

Thurs	6 - 7pm	Sept 17 - Oct 29	7/\$84
Thurs	6 - 7pm	Nov 5 - Dec 17	7/\$84

Classic and Modern Hatha yoga
 In this all-levels Hatha yoga class, we will integrate thousand-year-old yoga poses with modern interpretations of classic poses, using our breath to aid movement. We will often switch from floor postures to standing and balancing postures in each class. Please bring a sense of curiosity to each class.
 Instructor: Christin Choma
 Location: Oaklands Neighbourhood House

Mon	6 - 7pm	Sept 21 - Nov 2 (no class Oct 12)	6/\$66
Mon	6 - 7pm	Nov 9 - Dec 14	6/\$66

Community Programs and Events

Oaklands Fall Events
 Please see our website <https://oaklands.life/oca-events> for updates regarding our Fall Event line up as the dates and details of the following events are subject to change.

Emergency Preparedness Workshop

Join this **free workshop** put on by the City of Victoria Fire Department Emergency Management Community Liaison. Topics covered will include: local hazards, how to stay informed, how to prepare for emergencies and why to be prepared, and the importance of your community connection. It's more than simply having an emergency kit, it's why you have one and what to expect following disasters both big and small. *Please register to attend
 Instructor: Doug Clarke
 Location: Oaklands Community Centre

Mon	6:30 - 8:30pm	Sept 28th	Free
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Oktoberfest at Oaklands

Don your lederhosen and get ready for our most popular event: Oktoberfest at Oaklands!
 Enjoy local brews from Hoyne Brewing, a bratwurst meal (vegetarian & gluten-free options available), a rambunctious live band, and great company! Lederhosen and dirndls are highly encouraged. Your ticket will include one drink, a delicious meal, and live entertainment. Get your ticket before we sell out!
 Must be 19+ (no minors allowed). 2 pieces of ID required at the door.

Sat	5 - 9pm	Oct 3 rd (to be confirmed)	ticket info to be confirmed
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West Coast Winter Market

Get cozy at the West Coast Winter Market, where you can support over 60 local vendors, listen to live music, and browse the handmade art, textiles, crafts, food, and more!

Sat	11am - 4pm	Nov 21, 2026	Admission by Donation
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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 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, email: foodsecurity@oaklandsca.com, or visit our website (www.oaklandsca.com/food-security) for more details.

Community Dinners

Community Dinners happen on the fourth Sunday of the month. Enjoy a delicious hot meal 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: Sept 27, Oct 25, Nov 22
 Time: Doors at 5pm, Dinner served at 5:30pm
 Admission: by-donation (suggested \$5-10)
 Call 250-370-9101 to make a reservation!

Queer Community Soup

Queer Community Soup nourishes our queer and trans community through accessible, nutritious meals while building collective care and solidarity. Through soup-based community events, we create opportunities to gather, connect, and support one another. We raise funds for grassroots projects in our city, because care, joy, and liberation grow stronger when they are shared.
 Location: Oaklands Community Centre
 Dates: Sept 12, Oct 10, Nov 14
 Time: Doors at 5pm, soup served at 5:30pm
 Admission: by-donation (suggested \$5-20)
 To make a reservation, go to our website (oaklandsca.com/queer-programs), or call 250-370-9101

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

Crafting Connection Victoria

Hosted at Oaklands Community Association, Crafting Connections is a community-led program for QTBIPOC (queer & trans Black, Indigenous, People of Colour) community to come together through arts + crafts. Join us on the first Monday of the month!
 Dates: Sept 14, Oct 5, Nov 2, Dec 7
 Time: 7:00-9:00pm
 Location: Oaklands Community Centre (#1-2827 Belmont Ave.)
 For more information and to register, please email: craftingconnectionvic@gmail.com

