

# Winter Program Guide 2026

# Oaklands Community Centre

1-2827 Belmont Ave  
Victoria, BC V8R 4B2  
**250-370-9101**  
<https://oaklands.life/>

## Registration

To register for a program please visit: [oca.recdesk.com/Community/Program](https://oca.recdesk.com/Community/Program)

Registration is on a 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.

## 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-D 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 5 – Mar 9 (no program Feb 16)
Tues	9:30 – 11:30am	Jan 6 – Mar 10
Thurs	9:30 – 11:30am	Jan 8 – Mar 12

### 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](https://oaklands.life)

	Admission by Donation	
Fri	11am – 1pm	Jan 9 – Mar 13 (no program Feb 13)

## Preschool Health and Wellness

### RSI 10 Sport Program (ages 2-4)

RSI's 10 Sport program is an exciting, high-energy program designed to develop physical literacy through a variety of sports and movement-based activities. Perfect for kids of all skill levels, this program introduces fundamental movement skills—like running, jumping, throwing, and balancing—through engaging games and age-appropriate sports. With a focus on fun, inclusivity, and skill development, participants will build confidence, coordination, and teamwork while exploring different sports each session. Location: Oaklands Community Centre

Tues	9:30 – 10am	Jan 6 – Feb 3	5/\$75
Tues	9:30 – 10am	Feb 10 – Mar 11	5/\$75
Sat	10 – 10:30am	Jan 10 – Feb 7	5/\$75
Sat	10 – 10:30am	Feb 21 – Mar 21	5/\$75

### Family Groove Dance Party

Come join us for a Sunday morning family dance party. We will wiggle and giggle while having fun dancing and moving to lots of different music. Family Groove is a great way to help build fundamental movement skills and foster imagination and play. Classes end with brief stillness and breathing exercises. In Groove you can't get it wrong! This is a great time to connect in a fun way. Children age 3 and up welcome! For more information check out: <https://theworldgroovemovement.com/>

Instructor: Melanie Langman

Oaklands Community Centre

Sun	9:30 – 10:30am	Jan 18	\$15/for parent & 1 or 2 children
Sun	9:30 – 10:30am	Mar 01	\$15/for parent & 1 or 2 children

## Children & Youth – Creative Arts

### Tiny Stitches – Knitting for Kids (ages 8-11)

This knitting course is for those crafty kids between ages 8 and 11, who would like to learn to knit and purl. The instructor will have some of the yarn and knitting needles for you to use during the classes. We will try a variety of small projects such as hearts and hats.

Location: Oaklands Neighbourhood House

Instructor: Jeanine Hartman

Sun	2 – 3:15pm	Jan 11 – Feb 8	5/\$67.50
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### Parent and child ukulele group

Together we will learn how to play and sing your favorite tunes.

We will learn about chords, notes, and how to play tunes together, sing and accompany each other.

Any type of family unit is welcome to participate - Please register with at least one child and one adult. If you have other instruments that you and/or your children enjoy playing, you are encouraged to bring them along (percussion instruments of various types or the like are all welcome)

**If you do not have a ukulele please do not worry** – Ukuleles will be provided for the first session at no additional cost, along with instructions of where and how to rent/purchase your own.

\*Both Parent and Child must be registered\*

\*If you are registering more than one child, an additional adult must register as well\*

Location: Oaklands Neighbourhood House

Instructor: Arkady Futerman – Sunflower Music

Sun	4 – 5pm	Jan 4 – Feb 8	6/\$90 (\$180 for parent and child)
Sun	4 – 5pm	Feb 22 – Mar 29	6/\$90 (\$180 for parent and child)

## Children & Youth – Health and Wellness

### Basketball (8-10yrs & 11 – 13yrs)

This Basketball program is geared to youth in the community looking to build their basketball skills, grow their love for the game, and learn from expert coaching all in a fun and welcoming environment. Our program focuses on fundamental skills development, game understanding, and teamwork, all while keeping the experience engaging and supportive for players of all levels. Please bring a basketball and water bottle to the program. (If you need to borrow a basketball please call 250 370-9101)

