

# ADULT PROGRAMS

# SUMMER 2025



## ARTS

### 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](#)

128712	Th	May 1-Jun 19	3:15-5:15pm	8/\$120
135885	Th	Jul 10-Aug 28	2:45-4:45pm	8/\$128

### THE JOY OF PAINTING IN ACRYLIC

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](#)

128716	Tu	Apr 29-Jun 17	1-3pm	8/\$144
135919	Tu	Jul 8-Aug 26	1-3pm	8/\$152

### WATERCOLOUR PAINTING - INTRODUCTION

Learn the basics of colour mixing and brushwork as you paint along with easy-to-follow instructions. Begin layering washes to make objects appear three-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](#)

128714	Tu	Apr 29-Jun 17	3:15-5:15pm	8/\$144
135931	Tu	Jul 8-Aug 26	3:15-5:15pm	8/\$152

## 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](#)

128718	Th	May 1-Jun 19	2-3pm	8/\$76
135886	Th	Jul 10-Aug 28	1-2pm	8/\$76

### LINE DANCING - CORDOVA BAY 55+

Beginner level line dances for those who are familiar with the basic line dance steps. No partner required. Drop-in available for \$9/session.

#### CORDOVA BAY 55 PLUS ASSOCIATION

[Vicky McCulloch](#)

129531	F	May 9-Jun 27	10:15-11:30am	8/\$64
135934	F	Jul 4-Aug 29	10:15-11:30am	8/\$64

### SOCIAL BALLROOM DANCE

Put your dance lessons to work! These ballroom dances are fun, friendly and inclusive - 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](#)

130326	Sa	Jun 7	7-9:45pm	\$15
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## 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

### 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

128908 Su Apr 27-Jun 22 4-5:10pm 8/\$130

### 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

128907 Su Apr 27-Jun 22 5:15-6:25pm 8/\$130

### 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

128905 Su Apr 27-Jun 22 6:30-7:40pm 8/\$130

### SOCIAL BALLROOM DANCE - LEVEL 1

Ballroom, latin and swing dancing has been proven to enhance your physical, mental and emotional well-being. It improves balance, coordination, cognitive function while reducing stress. A great couple's activity in a friendly social setting that you can enjoy your whole life. Please sign up with a partner or contact us for our partner matching service.

#### SAANICH COMMONWEALTH PLACE

##### E & R Ballroom Dance

128909 Su Apr 27-Jun 29 4-5pm 9/\$120

### SOCIAL BALLROOM DANCE - LEVEL 2

Level 1 figures will be reviewed, then the focus shifts to the introduction of 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

128911 Su Apr 27-Jun 29 5:05-6:05pm 9/\$120

### 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

128912 Su Apr 27-Jun 29 6:10-7:10pm 9/\$120

## GENERAL INTEREST



### INTRODUCTION TO FLY FISHING

Explore the fascinating art and science of fly fishing. Learn the basic principles of casting and skills required to become a successful fly fisher. Includes tips and techniques for catching trout and salmon in the rivers, lakes and beaches of Vancouver Island.

#### SAANICH COMMONWEALTH PLACE

##### Ian Muirhead

128727 Sa May 3 9:30am-3:30pm \$99

### MEMORY CAFÉ

A music and arts based social program for people living with memory loss and their care partners. Engaging arts and music activities are led by professionals with a focus on creativity, connection and fun. Care partners must attend. Registration is limited to 7 couples.

NEW

#### SAANICH COMMONWEALTH PLACE

129538 Tu May 13-Jun 17 10am-12pm 8/\$120

### DOG - PUPPY FIRST STEPS

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

#### SAANICH COMMONWEALTH PLACE

##### Alison Stephens

128710 Th May 1-Jun 5 7:30-8:20pm 6/\$265

### 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. Small class size. Dogs must be comfortable around people and other dogs and who have no history of aggression. This class may not be suitable for reactive or fearful dogs. Please bring proof of vaccination to the first class.