Trans Older Adult (55+) Lunch Social

In partnership with Gender Generations Project, this program is for all transgender, two-spirit, non-binary, and gender-diverse older adults (55+)!
 Join us on the first 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: Sept 6, Oct 4, Nov 1, Nov 29
 Time: Contact us for details.
 Admission: free!
 To register for the program, please email transplussocial@gmail.com

Social for Seniors

This Social hour has been set aside for Seniors to gather and connect with others while enjoying some nourishment. Social for Seniors provides a space to visit, chat, laugh and learn and make connections in your Community. We will provide a light snack, coffee and tea and we welcome ongoing feedback on areas of interest so that we can adapt or add to this social hour in the future. Registration is encouraged but not mandatory.
 When: Please join us every Thursday from 11:30am - 12:30pm
 Where: Oaklands Community Centre (#1-2827 Belmont Ave.)
 For more information and to register please call 250-370-9101 or visit oaklands.life

Seniors Holiday Dinner

Join us for our annual holiday dinner, where we serve up a traditional turkey (or vegetarian) meal, delicious dessert, and some holiday spirit!

Sun	5 - 8pm	Dec 13, 2026	admission details to be confirmed
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Get Growing, Victoria! Fall Soil Distribution

The award-winning Get Growing, Victoria! program helps distribute seedlings and soil-building materials to residents who face barriers to growing their own food. Building healthy soil is a critical activity to support healthy ecosystems, and growing healthy, abundant gardens. Materials will be available while supplies last; note that limits may be in place depending on demand. Free leaf mulch, compost and woodchips will be available, please bring your own shovels and containers.
 Location: Oaklands Community Centre
 Date: Sept 19
 Time: 11am-1pm
 To learn more, please visit the City of Victoria website (www.victoria.ca/parks-recreation/growing-city/get-growing-victoria)

Interested in Volunteering with Oaklands?

Volunteering is a great way to contribute to your community and build friendships, all within a flexible schedule. We'd love to have you join our team!
 Visit www.oaklands.life/volunteer to learn more and apply or call us at 250-370-9101
 If you have specific questions, please email us at volunteer@oaklandsca.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

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.
We are accepting waitlist applications for the 2027/28 school year at our Little Acorn & our Hamilton Park Daycare locations. Both Centre's 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
 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 - (3-5yrs)

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 (5-10yrs)

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**

Fall 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
- 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 a 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.**

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 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 snacks 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

Location: Oaklands Community Centre	Admission by Donation
Mon	9:30 - 11:30am
Tues	9:30 - 11:30am
Thurs	9:30 - 11:30am
	Sept 14 - Dec 14 (no session Sept 21, Oct 12)
	Sept 15 - Dec 15
	Sept 17 - Dec 17

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

A chance for new parents to get together after your 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. Donations are appreciated and help us to continue to offer free and by donation programs such as this one. Please Register at oaklands.life
 Location: Oaklands Community Centre

Fri	11:15 - 1:00pm	Sept 11 - Oct 30 (no session Oct 23)	7/By Donation
Fri	11:15 - 1:00pm	Nov 6 - Dec 18 (no session Nov 27)	6/By Donation

Preschool Health and Wellness

Tykes Soccer Stars (ages 2-4)

This class introduces young children to soccer in a fun, non-competitive environment while building essential motor skills. Through engaging games, simple drills and obstacle courses, kids improve agility, balance, and coordination. They'll learn soccer basics like dribbling, passing, and shooting, all while developing physical literacy and confidence in movement. The focus is on fun, teamwork, staying active, and fostering a lifelong love for physical activity. By the end of each session, children will have built foundational skills and a positive attitude toward fitness. Join us for a class full of laughter, learning, and play. Let's kick, run, and have fun together!
 Location: Oaklands Park

Tues	4:00 - 4:30pm	Sept 22 - Oct 27	6/\$90
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RSI Home Run Heroes (3-6yrs)

This fun and engaging baseball class is designed for young kids who are looking to learn the basics of the game in a positive and supportive environment. Focusing on skill development, teamwork, and having fun, the class introduces players to fundamental baseball skills such as hitting, throwing, catching, and running the bases. Through exciting drills, interactive games, and plenty of encouragement, children will gain confidence, improve their coordination, and develop a love for the sport. No pressure, no competition—just plenty of opportunities to learn, play, and make new friends!