Instructor: The Grind Coaches

Location: Oaklands Elementary School Gym

Tues	6 – 7pm (8 – 10yrs)	Jan 6 – Feb 3	5/\$90
Tues	6 – 7pm (8 – 10yrs)	Feb 10 – Mar 10	5/\$90
Tues	7 – 8pm (11 – 13yrs)	Jan 6 – Feb 3	5/\$90
Tues	7 – 8pm (11 – 13yrs)	Feb 10 – Mar 10	5/\$90

*\*Drop in available for \$20/day if space allows – please register in advance*

### 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 8 – Mar 12	10/Free
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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.

Outdoor sessions at Kings Road Tennis courts

(5–8 yrs)	Fri	6 – 7pm	Jan 9 – Mar 13	9/FREE
(9–13 yrs)	Fri	7 – 8pm	Jan 9 – Mar 13	9/FREE

\*no session on February 13th

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.

Limited to 20 participants. Check out oaklands.life/youth-programs for our current offerings. **Now for ages 9-13!**

Location: Oaklands Community Center		
2 Fridays per month	6:30pm-9:pm	\$10/each unless special activity

Hellfyre Club: Dungeons & Dragons (Ages 9-14)

NO EXPERIENCE REQUIRED - BEGINNERS WELCOME

Join the “Hellfyre Club” of Dungeons & Dragons!

Foster creativity, teamwork and collaboration while making new friends and improving math skills! Snacks provided!

Oaklands Neighbourhood House		
Tues	6:30 – 8pm	Jan 6 – Feb 3
Tues	6:30 – 8pm	Feb 10 – Mar 10
		\$75/5 classes
		\$75/5 classes

Magic Commander Club (Magic the Gathering: Ages 8-13)

Calling all young wizards, planes walkers, and card collectors! Whether you're new to Magic: The Gathering or a seasoned player, our youth club is the perfect place to sharpen your skills, make new friends, and immerse yourself in the world of exciting battles and magical creatures. With weekly meetups, fun tournaments, and friendly competitions, you'll experience the thrill of deckbuilding, strategy, and creative play. Don't miss out on the magic – sign up today and become a part of our vibrant community!

Oaklands Neighbourhood House		
Wed	6 – 7:30pm	Jan 7 – Feb 4
Wed	6 – 7:30pm	Feb 11 – Mar 11
		\$60/5 classes
		\$60/5 classes

Adult - Creative Arts

Beginner Guitar for Adults

Have you ever wanted to play some of your favorite songs? Jam with friends or start a band? This group workshop is designed for adults without experience with the guitar to learn about the foundations of playing music alone and with others.

We will learn about chords, notes on the guitar neck, various strumming and finger-picking patterns, and how to play your favorite songs together.

The material and pacing of our gatherings will be tailored to the level, skill and interests of the participants - you get to suggest the songs we learn!

**If you do not have a guitar please do not worry** – Guitars can be provided for the first session at no additional cost, along with instructions on where and how to rent/purchase your own.

Location: Oaklands Neighbourhood House	Instructor: Arkady Futerman – Sunflower Music
Thurs	6 – 7pm
	Jan 8 – Mar 26
	12/\$240

Beginner Ukulele lessons for Adults

Have you ever wanted to play some of your favorite songs? Jam with friends or start a band? This group workshop is designed for adults without experience with the ukulele to learn about the foundations of playing music alone and with others.

We will learn about chords, notes on the ukulele neck, various strumming finger-picking patterns, and how to play your favorite songs together.

The material and pacing of our gatherings will be tailored to the level, skill and interests of the participants - you get to suggest the songs we learn!

**If you do not have a ukulele please do not worry** – Ukuleles will be provided for the first session at no additional cost, along with instructions on where and how to rent/purchase your own.

