



# Adult

## Registered Programs - Jan / Feb

### ARTS

#### Art - Urban Sketching with Ink & Watercolour

Through a systematic approach you will learn to create quick and loose ink and watercolour sketches that capture your environment. Develop your drawing and painting skills and learn how to create lasting memories out of travel sketches! Some drawing experience recommended. Supply list online.

##### Cedar Hill Recreation Centre

Peter Loebel

42845 W 1-3:30pm Jan 20-Feb 17 5/\$106

#### Art Open Studio Orientation

An orientation to our bright and spacious Art Studio is mandatory before gaining first time independent access as an Art Flex studio user or an Art Open Studio Block participant. Daily Art Flex time in the Studio is open to all artists after completion of this orientation. Drying racks, easels and storage rental available. Long-term storage is included in Open Studio Blocks only. Contact Renee Sala at [renee.sala@saanich.ca](mailto:renee.sala@saanich.ca) with any questions.

##### Cedar Hill Recreation Centre

44114	Su	12-12:30pm	Jan 3	\$5
44115	Su	12-12:30pm	Jan 10	\$5
44116	Su	12-12:30pm	Jan 17	\$5
44118	Su	12-12:30pm	Jan 24	\$5
44120	Su	12-12:30pm	Jan 31	\$5
44121	Su	12-12:30pm	Feb 7	\$5
44122	Su	12-12:30pm	Feb 21	\$5
44123	Su	12-12:30pm	Feb 28	\$5

#### Art Open Studio

Enjoy registered Open Studio time in the beautiful Painting Studio at the Arts Centre at Cedar Hill. You will have full access to easels, tables, various tools, drying racks and storage for your materials and canvases. Your time in the studio is yours for the duration of the session, and you will share the room with 6 other people. Participants may choose multiple blocks per week if desired, however, only one set of storage spaces will be allotted to each person. All new participants are expected to attend a mandatory orientation prior to using the studio independently. Register online, in person or over the phone.

##### Cedar Hill Recreation Centre

###### Open Studio A

44468 M 8am-12pm Jan 4-Feb 22 7/\$84

###### Open Studio B

44471 Tu 8am-12pm Jan 5-Feb 23 8/\$96

###### Open Studio C

44475 W 8am-12pm Jan 6-Feb 24 8/\$96

###### Open Studio D

44476 Th 8am-12pm Jan 7-Feb 25 8/\$96

###### Open Studio E

44477 F 8am-12pm Jan 8-Feb 26 8/\$96

###### Open Studio F

44478 Tu 12:30-4:30pm Jan 5-Feb 23 8/\$96

###### Open Studio G

44479 W 12:30-4:30pm Jan 6-Feb 24 8/\$96

###### Open Studio H

44480 Th 12:30-4:30pm Jan 7-Feb 25 8/\$96

### Leisure Assistant Pass

Our Leisure Assistant Pass supports Saanich residents with disabilities, of all ages, who require the assistance of a support person for leisure activities.

Upon presentation of the Leisure Assistant Pass (from any municipality), one support person will be given free or reduced admission. Learn more about Inclusion Services by visiting [bit.ly/saanichinclusion](http://bit.ly/saanichinclusion).

Click on the [Program Number](#) to link to the Saanich Rec Online Registration website



## Community Art Circle

Connect with others safely through the joy of art making, where everyone's an artist! Bring your works in progress and your own supplies. All welcome, no experience required. Suggested supply list can be made available. (Please note: all participants must now pre-register - no drop-in spaces are available.)

### Cedar Hill Recreation Centre

Dixie MacUisdin

44154 F 10-11:30am Jan 15-Feb 5 4/\$20

44157 F 10-11:30am Feb 19-Mar 12 4/\$20

## Contemporary Painting in Acrylic or Oil

Learn new skills to push your painting to the next level and enhance your creative process. Classes will focus on composition development, skill building exercises and techniques to create stronger paintings. Previous painting experience recommended. Supply list online.

