

# ADULT PROGRAMS

## Winter & Spring



### 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](#)

|        |    |               |          |         |
|--------|----|---------------|----------|---------|
| 151087 | Th | Jan 8-Feb 26  | 3:15-5pm | 8/\$147 |
| 151249 | Th | Mar 5-Apr 23  | 3:15-5pm | 8/\$147 |
| 151250 | Th | Apr 30-Jun 18 | 3:15-5pm | 8/\$147 |

#### 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](#)

|        |    |              |          |         |
|--------|----|--------------|----------|---------|
| 151096 | Tu | Jan 6-Feb 24 | 1:15-3pm | 8/\$147 |
| 151422 | Tu | Mar 3-Apr 21 | 1:15-3pm | 8/\$147 |
| 151423 | Tu | May 5-Jun 23 | 1:15-3pm | 8/\$147 |

#### PAINTING - BEGINNER OILS

This results-oriented course is designed to give beginners the know-how to use oil paints as a medium, how to mix oil colours, and learn brush strokes in creating oil paintings. This course will provide practical knowledge of what materials are needed, how to set up and clean up, learn hands-on techniques to develop the skill of oil painting on canvas, and complete fine works of art you can bring home. We start with easy manageable still-life and landscape projects, moving forward to raise your level of creativity.

SAANICH COMMONWEALTH PLACE

[Belle Perez De Tagle](#)

|        |   |              |          |         |
|--------|---|--------------|----------|---------|
| 152154 | F | Jan 30-Mar 6 | 1-2:45pm | 6/\$126 |
|--------|---|--------------|----------|---------|

#### 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 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](#)

|        |    |              |          |         |
|--------|----|--------------|----------|---------|
| 151097 | Tu | Jan 6-Feb 24 | 3:15-5pm | 8/\$147 |
| 151424 | Tu | Mar 3-Apr 21 | 3:15-5pm | 8/\$147 |
| 151425 | Tu | May 5-Jun 23 | 3:15-5pm | 8/\$147 |

#### 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](#)

|        |   |              |          |         |
|--------|---|--------------|----------|---------|
| 152155 | F | Jan 30-Mar 6 | 3-4:30pm | 6/\$108 |
|--------|---|--------------|----------|---------|

### ARTS - 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](#)

|        |    |               |             |        |
|--------|----|---------------|-------------|--------|
| 151088 | Th | Jan 8-Feb 26  | 1:45-2:45pm | 8/\$76 |
| 151251 | Th | Mar 5-Apr 23  | 1:45-2:45pm | 8/\$76 |
| 151252 | Th | Apr 30-Jun 18 | 1:45-2:45pm | 8/\$76 |

## 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-ins are available for \$9/session. A partner is not required.

CORDOVA BAY 55 PLUS ASSOCIATION

[Vicky McCulloch](#)

|        |   |              |               |        |
|--------|---|--------------|---------------|--------|
| 151129 | F | Jan 9-Feb 27 | 10:15-11:30am | 8/\$56 |
| 151257 | F | Mar 6-May 1  | 10:15-11:30am | 8/\$56 |
| 151258 | F | May 8-Jun 26 | 10:15-11:30am | 8/\$56 |

## SOCIAL BALLROOM DANCE - LEVEL 1

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

SAANICH COMMONWEALTH PLACE

[E & R Ballroom Dance](#)

|        |    |               |       |          |
|--------|----|---------------|-------|----------|
| 151119 | Su | Jan 18-Mar 29 | 4-5pm | 10/\$150 |
| 151784 | Su | Apr 19-Jun 21 | 4-5pm | 9/\$135  |

## SOCIAL BALLROOM DANCE - LEVEL 2

Level 1 figures will be reviewed before 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](#)

|        |    |               |             |          |
|--------|----|---------------|-------------|----------|
| 151120 | Su | Jan 18-Mar 29 | 5:05-6:05pm | 10/\$150 |
| 151785 | Su | Apr 19-Jun 21 | 5:05-6:05pm | 9/\$135  |