#### SAANICH COMMONWEALTH PLACE

##### Alison Stephens

128708 Th May 1-Jun 5 6:30-7:20pm 6/\$265

### 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 Jul 9 - Aug 27 1-4:15 pm

Senior drop-in fee per session: \$6.75  
or use a Saanich monthly or annual pass

### 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 played.

#### SAANICH COMMONWEALTH PLACE

[Belle Perez De Tagle](#)

128724 W Apr 30-Jun 18 1-2:30pm 8/\$84

135888 W Jul 9-Aug 27 1-2:30pm 8/\$84

### MAHJONG - CONTINUING

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](#)

128726 W Apr 30-Jun 18 2:30-4pm 8/\$84

135889 W Jul 9-Aug 27 2:45-4:15pm 8/\$84



### WALKING IN EUROPE - JAPAN AND ITALY

Learn about the Kumano Kodo pilgrimage trails in Japan's southern Kansai region, a key part of its World Heritage designation. Over 1000 years old, these trails spanning 100 km showcase Japan's traditions, history, and landscapes. We'll also invite you to experience "la dolce vita" in Italy's Via Francigena Walk through Tuscany to Rome.

#### SAANICH COMMONWEALTH PLACE

130330 Th Jun 5 6-8pm \$10

## LEADERSHIP / EDUCATION

### CPR C (WITH AED)

12yrs+

Be prepared to save a life! Knowing how to activate EMS, perform CPR and use an AED are critical lifesaving skills that everyone should have. Learn how to recognize and treat the early signs of heart attack. Additional skills include how to help someone who is choking and perform CPR when there is more than one rescuer. CPR-C with AED teaches the skills needed to help adults, children and infants.

#### SAANICH COMMONWEALTH PLACE

138948 Sa Jul 5 9am-2:15pm \$69

138979 Sa Aug 9 9am-2:15pm \$69

### 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.

#### SAANICH COMMONWEALTH PLACE

138982 Sa Aug 16 9am-5:30pm \$109

### STANDARD FIRST AID (SFA) WITH CPR-C 13yrs+

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

138947 Sa,Su Jul 5-6 9am-6pm 2/\$179

138977 Sa,Su Aug 9-10 9am-6pm 2/\$179

### STANDARD FIRST AID (SFA)- RECERTIFICATION 13yrs+

Standard First Aid (SFA) certifications are valid for three years. After three years, the SFA holder will attend an SFA Recertification course. Participants must show proof of original certification to the instructor at the beginning of the course. Standard First Aid recertifications are equivalent to WorkSafeBC Intermediate occupational first aid.

#### SAANICH COMMONWEALTH PLACE

138953 Su Jul 13 9am-6pm \$109

138985 Sa Aug 23 9am-5:30pm \$109



## MARTIAL ARTS

### AIKIDO - SHIODA STYLE

Explore the martial art of Aikido in a family-friendly classes from world-renowned instructors. Non-competitive and fun, Aikido develops mind-body connection, fitness balance and self-defense through collaborative partner practice. Circular movements redirect the body and energy of attackers with a focus on timing, control and sensitivity. 10 class passes available for those needing flexibility: adult 10/\$100, student 10/\$80.

#### PROSPECT LAKE COMMUNITY HALL

##### Island Aikido

126910	Tu	May 6-Jun 17	7-8:30pm	7/\$70
126817	Th	May 8-Jun 19	7-8:30pm	7/\$70
126819	Su	May 11-Jun 22	10:30am-12pm	7/\$70
138295	Tu	Jul 8-Aug 26	7-8:30pm	8/\$80
138296	Th	Jul 3-Aug 28	7-8:30pm	9/\$90
138297	Su	Jul 6-Aug 31	10:30am-12pm	9/\$90

### IAIDO

14yrs+

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

#### LOCHSIDE ELEMENTARY SCHOOL

130484	W,F	Apr 2-Jun 13	7:30-9pm	21/\$65
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#### SAANICH COMMONWEALTH PLACE

135887	W,F	Jul 2-Aug 29	7-8:30pm	18/\$50
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### KARATE - TEENS AND ADULTS

