

Adult – Learn for Life

Seniors aDAPT Workshop – Age Related Changes

A natural process of aging is a change in abilities. Learn helpful ways of communicating with, interacting with, and assisting people in the community or who you know who are experiencing age related changes in their abilities. Learn some alternative ways to navigate life, as well as tools and devices available to make life easier. Helpful aids are discussed and demonstrated.

MonJan 6:30-7:30pm\$20/person

Community Programs and Events

Oaklands Clothing Swap

Bring your gently used items to donate and come to find some new to you treasures!

Location: Oaklands Community Centre

SatJan 6:30-8:30pm

Oaklands Community Association Anniversary Open House

Learn, celebrate, share! It's our 24th anniversary and you're invited to come celebrate with your neighbours and the staff, board members, and volunteers of Oaklands Community Association! Enjoy some refreshments, learn about the OCA, and give meaningful feedback to the people who serve your neighbourhood.

MonJan 6-9pm

International Women's Day Weekend

Join us in celebrating all the incredible women in our community with a full weekend of women centered events, March 8-10, 2024!

FriMar 6-9pmWine & Paint Night
SatMar 10am - 4pmWomen Vendor Market
SunMar TBD!Something great – just wait and see!

Community Open Mic Night (Ages 12+)

This free event is open to all youth, families, and community members to come together and share their love of music. LGBTQIA2S+ friendly!

MonJan 6:30 – 8:30pm
MonFeb 6:30 – 8:30pm
MonMar 6:30 – 8:30pm

Community Dinners

Community Dinners happen on the last Sunday of the month with delicious hot meals prepared by our talented Chef Bob. Bring your friends and family to enjoy good food, and great company! Sit back, mingle, and let us take care of your Sunday dinner plans. Come celebrate food with us!

Oaklands Community Centre

Dates and Times to be confirmed

Admission by-donation (suggested \$5-10)

Call to make a reservation

Oaklands Pantry

The Oaklands Pantry is an accessible & sustainable food program. We offer produce, bread, dairy, eggs, and frozen goods, reducing food waste and increasing community food security. We work in collaboration with local organizations to provide safe and healthy food to you every month!

This program is by appointment only and offered on the last Sunday of each month.

Location: Oaklands Community Centre

Dates to be confirmed – call 250 370-9101 or visit our website for more details

Time: by-appointment only 2:00-3:00pm

Please call for an appointment

Queer + Allies Chess Club

Drop by for an evening of beginner-friendly and non-competitive chess! Learn something new, meet local community members, and create a safe & welcoming environment with us, all while playing chess, and a variety of other board games!

Oaklands Community Centre

Date: Jan 8, Feb 5, Mar 4

Time: 7:00-9:00pm

Admission: by-donation, drop-ins welcome

Ages: 12years+

Gender Spectacular Support Group

Gender Spectacular is a drop-in support group for parents and caregivers of trans, non-binary, and Two-Spirit children and youth. We offer a gender affirming and non-judgemental space for caregivers to build community, learn about how to support their children, and feel supported in their parenting experience. This group is facilitated by trans adults who have extensive background working with trans children, youth, and parents. Come meet other caregivers in a welcoming and supportive environment.

For information about time/date and to register, please email: support@genderspectacular.com

Licensed Child Care

Little Acorn Care Centre – (2.5–5 yrs)

Entrust your little ones to our fully qualified Early Childhood Educators (ECEs). At Little Acorn Care Centre, we offer an emergent/ Reggio curriculum within a full day preschool program for children ages 2.5–5 years. We accept subsidies available through the Ministry of Children and Family. For more information contact us at 250–370–9101 ext. 2 then 1 or littleacorn@oaklandsca.com

Oaklands Neighbourhood House, 2629 Victor Street

Please contact us for up-to–date fee information.Please contact us for up-to–date fee information.

Childcare Hours: M–F 7:30 am–5:30 pm

Little Acorns is accepting waitlist applications for the summer/fall of 2024 and beyond

Hamilton Park Infant/Toddler Centre –ages 6m to 30m

We run a licensed full-day Infant/Toddler program. The program is inclusive with ages of 6 months to 18 months (5 spaces for Infants) and 18 months to 30 months (5 spaces for Toddlers). The program implements our philosophy and helps aid in development of the individual child.