## 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](#)

|        |    |               |             |          |
|--------|----|---------------|-------------|----------|
| 151121 | Su | Jan 18-Mar 29 | 6:10-7:10pm | 10/\$150 |
| 151786 | Su | Apr 19-Jun 21 | 6:10-7:10pm | 9/\$135  |

## 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](#)

|        |    |               |          |         |
|--------|----|---------------|----------|---------|
| 151122 | Su | Jan 18-Mar 22 | 4-5:10pm | 9/\$150 |
| 151779 | Su | Apr 19-Jun 14 | 4-5:10pm | 8/\$135 |

## 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](#)

|        |    |               |             |         |
|--------|----|---------------|-------------|---------|
| 151118 | Su | Jan 18-Mar 22 | 5:15-6:25pm | 9/\$150 |
| 151781 | Su | Apr 19-Jun 14 | 5:15-6:25pm | 8/\$135 |

## 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](#)

|        |    |               |             |         |
|--------|----|---------------|-------------|---------|
| 151117 | Su | Jan 18-Mar 22 | 6:30-7:40pm | 9/\$150 |
| 151783 | Su | Apr 19-Jun 14 | 6:30-7:40pm | 8/\$135 |

## ARTS - MUSIC

### 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](#)

|        |    |               |           |        |
|--------|----|---------------|-----------|--------|
| 151123 | Tu | Jan 13-Feb 17 | 11am-12pm | 6/\$95 |
| 151124 | Th | Jan 15-Feb 19 | 6-7pm     | 6/\$95 |

### 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

[Len Knoke](#)

|        |    |               |             |        |
|--------|----|---------------|-------------|--------|
| 151125 | Th | Jan 15-Feb 19 | 7:15-8:15pm | 6/\$95 |
|--------|----|---------------|-------------|--------|

### 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](https://saanich.ca/status)

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



## SOCIAL - GAMES

### 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 Jan 7-Jun 17 1-4 pm

Senior drop-in fee per session: \$7.00  
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. Due to the complexity of the game we recommend that players enroll in the Beginner course a minimum of two times before moving into the Continuing program.

SAANICH COMMONWEALTH PLACE

[Belle Perez De Tagle](#)

|        |   |               |          |        |
|--------|---|---------------|----------|--------|
| 151094 | W | Jan 7-Feb 25  | 1-2:30pm | 8/\$84 |
| 151281 | W | Mar 4-Apr 22  | 1-2:30pm | 8/\$84 |
| 151284 | W | Apr 29-Jun 17 | 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](#)

|        |   |               |          |        |
|--------|---|---------------|----------|--------|
| 151095 | W | Jan 7-Feb 25  | 2:30-4pm | 8/\$84 |
| 151285 | W | Mar 4-Apr 22  | 2:30-4pm | 8/\$84 |
| 151287 | W | Apr 29-Jun 17 | 2:30-4pm | 8/\$84 |

## SPORTS

### Drop-In Sports at SCP

Saanich Commonwealth Place offers a variety of drop-in and registered drop-in sports throughout the week. Scan the code here for the most up to date online schedule of what is available. Some dates may not be available due to large community events booked in the gymnasium.

- **Archery** Monday
- **Badminton** Wednesday
- **Basketball** Sunday
- **Pickleball** Mon - Sat
- **Volleyball** Tuesday



### 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](#)

|        |    |              |           |         |
|--------|----|--------------|-----------|---------|
| 151078 | Su | Jan 4-Feb 22 | 11am-12pm | 7/\$118 |
| 151131 | Su | Mar 1-Apr 26 | 11am-12pm | 8/\$135 |
| 151137 | Su | May 3-Jun 21 | 11am-12pm | 7/\$118 |

### 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](#)

|        |    |              |        |         |
|--------|----|--------------|--------|---------|
| 151079 | Su | Jan 4-Feb 22 | 12-1pm | 7/\$118 |
| 151141 | Su | Mar 1-Apr 26 | 12-1pm | 8/\$135 |
| 151142 | Su | May 3-Jun 21 | 12-1pm | 7/\$118 |

