

Adult – Learn for Life

For the love of Feet!

In this workshop, we will explore our own understanding of our feet! Of what makes our foundation, and the role feet play. We will play with mobility, balance, and strengthening. This workshop is a mix of conversation and practical. During the workshop, we will be exploring some barefoot activities. All levels welcome. Let's give some love to our feet!

Location: Oaklands Community Centre

Instructor: Melanie Langman

Tues 6:00 - 7:30pm Mar 25 \$22.50/person

*\$25 if dropping in on the day of the program

Community Programs and Events

Plus Size Clothing Swap

Join us for good vibes, community and a Plus Size Clothing Swap!

Sizes XL+ / Size 14+ only. Please make sure clothing donations are clean and free of damage. Accepting clothes for all genders. Completely free event.

Sun 10am - 12pm Jan 19th Free

International Women's Day Weekend Festival

Oaklands is hosting its second annual Women's Day event series, with opportunities for arts and crafts, a women's fair, educational workshops, and more! More info to come.

Fri - Sun Mar 7 - 9

Oaklands Pantry

The Oaklands Pantry is a supplementary food program offering free groceries from which participants can choose. We offer both local and rescued foods including: produce, dairy, eggs, shelf-stable goods and treats. Through the program we try to do our small part to reduce food waste and increase community food access. The Pantry occurs the **fourth** Sunday of the month and you **must be contacted ahead of time, no drop-ins**.

Location: Oaklands Community Centre

Call 250 370-9101 or visit our website for more details.

Community Dinners

Community Dinners happen on the **fourth** 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!

Location: Oaklands Community Centre

Dates: Jan 26, Feb 23, March 23

Time: Doors at 5pm, Dinner served at 5:30pm

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

Call to make a reservation!

Queer Community Dinner

Calling all queer and trans community to join us at Queer Community Dinner on the **second** Saturday of the month! Come enjoy a delicious hot meal prepared by Chef Hailey and volunteers. Bring your friends and family to enjoy good food, and great company!

Location: Oaklands Community Centre

Date: Jan 11, Feb 8

Time: Doors at 5pm, Dinner served at 5:30pm

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

To make a reservation, go to our website (oaklandsca.com/queer-programs), or call!

Trans Older Adult (55+) Lunch Social

In partnership with **Gender Generations Project**, this new program is for all Transgender, Two-spirit, Non-binary, and Gender-diverse older adults (55+)!

Join us on the **second Sunday** of the month for a drop-in lunch social. There will be a simple lunch provided, and a facilitator to lead discussions, workshops and activities.

Location: Oaklands Community Centre

Dates: Jan 12, Feb 9, March 9

Time: Contact us for details.

Admission: free!

To register for the program, please call!

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 6, Feb 3, March 3

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

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

Oaklands Full Day Care Programs for ages 3-5:

Entrust your little ones to our fully qualified Early Childhood Educators (ECEs) at Little Acorn Care Centre & Hamilton Park Care Centre. Our goal is to help every child be happy, secure, and develop fully to their true potentials within a full day preschool program for children ages 3–5 years. We accept subsidies available through the Ministry of Children and Family

Hamilton Park Full Day Care Centre – (3-5yrs)

For registration and inquiries, please contact Justine at 250 370-9101 ext 2 then 3 or email hamilton@oaklandsca.com

Hamilton Park Childcare Centre

1487 Hamilton Rd, Victoria BC V8R 2Y2

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

Little Acorn Care Centre – (3–5 yrs)

For more information contact us at 250–370–9101 ext. 2 then 1 or email littleacorn@oaklandsca.com

Oaklands Neighbourhood House

2629 Victor Street, Victoria BC V8R 4B2

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

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

Licensed Care Winter Camp (Grades K-5)

Our licensed camps provide quality childcare for children in kindergarten to Grade 5. Oaklands 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 your child's time here is fun and memorable. We accept subsidies available through the Ministry of Children and Family.

Location: Oaklands Community Center 2827-1 Belmont Ave.

4 Day Winter Camp runs Dec 30/31 & Jan 2/3 No camp Jan 1st .

Fees after CCFRI: Grade K - \$144.40 Grade 1-5 - \$185.60



Winter Program Guide 2025

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.**

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 no later than 24 hours 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.