Location: Oaklands Park

Tues	4:30 - 5:15pm	Sept 22 - Oct 27	6/\$90
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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
 Location: Oaklands Community Centre

Sun	9:30 - 10:30am	Sept 13	\$15/for parent & 1 or 2 children
Sun	9:30 - 10:30am	Oct 25	\$15/for parent & 1 or 2 children
Sun	9:30 - 10:30am	Nov 29	\$15/for parent & 1 or 2 children

Children & Youth - Creative Arts

Parent and Child Ukulele

This is a group for parents and their children to explore playing music together.

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 the withdrawal is made no later than one week prior to the program start date.

We will learn about chords, notes, and how to play your favorite 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.
The registration fee is \$15/person per class for a total of 7 classes, so \$105 each (\$210 for a parent and child.)

Location: Oaklands Neighbourhood House
 Instructor: Arkady Futerman - Sunflower Music School

Mon	6 - 7pm	Sept 21 - Nov 9 (no class Oct 12)	7/\$105 per person (\$210/parent & child)
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Tiny Stitches (ages 8-12)

Would you like to learn to knit? In this class, you will learn basic stitches. You can make some small projects, like finger puppets and bunnies. All materials for the projects are included. The teacher will also have knitting needles for you to use.

Location: Oaklands Neighbourhood House
 Instructor: Jeanine Hartman

Sun	2:00 - 3:30pm	Oct 18 - Nov 15	5/\$90
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Children & Youth - Health and Wellness

Basketball (8-11 yrs & 12-15 yrs)

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	(8- 11yrs) 6:45 - 7:45pm	Sept 15 - Oct 27	7/\$126
Tues	(8- 11yrs) 6:45 - 7:45pm	Nov 3 - Dec 15	7/\$126
Tues	(12-15yrs) 7:45 - 8:45pm	Sept 15 - Oct 27	7/\$126
Tues	(12-15yrs) 7:45 - 8:45pm	Nov 3 - Dec 15	7/\$126

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

Floor Hockey (9-16yrs)

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 but everyone must register please!**
 Location: Oaklands Elementary School Gym

Thurs	6:45 - 7:45pm	Sept 10 - Dec 17 (no class Oct 22 or Dec 3)	13/FREE
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Kids At Tennis Society (KATS) Tennis Lessons (5-8yrs & 9-13yrs)

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.

Location: Oaklands Elementary School Gym

Fri	(5-8 yrs) 6:45pm – 7:45pm	Oct 2 – Dec 18 (no class Oct 23, Nov 27 & Dec 4)	9/FREE
Fri	(9-13 yrs) 7:45pm – 8:45pm	Oct 2 – Dec 18 (no class Oct 23, Nov 27 & Dec 4)	9/FREE

Youth Karate - Beginner (6-12yrs)

This beginner-friendly class introduces children to the fundamentals of traditional karate-do in a structured and supportive environment. Students develop confidence, leadership, focus, and discipline, while improving overall fitness through movement, balance, coordination, flexibility, and strength-building exercises. Training includes foundational techniques such as kicks, punches, blocks, and kata (forms), taught in an engaging way. Classes emphasize respect, listening skills, and positive habits that carry into school and everyday life. No experience is needed.

