

ADULT PROGRAMS

WINTER & SPRING



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

105718	Th	Jan 11-Feb 29	3:15-5:15pm	8/\$120
105719	Th	Mar 7-Apr 25	3:15-5:15pm	8/\$120
105952	Th	May 2-Jun 20	3:15-5:15pm	8/\$120

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

105926	Tu	Jan 16-Mar 5	3:15-4:45pm	8/\$108
105927	Tu	Mar 12-Apr 30	3:15-4:45pm	8/\$108
108914	Tu	May 7-Jun 25	3:15-4:45pm	8/\$108

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

105852	Tu	Jan 16-Mar 5	1-3pm	8/\$144
105900	Tu	Mar 12-Apr 30	1-3pm	8/\$144
108913	Tu	May 7-Jun 25	1-3pm	8/\$144

HOW TO REGISTER

ONLINE at saanich.ca/Recreation

PHONE 250-475-7600

IN PERSON at any of our

4 Recreation Centres



PARKS, RECREATION
& COMMUNITY SERVICES

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

105708	Th	Jan 11-Feb 29	2-3pm	8/\$76
105709	Th	Mar 7-Apr 25	2-3pm	8/\$76
105949	Th	May 2-Jun 20	2-3pm	8/\$76

LINE DANCING - CORDOVA BAY 55+

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

105937	F	Jan 12-Mar 1	10:15-11:30am	8/\$64
105938	F	Mar 8-Apr 26	10:15-11:30am	8/\$64
105939	F	May 3-Jun 21	10:15-11:30am	8/\$64

UKULELE - BEGINNERS

The Uke is making a comeback! Its fun, its 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 our group as we learn to strum basic chords, and sing popular, well known songs.

SAANICH COMMONWEALTH PLACE

112425	Tu	Jan 2-Feb 6	11am-12pm	6/\$86
112426	Th	Jan 4-Feb 8	6-7pm	6/\$86

UKULELE - CONTINUING

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

SAANICH COMMONWEALTH PLACE

112426	Th	Jan 4-Feb 8	7:15-8:15pm	6/\$86
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SOCIAL BALLROOM DANCE - PRE-BRONZE

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

SAANICH COMMONWEALTH PLACE

E & R Ballroom Dance

105847 Su Apr 7-May 26 4pm-5:10pm 7/\$115

105839 Su Apr 7-May 26 5:15pm-6:25pm 7/\$115

SOCIAL BALLROOM DANCE - BRONZE

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

SAANICH COMMONWEALTH PLACE

E&R Ballroom Dance

105838 Su Jan 21-Mar 24 5:15-6:25pm 9/\$145

105839 Su Apr 7-May 26 5:15pm-6:25pm 9/\$145

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

105836 Su Jan 21-Mar 24 6:30-7:40pm 9/\$145

105837 Su Apr 7-May 26 6:30-7:40pm 7/\$115

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

105840 Su Jan 21-Mar 24 4-5pm 9/\$130

105841 Su Apr 7-Jun 9 4-5pm 9/\$130

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

105842 Su Jan 21-Mar 24 5:05-6:05pm 9/\$130

105843 Su Apr 7-Jun 9 5:05-6:05pm 9/\$130



SOCIAL BALLROOM DANCE - LEVEL 3

This course includes a review of your Level 2 material, and then introduces new figures in all six dances, combined with styling and technique tips. Samba and/or Quickstep may be introduced.

SAANICH COMMONWEALTH PLACE

E & R Ballroom Dance

105844 Su Jan 21-Mar 24 6:10-7:10pm 9/\$130

105845 Su Apr 7-Jun 9 6:10-7:10pm 9/\$130

COOKING

PLANT-BASED FLAVOURS FOR FAMILIES

Chef Heidi Fink demystifies the ingredients and techniques that create mouthwatering vegetables, grains, fruits and legumes, borrowing inspiration from every corner of the world. Walk away with a better understanding of how to cook well and stay healthy, and a collection of recipes that will wow your friends and family!