### Cedar Hill Recreation Centre

Mitchell Villa

43971 Th 6:30-9pm Jan 14-Feb 18 6/\$113

## Drawing - The Joy of Charcoal and Conte

Discover the artistic possibilities of charcoal and conte. Projects will explore large scale drawing, using white chalk on black paper, gesture drawing, sepia conte and chamois techniques. Get out of your comfort zone and enjoy the beautiful results! Beginners welcome. Some supplies included. Additional supply list online.

### Cedar Hill Recreation Centre

Natalie Shumka

44389 W 9:30am-12pm Jan 20-Feb 24 6/\$125

## Painting - Acrylic Essentials

This introduction to acrylic painting explores a variety of subjects through creative practice of foundational skills including colour mixing, brush techniques, texture, composition, and design transfer. Dixie will provide demos, individual assistance, and lesson handouts. All supplies included!

### Cedar Hill Recreation Centre

Dixie MacUisdin

44247 Su 9:30am-12pm Jan 17-Feb 28 6/\$142

## Painting - Botanicals in Watercolour

Learn to capture the character of nature's ephemeral creations using the translucent medium watercolours. Discover the beauty of diverse plant life by working directly from what is local and seasonally available. Previous painting experience recommended. Supply list online.

### Cedar Hill Recreation Centre

Bryony Wynne-Jones

42841 Th 9:30am-12pm Feb 4-25 4/\$75

## Painting - Fun with Ink & Watercolour

Ink and watercolour make an attractive pair! Sampling traditional to contemporary approaches, explore line and pattern in ink, and how to combine these techniques with watercolour for dramatic effect. Previous watercolour painting experience recommended. Supply list online.

### Cedar Hill Recreation Centre

Dixie MacUisdin

44248 M 7-9pm Jan 18-Mar 1 6/\$90

## Painting - Social Studio with Dixie MacUisdin

Bring your supplies and enjoy painting in a casual, friendly but socially distanced group setting. In this self-directed class you will receive personalized mentoring, technical assistance and demonstrations from the instructor. Previous painting experience recommended. Recommended supply list online.

### Cedar Hill Recreation Centre

Dixie MacUisdin

42843 Tu 9:30am-12pm Jan 5-Feb 2 5/\$94

42866 Tu 9:30am-12pm Feb 9-Mar 9 5/\$94

## Painting - Wonderful Watercolours

This introduction to watercolours explores its wonderful properties using a variety of subjects including landscape and flowers. Learn about brushes, paper, wet-into-wet, colour mixing, layering, masking and adding ink. A great place to begin! All supplies included.

### Cedar Hill Recreation Centre

Dixie MacUisdin

42844 Th 1-3:30pm Jan 14-Feb 18 6/\$138

## Painting Workshop

### Urban Sketching in Watercolour

Through lectures, demonstrations and exercises you will learn to create quick and loose sketches with pencil, ink and watercolour that capture the mood of a place. A systematic approach with a focus on watercolour helps you become more confident and allows you to approach more complex projects. Supply list online.

### Cedar Hill Recreation Centre

Peter Loebel

42834 Sa-Su 1-4pm Feb 6-7 2/\$55

## FINANCIAL ASSISTANCE

Our financial assistance program L.I.F.E., Leisure Involvement For Everyone, supports individuals and families living on a low income. Additional grant opportunities are available for children and youth 3-18 years.

Contact [mena.westhaver@saanich.ca](mailto:mena.westhaver@saanich.ca) for more information.

Click on the [Program Number](#) to link to the Saanich Rec Online Registration website



### Pottery - Advanced Throwing

This advanced class is for experienced potters up for a challenge! Students should come with a skill set that needs fine-tuning, ideas in mind, and a willingness to experiment. Focus will be on throwing techniques. Up to 25 lbs of clay included.