Location: Oaklands Community Centre
 Instructor: Cedar Heart School of Karate-do

Sat	9:45am – 10:45am	Sept 12 – Dec 19 (no class Oct 10, Nov 21)	13/\$169
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Beginner Karate - Teens & Adults (13+)
This beginner-level class offers a welcoming introduction to traditional karate-do for teens and adults. Training develops strength, mobility, balance, and overall fitness while building focus and confidence. Students learn foundational techniques including kicks, punches, blocks, and kata (forms) in a structured and respectful environment. Classes are designed to support everyone's pace, regardless of background or current fitness level. Karate-do is an excellent way to improve physical health, reduce stress, and begin a rewarding long-term practice. No experience is needed.
Location: Oaklands Community Centre
Instructor: Cedar Heart School of Karate-do
Wed 7:30 - 8:45pm Sept 9 - Dec 16 (no class Sept 30 & Nov 11) 13/\$169

First Tee Youth Golf
Kids will learn the basics of golf—putting, chipping, pitching, and full swing—in a fun, interactive, and supportive environment! Alongside the golf skills, we will be weaving in at least one life skill each day, such as confidence, respect, perseverance, or collaboration. Games will typically feature smaller groups or teams to keep everyone active and engaged.
Location: Oaklands Park
Instructor: Max Kleban
Wed 4 - 5pm (ages 7-9) Sept 9 - Oct 7 (no class Sept 30) 4/FREE
Wed 5:15 - 6:15pm (ages 10 - 13) Sept 9 - Oct 7 (no class Sept 30) 4/FREE
Wed 4 - 5pm (ages 7-9) Oct 21 - Nov 18 (no class Nov 11) 4/FREE
Wed 5:15 - 6:15pm (ages 10 - 13) Oct 21 - Nov 18 (no class Nov 11) 4/FREE

Children & Youth Group Programs

Flip-Out Fridays (Ages 9-14)
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, follow us on Facebook, or stay tuned by checking our Instagram page!
Location: Oaklands Community Centre
2 Fridays per month 6:30 - 9:00pm \$10/each unless special activity

Hellfyre Club: Dungeons & Dragons (Ages 9-14)
NO EXPERIENCE REQUIRED - BEGINNERS WELCOME GROUP
Join the “Hellfyre Club” of Dungeons & Dragons!
Foster creativity, teamwork and collaboration while making new friends and improving math skills! Snacks provided!
Location: Oaklands Neighbourhood House
Tues 6:30 - 8:00pm Sept 15 - Oct 27 7/\$105
Tues 6:30 - 8:00pm Nov 3 - Dec 15 7/\$105

Commander Club (Magic: The Gathering) (Ages 8-13)
Calling all young wizards, Planeswalkers, 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!
Location: Oaklands Community Centre
Wed 6:00 - 7:30pm Sept 16 - Oct 28 (no class Sept 30) 6/\$72
Wed 6:00 - 7:30pm Nov 4 - Dec 16 (no session Nov 11) 6/\$72

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 for the entire duration of the workshop for a cost of \$30 (one-time fee)
Instructor: Arkady Futerman - Sunflower Music
Location: Oaklands Neighbourhood House
Thurs 7 - 8 pm Sept 24 - Nov 5 7/\$140
**Please note that there may be continuing/intermediate classes scheduled for November and December as well, dependent on interest.*

Beginner Ukulele 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 of where and how to rent/purchase your own.
Instructor: Arkady Futerman - Sunflower Music
Location: Oaklands Neighbourhood House
Thurs 6 - 7pm Sept 24 - Nov 5 7/\$140
**Please note that there may be continuing/intermediate classes scheduled for November and December as well dependent on interest*

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 session series, 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 or 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.
Instructor: Arkady Futerman - Sunflower Music
Location: Oaklands Neighbourhood House
Mon 7 - 8pm Sept 21 - Dec 14 (no class Oct 12) 12/\$240

Improv 101 Games and Longform
We will cover improv shortform (games) as well as longform improv. Also, we will be ramping up to do shows and compete against local improv troupes throughout the year. So come out meet new people and have some fun learning all improv related!
Instructor: Julian Polzin
Location: Oaklands Community Centre
Fri 7:00 - 8:30pm Sept 18 - Dec 18 \$10/class drop in