ROYAL OAK MIDDLE SCHOOL

Chef Heidi Fink

108547 Tu February 6 6-9:30pm \$89

INTRO TO AUTHENTIC INDIAN CUISINE

Unlock the flavours of truly authentic Indian cuisine! Inspired by my travels in India, this class is perfect for those who love curry but can never make their curries taste "right". In class, I will focus on 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

108550 Tu March 5 6-9:30pm \$89

INDIAN CUISINE: SOUTH INDIAN SEAFOOD

Focused on the food of Southern India, demonstrating the wonderful spice combinations and cooking techniques unique to that region. Explore mixed vegetable pakoras, homemade fruit chutneys, special rice pilaf, South Indian coconut curry, and more. This class is vegetarian friendly.

ROYAL OAK MIDDLE SCHOOL

Chef Heidi Fink

108552 Tu May 14 6-9:30pm \$89

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](#)

105710	Th	Jan 18-Feb 22	6:30-7:20pm	6/\$240
105711	Th	Mar 14-Apr 18	6:30-7:20pm	6/\$240
105712	Th	Apr 25-May 30	6:30-7:20pm	6/\$240

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](#)

105714	Th	Jan 18-Feb 22	7:30-8:20pm	6/\$240
105715	Th	Mar 14-Apr 18	7:30-8:20pm	6/\$240
105716	Th	Apr 25-May 30	7:30-8:20pm	6/\$240

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](#)

105723	W	Jan 10-Feb 28	2:30-4pm	8/\$84
105724	W	Mar 6-Apr 24	2:30-4pm	8/\$84
105950	W	May 1-Jun 19	2:30-4pm	8/\$84

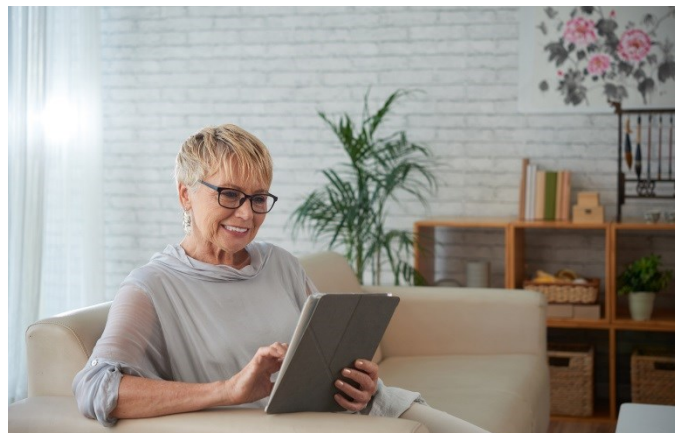
MAHJONG - CONTINUING

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](#)

105725	W	Jan 10-Feb 28	1-2:30pm	8/\$84
105726	W	Mar 6-Apr 24	1-2:30pm	8/\$84
105951	W	May 1-Jun 19	1-2:30pm	8/\$84



TECHNOLOGY

IPHONE & IPAD - WHAT'S NEW IN IOS17

Apple annually updates its iOS operating system software for iPhones and iPads. Join Mandy at this one-day workshop to learn what's new and what's changed in iOS 17. Time permitting, common iPhone and iPad questions and troubleshooting will be addressed.

SAANICH COMMONWEALTH PLACE

[Mandy Ospina](#)

107968	Tu	Jan 16	1-3pm	\$39
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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](#)

105893	Tu	Jan 23-30	1-3pm	2/\$79
107966	Tu	Apr 23-30	1-3pm	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](#)

105898	Tu	Feb 6-13	1-3pm	2/\$79
105899	Tu	May 7-14	1-3pm	2/\$79

IPHONE & 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.