Oaklands wants to hear from you!

Help us plan for the future and learn how we can best serve you here at Oaklands Community Association. Please scan the QR code and answer a few quick questions about the services we provide and those that you would like to see. Thank you kindly for your responses!



Please note - closing date December 15th.

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, tea and snack are provided. No program offered on Statutory Holidays or SD#61 Pro-Days. These programs are drop-in only so please plan to come early or call ahead to ensure there is space if you are arriving later in the morning.

Maximum two children per adult (please call to be granted permission for exceptions), and parent/caregiver participation required

Oaklands Community Centre	By Donation	
Mon	9:30-11:30am	Jan 6 – March 10 (no program Feb. 17)
Tues	9:30-11:30am	Jan 7 – March 11
Thurs	9:30-11:30am	Jan 9 – March 13

Parent and Baby's First Playgroup (0 -9 months)

A chance for new parents to get together after baby's morning nap. You and your baby can enjoy tummy playtime with toys and circle time while meeting with other parents. Lunch will be provided. This group will provide a supportive environment to share your new experiences and make lifelong friends.

Location: Oaklands Community Centre
Please Register at oaklands.life

Fri 10:45am-12:45pm Admission by Donation
Jan 10 – March 14 (no program Jan 24, Feb. 14)

Children & Youth – Creative Arts

Drama Club (Ages 8-12) "In A Galaxy Far Far Away"

Instructor: Jessie Paterson BA, ARCT in Speech and Drama Performance
Sci-Fi Poetry, Star Wars Shakespeare, Alien Improv & Galactic Storytelling!

Location: Oaklands Neighbourhood House 2629 Victor Street

Thurs 6:00 - 7:30pm Jan 9-Feb 6 \$5/55

Drama Club (Ages 8-12) "Under The Sea"

Instructor: Jessie Paterson BA, ARCT in Speech and Drama Performance
Pirates, Mermaids, Folk Tales & Sea Monsters!

Location: Oaklands Neighbourhood House 2629 Victor Street

Thurs 6:00 - 7:30pm Feb 13-Mar 13 \$5/55

Beginner Ukulele lessons for Children (ages 7-13)

In this small group ukulele workshop, we will explore various aspects of music and creativity, and how it can be expressed through the ukulele. The primary goal of is to spend our time having fun and learning in a supportive, collaborative environment. No prior knowledge is required to participate. We will begin with introduction to the ukulele, individual notes and chords and strumming, and continue with playing songs together.

Fri 6pm – 7pm Jan 24 – March 14 8/\$120

*\$10 extra will provide a rented ukulele for the first session and guidance to secure a long term ukulele rental.

*drop-in available with pre-registration if space allows

Oaklands Community Centre

#1-2827 Belmont Ave
Victoria, BC V8R 4B2

250-370-9101
<https://oaklands.life/>

Children & Youth – Health and Wellness

Floor Hockey (9–16 yrs)

Come to Oaklands Elementary School gym and practice your hockey skills off the ice. Equipment is provided; just bring a pair of non-marking shoes and some energy! Parents are welcome to participate. Register to let us know you are interested and to receive email communication when changes to the schedule occur. Drop-ins welcome!

Oaklands Elementary School Gym

Thurs 5:45 – 6:45pm Jan 9 – March 13 Free

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 Oaklands School Gym

(5–8 yrs) Tues 6:30 – 7:30pm Jan 14 – March 11 9/FREE

(9–13 yrs) Tues 7:30 – 8:30pm Jan 14 – March 11 9/FREE

(9–13 yrs) Tues 7:30 – 8:30pm Jan 14 – March 11 9/FREE

(9–13 yrs) Tues 7:30 – 8:30pm Jan 14 – March 11 9/FREE

Kids Can Ride (ages 6-9)

Feel confident riding your bike! This 3-hour course takes place entirely outside and teaches a ton of bike handling skills and basic bike knowledge through fun games and activities. Kids will learn to perform bike safety checks, proper helmet fit, balance and control, braking, hand signals, cycling etiquette, bike anatomy and avoiding hazards! We finish the lesson with some on-bike games and a fun obstacle course! Make sure to bring your bike, helmet and water. This course does not include any road riding.

