

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.ericaloenyoga.ca

Led by teacher, Erica Loenen
Oaklands Community Centre
Thurs 7:15 - 8:15pm April 9 - May 14 6/\$66
Thurs 7:15 - 8:15pm May 21 - June 25 (no class June 4) 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 6:00 - 7:00pm April 9 - May 14 6/\$72
Thurs 6:00 - 7:00pm May 21 - June 25 6/\$72

Classic and Modern Hatha Yoga

In this all-levels Hatha yoga class, we will integrate ancient, classic yoga poses with modern interpretations and innovative adaptations, using our breath to aid movement. We will often switch from floor postures to standing and balancing postures. Please bring a sense of curiosity to each class.

Instructor: Christin Choma
Monday at the Oaklands Neighbourhood House
Mon 6:00 - 7:00pm April 13 - May 11 5/\$45
Mon 6:00 - 7:00pm May 25 - June 22 5/\$45
Tuesday at the Oaklands Community Centre
Tues 6:00 - 7:00pm April 7 - May 12 6/\$54
Tues 6:00 - 7:00pm May 19 - June 23 6/\$54

Community Programs and Events

Join us at Oaklands' Annual General Meeting on May 25th from 7-9pm!

The event is free and open to all, however only Annual Membership holders can vote in our Board elections and be elected to join our volunteer Board.

To be an Annual Membership holder, you must live, work, volunteer or own property in Oaklands, and pay the \$5 annual fee for membership.

To learn more about the AGM, membership, and our Board of Directors, visit oaklands.life/agm or call (250) 370-9101 ext.1

International Women's Day Celebrations - March 8

Bike Maintenance Workshop: 1-3pm, FREE

Pinot & Paint: 6-9pm, \$25/pp

Easter Egg-Stravaganza - April 5

Arrive anytime between 9am and 12pm for crafts, kids activities, snacks, and -of course - Easter egg hunts! Egg hunts start at 9:30, 10:30, and 11:30. Join in any hunt that suits your schedule and enjoy the other activities before or after.

Admission: \$15 per child
April 5, 9am-12pm

Oaklands Garage Sale Day & Street Party - May 30

Indoor Garage Sale: 8am-2pm

Street Party: 11am-3pm

There will be dozens of morning garage sales around the Oaklands neighbourhood (including at the community centre), as well as an exciting Street Party from 11am-3pm on Belmont Avenue with food trucks, kids activities, live music, and much more!
All event info and registration can be found at oaklands.life.

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 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: April 26, May 24, June 28,
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 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: April 11, May 9, June 13
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), or call 250-370-9101

Trans Older Adult (55+) Lunch Social

This 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: April 4, May 2, June 6
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 offers a space to visit, chat, laugh and learn. We will provide a light snack, coffee and tea. We welcome ongoing feedback on areas of interest so that we can adapt or add to this social hour in the future.

When: Please join us every Thursday from 11:30am - 12:30pm April 2 – June 18
Where: Oaklands Community Centre (#1-2827 Belmont Ave.)

For more information and to register please call 250 370-9101 or visit oaklands.life

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

A community-led program hosted at Oaklands Community Association for QTBIPOC (queer & trans Black, Indigenous, People of Colour) community to come together through arts + crafts!

When: First Monday of the month, 7-9pm

Where: Oaklands Community Centre (#1-2827 Belmont Ave.)

For more information and to register, please email craftingconnectionvic@gmail.com

Get Growing, Victoria! Neighbourhood Distribution Day

The Get Growing, Victoria! program supports communities in need through partnerships with non-profit organizations. This City of Victoria program helps distribute seedlings and soil-building materials to residents who face barriers to growing their own food.

Learn more at <https://www.victoria.ca/parks-recreation/growing-city/get-growing-victoria> or email: garden@oaklandsca.com

Date: May 23

Time: 11am-1pm

Location: Oaklands Community Centre

Bring your own flats to carry seedlings. When handling any garden material, it is important to use gloves and conduct proper handwashing practices. The compost and leaf mulch are not pre-bagged, so please bring your own container, as well as a shovel and gloves.