Location: Oaklands Neighbourhood House	Instructor: Arkady Futerman – Sunflower Music
Mon	6 – 7pm
Mon	6 – 7pm
	Jan 5 – Feb 9
	Feb 23 – Mar 30
	6/\$120
	6/\$120

Intermediate Ukulele Lessons for Adults

This is a series of sessions for those who have a basic knowledge of how to play ukulele but are interested in further developing their abilities.

We will learn more challenging chords, slightly more involved songs, and will work on some fingerpicking and playing songs together using tablature.

Learners will ideally be familiar with basic strumming patterns on the ukulele, some of the more foundational chords (C, Am, F, G, G7, C7, A, E7, D, D7) and have a basic understanding of how to read chord charts in ukulele tablature. If you would like to join but are not sure whether you have enough knowledge, please contact the instructor at: [arkady@sunflowermusicschool.ca](mailto:arkady@sunflowermusicschool.ca).

Location: Oaklands Neighbourhood House	Instructor: Arkady Futerman – Sunflower Music
Mon	7 – 8pm
	Jan 5 – Mar 30
	12/\$240

Gentle Intro to Music Theory

Learning music theory can be very beneficial for our understanding of how to play songs, construct chords, and learn new music we hear around us, but it is also a bit of a confusing, sometimes scary process.

In this Gentle Introduction to Music Theory, we will try to demystify the core ideas behind notes, various types of chords, scales, and how they all combine to create music.

The class is suitable for those who are completely new to music, but also for those who already play an instrument and would like to understand the theory behind what they play in order to improve their abilities. There is no need to have prior knowledge of or the ability to read sheet music to participate – These are all things we will have an intro on during our sessions.

In class, pacing will be tailored to learners' abilities, needs, and questions.

The sessions will combine a theoretical aspect along with a hands-on application to various instruments that learners can use to reinforce their knowledge and understanding.

**If you do not have an instrument to work with – Do not worry! One will be provided to you during classes at no additional cost.**

Location: Oaklands Neighbourhood House	Instructor: Arkady Futerman – Sunflower Music
Sun	3 - 4pm
	Jan 4 - Mar 29
	12/\$240

Improv Instructional Classes/Improv Troupe

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.

Instructor: Julian Polzin		
Location: Oaklands Community Centre		
Fri	7 – 8:30pm	Jan 9 – Mar 27
		\$8/session

Beginner Knitting 101

This knitting course is for individuals who have not knitted before and/or for those who would want to start again. In the classes we will be focusing on casting on, knit and purl. You will be able to use knitting needles and yarn from the instructor for the classes. In the last part of the course you will be able to knit a simple pattern with your own yarn and knitting needles.

Instructor: Jeanine Hartman		
Location: Oaklands Neighbourhood House		
Sun	3:30 – 5:30pm	Jan 11 - Feb 8
		5/\$80

Knitting socks

Would you like to know the secrets of knitting socks? Is turning the heel a mystery for you? Come and learn in a creative and supportive environment how to knit socks. You need to be able to knit and purl for this course. We will be using the Tin Can Knits Everyday Shorties Socks which you can buy online. You also need some DK yarn and 3.25mm double pointed needles or a 3.25mm round needle with cord length of 100 cm (32")

Instructor: Jeanine Hartman		
Location: Oaklands Neighbourhood House		
Sun	2 – 4pm	Feb 22 – Mar 29
		6/\$80

Knitting a Cardigan or Sweater

This class is a beginner/intermediate level for adults. In a creative and supportive environment, you will be making the Classic Cardigan or the Simple Sweater from the Tin Can Knits app . For the first class please bring the pattern (printed or downloaded). Also purchase the worsted or Aran weight yarn and round knitting needles in the size(s) appropriate for your pattern. In the first class you will be knitting a swatch in the round. Not interested in these patterns, come to the first class with your own pattern and we can discuss your choice.