### 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](#)

|                |       |              |          |          |
|----------------|-------|--------------|----------|----------|
| 153179         | Tu,Th | Jan 6-Mar 26 | 6-7:15pm | 24/\$249 |
| TUESDAYS ONLY  |       |              |          |          |
| 151267         | Tu    | Jan 6-Mar 24 | 6-7:15pm | 12/\$145 |
| THURSDAYS ONLY |       |              |          |          |
| 151266         | Th    | Jan 8-Mar 26 | 6-7:15pm | 12/\$145 |
| 153180         | Th    | Apr 2-May 28 | 6-7:15pm | 9/\$109  |

### 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](#)

|        |   |               |              |         |
|--------|---|---------------|--------------|---------|
| 151104 | M | Jan 12-Feb 23 | 10:30am-12pm | 6/\$114 |
| 151105 | M | Jan 12-Feb 23 | 12-1:30pm    | 6/\$114 |
| 151436 | F | Jan 9-Feb 27  | 12-1:30pm    | 8/\$150 |
| 151432 | M | Mar 2-Apr 27  | 10:30am-12pm | 7/\$132 |
| 151433 | M | Mar 2-Apr 27  | 12-1:30pm    | 7/\$132 |
| 151437 | F | Mar 6-May 1   | 12-1:30pm    | 7/\$132 |
| 151434 | M | May 4-Jun 22  | 10:30am-12pm | 7/\$132 |
| 151435 | M | May 4-Jun 22  | 12-1:30pm    | 7/\$132 |
| 151438 | F | May 8-Jun 26  | 12-1:30pm    | 8/\$150 |

## PICKLEBALL - CLINIC 1.0 NOVICE

Our clinics offer a great opportunity to develop your pickleball skills, learn new techniques, and refine your game. Geared towards novice players with a 1.0 skill level or those who are comfortable playing with players at this level or above.

SAANICH COMMONWEALTH PLACE

[Andy Vixaysouk](#)

|        |    |               |           |        |
|--------|----|---------------|-----------|--------|
| 151099 | Tu | Jan 12-Feb 24 | 12-1:30pm | 7/\$63 |
| 151426 | Tu | Mar 3-Apr 28  | 12-1:30pm | 8/\$72 |
| 151427 | Tu | May 5-Jun 23  | 12-1:30pm | 8/\$72 |

## PICKLEBALL - CLINIC 2.0 INTERMEDIATE

Our clinics offer a great opportunity to develop your pickleball skills, learn new techniques, and refine your game. Geared towards Intermediate/experienced players with a 2.0 skill level or those who are comfortable playing with players at this level.

SAANICH COMMONWEALTH PLACE

[Andy Vixaysouk](#)

|        |    |              |                |        |
|--------|----|--------------|----------------|--------|
| 151100 | Th | Jan 8-Feb 26 | 11:45am-1:30pm | 8/\$84 |
| 151428 | Th | Mar 5-Apr 30 | 11:45am-1:30pm | 8/\$84 |
| 151429 | Th | May 7-Jun 25 | 11:45am-1:30pm | 8/\$84 |

## PICKLEBALL - CLINIC 3.0 EXPERIENCED

Our clinics offer a great opportunity to develop your pickleball skills, learn new techniques, and refine your game. Geared towards experienced or competitive players with a 3.0 skill level or those who are comfortable playing with players at this level.

SAANICH COMMONWEALTH PLACE

[Andy Vixaysouk](#)

|        |    |               |        |        |
|--------|----|---------------|--------|--------|
| 151101 | Sa | Jan 10-Feb 28 | 8-10am | 8/\$96 |
| 151430 | Sa | Mar 7-Apr 25  | 8-10am | 7/\$84 |
| 151431 | Sa | May 2-Jun 20  | 8-10am | 8/\$96 |