Hours of Operation: Monday to Friday, 7:45 am to 5:30 pm

For more information contact Justine at 250 370-9101 ext. 2 then 3 or email hamilton@oaklandsca.com

Hamilton Park Full Day Preschool – ages 3-5yrs

Our Hamilton Park full-day Pre-School's waitlist is open. This play-based program implements our philosophy to aid in the development of each child's individuality. Join us 2, 3 or 5 days a week. For registration and inquiries, please contact Justine at 250 370-9101 ext 2 then 3 or email hamilton@oaklandsca.com

Hours of operation: Monday to Friday: 7:45am to 5:30pm

Out-of-School Care (5-10 yrs)

Our licensed out-of-school care program provides quality care for children in kindergarten to grade five. OSC provides a positive atmosphere in which children can develop self-esteem, confidence, and social awareness. Our staff offer a warm, safe, and welcoming environment so that your child's time here is fun and memorable. We accept subsidies available through the Ministry of Children and Families.

M-F, AM and PM care, Pro-D Days, and school break programs offered

For more information, including up-to-date fee information and availability, please contact us at:

(250) 370-9101 ext. 2 then 2 or osc@oaklandsca.com

Oaklands Community Centre

Winter Program Guide 2024

Registration

- To register for a program please visit: oca.recdesk.com/Community/Program
- Registration is first come, first served basis and payment is required at time of registration
- We require a minimum number of participants to run programs. We will email registrants prior to class start and offer full refund or house credit if the program does not get enough participants.
- Program date, time, or location may change. Please monitor our Recreation Calendar to confirm.

Happening soon at Oaklands:

Seniors' Holiday Dinner

Kick off the holiday season with an evening of good food and great company at our annual traditional Turkey dinner! Seats are limited, so be sure to register early. The event is by registration only.

Date: Dec 10, 2023 Time: 6:00pm - 9:00pm

Fees: \$12/person

Breakfast with Santa – SOLD OUT!

This fun-filled event includes a pancake breakfast with sides, plus: crafts, entertainment, and a special guest visit! The event is by registration only.

Date: Dec 16*, 2023 Time: 9:00am - 12:00am

Fees: Adult & Child (over 1 year) \$12

Infant (up to 1 year old) Free

Preschool – Health and Wellness

Tot & Me Dance (1-3 yrs – with caregiver)

Join MoonDance Dynamic Arts school to enjoy rhythmic play and creative dance with your 1-3 year-olds in a relaxed setting. Caregiver participation required.

Instructor: Nikko – MoonDance Dynamic Arts School

Oaklands Community Centre

TuesJan 9 – Feb 610:00-10:30am5/\$50
TuesFeb 13 – Mar 12 (no class Feb 20)10:00-10:30am4/\$40

Creative Dance (3-5 yrs)

Explore high-energy rhythm and dance, song, percussion and improvisation with MoonDance Dynamic Arts School!

Instructor: Nikko – MoonDance Dynamic Arts School

Oaklands Community Centre

TuesJan 9 – Feb 610:30-11:00am5/\$50
TuesFeb 13 – Mar 12 (no class Feb 20)10:30-11:00am4/\$40

Preschool Learn for Life

Tiny Tykes Playgroup

Come join Miss Bev for a fun morning of toys, crafts, and circle time songs. Parents/caregivers and children can both enjoy a friendly space and group-oriented program that supports the stages of play and promotes group socialization preparing your child for daycare and preschool. Coffee and Tea are provided, and snack is also included. No program offered on Statutory Holidays or SD#61 Pro-D Days.

This program is drop-in only, please call to check for space if arriving late.

Maximum two children per adult (exceptions with permission), and parent/caregiver participation required.

Registration will secure your spot weekly, and limited drop-ins are available.

Oaklands Community Centre\$3 Suggested Donation/ Family

MonJan 8 – Mar 11 (no class Feb. 19)9:30-11:30am
TuesJan 9 – Mar 129:30-11:30am
ThursJan 11 – Mar 149:30-11:30am

Parent + Tot Lunch and Learn

Join Bev to meet other families for special guest programming and enjoy lunch together! The program will open with free play, followed by snack and then join in on the offered program. Lunch will be provided at 11:30 for everyone. Coffee and Tea are provided.

Oaklands Community Centre\$10 Suggested Donation / Family

FriJan 12 – Feb 9 (no class Jan 26)Music & Fun Together9:30-12pm
FriFeb 23 – Mar 15Dance & Play9:30-12pm

Refunds for Recreation Programs only

- If after the first class you decide a program is not right for you, we are happy to issue a pro-rated refund. This request must be made prior to the second class.
- A full refund will only be issued if withdraw is made no later than one week prior to the program start date.