SAANICH COMMONWEALTH PLACE

[Mandy Ospina](#)

105894 Tu Feb 20-27 12:30-2pm 2/\$59

IPHONE & 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](#)

105895 Tu March 5-12 1-3pm 2/\$79

IPHONE & IPAD - CALENDAR, NOTES AND MORE

Your iPhone and iPad can be used for much more than texting and sending emails. In this one-day workshop, we will explore how to schedule events in the Calendar app, use Notes and Reminders to create lists and make notes, use Siri to perform voice commands, and browse the internet using Safari.

SAANICH COMMONWEALTH PLACE

[Mandy Ospina](#)

107967 Tu April 16 9:30-11:30am \$39

APPLE WATCH - MASTERING THE BASICS & BEYOND

Explore using your Apple Watch to communicate using the Messages, Mail, and Phone apps, track activity and workouts, customize watch faces, find your other devices, create timers and set alarms, check the weather, use Control Center, Siri, calculator, and more! All levels welcome in this relaxed and encouraging hands-on course.

SAANICH COMMONWEALTH PLACE

[Mandy Ospina](#)

105892 Tu May 21-28 1-3pm 2/\$79

IPHONE & 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, AirDrop, silencing unknown callers, scanning documents, Shortcuts, optimizing battery charging, the Focus/Do Not Disturb feature, typing/gesture shortcuts, and more.

SAANICH COMMONWEALTH PLACE

[Mandy Ospina](#)

105896 Tu June 4 1-3pm \$39

IPHONE & 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](#)

105897 Tu June 11 1-3pm \$39

TRAVEL

WALKING IN EUROPE (INTRODUCTION)

This session introduces various European walking routes like the Camino de Santiago and the Robert Lous Stevenson Trail - inexpensive ways to experience the countryside, culture and cuisine while keeping fit. Learn about routes, accommodations, food, how to prepare, train, what to pack, transportation, guidebooks and what you'll encounter along the way.

SAANICH COMMONWEALTH PLACE

105881 Th February 15 6-8pm \$10

WALKING IN EUROPE (PORTUGAL & FRANCE)

This multimedia session introduces walking in Portugal and France, where it is a national pastime. Some trails are part of the Camino de Santiago and others are rigorous adventures. We will discuss accommodations, food, how to prepare, train, what to pack, transportation, guidebooks and what you will encounter along the way.

SAANICH COMMONWEALTH PLACE

105883 Th March 21 6-8pm \$10

WALKING IN EUROPE (SPAIN & JAPAN)

This multimedia session introduces popular walking routes: the Camino de Santiago in Spain, and the Kumano Kodo and the Shikoku Pilgrimage in Japan. Learn about routes, accommodations, food, how to pack and prepare, guidebooks and what to expect along the way.

SAANICH COMMONWEALTH PLACE

105884 Th April 18 6-8pm \$10

HOW TO REGISTER

ONLINE at saanich.ca/Recreation

PHONE 250-475-7600

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WALKING IN EUROPE (GREAT BRITAIN & ITALY)

This multimedia session introduces UK hikes such as the Coast to Coast trail, the Abbey Way and Offa's Dyke in Wales, as well as the Cinque Terra, the Saint Francis of Assisi and the Via Francigena in Italy. Learn about routes, accommodations, how to prepare, what to pack, and much more.

SAANICH COMMONWEALTH PLACE

105882 Th May 16 6-8pm \$10

LEADERSHIP / EDUCATION

CPR-C

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

108863 Sa Feb 10 9am-2:30pm \$65
108867 Sa Apr 27 9am-2:30pm \$65

CPR-C RECERTIFICATION

12yrs+

CPR-C certifications are valid for 3 years. After 3 years the CPR holder will need to attend a CPR recertification. Candidates must show proof of original certification to instructor at beginning of course.