Instructor: Jeanine Hartman		
Location: Oaklands Neighbourhood House		
Sun	4 – 6pm	Feb 22 – Mar 29
		6/\$80

Lino Block Printing on Fabric

Have you dreamed of designing your own fabric and printing it with easy to get tools and materials? This is a course in block printing on fabric with easy to cut lino blocks. The course includes all materials; lino block, lino cutters, ink and ½ meter of white cotton fabric. You may also bring your own fabric, which should be washed.

Instructor: Jeanine Hartman		
Location: Oaklands Neighbourhood House		
Sat	9:30am – 12:30pm	Mar 21
		1/\$95

Adult – Learn for Life

Financial Literacy Workshop – Preparing for Proper Protection

As a priority, you should consider protection first. Why? If you try to save money, but have no insurance when you get sick, disabled, or pass suddenly, this savings won't last very long. Most people don't know that they may not be able to get insurance as their age,

health, lifestyle, or past choices could hinder this. Preparing for proper protection is not only about protecting your income, health and life but also learning how to leverage it to build your dreams!

Sat	1 – 2pm	Jan 17	Free to attend but please register
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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 (no socks) activities and touching our own feet. All levels welcome. Let's give some love to our feet!

Tues	6pm – 7:30pm	Mar 31	\$22.50/person
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Adult – Health & Wellness

Exercise/Strength Building Programs

AlohaFit - Hawaiian Dance Fitness

Aloha Fit Hawaiian Dance Fitness is a fun, and beginner friendly, 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. We will learn Polynesian dance moves while getting our groove on the sounds of traditional Hawaiian music, Tahitian drumbeats , modern pop, reggae and more, resulting in a fun and effective full body work out. This class is guaranteed to make you smile! Feel free to bring your little ones to play while you dance and exercise with their own toys. \*Drop-in available for \$16/class

Instructor: Cheryl Mason Groulx

Oaklands Community Centre

Wed	11:15am - 12pm	Jan 14 – Mar 4	8/\$112
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Bootcamp. Bootcamp Express & Baby Bootcamp

Your Coach will take you through a 50-minute workout which can be modified for any fitness level. With a focus on body weight movements this class will have plenty of variety including HIIT, circuit training and functional movements. If you need to stop and breastfeed or change a diaper during class, go ahead! No judgement here. That's what these classes are for. Get as much exercise as you can during the 50-minute window. These inclusive classes welcome all genders and ages! \*Please bring a mat to class\*

Instructor: Charissa Morgan @dandelion\_fitness

Location: Oaklands Community Centre

Mon	BB	9:15am – 10:10am	Jan 19 – Feb 9	4/\$60
Mon	BB	9:15am – 10:10am	Feb 23 – Mar 9	3/\$45
Mon	BE	10:20am – 11:10am	Jan 19 – Feb 9	4/\$60
Mon	BE	10:20am – 11:10am	Feb 23 – Mar 9	3/\$45
Wed	BB	11:30am-12:30pm	Jan 21 – Feb 11	4/\$60
Wed	BB	11:30am –12:30pm	Feb 18 – Mar 11	4/\$60
Fri	B	9:30am – 10:30am	Jan 16 – Feb 6	4/\$60
Fri	B	9:30am – 10:30am	Feb 20 – Mar 13	4/\$60

\*B = Bootcamp, BB= Baby Bootcamp, BE = Bootcamp Express (40 min)

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 on their own. Please bring your own resistance bands if you have a set, 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 8 – Feb 5	5/\$50
Thur	1-2pm	Term 2 Feb 12 – Mar 12	5/\$50

Everything but Cardio

This small group class is suited for intermediate 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! Participants must be able to easily get down on the floor and back up to standing on their own. Please bring your own resistance bands, if you have a set, and a water bottle. Wear closed-toed shoes and attire you can move in easily.