## 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](#)

|        |    |               |              |        |
|--------|----|---------------|--------------|--------|
| 150740 | Tu | Jan 6-Feb 24  | 7-8:30pm     | 8/\$80 |
| 150741 | Th | Jan 8-Feb 26  | 7-8:30pm     | 8/\$80 |
| 150742 | Su | Jan 11-Mar 1  | 10:30am-12pm | 8/\$80 |
| 152009 | Tu | Mar 3-Apr 28  | 7-8:30pm     | 9/\$90 |
| 152010 | Th | Mar 5-Apr 30  | 7-8:30pm     | 9/\$90 |
| 152011 | Su | Mar 8-May 3   | 10:30am-12pm | 9/\$90 |
| 152012 | Tu | May 5-Jun 16  | 7-8:30pm     | 7/\$70 |
| 152013 | Th | May 7-Jun 18  | 7-8:30pm     | 7/\$70 |
| 152014 | Su | May 10-Jun 21 | 10:30am-12pm | 7/\$70 |

## IAIDO

14yrs+

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

LOCHSIDE ELEMENTARY SCHOOL

[Chris Tooley](#)

|        |     |               |          |         |
|--------|-----|---------------|----------|---------|
| 151271 | W,F | Jan 14-Mar 13 | 7:30-9pm | 18/\$65 |
| 151272 | W,F | Apr 1-Jun 12  | 7:30-9pm | 21/\$65 |

## 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](#)

|        |       |               |          |          |
|--------|-------|---------------|----------|----------|
| 153500 | Tu    | Jan 6-Mar 10  | 7:35-9pm | 10/\$160 |
| 153501 | Tu,Th | Jan 6-Mar 12  | 7:35-9pm | 20/\$280 |
| 153502 | Th    | Jan 8-Mar 12  | 7:35-9pm | 10/\$160 |
| 153503 | Tu    | Mar 31-Jun 23 | 7:35-9pm | 13/\$208 |
| 153504 | Tu,Th | Mar 31-Jun 25 | 7:35-9pm | 26/\$364 |
| 153505 | Th    | Apr 2-Jun 25  | 7:35-9pm | 13/\$208 |

## TRAINING & EDUCATION - COOKING

### AUTHENTIC INDIAN BUTTER CHICKEN AND 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](#)

|        |   |        |          |       |
|--------|---|--------|----------|-------|
| 152290 | M | May 11 | 6-9:30pm | \$109 |
|--------|---|--------|----------|-------|

### AUTHENTIC INDIAN VEGETARIAN

Indian cuisine is known for its full-flavoured vegetarian food. In class, we will focus on the key techniques and ingredients that make vibrant, delicious Indian food. Menu includes lentil dahl, aloo gobi, homemade spice mixes, fresh chutneys, and more.

ROYAL OAK MIDDLE SCHOOL

[Chef Heidi Fink](#)

|        |   |        |          |       |
|--------|---|--------|----------|-------|
| 152291 | M | May 25 | 6-9:30pm | \$109 |
|--------|---|--------|----------|-------|

### CHINESE CANADIAN TAKE OUT CLASSICS

Learn to make your favourite Chinese take-out recipes! We will dive into the ingredients and techniques you need to make delicious Chinese-Canadian classics in your own home. Menu includes ginger beef, ma po tofu, vegetable chow mein, and more.

ROYAL OAK MIDDLE SCHOOL

[Chef Heidi Fink](#)

|        |    |       |          |       |
|--------|----|-------|----------|-------|
| 152283 | Tu | Feb 3 | 6-9:30pm | \$109 |
|--------|----|-------|----------|-------|



## EXPLORE MOROCCAN CUISINE

Learn how to navigate Moroccan spices and culinary techniques during this fun, hands-on cooking class. We will make some of my favourite North African dishes, including divine Moroccan tagines, salads, super fluffy couscous, and other regional specialties. Vegetarian options are also included.

ROYAL OAK MIDDLE SCHOOL

[Chef Heidi Fink](#)

152285 Tu Feb 24 6-9:30pm \$109

## 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](#)

152284 Tu Feb 10 6-9:30pm \$109

## MEDITERRANEAN VEGETARIAN

Discover both exotic and familiar tastes in this exploration of the Mediterranean. Go beyond the basics to explore recipes from Italy, Morocco, and Spain! The delicious, seasonal menu includes biscotti & focaccia, Tuscan beans, Spanish romesco and North African specialties.