*Pre-requisite:* 45 hours of instruction (3 classes) and the ability to create vessels on the wheel.

#### Cedar Hill Recreation Centre

Mary Loria

44350 Th 6:30-9pm Jan 7-Feb 11 3/\$170

### Pottery - Glaze Education Class

This 2 day workshop will lead you through different ways to access and understand the endless possibilities that glaze presents to both the novice and experienced potter. Learn about basic glaze chemistry, application & decoration techniques with glaze, slip and underglaze. Glaze materials included. We will provide tiles and tubes to play with but please bring along any bisque-fired items you'd like to experiment with during the workshops.

Note: You must be registered in a Jan/Feb 2021 Open Studio Block or Adult Pottery Class to participate.

#### Cedar Hill Recreation Centre

Mary Loria

44359 Tu-Th 6:30-8:30pm Feb 16-18 3/\$105

### Pottery - Mug-Making 101

Join us for a 3-week Mug-Making workshop in one of the bright art studios at the Arts Centre at Cedar Hill (perfect for your hot cocoa and soup this winter!). This hand-building class will have you learning the basics of creating functional items with clay through slab and coil techniques, trying out fun decorative ideas and learning about the colourful magic of glaze. No experience necessary! All materials included. NOTE: This class is held in an art studio, not the pottery studio.

#### Cedar Hill Recreation Centre

Marita Manson

44614 M 6:30-8:30pm Jan 18-Feb 21 3/\$85

### Pottery - True Beginners

A foundational class for those with little to no experience. You will be introduced to the magic of clay by acquiring simple skills such as pinching, coil-building, and throwing. Clay included. Must be a true beginner to register (no more than 2 classes anywhere).

#### Cedar Hill Recreation Centre

Mary Loria

44347 Tu 6:30-9pm Jan 5-Feb 9 6/\$170

### Pottery - Multi-Level

A foundational, multi-level class for those new to working with clay, or for more experienced new potters looking for guidance and practice. Techniques covered include hand building, introduction to the potter's wheel and an overview of surface decoration and glazes. Focus will lean towards beginner level students. Up to 25 lbs of clay included.

#### Cedar Hill Recreation Centre

Suzanne Page

44348 W 11am-1:30pm Jan 20-Feb 24 6/\$170

44349 Th 3:30-6:00pm Jan 14-Feb 18 6/\$170

### Pottery Open Studio

Enjoy registered Open Studio time in the state-of-the-art Pottery Studio at the Arts Centre at Cedar Hill. You will have full access to all studio equipment, tools, and our incredible selection of glazes. Your time in the studio is yours for the duration of the session, and you will share the room with 7 other people. There is an opportunity for registered artists to enjoy additional studio 'Flex' time on Wednesdays and weekends through a Reserved Drop In system.

#### Cedar Hill Recreation Centre

##### Open Studio A

44282 M-Th-Sa 7:30-10:30am Jan 4-Feb 27 23/\$276

##### Open Studio B

44283 Su-Tu-F 8-11am Jan 5-Feb 26 23/\$276

##### Open Studio C

44331 M-Th 11am-3pm Jan 4-Feb 25 15/\$234

##### Open Studio D

44337 Tu-F 11am - 1pm Jan 5-Feb 26 16/\$128

##### Open Studio E

44338 Tu-F 1:30-3:30pm Jan 5-Feb 26 16/\$128

##### Open Studio F

44339 M-F 6-9pm Jan 4-Feb 26 15/\$180

### Pottery Open Studio Orientation

An orientation is mandatory for new participants to gain independent access to the Pottery Studio at the Arts Centre at Cedar Hill. Please register in a Pottery Open Studio Block (A-F) before registering for an orientation to ensure you have a spot. This orientation is only for registered participants who are using the studio independently for the first time since September 2020.