12yrs+

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

#### SAANICH COMMONWEALTH PLACE

##### Victoria Renshikan Karate

139330	Tu	Jul 8-Aug 26	7:30-9pm	8/\$128
139331	Th	Jul 3-Aug 28	7:30-9pm	9/\$144
139332	Tu,Th	Jul 3-Aug 28	7:30-9pm	17/\$238

## 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

128628	Su	Apr 27-Jun 22	11am-12pm	8/\$128
135865	Su	Jul 6-Aug 24	11am-12pm	8/\$134
135866	Su	Jul 6-Aug 24	12-1pm	8/\$134



### PICKLEBALL - CLINIC 3.0 EXPERIENCED

The Saturday morning clinic will be geared towards more experienced players at approximately a 3.0 skill level or higher. The clinic is a great chance to grow your pickleball skills against players of a similar skill set.

#### SAANICH COMMONWEALTH PLACE

##### Andy Vixaysouk

135891	Sa	Jul 5-Aug 23	8-10am	8/\$88
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### 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

128748	F	May 16-Jun 27	12-1:30pm	7/\$132
135893	Sa	Jul 5-Aug 23	10:15-11:45am	8/\$144



### SWIMFIT PLUS

Swim your best and get fit! All levels of swimmers are welcome. Become a better swimmer - this is the best place to do it! Based on a structured swim progression and includes stroke improvement. Great for Master swimmers, triathlon or just for fitness! Designed and lead by certified coaches.

For more information call 250-744-3648.

#### SAANICH COMMONWEALTH PLACE

##### Paul Regensburg - Pinnacle Fitness

138767	Tu,Th	Jul 1-Aug 21	12-1pm	16/\$185
138768	Tu,Th	Jul 3-Aug 21	7:45-8:45pm	15/\$175
138769	M	Jun 30-Aug 18	7:45-8:45pm	7/\$89
138766	M,W	Jun 30-Aug 20	12-1pm	16/\$185

## TECHNOLOGY

### IPHONE AND IPAD - CREATING A PHOTO ALBUM

Is your iPhone/iPad full of photos, but you'd love to get these photos off your phone and onto the page? Join Mandy for this one day workshop where we will learn how to create a photo album on our iPhone/iPad. We will explore the techniques and procedures, and then you can finish up the album at home and send it away for printing!

#### SAANICH COMMONWEALTH PLACE

Mandy Ospina

128548 F May 2 10:30am-12:30pm \$39

### 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

130457 Tu May 6-20 12:30-2pm 3/\$89

### IPHONE AND IPAD - COMMUNICATION

Your iPhone and iPad are ideal for communication. In this course, we will look at how to best use your device to stay in touch with others. We will explore extra features of the phone, many texting tips and techniques, keyboard tips, features of the Mail app. We will also have a look at other communication apps such as Whats App and Facebook Messenger.

#### SAANICH COMMONWEALTH PLACE

Mandy Ospina

128547 Tu May 27-Jun 3 12:30-2pm 2/\$59

### 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 including clock, weather, calculator, voice memos, Safari and updates. Look at free downloadable apps and what to consider when evaluating a new app.

#### SAANICH COMMONWEALTH PLACE

Mandy Ospina

128546 F Jun 13-20 10:30am-12pm 2/\$59

## 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



## HEALTH & FITNESS

16+yrs



Enhance your fitness with our Adult Health and Fitness programs! Offering a variety of classes for all fitness levels, you can find everything from gentle yoga to intense circuit training. Whether your goal is to increase flexibility, build strength, or maintain overall wellness, our expert instructors are excited to guide you through each session, helping you reach your personal best while having fun.

**Classes offered this summer at Saanich Commonwealth Place:**

- AQUA STRENGTH AND STRETCH
- AQUA ZUMBA
- BABY AND ME CORE AND MORE
- BARRE FITNESS
- BODY SHOP
- BODY WORKS
- BOXING
- BUILD BETTER BONES
- CIRCUIT TRAINING - SMALL GROUP
- CIRCUIT TRAINING - SMALL GROUP 50+ yrs
- FIT AND IMPROVED
- FLEX AND FLOW
- INDOOR ROWING
- KICKBOXING
- KICKBOXING/BOXING CORE
- MOVING BEYOND CANCER
- STRENGTH AND CONDITIONING
- STRENGTH CIRCUIT - SMALL GROUP
- STRETCH AND STRENGTH
- TOTAL BODY WORKOUT
- WEIGHT TRAINING - SMALL GROUP
- YOGA - HATHA FLOW
- YOGA - POWER
- YOGA - SLOW FLOW
- YOGA - STRENGTH AND EASE
- YOGA AND MOBILITY FOR 55yrs+
- YOGA PILATES FUSION
- ZUMBA FITNESS