ROYAL OAK MIDDLE SCHOOL

[Chef Heidi Fink](#)

152292 Tu Jun 2 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](#)

152282 Tu Jan 27 6-9:30pm \$109

## SPANISH CUISINE

Beat the blahs with a delicious trip to Spain. 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.

ROYAL OAK MIDDLE SCHOOL

[Chef Heidi Fink](#)

152288 Tu Mar 31 6-9:30pm \$109

## TACO PARTY!

Join a fun cooking class focused on authentic Mexican flavors. Learn to make soft masa tacos with flank steak, chicken, and spiced beans, plus homemade green and red salsas, Mexican Green Rice, and rich Mexican Chocolate Brownies.

ROYAL OAK MIDDLE SCHOOL

[Chef Heidi Fink](#)

152289 M May 4 6-9:30pm \$109

## THAI AT HOME - GREEN CURRY AND PAD THAI

Learn to cook Thai food at home. Let's explore the ingredients and cooking techniques that will help you make delicious, authentic Thai food. Tonight's menu includes Tom Kha Kai, green curry paste from scratch, shrimp pad Thai, and more.

ROYAL OAK MIDDLE SCHOOL

[Chef Heidi Fink](#)

152287 Tu Mar 10 6-9:30pm \$109

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

Thai food may seem complex, but it's easily made at home! Learn how to get the most from Thai ingredients and cooking techniques, as you prepare dishes like Tom Yam Gung, red coconut curry, noodle stir-fry, mango rice, and more.

ROYAL OAK MIDDLE SCHOOL

[Chef Heidi Fink](#)

152286 Tu Mar 3 6-9:30pm \$109

## TRAINING & EDUCATION - FIRST AID & CPR

### EMERGENCY FIRST AID (EFA) WITH CPR-C

This WorkSafeBC basic first aid equivalent features hands-on training and practice to build confidence in lifesaving skills. Learn CPR/AED and obstructed airway procedures to respond to adult, child, and infant emergencies. Recognize and respond to respiratory and circulatory emergencies, including asthma, allergic reactions, heart attack, stroke, and bleeding. No prerequisite; recommended for those 13+.

SAANICH COMMONWEALTH PLACE

152908 Th Jan 22 9am-6pm \$109

152916 Su Mar 29 9am-6pm \$109

152921 Su Apr 26 9am-6pm \$109

152924 Su May 31 9am-6pm \$109

### STANDARD FIRST AID (SFA) WITH CPR-C

This WorkSafeBC intermediate first aid equivalent includes comprehensive training covering all aspects of first aid, CPR, and AED use. Gain the skills and knowledge to act with confidence. In addition to material covered in Emergency First Aid, learn how to treat head/neck injuries, soft tissue and skeletal injuries and medical emergencies.

SAANICH COMMONWEALTH PLACE

152898 Sa,Su Jan 3-4 9am-6pm 2/\$179

152900 Sa,Su Jan 17-18 9am-6pm 2/\$179

152912 Sa,Su Feb 21-22 9am-6pm 2/\$179

152925 Su,M Mar 8-9 9am-6pm 2/\$179

152927 Su,M Apr 12-13 9am-6pm 2/\$179

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

Standard First Aid certifications (SFA) are valid for three years. After three years, the SFA holder will need to attend a recertification. Standard First Aid recertifications are recognized as a WorkSafeBC intermediate first aid equivalent. Candidates must show proof of original certification to the instructor at the beginning of course.

SAANICH COMMONWEALTH PLACE

|        |   |        |         |       |
|--------|---|--------|---------|-------|
| 152928 | M | Jan 26 | 9am-6pm | \$109 |
| 152944 | M | Feb 16 | 9am-6pm | \$109 |
| 152945 | M | Apr 6  | 9am-6pm | \$109 |

## TRAINING & EDUCATION - GENERAL

### DOG - FAMILY DOG MANNERS

Using reward-based training, this class for dogs 5mths+ covers all the basics. 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](#)

|        |    |               |             |         |
|--------|----|---------------|-------------|---------|
| 151085 | Th | Jan 22-Feb 26 | 6:30-7:20pm | 6/\$295 |
| 151245 | Th | Mar 12-Apr 16 | 6:30-7:20pm | 6/\$295 |
| 151246 | Th | Apr 30-Jun 4  | 6:30-7:20pm | 6/\$295 |

### DOG - FAMILY DOG MANNERS - NEXT STEPS

Next Steps takes all the basics from Family Dog Manners to the next level in a way that is fun but challenging. Prerequisite: Family Dog Manners or equivalent.