#### Cedar Hill Recreation Centre

44104	W	1-2pm	Dec 30	\$5
44109	W	2-3pm	Dec 30	\$5
44110	Su	1-2pm	Jan 3	\$5
44111	Su	2-3pm	Jan 3	\$5

## DANCE

### Ballet - Level 1: Beginner

Learn the basics of classical ballet in an encouraging atmosphere. Develop your technique, musicality, poise and grace while progressing at a steady pace over the term. Those new to ballet and continuing beginners welcome (0 to 3 years dance experience).

#### Cedar Hill Recreation Centre

Alicia Gauthier

44407	W	7-8:15pm	Jan 13-Mar 3	8/\$95
-------	---	----------	--------------	--------

### Open Ballet - Level 2/3

Strengthen and develop your existing ballet skills while getting a great stretch and workout in an enjoyable environment. Focus on increasing flexibility, strength and Ballet vocabulary. Suitable for those looking for a moderate to high activity level. Minimum 3 years progressive ballet.

#### Cedar Hill Recreation Centre

Jenna Holmes

42833	Th	7-8:15pm	Jan 14-Mar 4	8/\$95
-------	----	----------	--------------	--------

### Ballet - Low Impact

Learn ballet basics while focusing on strengthening and stretching your whole body in a low-impact, gentler paced class. Increase mobility while improving posture, alignment, and grace. Class moves through barre exercises, dynamic & static stretching, and slow centre movement in a sensory-aware environment.

Beginners welcome.

#### Cedar Hill Recreation Centre

Alicia Gauthier

44410	M	1-2:15pm	Jan 18-Mar 8	7/\$83
-------	---	----------	--------------	--------

### 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

43842	W	1-2pm	Jan 20-Mar 10	8/\$64
-------	---	-------	---------------	--------

### Line Dancing

Learn some basic dance patterns which will be put together into an actual line dance. You'll dance your very first class to music and repeat the steps until you're comfortable. No partner required. Beginner level line dances for those who are familiar with the basic line dance steps.

#### Cordova Bay 55 Plus Association

Vicky McCulloch

44656	F	10-11:15am	Jan 15-Feb 26	7/\$60
-------	---	------------	---------------	--------

### Line Dancing - Ongoing

Enjoy intermediate-level line dances taught to all types of music in this fun class. A great opportunity to dance, exercise, and meet new people.

#### Saanich Commonwealth Place

Vicky McCulloch

43846	Th	2:15-3:15pm	Jan 14-Feb 25	7/\$56
-------	----	-------------	---------------	--------

### Nuline Dancing - Beginner Level 1+

Learn routines danced to all genres of music: Latin, Jazz, Rock and Roll and more. A GREAT way to learn dance while enjoying a low-impact physical and mental workout. No partner required. For those who have completed 6 months of the Beginner class.

#### Cedar Hill Recreation Centre

Joe Archer

42840	Th	2:45-4:15pm	Jan 7-Feb 25	8/\$72
-------	----	-------------	--------------	--------

### Nuline Dancing - Beginner Level 2

For those who have completed 1 year of the Beginner course and are ready to learn some exciting new dances with more difficult moves.

#### Cedar Hill Recreation Centre

Cindy Archer

42838	Th	1-2:30pm	Jan 7-Feb 25	8/\$72
-------	----	----------	--------------	--------

Joe Archer

42839	F	7:30-9pm	Jan 8-Feb 26	8/\$72
-------	---	----------	--------------	--------

#### Gordon Head Recreation Centre

Joe Archer

43188	Th	7:30-9pm	Jan 7-Feb 25	8/\$72
-------	----	----------	--------------	--------

Click on the [Program Number](#) to link to the Saanich Rec Online Registration website



### Social Ballroom Dance - Pre-Bronze

The next step up after Level 3. This is a full year course, divided into three terms – winter, spring or fall. You may join in any term and as long as you take three consecutive terms, you will cover all the material at this level. Quick step and Samba will also be introduced.