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, knitting, purling, casting on, and binding off. No supplies necessary: the instructor will have all the supplies needed. In class 3 and 4 we will make a swatch bird.
Instructor: Jeanine Hartman
Location: Oaklands Neighbourhood House
Sun 2 - 4pm Sept 13 - Oct 4 4/\$100

Knitting Emotional Support Chicken
Some of you have met “Carmelitta the Emotional Support Chicken” in class. This is your chance to knit your own Emotional Support Chicken! This is an intermediate course. You need to already know how to cast on, knit, purl, and bind off. Please buy/download a copy of the pattern (the big brown chicken) from theknittingreela.com. Bring to the first class: the pattern, circular needles size 4.5mm and 24inches, and yarn in your choice of colours.
Instructor: Jeanine Hartman
Location: Oaklands Neighbourhood House
Sun 4 - 6pm Sept 13 - Oct 4 4/\$95

Knitting Your First Sweater
Would you like to learn to knit a sweater from start to finish? This course is designed for people who already know how to cast on, knit, purl, and bind off. We will knit “Simple Sweater” by Tin Can Knits. You will need to purchase the pattern though ravelry.com or the Tin Can Knits app. Please bring to the first class: worsted weight yarn and circular needles in 4mm and 5mm and length of 32 inches.
Instructor: Jeanine Hartman
Location: Oaklands Neighbourhood House
Sun 4 - 6pm Oct 18 - Dec 13 (no class Nov 22 & Dec 6) 7/\$135

Knitting a Toque
This class is for knitters who already know how to cast on, knit, purl and bind off. We will be mking a toque (hat) using the Tin Can Knit Basic Beanie. For the first class please have the following: download or purchase the pattern, worsted weight yarn, and a circular needle size 3.75mm in 16 inches or 32 inches (or larger than 32 inches).
Instructor: Jeanine Hartman
Location: Oaklands Neighbourhood House
Sun 2 - 4pm Nov 22 - Dec 13 4/\$95

Cable knitting Workshop
In this workshop, you will learn how to knit basic cable stitches. This is for knitters who know how to cast on, knit, purl and bind off. We will make a small sampler of stitches and will go through abbreviations and charts. Please bring 50 grams of worsted weight yarn, 4.5mm needles, and a cable needle. The instructor will have some different cable needles available for you to use.
Instructor: Jeanine Hartman
Location: Oaklands Neighbourhood House
Sun 4 - 6pm Nov 22 1/\$35

Knitted Mini Christmas Sweater Ornament
In this workshop, learn to knit a little sweater for your Christmas tree. This workshop is for people who can cast on, knit, purl, and bind off. Some designs may involve two-stranded colourwork. The instructor will provide several patterns. Please bring DPN size 2.5mm and leftovers of fingering weight (sock yarn) in two contrasting colours, such as Drops Baby Merino, Opal or Patons Astra.
Instructor: Jeanine Hartman
Location: Oaklands Neighbourhood House
Sun 4 - 6pm Dec 6 1/\$45

Adult - Learn for Life

Fall Prevention for Everyone - Workshop
Learn about risk factors as well as the consequences and injuries associated with falls. Pick up some lifestyle and exercise tips to minimize the risk of falling inside and outside the home. We will also review how to get up from a fall (either on your own or helping others) and when to seek medical attention. Get ready with me, to get steady on your own!

Instructor: Susanne Reul-Zastre (Certified Personal Trainer, BCRPA Older Adult Specialist, UVIC Fall Prevention for Older Adult Certificate)
Where: Oaklands Community Centre
Sat 2 - 3:30pm Nov 7 Free - please register online to reserve a seat

Adult - Health & Wellness

Exercise/Strength Building Programs
Beginner Karate - Adults & Teens (13+)
This beginner-level class offers a welcoming introduction to traditional karate-do for teens and adults. Training develops strength, mobility, balance, and overall fitness while building focus and confidence. Students learn foundational techniques including kicks, punches, blocks, and kata (forms) in a structured and respectful environment. Classes are designed to support everyone's pace, regardless of background or current fitness level. Karate-do is an excellent way to improve physical health, reduce stress, and begin a rewarding long-term practice. No experience is needed.
Location: Oaklands Community Centre
Instructor: Cedar Heart School of Karate-do
Wed 7:30 - 8:45pm Sept 9 - Dec 16 (no class Sept 30 & Nov 11) 13/\$169