Instructor: Susanne Reul-Zastre

Oaklands Community Centre

Wed	6-7pm	Term 1 Jan 7 – Feb 11	6/\$60
Wed	6-7pm	Term 2 Feb 18 – Mar 25	6/\$60

Gentle Movement or Dance Programs:

Awareness Through Movement ©

Feldenkrais inspired 7- week course.

A practice for learning to organize oneself to move with comfort, ease, elegance. Discover unforeseen, once innately known places. Awareness Through Movement© Practice makes it easier to rise from bed, bend down to greet a pet, relax in a tai chi crane stance, grip a pickleball paddle, walking cane, bicycle handlebar, or possibly relax, be still, calm, content, connected with the ground and within, long and wide.It is a practice that invites the curious to discover how awareness through movement can change how we organize our bodies so they can, and do, move comfortably.

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

Oaklands Community Centre

Mon	12 – 1:30pm	Jan 26 – Mar 30 (no class Feb 16, Mar 16 &23)	7/By Donation
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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. Drop-in available for \$13/class

Instructor: Junko Hammond

RYT, Yoga Alliance Certified Instructor, Essentrics Workout certified instructor

Location: Oaklands Community Centre

Mon	1 – 2pm	Jan 19 – Mar 9 (no class Feb 16)	7/\$77
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Adult Groove Dance Party

Come join us for an evening Groove dance party! Groove Dance Parties begin with a gentle warm up to prepare the body for bigger movement, increased heart rate, strengthening, all while having fun dancing to a variety of music, ending with stretching followed by stillness and breathing. In Groove Dance you can't get it wrong! This is a great time to connect in community. For more information check out: <https://theworldgroovemovement.com/>

Instructor: Melanie Langman

Mon	6-7pm	Jan 26	\$15/person
Fri	6-7pm	Feb 13	\$15/person
Mon	6-7pm	Mar 02	\$15/person

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

Location: Oaklands Community Centre

Wed	12:15 - 1pm	Jan 14 – Mar 4	8/\$112
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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 class if 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 the moves of the second half of this form, applying the principles of Yang style T'ai Chi.

Location: Oaklands Community Centre

Sat	10am – 11:15am	Jan 10 – Mar 28	12/\$120
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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 class is for students who already know, and wish to deepen their knowledge and practice of, the whole Cheng Man-ch'ing Short Yang form. (Prospective students who have learned this form from another teacher are very welcome but advised to contact Lee, through Oaklands, before registering.)

Location: Oaklands Community Centre

Thur	9:30 – 10:45am	Jan 15 – Mar 12	9/\$90
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Winter Warm up with Somatic Movements 1

Invest in yourself and take some time to unwind. In this program we will focus on gentle/mat based somatic movements that will allow you to relax your body and mind. Our fast-paced western world has us maintaining a high level of muscle tension. When we hold muscle tension for long periods, we lose the ability to turn it off, so we loose the full use of that muscle group, become stiff and less flexible. We have become unfamiliar with what it is like to fully relax in our bodies. This program helps us reduce sensory motor amnesia – the loss of ability to release all of the tension held in the muscles of our bodies. Your flexibility and posture will be sure to improve. It is best to wear loose fitting warm clothing and warm socks. Please bring a yoga mat, small pillow, and blanket as the floor can be cool. All levels welcome.

Location: Oaklands Community Centre

Instructor: Jennifer O'Halloran

Wed	7:15 – 8:15pm	Jan 7 - Jan 28	4/\$40
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Winter Warm up with Somatic Movements 2

Explore more somatic movements in this second set of gentle classes - where we focus on common problem areas. If you spend many hours in static positions sewing, reading, working on a computer or play a sport that requires you to twist your body repeatedly, or hold a toddler on one hip - you might have created a muscle imbalance in your body. Mat based somatic movement classes are designed to teach you movements that you can incorporate into a daily practice to reduce muscle tension and pain, improve your



flexibility, balance and posture while developing a greater awareness of your body and how it moves. It is helpful but not essential that you have attended Somatic Movement 1- or equivalent. Wear loose fitting warm clothing and socks. Please bring a yoga mat, small pillow, and blanket as the floor can be cool. Location: Oaklands Community Centre  
Instructor: Jennifer O'Halloran