Children & Youth – Creative Arts

Youth Arts & Music Night (Ages 8-13)

A positive space for youth to engage in visual arts and music activities as part of a group. Youth will learn to express themselves creatively, while fostering peer relationships and building confidence and artistic skills. Activities will include music-based painting, expressive group art, tie-dye, journal making, jam sessions and more! *Low cost program

Location: Oaklands Community Center

WednesdaysJan 24 – Feb 216:00pm-7:30pm4/\$20

Discover Your Voice (Ages 9-12)

An eight-week speech & drama workshop for ages 9-12.

Gain confidence and connection to your voice, develop a love of literature and storytelling, and play with improvisation! Through fun and skill building theatre games, participants will be introduced to a range of voice and performance techniques. Vocal warmups, poetry, mime, improv, and readers theatre will hone participants' storytelling abilities. No experience necessary. Class size limited.

Instructor: Jessie Paterson, BA, ARCT in Speech and Drama Performance

Location: Oaklands Neighbourhood House 2629 Victor Street

ThursdaysJan 18 – Mar 76:00pm-7:30pm8/\$88

Children & Youth – Health and Wellness

Floor Hockey (9–16 yrs)

Come and practice your hockey skills off the ice. Equipment is provided; just bring a pair of non-marking shoes and some energy! No games on STAT holidays or Pro D Days. Parents welcome to participate, and food donations for our pantry program are welcome.

Oaklands School GymFREE

FriJan 12 – Mar 15(no session on Jan 26 and Feb 16)6:00 – 7:00pm

Kids At Tennis Society (KATS) Tennis Lessons

Using smaller racquets and low compression balls we help kids develop confidence in their ability to hit the ball which allows them to be successful very quickly. This program is sponsored by KATS and is free for those families who can't afford lessons. Please ensure to fill out the required form with registration.

Indoor Sessions – Location TBD8/FREE

(5–8 yrs)

MonJan 15 – Mar 113:30 – 4:30pm (no class Feb 19)

(9–13 yrs)

MonJan 15 – Mar 114:30 – 5:30pm (no class Feb 19)

Mindfulness for Teens

Mindfulness can help teens stay calm, focused, and present in the moment. This six-week psycho-educational program will support teens by providing information on the teenage brain and provide exercises, tools, and meditations to help stay calm, focused and present in the moment. Teens will practice real-life scenarios and reflect on their new skills to help navigate relationships, manage emotions and academic life. Teens will receive a workbook to reflect and use exercises for home practice. Program will be facilitated by Cindy Allen, who has managed Oaklands Out-of-School Care program and holds both a Child and Youth Care and Education degree and is a trained counsellor and facilitator through Citizens Counselling.

Location: Oaklands Neighbourhood House

SunJan 21 - Feb 253:30pm – 5:00pm6/\$75

Children & Youth Learn for Life

Youth aDAPT Workshop – Understanding Diversity (ages 7-13)

Through meaningful discussions and hands on activities, youth get an experience in understanding what their peers and others in the community go through when their body or brain works differently. They learn helpful tips on being inclusive and supportive while developing compassion and empathy for others who live with disabilities. Instructor - Gina Martin

Location: Oaklands Community Centre	
Mon	Feb 12
	6:30-7:30pm
	\$20/person

Children & Youth Group Programs

Flip-Out Fridays (Ages 8-13)

Dodgeball, baking, outdoor games, swimming, and movie nights are just a few of the activities you can expect for your Flip-Out Friday nights. We provide a fun, safe and welcoming environment for youth to participate in their favourite activities and try new ones. Drop In available most nights but please register in advance to avoid disappointment. Limited to 20 participants.

No Flip-Out on STAT holidays or Pro-D Days.

Oaklands Community Center

Fri	6:30pm-9:00pm	\$11/each - *Additional cost for out trips
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“Hellfyre Club” Dungeons & Dragons (Ages 9-14 Split into different teams)

No Experience Required, Beginners Welcome Group. Join our club! Foster creativity, teamwork and collaboration while making new friends and even improving math skills! Snacks provided!