SAANICH COMMONWEALTH PLACE

[Alison Stephens](#)

|        |    |               |             |         |
|--------|----|---------------|-------------|---------|
| 151086 | Th | Jan 22-Feb 26 | 7:3-8:20pm  | 6/\$295 |
| 151247 | Th | Mar 12-Apr 16 | 7:30-8:20pm | 6/\$295 |
| 151248 | Th | Apr 30-Jun 4  | 7:30-8:20pm | 6/\$295 |

## TRAINING & EDUCATION - LECTURE

### FIGHT BACK FOR WOMEN

14yrs+

Learn personal awareness strategies to build your confidence and reduce the risk of falling victim to sudden violence, street crime, or a physical encounter. Real-world strategies for all ages, sizes, and abilities that are simple, easy, and retainable under stress. Participants under 16yrs must register with a parent or guardian.

SAANICH COMMONWEALTH PLACE

[Badass with Class](#)

|        |   |        |       |       |
|--------|---|--------|-------|-------|
| 153478 | F | Jan 23 | 6-9pm | \$125 |
| 153479 | F | Mar 13 | 6-9pm | \$125 |

## 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

[Canadian Company of Pilgrims](#)

152873 Sa Apr 18 1-2:30pm \$15

## WALKING IN EUROPE - SPAIN AND PORTUGAL

This presentation about popular walking routes includes sites to visit, services, food, and accommodations. Explore routes in Portugal, from Porto to Santiago, and discover the rich culture and friendly hospitality. The 870 km Camino Frances starts in France, and crosses Spain to Santiago, with almost 400,000 people completing the route each year.

SAANICH COMMONWEALTH PLACE

[Canadian Company of Pilgrims](#)

151828 Th Feb 5 6-8pm \$10

## WALKING IN EUROPE - YOUR CAMINO YOUR WAY

This presentation showcases the various approaches people have taken to complete El Camino de Santiago — including those who have chosen to walk, run, bike and even overcome physical challenges along their journey. Each person has a unique plan and approach, and while all are different, they are all acceptable.

SAANICH COMMONWEALTH PLACE

[Canadian Company of Pilgrims](#)

151127 Th Apr 9 6-8pm \$10

## WALKING IN EUROPE - FRANCE AND BRITAIN

In France, the well-marked GR routes offer diverse topographies, accommodations and food. Walking routes in Britain and Ireland feature lush landscapes, sandy beaches, and hospitality are second to none. This presentation will highlight key sites, services, and accommodations along these routes, offering a glimpse into the beautiful countryside and cultural richness.

SAANICH COMMONWEALTH PLACE

[Canadian Company of Pilgrims](#)

151128 Th May 7 6-8pm \$10

## WALKING AROUND THE WORLD - JAPAN & ITALY

These presentations about popular walking routes include trail conditions, topography, food, and accommodations. Discover the Kumano Kodo pilgrimage in Japan's southern Kansai region, a route that is over 1,000 years old and showcases Japan's rich traditions, history, and stunning landscapes. Experience "la dolce vita" in Italy's Via Francigena Walk through Tuscany to Rome.

SAANICH COMMONWEALTH PLACE

[Canadian Company of Pilgrims](#)

151824 Th Jun 4 6-8pm \$10

## 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](#)

151089 Tu Jan 13-27 12:30-2pm 3/\$89

151255 Tu Apr 21-May 5 12:30-2pm 3/\$89

### 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](#)

151090 Tu Feb 3-17 12:30-2pm 3/\$89

151256 Tu May 12-26 12:30-2pm 3/\$89

### IPHONE AND IPAD - LEVEL 2

Have you taken iPhone or iPad Mastering the Basics? Join Mandy for Level 2 and expand your knowledge. Explore finding and downloading apps, adding appointments to your calendar, using Siri, utilizing widgets, creating lists in the Notes app, and other tips for texting, making phone calls, and maintaining privacy and security.