#### Saanich Commonwealth Place

E & R Ballroom Dance

43868 Su 4-5:10pm Jan 17-Mar 14 8/\$99

### Social Ballroom Dance - Bronze

The next step up after pre-bronze. Again, this is a full year course, necessary to cover all the material at this level in all eight dances. We will not only continue to add new step patterns to your repertoire but also focus style and technique for the complete package.

#### Saanich Commonwealth Place

E & R Ballroom Dance

43864 Su 5:20-6:30pm Jan 17-Mar 14 8/\$99

### Social Ballroom Dance - Beyond Bronze

A fun, challenging multi-year course for those of you who have completed bronze. Many students have been in this class for several years as each term we focus on a different selection of dance styles and advanced variations.

#### Saanich Commonwealth Place

E & R Ballroom Dance

43863 Su 6:30-7:40pm Jan 17-Mar 14 8/\$99

### 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

43865 Su 4-5pm Jan 17-Mar 14 8/\$99

### Social Ballroom Dance - Level 2

The step patterns and techniques that were introduced in Level 1 will be built upon in Level 2, with the introduction of new step patterns in all six dances along with style and technique tips to help you look and feel your best on the dance floor.

#### Saanich Commonwealth Place

E & R Ballroom Dance

43866 Su 5:20-6:30pm Jan 17-Mar 14 8/\$99

### Social Ballroom Dance - Level 3

The step patterns and techniques that were introduced in Level 2 will be built upon in level 3, with the introduction of new step patterns in all six dances along with style and technique tips to continue to improve overall quality of your dancing.

#### Saanich Commonwealth Place

E & R Ballroom Dance

43867 Su 6:40-7:50pm Jan 17-Mar 14 8/\$99

## GENERAL INTEREST

### Cedar Hill Social Club 55yrs+

Join our Social 55+ Club and enjoy a variety of activities while seated or keeping socially distanced. Activities will vary but may include games, health and fitness, art projects, guest speakers, or just social discussion. More activities being added as allowed. \$3.00 to participate, register 1-week in advance.

#### Cedar Hill Recreation Centre

JoAnn Gillespie

##### Games Day

44573	F	11am-12:30pm	Jan 8	\$3
44574	F	1:30-3:00pm	Jan 8	\$3
44643	F	11am-12:30pm	Feb 5	\$3
44644	F	1:30-3:00pm	Feb 5	\$3

##### Guest Speaker

44576	F	12:30-2:00pm	Jan 15	\$3
44646	F	12:30-2:00pm	Feb 12	\$3

##### Health & Fitness

44578	F	11am-12:30pm	Jan 22	\$3
44579	F	1:30-3:00pm	Jan 22	\$3
44647	F	11am-12:30pm	Feb 19	\$3
44648	F	1:30-3:00pm	Feb 19	\$3

##### Art Project

44580	F	11am-12:30pm	Jan 29	\$3
44581	F	1:30-3:00pm	Jan 29	\$3
44649	F	11am-12:30pm	Feb 26	\$3
44650	F	1:30-3:00pm	Feb 26	\$3

### CHSC Chair Fitness Fun & Brain Games

#### 55yrs+

Join our Social 55+ Club for a 45 minute chair fitness class that will be more fun than fitness! Move around in your chair to music; choose to stand or use the wall for some exercises too. After chair fitness, test your skills with a variety of brain games and socialize with the group. \$3.00 to participate, register 1-week in advance.

#### Cedar Hill Recreation Centre

44652	Tu	1:30-3:30pm	Jan 5	\$3
44932	Tu	1:30-3:30pm	Jan 12	\$3
44933	Tu	1:30-3:30pm	Jan 19	\$3
44934	Tu	1:30-3:30pm	Jan 26	\$3
44935	Tu	1:30-3:30pm	Feb 2	\$3
44936	Tu	1:30-3:30pm	Feb 9	\$3
44937	Tu	1:30-3:30pm	Feb 16	\$3
44938	Tu	1:30-3:30pm	Feb 23	\$3

### 60+ Book Club

A relaxed, social book club for people interested in reading a variety of books and meeting new people. Choices of books will include fiction, non-fiction, Canadian and International bestsellers. Facilitator will help lead the discussion.

