLACE

[97879](#) Sa Jul 8 9am-6pm \$90

[98050](#) Sa Aug 12 9am-4:30pm \$90

EMERGENCY FIRST AID & RESIDENTIAL CARE 13yrs+

This program is designed for those working in the child care, home care, or residential care industry. Program length and content meets the requirements as outlined by the Ministry of Health for child and residential care workers.

SAANICH COMMONWEALTH PLACE

[98090](#) Sa Aug 19 9am-2:15pm \$112

STANDARD FIRST AID (SFA) RECERTIFICATION

Standard First Aid certifications are valid for three years. After three 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

[97894](#) Sa Jul 22 9am-6pm \$90

[98053](#) Su Aug 13 9am-6pm \$90

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

Standard First Aid is a WorkSafeBC Occupational Level 1 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

[97881](#) Sa,Su Jul 8-9 9am-6pm 2/\$145

[98093](#) Sa, Su Aug 26-27 9am-6pm 2/\$145

YOGA - HATHA FLOW

By joining movement and alignment with deep breathing, this practice can improve balance, core strength, flexibility, posture and overall strength. Great for stress, pain management and confidence.

CORDOVA BAY 55 PLUS ASSOCIATION

[Tessa Rae Hamelin](#)

[100098](#) M Jul 3-Aug 28 5:30-6:45pm 7/\$92