SAANICH COMMONWEALTH PLACE

[Mandy Ospina](#)

151254 Tu Feb 24-Mar 3 12:30-2pm 2/\$59

### IPHONE AND IPAD - CREATING A PHOTO ALBUM

Is your iPhone/iPad full of photos that you'd love to enjoy as prints? Join Mandy for this one-day workshop to learn how to create a photo album. We will explore the techniques and procedures, and then you can complete the album at home and send it away for printing.

SAANICH COMMONWEALTH PLACE

[Mandy Ospina](#)

153554 Tu Mar 10 12-2pm \$39



### IPHONE AND IPAD - EVERYTHING PHOTOS

iPhones and iPads are many people's 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.

SAANICH COMMONWEALTH PLACE

[Mandy Ospina](#)

151253 Tu Mar 31-Apr 14 12:30-2pm 3/\$89

### IPHONE AND IPAD - FACEBOOK MARKETPLACE

Are you looking to buy and/or sell items online, but not sure where to start? Bring your iPhone or iPad and your Facebook account, and we will explore how to post items for sale, add photos and video, search for items to buy, and more. By the end of this 2-hour workshop you'll be ready to head home, purge, and post your items online!

SAANICH COMMONWEALTH PLACE

[Mandy Ospina](#)

153555 Tu Jun 2 12-2pm \$39

### 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. Look at free downloadable apps and what to consider when evaluating a new app.

SAANICH COMMONWEALTH PLACE

[Mandy Ospina](#)

151091 Tu Jun 9-16 12:30-2pm 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



## 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)

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



# ADULT DROP-IN SPORTS - REGISTRATION CODES

| MONDAY                       | TUESDAY                       | WEDNESDAY                    | THURSDAY                     | FRIDAY                       |
|------------------------------|-------------------------------|------------------------------|------------------------------|------------------------------|
| PICKLEBALL<br>1:45 - 4:00 pm | VOLLEYBALL<br>8:00 - 10:00 pm | PICKLEBALL<br>6:45 - 7:30 pm | PICKLEBALL<br>1:45 - 3:45 pm | PICKLEBALL<br>1:45 - 4:00 pm |
| 151107 Jan 5                 | 151126 Jan 6                  | 151537 Jan 7                 | 153906 Jan 8                 | 151577 Jan 2                 |
| 151439 Jan 12                | 151829 Jan 13                 | 151538 Jan 14                | 153907 Jan 15                | 151582 Jan 9                 |
| 151440 Jan 19                | 151834 Jan 20                 | 151539 Jan 21                | 153908 Jan 22                | 151584 Jan 16                |
| 151441 Jan 26                | 151836 Jan 27                 | 151540 Jan 28                | 153909 Jan 29                | 151586 Jan 23                |
| 151442 Feb 2                 | 151838 Feb 3                  | 151541 Feb 4                 | 153910 Feb 5                 | 151588 Jan 30                |
| 151443 Feb 9                 | 151841 Feb 10                 | 151542 Feb 11                | 153911 Feb 12                | 151593 Feb 6                 |
| 151444 Feb 23                | 151842 Feb 17                 | 151543 Feb 18                | 153912 Feb 19                | 151595 Feb 13                |
| 151445 Mar 2                 | 151852 Feb 24                 | 151544 Feb 25                | 153913 Feb 26                | 151597 Feb 20                |
| 151446 Mar 9                 | 151854 Mar 3                  | 151545 Mar 4                 | 153914 Mar 5                 | 151600 Feb 27                |
| 151447 Mar 16                | 151856 Mar 10                 | 151546 Mar 11                | 153915 Mar 12                | 151602 Mar 6                 |
| 151448 Mar 30                | 151858 Mar 17                 | 151547 Mar 18                | 153916 Mar 19                | 151603 Mar 13                |
| 151449 Apr 13                | 151861 Mar 31                 | 151548 Mar 25                | 153917 Apr 2                 | 151605 Mar 20                |
| 151450 Apr 20                | 151862 Apr 7                  | 151549 Apr 1                 | 153918 Apr 9                 | 151606 Apr 10                |
| 151451 Apr 27                | 151865 Apr 14                 | 151553 Apr 8                 | 153919 Apr 16                | 151613 Apr 17                |
| 151452 May 4                 | 151866 Apr 21                 | 151555 Apr 15                | 153920 Apr 23                | 151614 Apr 24                |
| 151453 May 11                | 151868 Apr 28                 | 151556 Apr 22                | 153921 Apr 30                | 151615 May 1                 |
| 151454 May 25                | 151869 May 5                  | 151557 Apr 29                | 153922 May 7                 | 151616 May 8                 |
| 151455 Jun 1                 | 151870 May 12                 | 151559 May 6                 | 153923 May 14                | 151618 May 15                |
| 151456 Jun 8                 | 151874 May 19                 | 151562 May 13                | 153924 May 21                | 151619 May 22                |
| 151457 Jun 15                | 151876 May 26                 | 151563 May 20                | 153925 May 28                | 151621 May 29                |
| 151458 Jun 22                | 151878 Jun 2                  | 151565 May 27                | 153926 Jun 4                 | 151622 Jun 5                 |
|                              | 151879 Jun 9                  | 151567 Jun 3                 | 153927 Jun 11                | 151623 Jun 12                |
|                              | 151880 Jun 16                 | 151569 Jun 10                | 153928 Jun 18                | 151625 Jun 19                |
|                              | 151883 Jun 23                 | 151574 Jun 17                | 153929 Jun 25                | 151627 Jun 26                |