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. **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

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

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

Spring Program Guide 2026

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 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 withdrawal 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 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	March 30 - June 22 (no program Apr 6, May 18)
Tues 9:30 - 11:30am	March 31 - June 23
Thurs 9:30 - 11:30am	April 2 - June 18

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. Please Register at oaklands.life Donations are appreciated

Location: Oaklands Community Centre
Fri 11:15am - 1:00pm April 10 - May 8 5/Free
Fri 11:15am - 1:00pm May 22 - June 19 5/Free

Preschool Health and Wellness

RSI Soccer Future Stars (3-5 yrs)

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, and staying active - 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
Mon 3:00 - 3:30pm April 13 - May 11 5/\$75
Mon 3:00 - 3:30pm May 25 - June 22 5/\$75

RSI Home Run Heroes (3-5 yrs)

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
Fri 3:00 - 3:30pm April 10 - May 8 5/\$75
Fri 3:00 - 3:30pm May 22 - June 19 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
Location: Oaklands Community Centre
Sun 9:30 - 10:30am May 17 \$15/for parent & 1 or 2 children
Sun 9:30 - 10:30am June 7 \$15/for parent & 1 or 2 children

Oaklands Community Centre

1-2827 Belmont Ave
Victoria, BC V8R 4B2

250-370-9101

<https://oaklands.life/>

Children & Youth – Creative Arts

Drama Club: Theatre Sports Edition (8-11 yrs & 12-15 yrs)

Get dramatic every Wednesday night! This playful class uses laughter-filled theatre games, storytelling, and script work to build performance confidence and encourage self-expression. Through ensemble-supported play, students will explore creativity, collaboration, and imagination. Sure to open the door to a lifelong love of acting, performance, public speaking, and improv. No experience necessary.

Instructor: Jessie Paterson (BA, ARCT in Speech and Drama Performance)
Location: Oaklands Community Centre
Wed (8 - 11 yrs) 6:00 - 7:00pm April 1 – May 27 (No program April 15) 8/\$120
Wed (12 – 15 yrs) 7:00 – 8:00pm April 1 – May 27 (No program April 15) 8/\$120

Children & Youth – Health and Wellness

RSI Soccer Skill Builders (5-9 yrs)

Get ready to kick-start your child's love for soccer in a program designed just for young players! This class introduces children to soccer in a fun, supportive, and non-competitive environment where learning and laughter go hand in hand. Through exciting games, creative obstacle courses, and age-appropriate drills, participants develop essential motor skills like agility, balance, and coordination—all while staying active and engaged. Our focus is on skill development, positive encouragement, and creating a safe space where every child feels successful. By the end of the program, participants will not only strengthen their soccer abilities but also develop physical literacy and a lasting enthusiasm for movement and sport.

Location: Oaklands Park
Mon 3:30 - 4:30pm April 13 - May 11 5/\$80
Mon 3:30 - 4:30pm May 25 - June 22 5/\$80

RSI Baseball Skill Builders (5-9 yrs)

This high-energy baseball class is perfect for young athletes who are ready to sharpen their skills and take their game to the next level—all in a fun, positive environment. Players will be challenged through focused skill development in hitting, throwing, catching, fielding, and base running, while learning the fundamentals that build strong, confident competitors. We promote a culture of effort, sportsmanship, and resilience. Players will be encouraged to push themselves, support their teammates, and strive for improvement every session.

Location: Oaklands Park
Fri 3:30 - 4:30pm April 10 - May 8 5/\$80
Fri 3:30 - 4:30pm May 22 - June 19 5/\$80

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) 6:00 – 7:00pm April 7 – May 12 6/\$108
Tues (8 - 11yrs) 6:00 – 7:00pm May 19 – June 23 6/\$108
Tues (12 - 15yrs) 7:00 – 8:00pm April 7 – May 12 6/\$108
Tues (12 - 15yrs) 7:00 – 8:00pm May 19 – June 23 6/\$108

**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!

Location: Oaklands Elementary School Gym
Thurs 5:45 - 6:45pm April 2 - June 18 (no session on May 7) 11/FREE

Kids At Tennis Society (KATS) Tennis Lessons (5-8 yrs & 9-13 yrs)

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
Tues (5-8 yrs) 4:00 - 5:00pm April 7 - June 30 13/FREE
Tues (9-13 yrs) 5:00 - 6:00pm April 7 - June 30 13/FREE

First Tee Youth Golf (7-9 yrs & 10-13 yrs)

Kids will learn the fundamentals 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. Each day will start with a non-golf warm-up that incorporates activities focused on strength, flexibility, agility, balance, and object control. Most of the day will be spent on golf activities and games, usually with a common theme (picking targets, how to hit it short or far, etc.) that also relates to the life skill of the day. Games will typically feature smaller groups or teams to keep everyone active and engaged!