SAANICH COMMONWEALTH PLACE

108872 Su Feb 18 9am-1:15pm \$55
108876 Sa May 25 9am-1:15pm \$55

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

108830 Sa,Su Feb 10-11 9am-5:30pm 2/\$169
108853 Sa,Su Apr 27-28 9am-5:30pm 2/\$169

MARTIAL ARTS

IAIDO

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

LOCHSIDE ELEMENTARY SCHOOL

105936 W & F Jan 10-Jun 21 6:30-8pm \$147

KARATE - TEENS & ADULTS

12yrs+

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

107233	Tu	Jan 9-Mar 12	7:35-9pm	10/\$160
107234	Th	Jan 11-Mar 14	7:35-9pm	10/\$160
107235	Tu,Th	Jan 9-Mar 14	7:35-9pm	20/\$280
107236	Tu	Apr 2-Jun 25	7:35-9pm	13/\$208
107237	Th	Apr 4-Jun 27	7:35-9pm	13/\$208
107238	Tu,Th	Apr 2-Jun 27	7:35-9pm	26/\$364

SPORTS

ARCHERY FOR ADULTS - 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

FULL	Su	Jan 7-Feb 25	11am-12pm	8/\$128
105643	Su	Mar 10-May 5	11am-12pm	8/\$128
105644	Su	May 12-Jun 23	11am-12pm	7/\$112

ARCHERY FOR ADULTS - 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

105645	Su	Jan 7-Feb 25	12-1pm	8/\$128
105646	Su	Mar 10-May 5	12-1pm	8/\$128
105647	Su	May 12-Jun 23	12-1pm	7/\$112

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PARKS, RECREATION
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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

FULL	F	Jan 5-Feb 23	12-1:30pm	8/\$144
FULL	M	Jan 8-Mar 4	10:30am-12pm	8/\$144
FULL	F	Mar 1-Apr 26	12-1:30pm	8/\$144
105747	M	Apr 8-May 13	10:30am-12pm	6/\$108
106774	F	May 3-Jun 21	12-1:30pm	8/\$144
105901	M	May 27-Jun 24	10:30am-12pm	5/\$90

PICKLEBALL - IMPROVE YOUR GAME

Class will cover: playing with balance, serve, 2nd and 3rd shot technique, positioning, net play, lob, smash, volley, attack, defend, dink and soft game. This class is designed for players at 3.0 level or higher.

SAANICH COMMONWEALTH PLACE

Andy Vixaysouk

105729	M	Jan 8-Mar 4	12-1:30pm	8/\$144
105730	M	Apr 8-May 13	12-1:30pm	6/\$108
105907	M	May 27-Jun 24	12-1:30pm	5/\$90

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

FULL	Tu	Jan 2-Feb 20	12-1:30pm	8/\$60
105742	Tu	Feb 27-Apr 23	12-1:30pm	8/\$60
105743	Tu	May 7-Jun 25	12-1:30pm	8/\$60

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

FULL	Th	Jan 4-Feb 22	11:45am-1:30pm	8/\$70
FULL	Th	Feb 29-Apr 25	11:45am-1:30pm	8/\$70
105740	Th	May 2-Jun 20	11:45am-1:30pm	8/\$70

PICKLEBALL CLINIC (EXPERIENCED 3.0)

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

105734	Sa	Jan 6-Feb 24	8-10am	8/\$80
105735	Sa	Mar 2-Apr 20	8-10am	8/\$80
105736	Sa	May 4-Jun 15	8-10am	7/\$70

EMERGENCY PREPAREDNESS

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

105833	W	Jan 17	7-8pm	FREE
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SAANICH EMERGENCY PROGRAM - VOLUNTEER INFORMATION SESSION

The Saanich Emergency Program is looking for volunteers! Support your community, gain valuable experience, learn about emergency management and meet amazing people. Volunteers needed for emergency support services, neighbourhood emergency preparedness program and radio communications. Training provided.

SAANICH COMMONWEALTH PLACE

105835	W	May 15	7-8pm	FREE
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