| MONDAY                    |
|---------------------------|
| ARCHERY<br>8:00 - 9:30 pm |
| 151080 Jan 5              |
| 151145 Jan 12             |
| 151146 Jan 19             |
| 151147 Jan 26             |
| 151148 Feb 2              |
| 151149 Feb 9              |
| 151150 Feb 23             |
| 151151 Mar 2              |
| 151152 Mar 9              |
| 151153 Mar 16             |
| 151154 Mar 23             |
| 151155 Mar 30             |
| 151156 Apr 13             |
| 151157 Apr 20             |
| 151158 Apr 27             |
| 151159 May 4              |
| 151160 May 11             |
| 151161 May 25             |
| 151162 Jun 1              |
| 151163 Jun 8              |
| 151164 Jun 15             |
| 151165 Jun 22             |

## Reserved Drop-In Sessions

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



| WEDNESDAY                    |
|------------------------------|
| BADMINTON<br>8:00 - 10:00 pm |
| 151082 Jan 7                 |
| 151166 Jan 14                |
| 151167 Jan 21                |
| 151168 Jan 28                |
| 151169 Feb 4                 |
| 151170 Feb 11                |
| 151171 Feb 18                |
| 151172 Feb 25                |
| 151173 Mar 4                 |
| 151174 Mar 11                |
| 151175 Mar 18                |
| 151176 Mar 25                |
| 151177 Apr 1                 |
| 151178 Apr 8                 |
| 151179 Apr 15                |
| 151180 Apr 22                |
| 151181 Apr 29                |
| 151182 May 6                 |

## WINTER & SPRING 2026

Scan the Code for an ONLINE SPORTS SCHEDULE



| BASKETBALL<br>4:30 - 6:30 pm |
|------------------------------|
| 151084 Jan 4                 |
| 151224 Jan 11                |
| 151225 Jan 18                |
| 151226 Jan 25                |
| 151227 Feb 8                 |
| 151228 Feb 15                |
| 151229 Feb 22                |
| 151230 Mar 1                 |
| 151231 Mar 8                 |
| 151232 Mar 15                |
| 151233 Mar 22                |
| 151234 Mar 29                |
| 151235 Apr 12                |
| 151236 Apr 19                |
| 151237 Apr 26                |
| 151238 May 3                 |
| 151239 May 10                |
| 151240 May 24                |
| 151241 May 31                |