Wed	7:15 – 8:15pm	Feb 4 – Feb 25	4/\$40
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**Yoga Programs:**  
**Mat Pilates**  
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 as supply is limited (you may prefer two mats or 1 thicker one as the floor is concrete). \*drop in available for \$17.50 if space allows  
Instructor: Melanie Langman C-IAYT, BCRPA  
Oaklands Community Centre

Tues	6 – 7pm	Jan 13 – Mar 17	8/\$120
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**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	7:15 – 8:15pm	Jan 6 – Feb 10	6/\$72
Tues	7:15 – 8:15pm	Feb 17 – Mar 24	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 – 11am	Jan 7 – Feb 4	5/\$60
Wed	9:45 – 11am	Feb 11 – Mar 11	5/\$60

**Hatha Yoga with Erica - Thursdays**  
This all-levels class is designed to support your nervous system while safely improving balance, joint stability, strength, and mobility in your body. 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. For more information about Erica, visit her website at [www.ericaloenenyoga.ca](http://www.ericaloenenyoga.ca)  
Led by BCAF – registered kinesiologist and yoga teacher, Erica Loenen  
Oaklands Community Centre

Thurs	7:15 – 8:15pm	Jan 8 – Feb 19	7/\$77
Thurs	7:15 – 8:15pm	Feb 26 – Mar 26	5/\$55

**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 8 – Feb 19	7/\$77
Thurs	6 – 7pm	Feb 26 – Mar 26	5/\$55

**Classic and modern Hatha yoga**  
This all-levels Hatha yoga class will be taught by Christin Choma, a very active senior recently accredited as a yoga teacher. We will begin each class with a short breathwork and meditation session, then we will explore traditional postures and modern interpretations. Classes will increase in complexity each week, so please try to attend all the classes in the course. During each class we will often switch from floor postures to standing postures. Please bring a sense of curiosity and a yoga mat to each class.

Tues	6 – 7pm	Jan 6 – Feb 10	6/\$54
Tues	6 – 7pm	Feb 17 – Mar 24	6/\$54

**Community Programs and Events**  
**Oaklands Pantry**  
The Oaklands Pantry is a supplementary food program offering free groceries for participants. We offer both local and rescued foods including produce, eggs, and bread. Through the program we try to do our small part to increase community food access. The Pantry occurs on 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 25, Feb 22, Mar 22  
Time: Doors at 5pm, Dinner served at 5:30pm  
Admission: by-donation (suggested \$5-10)  
Call to make a reservation!

**Queer Community Dinners**  
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  
Dates: Jan 10, Feb 14, Mar 14  
Time: Doors at 5pm, Dinner served at 5:30pm  
Admission: by-donation (suggested \$5-20)  
To make a reservation, go to our website ([oaklandsca.com/queer-programs](http://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 first Saturday 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 3, Feb 7, Mar 7  
Time: Contact us for details.  
Admission: free!  
To register for the program, please call or email [transplussocial@gmail.com](mailto:transplussocial@gmail.com)

**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](mailto: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 5:00 pm  
For more information contact Justine at 250 370-9101 ext. 2 then 3 or email [hamilton@oaklandsca.com](mailto: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. **Waitlists are open for both 3-5 year old Centres! Both Centres operate from 7:30am – 5:30pm**

**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](mailto:hamilton@oaklandsca.com)  
Hamilton Park Childcare Centre  
1487 Hamilton Rd, Victoria BC V8R 2Y2  
Hours of operation: Monday to Friday: 7:30am 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](mailto: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](mailto:osc@oaklandsca.com)**