Location: Oaklands Community Association

Sat 9am - 12pm March 1 1/\$52

Youth Bike Smart (ages 10-15)

Learn bike handling skills, traffic safety, cyclist responsibilities, and that make biking fun and safe! Participants gain the skills to ride to school and in their neighbourhood. Training includes a classroom presentation and game, on-bike handling skills, plus a guided road ride on quiet streets to practice learned skill and build confidence. Participants should be able to ride their bikes unassisted before the course begins.

Location: Oaklands Community Association

Sun 9am – 2:30pm March 2 1/\$75

Children & Youth – Learn for Life

Home Alone Workshop (Ages 9-12)

A program that teaches children to be more confident and capable, should they find themselves home alone. Topics include safety in the home, stranger awareness, fire prevention, internet safety and injury prevention.

Location: Oaklands Community Center

Sun 1:30-4:30pm Jan 19th 1/\$45

Children & Youth Group Programs

Shake It Off - Swiftie Style! (Ages 10-14)

Calling all Swifties!!! Wear your finest Taylor Swift gear to this fun party night! Giveaways! Friendship Bracelet making! T-shirt design/painting! Photo Booth! Dance Party! Concert streaming! Snacks! Trivia! and more!!!

Location: Oaklands Community Center

Fri	6:30pm - 9:00pm	Dec 6th	1/\$30
-----	-----------------	---------	--------

Flip Out Friday! (Ages 8-13)

Baking, crafts, outdoor games, and movie nights are just a few of the activities you can expect for your Flip Out Friday nights. We provide a safe, fun and welcoming environment for youth to participate in their favorite activities and try new ones. Please note that there is a limited number of spots each Friday. We welcome drop-ins for our on-site activities, however, to ensure your spot it is best to pre-register. Follow us on Facebook to keep up to date with activities.

Most Fridays	6:30pm-9:00pm	Fees vary depending on activity
--------------	---------------	---------------------------------

"Hellfyre" Club Dungeons & Dragons for Youth (Ages 9-14)

Beginners welcome group! Foster creativity, teamwork and collaboration while making new friends and even improving math skills. Snacks provided!

Location: Oaklands Neighbourhood House 2629 Victor Street

Tues	6:30-8:00pm	Jan 7 – Feb 4	5/\$70
Tues	6:30-8:00pm	Feb 11 - Mar11	5/\$70

Dungeons & Dragons - "Dungeon Crawl" (Ages 13-16)

A dungeon crawl is a type of scenario in fantasy role-playing games (RPGs) in which heroes navigate a labyrinth environment (a "dungeon"), battling various monsters, avoiding traps, solving puzzles, and looting any treasure they may find.

Location: Oaklands Community Center 2827-1 Belmont Ave.

Fri	6:30 – 8:30pm	Jan 31st	1/\$20
-----	---------------	----------	--------

Sus-tacular Showdown" (Ages 10-13)

Get ready for the ultimate Among Us night! Join us for a thrilling night of betrayal, mystery, and teamwork where everyone could be the Impostor! Whether you're a seasoned Crewmate or a master of deception, this is your chance to test your skills and outsmart your friends. Expect laughter, suspense, and yummy snacks! Don't miss out on the fun—register now and prepare for an unforgettable night in space!

Location: Oaklands Community Center

Fri	6:30-9:00pm	Jan 17th	1/\$20
-----	-------------	----------	--------

ALL ATTENDING MUST BRING WITH THEM A CHARGED DEVICE WITH THE "AMONG US" APP DOWNLOADED

Adult - Creative Arts

Beginner Ukulele lessons for Adults

In this small group ukulele workshop, we will explore various aspects of music and creativity, and how it can be expressed through the ukulele. The primary goal of is to spend our time having fun and learning in a supportive, collaborative environment. No prior knowledge is required to participate. We will begin with introduction to the ukulele, individual notes and chords and strumming, and continue with playing songs together.

Fri	7pm – 8pm	Jan 24 – March 14	8/\$120
-----	-----------	-------------------	---------

\$10 extra will provide a rented ukulele for the first session and guidance to secure a long term ukulele rental.

*drop-in available with pre-registration if space allows

Dungeons & Dragons for Adults

Fantasy and intrigue come together in a new Dungeons and Dragons campaign for adults. Join our group of mid-level heroes for a 10-week chapter or the full 9-month campaign, as we rally to defeat an evil Necromancer. All proceeds benefit the Oaklands Community Centre.