#### Cedar Hill Recreation Centre

44408 Th 1-3pm Jan 28-Apr 29 4/\$22



### Dog - Family Dog Manners

Using reward based training, this class for dogs 5 months and older covers all of the basics: how to pay attention, sit, stay, come, loose leash walking and prevention of behaviour problems such as jumping up. Proof of vaccination required. Small class size.

#### Saanich Commonwealth Place

Alison Stephens CPDT-KA

43844 Th 6:30-7:20pm Jan 14-Feb 18 6/\$180

Jane Beauchamp CPDT-KA

43843 Su 11:30am-12:20pm Feb 7-Mar 14 6/\$180

### Dog - Puppy - First Step

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 18 weeks or younger at first class with proof of first set of vaccinations.

#### Saanich Commonwealth Place

Jane Beauchamp CPDT-KA

43845 Su 10:30-11:20am Feb 7-Mar 14 6/\$180

### 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

44658 W 6:30-8:30pm Apr 14 1/\$90

### Guitar Lessons - Adult Beginner

It's never too late to learn a new instrument. Discover the basics of guitar playing, including chords, strumming, picking, and tuning. Bring your own guitar.

#### Gordon Head Recreation Centre

PJ Music Studio

45491 Tu 6:30-7:30pm Jan 12-Feb 23 7/\$101

### Woodworking Introduction Beginners to Intermediate

Anna has been passionate about woodworking and teaching others for more than a decade. In these sessions you'll learn to use a table saw, band saw, power and hand tools to complete one or more projects dependent on size.

#### Woodworking Shop at Colquitz Middle School

43972 W 6:00-9:30pm Jan 13-Feb 17 \$120

43973 W 6:00-9:30pm Feb 24-Mar 31 \$120

43974 W 6:00-9:30pm Apr 7-May 12 \$120

43975 W 6:00-9:30pm May 19-Jun 23 \$120

## MARTIAL ARTS

### Fight Back for Women - Part 1

Instructed by a woman for women. Develop techniques to protect yourself in real world encounters. Topics include: how to prevent an attack, situational awareness, the advantage of being a woman, and physical skills that are easy and retainable under stress.

#### Saanich Commonwealth Place

Sheepdog Self-Protection Inc

45490 Sa 9:00am-12:00pm Feb 20 1/\$75

### Korean Martial Arts (Kuk Sool Won)

Learn from a 7th Dan Master of one of the most comprehensive Traditional Martial Arts in the world. Kuk Sool combines kicking and striking, joint locks, pressure point and throwing techniques, plus meditation and traditional weapons practice.

#### Gordon Head Recreation Centre

Donald McCondach

43236 Tu 7:45-9:00pm Jan 5-Feb 16 7/\$63

43237 Fr 7:15-8:30pm Jan 8-Feb 19 7/\$63

### Ueshiba Aikido - Adult - Mixed Levels

Practice a peaceful approach to self-defence. Learn unarmed techniques, aiki-ken, and aiki-jo. Enrolment is continuous, with the grading structure based on Aikikai Hombu Dojo, Japan.

#### Gordon Head Recreation Centre

Rafael Oei

42720 Tu 6:15-7:15pm Jan 5-Feb 23 8/\$100

42721 Th 6:15-7:15pm Jan 7-Feb 25 8/\$100

Click on the [Program Number](#) to link to the Saanich Rec Online Registration website



## SPORTS

### Archery for Adults

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

Victoria Bowmen Association

43840 Su 9:00-10:00am Jan 10-Feb 28 8/\$128

43841 Su 10:15am-11:15pm Jan 10-Feb 28 8/\$128

### Archery - Intermediate

Interested in furthering your archery skills? Have you completed Archery for Adults previously? Continue honing your skills in this intermediate course. Acquire some fine form and techniques from certified coaches.