**Pick up a copy of the Health & Fitness flyer for a list of course descriptions.**



## ADULT DROP-IN SPORTS - REGISTRATION CODES

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
PICKLEBALL	VOLLEYBALL	PICKLEBALL	PICKLEBALL	PICKLEBALL
1:45 - 4:00 pm	8:00 - 9:45 pm	6:30 - 7:45 pm	4:30 - 6:00 pm	1:45 - 4:00 pm
128792 May 5	128942 May 6	128840 May 7	136213 Jul 3	128815 May 2
128793 May 12	128943 May 13	128841 May 14	136214 Jul 10	128816 May 9
128794 May 26	128944 May 20	128842 May 21	136215 Jul 17	128817 May 16
128795 Jun 2	128945 May 27	128843 May 28	136216 Jul 24	128818 May 23
128796 Jun 9	128946 Jun 3	128844 Jun 4	136217 Jul 31	128819 May 30
128797 Jun 16	128947 Jun 10	128845 Jun 11	136218 Aug 7	128820 Jun 6
128798 Jun 23	128948 Jun 17	128846 Jun 18	136219 Aug 14	128821 Jun 13
	No session Jun 24	No session Jun 25	136220 Aug 21	128822 Jun 20
	No session Jul 1		136221 Aug 28	128823 Jun 27
PICKLEBALL				PICKLEBALL
5:00 - 7:00 pm				5:00 - 7:00 pm
135903 Jul 7	135920 Jul 8			135910 Jul 4
135904 Jul 14	135921 Jul 15			135911 Jul 11
135905 Jul 21	135922 Jul 22			135912 Jul 18
135906 Jul 28	135923 Jul 29			135913 Jul 25
135907 Aug 11	135924 Aug 5			135914 Aug 1
135908 Aug 18	135925 Aug 12			135915 Aug 8
135909 Aug 25	135926 Aug 19			135916 Aug 15
	135927 Aug 26			135917 Aug 22
				135918 Aug 29

MONDAY

ARCHERY

8:00 - 9:30 pm

128612

May 5

128613

May 12

128614

May 26

128615

Jun 2

128616

Jun 9

128617

Jun 16

128618

Jun 23

No Drop-In Archery Sessions in July & August



WEDNESDAY

BADMINTON

8:00 - 10:00 pm

128664

May 7

128665

May 14

128666

May 21

128667

May 28

128668

Jun 4

128669

Jun 11

128670

Jun 18

No session

Jun 25

No session

Jul 1

135920

Jul 8

135921

Jul 15

135922

Jul 22

135923

Jul 29

135924

Aug 5

135925

Aug 12

135926

Aug 19

135927

Aug 26

Basketball Registered Drop-In sessions move to Friday nights in July & August

FRIDAY

BASKETBALL

7:30 - 9:30 pm

135876

Jul 4

135877

Jul 11

135878

Jul 18

135879

Jul 25

135880

Aug 1

135881

Aug 8

135882

Aug 15

135883

Aug 22

135884

Aug 29

Reserved Drop-In Sessions

Participants can register up to 7 days in advance starting at 7:30 am using these program barcodes

SATURDAY

PICKLEBALL

12:00 - 2:00 pm

135894

Jul 5

135895

Jul 12

135896

Jul 19

135897

Jul 26

135898

Aug 2

135899

Aug 9

135900

Aug 16

135901

Aug 23



SUNDAY

BASKETBALL

4:30 - 6:30 pm

128697

May 4

128699

May 11

128700

May 25

128701

Jun 1

128702

Jun 8

128704

Jun 15

128705

Jun 22

Scan the Code for the online Sports Schedule