Questions? Contact gamerunnerchris@gmail.com

Registration required

Oaklands Community Centre

Wed	6:30pm – 9:00pm	Jan 8 – March 12	10/\$50
-----	-----------------	------------------	---------

Improv Instructional Classes

In this program you will learn and play improvisational games. You will also be taught various improv structures/formats, theory, improv history and more. You will also have the chance to join an improv troupe that aims to do performances. Open to anyone who wants to learn more about the world of improv.

Location: Oaklands Community Centre

Fri	7:00pm – 8:30pm	Jan 10 - Mar 28	\$8/session
-----	-----------------	-----------------	-------------

Adult – Health & Wellness

Mobile Hearing Clinic

Come by and get your hearing checked for free with Ears to You Mobile Hearing Clinic! Appointments available between 10am

and 2pm. Please call 250 370-9101 to book an appointment!

Location: Oaklands Community Centre

Fri	10:00am - 2:00pm	Feb 14th	Free
-----	------------------	----------	------

Exercise/Strength Building Programs

Art Therapy – The Interpersonal Wellness Model

Use evidence-based approaches and holistic interventions to rejuvenate your heart, mind, and body. We will use one researched wellness model and discuss the five core dimensions as parts of the Wheel of Wellness for developing a personal wellness model. Later, using art therapy techniques, we share strategies and tools for preventing, improving and maintaining balance as you journey through your life span. Each workshop will cover one core dimension in detail in four sessions. No art experience is required, and all art supplies will be included with registration.

Instructor:

Oaklands Community Centre

Please check oaklands.life or call 250 370-9101 for date and program details

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

Wed	11:30am – 12:15pm	Jan 8 – Mar 12	10/\$130
-----	-------------------	----------------	----------

*Drop-in available for \$15/class

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 @dandelion_fitness

Location: Oaklands Community Centre

Mon	9:15am – 10:15am	Feb 10, 24, March 3, 10	4/\$56
Wed	11:30am-12:30pm	Feb 5 – March 12	6/\$84

Bootcamp Express

All the same things you love about a strength focused bootcamp in a shortened version - 45 minutes of work, 3-5 minutes of stretch. Babies and small children are welcome in tow (parents are responsible for childminding) as well as those without!

Location: Oaklands Community Centre

Mon	10:20am – 11:10am	Feb 10, 24, March 3, 10	4/\$56
-----	-------------------	-------------------------	--------

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 @dandelion_fitness

Location: We are currently looking for an appropriate location for this program

Please contact dandelion_fitness@outlook.com for information

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 9 – Feb 6	5/\$50
Thur	1-2pm	Term 2 Feb 13 – Mar 13	5/\$50

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 8 – Feb 12	6/\$60
Wed	6-7pm	Term 2 Feb 19 – Mar 26	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 7 – Feb 4	5/\$50
Tues	1-2pm	Term 2	Feb 11 – Mar 11	5/\$50

Gentle Movement or Dance Programs:

Essentrics

Lead by Level 4 Certified Essentrics Instructor, Junko Hammond. Essentrics is a full body workout that unlocks and decompresses joints by stretching and strengthening all 650 muscles without impact to the body. The workout incorporates flowing movements designed to increase blood circulation with the benefits of elongating and lubricating connective tissues around muscles and joints. Please bring a mat and water bottle.

Instructor: Junko Hammond

RYT, Yoga Alliance Certified Instructor, Essentrics Workout certified instructor

Mon	1 – 2pm	Jan 6 – Mar 10	9/\$99
-----	---------	----------------	--------

Awareness Through Movement ©

Our own experience tells us that our capacity for physical activity erodes with aging. Our muscle mass declines steeply, and one result is that gravity weighs more heavily on our physical actions. We cannot climb, rise from a chair, or walk as tall and light as we used to. If you have a body ache when you walk, sit, or get out of bed and you want to do things with greater ease and less pain, consider this 9-week series. It is a series devoted to the experimental examination of how awareness through movement learning can actually make a difference.

