

Easter Egg-Stravaganza
Bring the family down for Easter Egg-Stravaganza, where we'll have an egg hunt, crafts, refreshments, and more! This year, we are excited to provide a rabbit education room with adoptable bunnies from Amy's Bunny Barn! Tickets go on sale on March 15.

Sat	April 19	9:00am-12:00pm	\$12/child
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Mobile Hearing Clinic
Come by and get your hearing checked for free with Ears to You Mobile Hearing Clinic! Appointments available between 10:00am and 2:00pm. Please call 250 370-9101 to book an appointment!
Location: Oaklands Community Centre

Fri	May 16	10:00am-2:00pm	Free
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Queer & Trans Farmers' Market
Save the Date!
June 28, 2025
More information soon!
oaklands.life/queer-and-trans-market

Oaklands Pantry
The Oaklands Pantry is a supplementary food program offering free groceries from which participants can choose. We offer both local and rescued foods including produce, dairy, eggs, shelf-stable goods and treats. Through the program we try to do our small part to reduce food waste and increase community food access. The Pantry occurs 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: April 27, May 25, June 22
Time: Doors at 5:00pm, 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: May 10, June 14
Time: Doors at 5:00pm, Dinner served at 5:30pm
Admission: by-donation (suggested \$5-10)
To make a reservation, go to our website (oaklandsca.com/queer-programs), or call!

Trans Older Adult (55+) Lunch Social
In partnership with Gender Generations Project, this new program is for all Transgender, Two-spirit, Non-binary, and Gender-diverse older adults (55+)!
Join us on the second Sunday of the month for a drop-in lunch social. There will be a simple lunch provided, and a facilitator to lead discussions, workshops and activities.
Location: Oaklands Community Centre
Dates: April 13, May 11, June 8
Time: Contact us for details.
Admission: free!
To register for the program, please call or email transplussocial@gmail.com

Queer + Allies Chess Club
Drop by for an evening of beginner-friendly and non-competitive chess! Learn something new, meet local community members, and create a safe & welcoming environment with us, all while playing chess, and a variety of other board games!
Oaklands Community Centre
Date: April 7, May 5, June 2, 2025
Time: 7:00-9:00pm
Admission: by-donation, drop-ins welcome
Ages: 12years+

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

Licensed Child Care

Hamilton Park Infant/Toddler Centre – ages 6m to 30m
We run a licensed full-day Infant/Toddler program. The program is inclusive with ages of 6 months to 18 months (5 spaces for Infants) and 18 months to 30 months (5 spaces for Toddlers). The program implements our philosophy and helps aid in development of the individual child.
Hours of Operation: Monday to Friday, 7:45am to 5:00pm
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 Centers operate from 7:30am to 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 - 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: 7:30am - 5:30pm

Out-of-School Care (5-10 yrs)
Our licensed out-of-school care program provides quality care for children in kindergarten to grade five. OSC provides a positive atmosphere in which children can develop self-esteem, confidence, and social awareness. Our staff offer a warm, safe, and welcoming environment so that your child's time here is fun and memorable. We accept subsidies available through the Ministry of Children and Families.
M-F, AM and PM care, Pro-D Days, and school break programs offered
For more information, including up-to-date fee information and availability, please contact us at:
(250) 370-9101 ext. 2 then 2 or osc@oaklandsca.com



Spring Program Guide 2025

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.

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	Mar 31 – June 23
Tues	9:30-11:30am	April 1 – June 24
Thurs	9:30-11:30am	April 3 – June 19

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

	Admission by Donation	
Fri	10:45am-12:45pm	April 4 – June 20 (no program April 18, and May 16)

Preschool Health and Wellness

RSI 10 sport Physical Literacy (ages 2-3 & parent participation required)
Come explore a world of sports where kids will run, jump, throw, and play in a fun and exciting way! This program is designed just for toddlers, helping them explore movement through playful games, colorful equipment, and lots of giggles. Each session is filled with fun activities that encourage balance, coordination, and confidence all while exposing them to different sports. Our warm and welcoming environment lets little movers play, explore, and make new friends while building a love for being active. Join us for big smiles, little steps, and tons of fun!
Instructor: Richardson Sport Location: Oaklands Community Centre

Tues	9:30am-10:30am	April 1 – May 6	6/\$98
Tues	9:30am-10:30am	May 13 – June 17	6/\$98