Location: Oaklands Park
Wed (7-9 yrs) 4:00 - 5:00pm April 8 - April 29 4/FREE
Wed (10-13 yrs) 5:15 - 6:15pm April 8 - April 29 4/FREE
Wed (7-9 yrs) 4:00 - 5:00pm June 3 - June 24 4/FREE
Wed (10-13 yrs) 5:15 - 6:15pm June 3 - June 24 4/FREE

Storytime Yoga (5-12 yrs)

Storytime Yoga is a playful and imaginative yoga class designed especially for children ages 5-12. Each week, we go on a brand-new adventure, traveling through forests, oceans, magical lands, or far-off places, using our imaginations and our bodies. Through storytelling, yoga poses, movement, and breath, children act out the story as it unfolds. We might become animals, explorers, superheroes, or elements of nature, moving from pose to pose as the story guides us along.

Instructor: Alifia Kapasi
Location: Oaklands Community Centre
Mon 6:00 - 6:55pm April 13, 27 & May 11 3/\$45
Mon 6:00 - 6:55pm June 8, 15, 29 3/\$45

Youth First Aid Essentials (11-14 yrs)

This fun and interactive 4.5-hour course trains people how to react and improvise when dealing with time priority, life-threatening emergencies. This course includes initial assessment, disease prevention, secondary survey, airway obstruction, introduction to adult/child/infant CPR (Level C) and the use of an AED (Automated External Defibrillator). This course will also cover recognition and first-aid treatment for head and spine injuries, shock, bleeding, seizures and broken bones. Participants spend the majority of the course doing hands-on first-aid and participating in first-aid scenarios. By practicing with scenarios, students gain confidence, learn to improvise, and react in emergency situations.

Instructor: Alert First Aid
Location: Oaklands Community Centre
Sat 10:00am - 3:00pm April 18 1/\$90

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 Mar 31 - April 28 \$75/5 classes
Tues 6:30 - 8:00pm May 5 - May 26 \$60/4 classes
Tues 6:30 - 8:00pm June 2 - June 23 \$60/4 classes

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 Neighbourhood House
Wed 6:00 - 7:30pm April 1 - April 29 \$60/5 classes
Wed 6:00 - 7:30pm May 6 - May 27 \$48/4 classes
Wed 6:00 - 7:30pm June 3 - June 24 \$48/4 classes

Adult - Creative Arts

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 Community Centre
Sat 9:30am - 12:30pm Mar 21 1/\$95

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 7:00 - 8:00pm April 9 - May 14 6/\$120
**Please note that there may be continuing/intermediate classes scheduled for May and June 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 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 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
Thurs 6:00 - 7:00pm April 9 - May 14 6/\$120
**Please note that there may be continuing/intermediate classes scheduled for May and June as well dependent on interest!*

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 7:00 - 8:30pm April 10 - June 26 \$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 2:00 - 4:00pm April 5 - April 26 4/\$85

Knitting a Hat

This is a course for the beginner/intermediate knitter, who already knows how to cast on, knit, and purl. Please purchase one of the following patterns from Tin Can Knits designers: Basic Beanie. You may also download the Tin Can Knit App and bring your device. Bring pattern, appropriate 3.75 mm knitting needles in 32" length and worsted weight yarn to the first class. If you would like to knit something different, please contact the instructor.

Instructor: Jeanine Hartman
Location: Oaklands Neighbourhood House
Sun 4:00 - 6:00pm April 5 - April 26 4/\$80

Knitting a Basic Shawl

In a supportive and creative environment, we will be knitting a basic shawl pattern, the Grain Shawl from Tin Can Knits in a DK yarn. This is a course for the beginner/intermediate knitter, who already knows how to cast on, knit, and purl. Bring pattern, appropriate knitting needles (4.5 mm) and DK yarn to the first class. If you are interested in a more challenging pattern, please contact the instructor.

Instructor: Jeanine Hartman
Location: Oaklands Neighbourhood House
Sunday 2:00 - 4:00pm May 3 - June 14 (no class May 24) 6/\$100

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 4:00 - 6:00pm May 3 - June 14 (no class May 24) 6/\$100

Adult – Learn for Life

Free the Feet! - Foot Health Workshop

Let's get to know our foundation, our feet! The unsung hero of our day - the first to touch the ground in the morning, the last to come up at night. With 26 bones in each foot, we will play while exploring mobility, balance, and strength. 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 are welcome.