#### Saanich Commonwealth Place

Victoria Bowmen Association

43494 Su 11:30am-12:30pm Jan 10-Feb 28 8/\$128

### Basketball - 4 on 4 Men's

Competitive men's basketball league at an affordable price. This league offers on-line stats, photo galleries, league playoffs with great prizes and a wrap-up social. Teams play two games per night.

#### Colquitz Middle School - Gymnasium

44617 Tu 8:00-10:00pm Jan 19-Mar 23 10/\$572

44618 Tu 8:00-10:00pm Apr 6-Jun 8 10/\$572

### Basketball- Co-ed 4 on 4

Co-ed basketball league at an affordable price. This league offers on-line stats, photo galleries, league playoffs with great prizes and a wrap-up social. Teams play two games per night.

#### Colquitz Middle School - Gymnasium

44619 Tu 6:00-8:00pm Jan 19-Mar 23 10/\$572

44620 Tu 6:00-8:00pm Apr 6-Jun 8 10/\$572

### Multi Sport

Have you always wanted to play a sport with Urban Rec, but were not sure which sport you liked best? Then multi-sport is for you! Your team will play a variety of sports over the season, with most sports being played twice. Teams will play a combination of indoor and outdoor sports using the Colquitz gym and field and may include the following the sports: basketball, indoor volleyball, indoor soccer, dodgeball, flag football, ultimate frisbee and more.

#### Colquitz Middle School

44942 M 6:00-8:00pm Jan 11-Mar 2 10/\$572

44943 M 6:00-8:00pm Mar 29-Jun 14 10/\$572

### Soccer - Co-ed - Sunday 7's

Looking to play a little footy or add another night of soccer to your week? Excited to get outside and work your lungs? Tired of the competitiveness of club soccer or just can't find a team. If you answered yes, then Urban Rec Victoria Coed 7-a-side Soccer is for you! Each game has two 25-minute halves. Teams must be able to play in any of the time slots as the schedule will vary from week to week.

#### Colquitz Middle School

44961 Su 12:00-5:00pm Jan 24-Mar 28 10/\$572

44962 Su 12:00-5:00pm Apr 4-Jun 6 10/\$572

### Volleyball League - Co-ed 6's recreational

This league is perfect for recreational to intermediate level players who want to have fun. Teams play 2 or 3 opponents each night in 80 minute time blocks. See you on the court!

#### Colquitz Middle School - Gymnasium

44978 M 8-10pm Jan 11-Mar 22 10/\$572

44980 M 8-10pm Mar 29-Jun 14 10/\$572

### Volleyball - Competitive Co-ed 6's

Competitive-level volleyball league open to advanced players. Teams are to be composed of at least two players of each gender. We welcome teams, small groups and individual players.

#### Gordon Head Middle School - Gymnasium

44599 Th 6-10pm Jan 14-Mar 18 10/\$572

44613 Th 6-10pm Apr 1-Jun 3 10/\$572

### Volleyball - Competitive Co-ed Reverse 4's

Competitive level volleyball league open to advanced players. Teams are to be composed of at least one player of each gender. We take registrations in teams only. Hosted by SIVA

#### Colquitz Middle School

43786 W 6:00-10pm Jan 20-Apr 7 10/\$440

### 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. Previous playing experience is recommended.

#### Cedar Hill Recreation Centre

Ian Daniel

43382 F 8:00-9:30am Jan 8-29 4/\$60

43404 F 8:00-9:30am Feb 5-26 4/\$60

#### Saanich Commonwealth Place

43854 M 12:00-1:30pm Jan 11-Mar 1 7/\$105

## REGISTRATION

**ONLINE** with ActiveNet: [click here](#)

**PHONE** any of our centres

**IN PERSON** at all of our centres

## Pickleball for Beginners

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

Saanich Commonwealth Place

43849 F 12-1:15pm Jan 8-Feb 19 7/\$77

## Pickleball Clinic

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

Saanich Commonwealth Place

43848 Sa 8-10am Jan 9-Feb 27 8/\$28

## Squash Adult Intro

The beginner course provides new players with an understanding of the rules and other essentials including correct grip, serving technique, return of serve, basic forehand/backhand drive...you'll be playing games too!