Bootcamp, Bootcamp Express, Baby Bootcamp & Stroller Fit
Bootcamp
A 55-minute full-body workout designed to build strength, endurance, and cardiovascular fitness. Expect a mix of functional strength training, HIIT, circuits, and conditioning workouts using bodyweight and dumbbell exercises. Suitable for a variety of fitness levels with modifications provided throughout class.
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!
Baby Bootcamp
Join your coach for a 55-minute full-body workout suitable for all fitness levels. Classes include a mix of bodyweight and dumbbell exercises, HIIT, circuit training, and functional movement training. This space is flexible and judgment-free — feel free to pause to breastfeed, change a diaper, or tend to your child as needed. These inclusive classes welcome all genders and families.
Stroller Fit
These classes take you on the move! Averaging 1.5 - 2mile circuits in length up hills and around Oaklands Neighbourhood; we jog/power walk with breaks for body weight and mini band work. Rain or shine. Participants must have an appropriate 3 wheeled jogger stroller and be able to (at min) quickly walk. Open to all aged babies or tots. Mobile babies and tots should remain in the stroller until any core work at the end. Participants must be cleared for fitness activity/ and or 6 week postpartum.

Please bring your own mat for all programs
Instructor: Charissa Morgan @dandelion_fitness
Outdoor Sessions: Oaklands Park
Term 1
Mon Stroller Fit 9:15 - 10:10am Sept 14 - Oct 26 (no class Sept 21 & Oct 12) 5/\$77.50
Wed Bootcamp 9:30 - 10:30am Sept 9 - Oct 21 (no class Sept 30) 6/\$93
Wed Baby Bootcamp 11am - 12pm Sept 9 - Oct 21 (no class Sept 30) 6/\$93

Indoor Sessions: Oaklands Community Centre
Term 1
Mon BE Indoor 10:20 - 11:10am Sept 14 - Oct 26 (no class Sept 21 & Oct 12) 5/\$77.50
Fri B Indoor 9:30 - 10:30am Sept 11 - Oct 30 (no class Oct 23) 7/\$108.50
Term 2
Mon BB Indoor 9:15 - 10:10am Nov 2 - Dec 14 7/\$108.50
Mon BE Indoor 10:20 - 11:10am Nov 2 - Dec 14 7/\$108.50
Wed BB Indoor 11:30am-12:30pm Oct 28 - Dec 9 (no class Nov 11) 6/\$93
Fri B Indoor 9:30 - 10:30am Nov 6 - Dec 11 (no class Nov 27) 5/\$77.50
**B = Bootcamp, BB= Baby Bootcamp, BE = Bootcamp Express (45 min)*

Everything but Cardio
This small group class is suitable for intermediate and on-going participants. 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 Sept 16 - Oct 28 (no class Sept 30) 6/\$66
Wed 6 - 7pm Term 2 Nov 4 - Dec 16 (no class Nov 11) 6/\$66

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 Sept 17 - Oct 29 7/\$77
Thur 1 - 2pm Term 2 Nov 5 - Dec 17 (no class Dec 10) 6/\$66

Mat Pilates
Explore core awareness, strength, flexibility, mobility, and balance in this class. Increase proprioception (body in space) and interoception (internal) awareness while engaging the deep core muscles. Modifications are offered throughout the class. Students must be able to get up and down from 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
Mon 6 - 7pm Oct 19 - Dec 14 (no class Nov 2 & 9, Dec 7) 6/\$90