One attendee, a long-time dancer, recently said this after a session, *"After a Feldenkrais hour there are no words to describe my sense of self. Beyond words."*

Instructor Jeffery Wilson also leads sessions in Chemainus and Saltspring, and is a Guild Certified *Awareness Through Movement © Teacher*

Oaklands Community Centre

Mon	12:00 – 1:00pm	Feb 10 – May 5	9/By Donation
-----	----------------	----------------	---------------

*Please note: **no class** on Feb. 17, March 17, 24, & April 21

Awareness Through Movement © on Chairs

Navigating life on a chair does not mean that gravity weighs any less heavily on our physical actions. Explore the Feldenkrais© method for learning to organize ourselves so that moving, while confined to a chair, is more comfortable and efficient. How to reach down or up, turn to look behind, or rise from the chair and return to it, or find calm, a gentle jaw or a spine that moves.

Instructor: Jeffery Wilson

Guild Certified Feldenkrais *Awareness Through Movement © Teacher*

Oaklands Community Centre

Mon	1:15 - 2pm	Feb 10 – May 5	9/By Donation
-----	------------	----------------	---------------

*please note: **no class** on Feb. 17, March 17, 24, & April 21

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 14 – Mar 18 (no class Jan 21, Feb 4, Mar 4)	7/\$84
------	---------------	---	--------

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	1 – 1:45pm	Jan 10 – Mar14 (no class Feb 14 & Jan 24)	8/\$104
-----	------------	---	---------

T'ai Chi – Continuing T'ai Chi

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.

This program is for anyone who knows the moves of the first section of the Cheng Man-Ch'ing Yang style short form, whether or not they have studied with Lee before. In this class, we will learn all the moves of the 2nd (and final) section of the form, applying the principles of Yang style T'ai Chi.

Oaklands Community Centre

Thur	7:15 - 8:30pm	Jan 9 – March 13	10/\$100
------	---------------	------------------	----------

T'ai Chi – Deepening Your T'ai Chi 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.

This program is for anyone who knows all the moves the of the Cheng Man-Ch'ing Yang style short form, whether or not they have studied with Lee before. We will review the whole form, focusing on deepening our practice by applying the principles of relaxation and of separating yin and yang.

Oaklands Community Centre

Thur	9:30 – 10:45am	Jan 9 – March 13	10/\$100
------	----------------	------------------	----------

Yoga Programs:

Mat 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. Instructor: Melanie Langman

Oaklands Community Centre

Tues	7:15 – 8:30pm	Jan 14 – Mar 18 (no class Jan 21, Feb 4, Mar 4)	7/\$84
------	---------------	---	--------

Hatha Flow

This yoga class is open to all levels, and it focuses on improving and refining your body awareness. Easing through slow sequences, you'll have the time to settle in each pose, consciously integrating mind, breath and movement.

Instructor: Giancarlo Rizzo

Tues	6 – 7pm	Jan 14 – Feb 11	5/\$60
Tues	6 - 7pm	Feb 18 – Mar 18	5/\$60

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 8 – Mar 12 (no class Jan 22)	9/\$90
-----	----------------	----------------------------------	--------

Hatha Yoga Wednesday

This welcoming all levels class is designed to support your nervous system while safely improving balance, joint stability, strength, and mobility. Erica combines her training is traditional Hatha Yoga with her education as a registered Kinesiologist to provide classes focused on student safety, alignment awareness and the development of a rich mind-body connection.

Led by BCAF – registered kinesiologist and yoga teacher, Erica Loenen

Oaklands Community Centre

Wed	7:15- 8:15pm	Jan 15 – Feb 12	5/\$50
Wed	7:15 – 8:15pm	Feb 19 – March 26	6/\$60

Hatha Yoga Thursday

This welcoming all levels class is designed to support your nervous system while safely improving balance, joint stability, strength, and mobility. Erica combines her training is traditional Hatha Yoga with her education as a registered Kinesiologist to provide classes focused on student safety, alignment awareness and the development of a rich mind-body connection.

Led by BCAF – registered kinesiologist and yoga teacher, Erica Loenen

Oaklands Community Centre

Thurs	7:15-8:15pm	Jan 16 – Feb 13	5/\$50
Thurs	7:15-8:15pm	Feb 20 – March 27	6/\$60

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	6-7pm	Jan 16 – Feb 13	5/\$55
Thurs	6-7pm	Feb 20 – March 20	5/\$55