### Cedar Hill Recreation Centre

Benjamin Uliana

44274 M 6:20-7:20pm Jan 11-Feb 22 6/\$96

44281 M 7:30-8:30pm Jan 11-Feb 22 6/\$96



## Gentle Walks \*Registration required

Enjoy fresh air, beautiful scenery, friendly chat and gentle exercise as we take different walks through Saanich parks and trails. Walks follow mainly chip or gravel trails but may have some steep sections. Sorry, dogs not permitted.

Thursdays 9:30-11:00am

John Henigman, Penny Stevens, Elly Crawford & Dianne Murray

45883 Jan 4 - **Bow Park** (Elly)

45882 Jan 7 - **Bow Park** (John)

Meet at Gordon Head Rec Centre lobby, 4100 Lambrick Way, off Feltham

45885 Jan 11 - **Cadboro Bay to Mystic** (Penny)

45890 Jan 14 - **Cadboro Bay to Mystic** (John)

Meet at Cadboro Gyro Park end of Sinclair Rd. Beside washrooms

45881 Jan 18 - **Cedar Hill Golf Course** - Kingsberry Pond (Dianne)

45880 Jan 21 - **Cedar Hill Golf Course** - Kingsberry Pond (John)

Meet at Cedar Hill Rec Centre main doors

45878 Jan 25 - **Gorge Waterway** (Elly)

45879 Jan 28 - **Gorge Waterway** (John)

Meet at Gorge Water Waterway Park near canoe club off Tillicum

45887 Feb 1 - **Lochside Trail to Beckwith Park** (Penny)

45886 Feb 4 - **Lochside Trail to Beckwith Park** (John)

Meet on Lochside Trail in parking lot by Don Mann Excavating, off McKenzie at Borden

45888 Feb 8 - **Rithet's Bog to Brydon Park** (Dianne)

45891 Feb 11 - **Rithet's Bog to Brydon Park** (John)

Meet at kiosk on Dalewood, off Chatteron Way

Feb 15 - **BC Family Day Holiday**

45891 Feb 18 - **Swan Lake** (John)

Meet at end of Nelthrope, off McKenzie

45893 Feb 22 - **UVic Alumni Chip Trail** (Elly)

45892 Feb 25 - **UVic Alumni Chip Trail** (John)

Meet at Henderson Rec Centre, outside main door, 2291 Cedar Hill X Rd

## OUTDOOR RECREATION

### Sunday Walks \*Registration required

Discover the beauty of Saanich parks and nature in your backyard. Guided walks are open to adults of all ages. Please wear sturdy footwear and bring drinking water. Walks go rain or shine. Leashed, well-socialized dogs are welcome.

Sundays 1:00-3:00pm Penny Stevens

45874 Jan 24

### Knockan Hill and the Parks of Strawberry Vale

Meet at Marigold Park on Iris Avenue, off Grange Road

45875 Feb 21

### Blenkinsop Lake and Lower Mount Doug

Meet at Lochside Trail parking area, on Lochside Trail near Don Mann Excavating north of Mackenzie

## FINANCIAL ASSISTANCE

Our financial assistance program L.I.F.E., Leisure Involvement For Everyone, supports individuals and families living on a low income. Additional grant opportunities are available for children and youth 3-18 years.

Contact [mena.westhaver@saanich.ca](mailto:mena.westhaver@saanich.ca) for more information.