Tues 6:00 - 7:30pm Mar 31 \$22.50/person
Mon 6:00 - 7:30pm May 11 \$22.50/person
Sun 9:00 - 10:30am June 14 \$22.50/person

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 to 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 - 12:00pm April 22 - June 10 (no class May 6) 7/\$98

Bootcamp, Bootcamp Express & Baby Bootcamp

Your coach will take you through a 55-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 judgment 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
Indoor Sessions: Oaklands Community Centre
Mon BB Indoor 9:15 - 10:10am March 30 - May 11 (no class Apr 6) 6/\$93
Mon BE Indoor 10:20 - 11:10am March 30 - May 11 (no class Apr 6) 6/\$93
Wed BB Indoor 11:30am - 12:30pm April 1 - May 13 7/\$108.50
Fri B Indoor 9:30 - 10:30am April 10 - May 8 5/\$77.50

Outdoor Sessions: Oaklands Park

Mon BB Outdoor 9:15 - 10:10am May 25 - July 6 (no class Jun 8) 6/\$93
Mon BE Outdoor 10:20 - 11:10am May 25 - July 6 (no class Jun 8) 6/\$93
Wed B Outdoor 9:30 - 10:30am May 20 - June 24 6/\$93
Wed BB Outdoor 11:00am - 12:00pm May 20 - June 24 6/\$93
Fri B Outdoor 9:30 - 10:30am May 22 - June 19 5/\$77.50

*B = Bootcamp, BB= Baby Bootcamp, BE = Bootcamp Express (45 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 Term 1 1:00 - 2:00pm April 2 - May 7 6/\$60
Thur Term 2 1:00 - 2:00pm May 14 - June 11 5/\$50

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 Term 1 6:00 - 7:00pm April 1 - May 6 6/\$60
Wed Term 2 6:00 - 7:00pm May 13 - June 10 5/\$50

Functional Mobility for Life

Functional Mobility is a movement practice that focuses on improving flexibility, movement patterns, posture, and the general aches and pains that are a result of a society that sits a lot. In this beginner friendly class you can expect to explore movement through your whole body, with a special focus on wrists, shoulders, lower back, hips, ankles, and feet. Participants should be able to independently change positions between sitting, standing, kneeling, and laying on sides, front, and back. All positions work within what your current range of motion is and work to build stability, strength, and flexibility in your muscles and joints. This program is great for people who feel stiff in their joints and people who are hyperflexible in their joints. Drop-in available for \$12/class

Instructor: Danie Beaubien
Location: Oaklands Community Centre.
Fri 9:00 - 10:00am April 10 - May 8 (no class Apr 24) 4/\$40
Fri 9:00 - 10:00am May 22 - June 19 5/\$50

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 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 6:00 - 7:00pm April 14 - June 23 (no class May 5, June 2) 9/\$135

Gentle Movement or Dance Programs:

Esstrictics

Led by Level 4 Certified Esstrictics Instructor, Junko Hammond. Esstrictics 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, Esstrictics Workout certified instructor
Location: Oaklands Community Centre
Mon 1:00 - 2:00pm April 13 - June 22nd (no class May 18) 10/\$100

Adult Groove Dance Party

Come join us for a 90-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 Centre
Mon 6:00 - 7:30pm April 27 \$15/person
Mon 6:00 - 7:30pm June 8 \$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 - 1:00pm April 22 - June 10 (no class May 6) 7/\$98

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 is for anyone who knows the moves of the of the Cheng Man-Ch'ing Yang style short form, as far as Fair Lady Weaves Shuttle, whether they have studied with Lee before, or not. In this class, we will finish learning the moves of the 2nd half of this form, applying the principles of Yang style T'ai Chi.

Location: Oaklands Community Centre
Sat 9:30 - 10:45am April 11 - May 16 6/\$60

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 April 9 - May 14 6/\$60

Somatic Movements

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. When we hold muscle tension for long periods, we lose the ability to turn it off, so we lose 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 March 4 - March 25 4/\$40

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 April 15 - May 13 5/\$60
Wed 9:45 -11:00am May 20 - June 24 6/\$72