Location: Oaklands Neighbourhood House 2629 Victor Street

Ages 9/10 are Green Team, Ages 11/12 are Red Team, Ages 13/14 are Blue Team

Tues	Jan 16 – Feb 20	6:30pm-8:00pm	\$75
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Adult - Creative Arts

Dungeons & Dragons for Adults

Put the cares of the real world aside and have fun exploring a mysterious fantasy world with up to six adults each week, all guided by an experienced Dungeon Master. Beginner and drop-in friendly. **Registration required**

Oaklands Community Centre	
Wed	Jan 10 – Mar 27
	7:15pm – 9:30pm
	\$2 - \$5 suggested donation

Adult – Health & Wellness

Exercise/Strength Building Programs:

AlohaFit - Hawaiian Dance Fitness

Hawaiian Dance Fitness is a fun, new and exciting total body dance workout. It isolates your larger muscle groups, increasing strength and definition to your core with emphasis on the abs, glutes, quads and arms. Inspired by the dances of the Pacific Islands, this fun workout incorporates easy to perform dance movements set to the sounds of traditional Polynesian drum beats fused with funky Reggae music, resulting in a fun and effective fitness workout.

*Feel free to bring your little ones to play while you dance and exercise! (Please bring their own toys)

Instructor: Cheryl Mason Groulx	
Oaklands Community Centre	
Fri	1:15pm – 2:00pm
	Jan 12 – Feb 9 (no class Jan 26)
	4/\$56
Fri	1:15pm – 2:00pm
	Feb 23 – Mar 15
	4/\$56

Baby Bootcamp

Your Coach will take you through a 45-minute workout which can be modified for any fitness level. With a focus on body weight movements this class will have variety some of which may include a circuit, HIIT, or timed Tabata's. If you need to stop and breastfeed or change a diaper during class, go ahead! No judgement in these four walls. That's what these classes are for. Get in as much exercise as you can during the 45-minute window. Instructor: Charissa Morgan @ CharmFit

Oaklands Community Centre		*Call 250 370-9101 to book for drop-ins or late registration	
Monday Class			
Mon	Feb 12 – Mar 11 (no class Feb 19)	9:30 – 10:30am	4/\$48
Wednesday Class			
Wed	Feb 14 – Mar 13	11:30am-12:30pm	5/\$60
50 min Sweat			
Get in. Get fit. Get on with Life. 50 min of total body conditioning. Circuit, Hiit, strength and plyometrics. Every day is a bit different but expect to hustle and make every minute count. Running is a component, but all levels/injuries are welcome and power walking is encouraged. No babysitter? no excuse! Children are welcome but parents are responsible for monitoring. **Please bring a yoga mat to class.**			
Instructor: Charissa Morgan @Charmfiit			
Oaklands School Gym			
Thurs	Feb 8 – Mar 14	4:30 – 5:30pm	6/\$78

Functional Fitness

This group class is designed for all fitness levels (and safe for mature adults). Learn and practice proper exercise techniques to increase muscle strength & endurance, improve posture, and explore balance & coordination. We finish with stretching to increase flexibility and range of motion around your joints. Participants must be able to get down to the floor and back up to standing easily. Please bring your own bands (or use your own body weight), and water bottle. Wear closed-toed shoes and attire you can move in easily.

Instructor: Susanne Reul-Zastre	
Oaklands Community Centre	
Thur	1-2pm
	Term 1 Jan 11 – Feb 15
	6/\$60
Thur	1-2pm
	Term 2 Feb 22 – Mar 14
	4/\$40

Everything but Cardio

This small group class is suited for the beginner and on-going participant. Let's push, pull, lift, bend and rotate muscles and joints together and stretch to improve flexibility. Modifications will be offered for a fun and functional workout! Please bring your own mat, bands (or use your own body weight), and water bottle. Wear closed-toed shoes and attire you can move in easily. Participants must be able to get down on the floor and back up to standing on their own.

Instructor: Susanne Reul-Zastre	
Oaklands Community Centre	
Wed	6-7pm
	Term 1 Jan 10 – Feb 14
	6/\$60
Wed	6-7pm
	Term 2 Feb 21 – Mar 27
	6/\$60

We've Got Your Back

This small group class is designed for all fitness levels and focuses on promoting back health. We will explore proper body alignment to improve posture with exercises that build strength where it counts and stretches that loosen tight muscles around joints. Balance-specific movements are added to help prevent back pain and falls. Please bring your own mat and water bottle, and wear attire you can move in easily. Participants must be able to get down on the floor and back up to standing on their own.

Instructor: Susanne Reul-Zastre	
Oaklands Community Centre	
Tues	1-2pm
	Term 1 Jan 9 – Feb 13
	6/\$60
Tues	1-2pm
	Term 2 Feb 20 – Mar 12
	4/\$40

Gentle Movement or Dance Programs:

Essentrics
Essentrics is an injury-free, pain-free, age-supporting way to exercise. It's exercise in a healing mode. Each workout is designed to engage all 650 muscles and 360 joints in the human body, with an emphasis on stretching and moving the full body fascia (connective tissues). To achieve this, we use gentle and rotational massage like movements. Every time you come to an Essentrics class, you will enjoy fresh music playlists and new exercise sequences. No equipment needed, just bring your mat and a water bottle please.