Gentle Movement or Dance Programs:
Awareness Through Movement ©
Discover the joy of movement when it might seem to be anything but. Reclaim a sense of balance, calm and ease in movement, such as; rolling to the side and rolling to sit or to stand. Join a group of curious folks who are keen to make one's skeletal anatomy a pathway to awareness through movement ©, now in its fourth year at Oaklands. Pay what you can - the listed fee is our suggested amount, but we will not turn people away if payment is not feasible. Drop in is also available - please register in advance.
Instructor: Jeffery Wilson
Location: Oaklands Community Centre
Mon 12:00 - 1:30pm Sept 28 - Dec 7 (no class Oct 12) 10/\$100

Essentrics
Led 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 a 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 Sept 14 - Oct 26 (no class Sept 21 & Oct 12) 5/\$55
Mon 1 - 2pm Nov 2 - Nov 30 5/\$55

Adult Groove Dance Party
Come join us for a 75-minute dance party!.. In Groove dance parties you can't get it wrong. We will dance to a variety of music, each song having maybe 1-3 moves, giving you space to make the moves feel great in your body. This is a great way to reconnect to yourself, dance the day away, and connect with community. For more information check out: <https://theworldgroovemovement.com/>
Instructor: Melanie Langman
Location: Oaklands Community Association
Mon 7:30 - 8:45pm Sept 21 \$15/person
Mon 7:30 - 8:45pm Oct 19 \$15/person
Mon 7:30 - 8:45pm Nov 23 \$15/person
Mon 7:30 - 8:45pm Dec 14 \$15/person

T'ai Chi
T'ai Chi is practiced worldwide as a way to promote health and well-being and reduce stress. Relaxation is the key principle of T'ai Chi, which involves gentle, low-impact movements that develop grounding, suppleness, and balance.
This class is open to both beginners and those who already know the Cheng Man-Ch'ing Yang style short form, whether or not they have studied with Lee before.
The instructor, Lee McLeod, has been a student of T'ai Chi for over 25 years. Lee demonstrates and explains the form's 37 moves, leads the class through the movements, and offers patient and respectful corrections and encouragement.
Instructor: Lee McLeod
Location: Oaklands Neighbourhood House
Thur 6 - 8pm Sept 10 - Oct 29 8/\$96
Thur 6 - 8pm Nov 5 - Dec 17 7/\$84

Aloha Fit Hawaiian Dance Fitness Pop Up Class
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. Come join for 1 hour of dance fitness fun! We will learn Polynesian dance moves while getting our groove on to the sounds of traditional Hawaiian music, Tahitian drum beats, modern pop, reggae and more, resulting in a fun and effective full body workout. This class is guaranteed to make you smile and sweat!
Sun 11:15am - 12:15pm Aug 30 1/\$16

Gentle Hula Pop-Up Class
In this class we will learn the basics of Hawaiian Dance, concentrating on learning hand, hip, and arm movements. We will learn choreographies where we gracefully move and sway to the music of Hawaii, Polynesia, Tahiti, and more, learning dance techniques such as the ami, tamau, varu, and ope. This is a Hawaiian dance class for beginners with little or no experience and is open to all ages!
Sun 10 - 11 Aug 30 1/\$16

Yoga Programs:
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 Sept 16 - Oct 28 (no class Sept 30) 6/\$72
Wed 9:45 - 11:00am Nov 4 - Dec 16 (no class Nov 11 &18) 5/\$60

Hatha Yoga with Erica - Thursday
This all-levels class is designed to support your nervous system while safely improving joint stability, balance, and mobility in your body. Erica combines her training in Hatha yoga with her education in kinesiology and physical therapy 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
Instructor: Erica Loenen
Oaklands Community Centre
Thurs 7:15 - 8:15pm Sept 17 - Oct 29 (no class Oct 8) 6/\$66
Thurs 7:15 - 8:15pm Nov 5 - Dec 10 6/\$66

Yoga with Nicole Spirit
This yoga class features Hatha yoga poses as well as some light Pilates and Qi Gong (energy exercises). It is a 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.