Instructor: Junko Hammond	
RYT, Yoga Alliance Certified Instructor, Essentrics Workout certified instructor	
Mon	Jan 15 – Mar 11
	1:00pm – 2:00pm
	8/\$88
Wed	Jan 17 – Mar 13
	11:15am – 12:15pm
	9/\$99

Finding Freedom in Movement- A Workshop for Seniors

Discover how to make the best of ourselves and move the way we want, such as: sitting comfortably, turning our heads without strain, finding our balance, or easing a tight jaw. Imagine standing from sitting as familiar and as effortless as turning a door handle. What about bending down with joy to gleefully greet a grandchild or meet them on the floor. Introducing the Feldenkrais method for making change in our mobility when it matters most in our lives.

This is an 8-week workshop series on movement, starting from sitting in a chair. There is no age limit, no condition limit, and it is wheelchair, walker, and cane accessible.

Instructor: Jeffery Wilson	
Guild Certified Feldenkrais Awareness Through Movement Trainee Practitioner	
Oaklands Community Centre	
Mon	12:30 – 1:30pm
	Jan 15 – Mar 11
	8/By Donation
*Please note: no class on Feb. 19	

Groove

This is not your typical dance class. This is also not your typical fitness class. In Groove, we celebrate all music, and everyone's uniqueness. In Groove, you'll be dancing to a wide variety of music from classical to hip hop, country to dub step, and everything in between. Groove uses super simple moves to connect participants to the style of the music, and invites participants to explore these unifying movements, in their own way. The best part? You can't get it wrong! Come have a kitchen dance party! This class is good for all levels, modifications are provided.

Instructor: Melanie Langman	
Oaklands Community Centre	
Tues	7:15 – 8:30pm
	Jan 9 – Jan 30
	4/\$48
Tues	7:15 – 8:30pm
	Feb 13 – Mar 26 (no class Mar 5)
	6/\$72

Hawaiian Hula for Seniors

Hawaiian Hula Dance for Seniors is a fun dance and movement class that helps you exercise your mind, body, and soul. Tailored for seniors, come learn basic Hawaiian hand, feet, and body dance movements, teaching you fluidity of movement and grace. Sway and move to the music of Hawaii and Polynesia in this low-impact class that will keep you active, while improving your coordination, balance, and memory.

Instructor: Cheryl Mason Groulx	
Oaklands Community Centre	
Fri	12:30pm – 1:15pm
	Jan 12 – Feb 9 (no class Jan 26)
	4/\$48
Fri	12:30pm – 1:15pm
	Feb 23 – Mar 15
	4/\$48

Mindful Movements Outdoors

Enjoy gentle movements and breathing practices inspired by yoga, qigong, walking meditation, dance and more to strengthen your health, physical and mental well-being. We practice rain or shine in nature at Oaklands Green. Everyone is welcome ages 7 – 99+ and drop – in options are available!

Instructor: Elke Schluffer	
Oaklands Green	
Wed	11am -12pm
	Jan 10 – Mar 13
	10/\$80

T'ai Chi – Continuing

T'ai Chi is practiced worldwide as a recreation that promotes health and well-being and reduces stress. Relaxation is the key principle of T'ai Chi, which involves gentle, low-impact movements that develop grounding, flexibility, and balance. The instructor, Lee McLeod, has been a student of T'ai Chi for 25 years and teaches the Cheng Man-Ch'ing short Yang form.

Intended for students who began in the fall, this course will continue to move through the Cheng Man-Ch'ing short Yang form of T'ai Chi. (Lee will offer a Beginner's class again in the Spring term.)

Oaklands Community Centre	
Thur	9:15am – 10:30am
	Jan 11 – Feb 15
	6/\$60

T'ai Chi – Review & Practice

T'ai Chi is practiced worldwide as a recreation that promotes health and well-being and reduces stress. Relaxation is the key principle of T'ai Chi, which involves gentle, low-impact movements that develop grounding, flexibility, and balance. The instructor, Lee McLeod, has been a student of T'ai Chi for 25 years and teaches the Cheng Man-Ch'ing short Yang form.

Students who have learned all the moves of the Cheng Man-Ch'ing short Yang form of T'ai Chi in former courses with Lee McLeod will deepen their skill in and understanding of the form. Also, with the permission of the instructor, it is open to students who have learned this form elsewhere. (Lee will offer a Beginner's class again in the Spring term.)

Oaklands Community Centre	
Thur	11am – 12:00pm
	Jan 11 – Feb 15
	6/\$60

Moving Meditation: Hun Yuan Qi Gong

Join Instructor Adrian in an all-levels introduction to the ancient and powerful Hun Yuan sequence, a standing movement meditation series. Hun Yuan will strengthen the legs, unlock fascial adhesions, enhance mobility through the entire body, circulate Qi through the meridians, open the 3 dan-tien (energy centers), enhance proprioception, and promote neuroplasticity.

*Participants must be able to stand and walk with ease.	
*Clean indoor shoes recommended.	
Instructor: Adrian Tomei	
Thur	6:15pm – 7:15pm
	Jan 18 – Mar 28 (no class Feb 15)
	10/\$100

Moving Meditation: Qi Gong to Relax & Unwind

Transition from the day's busy brain into a deeply relaxed nervous system with the help of this evening Qi Gong fusion. Join Adrian for a combination of seated breathwork, standing meditation postures, and gentle spiraling movements. Clear the cobwebs from the dusty corners of the body and mind.

*Participants must be able to stand and walk with ease.	
*Clean indoor shoes recommended.	
Instructor: Adrian Tomei	
Thur	7:15 – 8:15pm
	Jan 18 – Mar 28 (no class Feb 15)
	10/\$100

Yoga Programs:

Mat Pilates

This is not your typical mat Pilates class. Melanie infuses philosophies from Therapeutic Yoga into her style of teaching Pilates. Pilates is a whole-body workout that can help develop long, lean, and toned muscles. Join us in exploring core awareness, strength, flexibility, mobility and balance in this safe and accessible class. Increase awareness around breathing patterns and body awareness while engaging the deep muscles of your core. Modifications are offered throughout the class. Students must be able to get up and down off the floor. Please bring a mat, the floor is concrete. Instructor: Melanie Langman

Oaklands Community Centre	
Tues	6-7pm
	Jan 9 – Jan 30
	4/\$48
Tues	6-7pm
	Feb 13 – Mar 26 (no class Mar 5)
	6/\$72

Gentle Yoga (online and in-person)

Learn the basics of yoga, improve your balance, strengthen your core AND increase your overall body strength! Leave class feeling relaxed and focused. No need to be intimidated, yoga is for everyBODY! This is a fun, multilevel yoga class that's suitable for all ages. Please bring your own yoga mat.

Instructor: Tanya Roberts	
Oaklands Community Centre	
Wed	9:45 –11:00am
	Jan 10 – Mar 13 (no class Jan 31, Feb 7, 14)
	7/\$70

Hatha Yoga with Lisa

A 60 minute hatha yoga class focused on body awareness, safe alignment, and a strong mind-body connection. Designed to cultivate balance, strength, mobility, and joint stability in your body. All levels welcome! Please bring your own mat.

Instructor: Lisa Wielinga https://www.lisaclaireyoga.com/	
Oaklands Community Centre	
Tues	Jan 16 – Mar 26
	6-7 pm
	11/\$110

Hatha Yoga with Erica

Come join this welcoming class designed to deepen your mind-body connection while safely improving balance, strength and mobility. Many modifications offered – all levels are welcome. Led by BCAF – registered kinesiologist and yoga teacher, Erica Loenen

Oaklands Community Centre	
Thurs	Jan 11 – Feb 15
	7:15-8:15pm
	6/\$60
Tues	Jan 16 – Feb 20
	7:15-8:15pm
	6/\$60
Thurs	Feb 22 – Mar 21
	7:15-8:15pm
	5/\$50
Tues	Feb 27 – Mar 26
	7:15-8:15pm
	5/\$50

Yoga with Nicole Spirit

This yoga class features traditional meditation and yoga poses as well as some blending of Pilates and Qi Gong (energy exercises). This fun class is for all levels and offers the perfect blend of rejuvenating yoga with attention to breathing, postures and a relaxation meditation at the end. Please bring your own Yoga mats and props if possible.

Instructor: Nicole D'Agati	
Oaklands Community Centre.	
Thurs	Jan 11 – Feb 15 (no class Feb 1)
	6-7pm
	5/\$50
Thurs	Feb 22 – Mar 28
	6-7pm
	6/\$60