Children & Youth – Creative Arts

Drama Club: Twisted Tales – Fractured Folklore (Ages 8-12)
Get ready for a wild ride through the world of your favourite fairy tales—where nothing is quite what it seems! In this five-week youth program, we'll turn beloved stories upside down and inside out. Picture this: nice stepmothers, clueless princes, and really beautiful ducklings. In Twisted Tales, we'll dive into funny and quirky adaptations of classic stories, like Jack Climbs to the Top of a Very Tall Vegetable and Finds a Very Large Individual with an Attitude Problem. Through Readers Theatre scripts and fun acting games, we'll encourage creativity, improvisation, and exploration of the "what ifs" behind your favourite characters and tales.
This class is perfect for anyone looking to stretch their imagination and have a ton of fun!
Oaklands Neighbourhood House

Thurs	6:00-7:30pm	Apr 3 – May 1	\$60/5 classes
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Drama Club: 007 - Spies, Espionage & Secret Service Assignments (Ages 8-12)
Calling all young agents! The world of spies, secret missions, and undercover operations awaits in this thrilling five-week youth program. Drama Club: 007 will challenge participants with exciting tasks, building their skills in communication, teamwork, and quick thinking. Through team-building exercises, agents will learn who to trust (or not), tackle impossible missions, and don some secret disguises to take on undercover roles. It's not just about playing a part—it's about outsmarting the bad guys, working together under pressure, and flexing your acting chops to save the day. Are you ready to accept your mission? The world is counting on you.
Oaklands Neighbourhood House

Thurs	6:00-7:30pm	May 15 – June 12	\$60/5 classes
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Oaklands Community Centre
#1-2827 Belmont Ave
Victoria, BC V8R 4B2
250-370-9101
<https://oaklands.life/>

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.

Children & Youth Health & Wellness

Basketball (8-10yrs & 11 – 13yrs)
The Spring 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. Players should bring their own basketball and water bottle. *If you need to borrow a basketball please call 250 370-9101
Instructor: The Grind
Location: Oaklands Elementary School Gym

Tues	6:30 – 7:20pm (8-10yrs)	April 1 – May 6	6/\$120
Tues	6:30 – 7:20pm (8-10yrs)	May 13 – June 17	6/\$120
Tues	7:30 – 8:20pm (11 – 13yrs)	April 1 – May 6	6/\$120
Tues	7:30 – 8:20pm (11 – 13yrs)	May 13 – June 17	6/\$120

Family Yoga (6-12 yrs old & parent/caregiver)
A great way to bond with your loved ones while also taking care of your physical and mental health. Adults register for \$10/class, and children register for \$5/class. Children must have one at least one adult register with them. Drop in option available if space allows. Instructor: Giancarlo Rizzo
Location: Oaklands Community Centre

Thurs	6:00pm – 7:00pm	April 3 – May 8	6/\$90 (price for 1 adult/1 child)
Thurs	6:00pm – 7:00pm	May 15 – June 26	7/\$105 (price for 1 adult/1child)

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	April 3 – June 19	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

Tues	4:00 – 5:00pm	April 3 – June 26	13/FREE
Tues	5:00 – 6:00pm	April 3 – June 26	13/FREE

Kids Can Ride (ages 6-9)
Feel confident riding your bike! This 3-hour course takes place entirely outside and teaches a ton of bike handling skills and basic bike knowledge through fun games and activities. Kids will learn to perform bike safety checks, proper helmet fit, balance and control, braking, hand signals, cycling etiquette, bike anatomy and avoiding hazards! We finish the lesson with some on-bike games and a fun obstacle course! Make sure to bring your bike, helmet and water. This course does not include any road riding.
Location: Oaklands Community Association

Sat	9:00am – 12:00pm	June 7th	1/\$52
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Youth Bike Smart (ages 10-15)
Learn bike handling skills, traffic safety, cyclist responsibilities, and that make biking fun and safe! Participants gain the skills to ride to school and in their neighbourhood. Training includes a classroom presentation and game, on-bike handling skills, plus a guided road ride on quiet streets to practice learned skill and build confidence. Participants should be able to ride their bikes unassisted before the course begins.
Location: Oaklands Community Association

Sun	9:00am – 2:30pm	June 8th	1/\$75
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Children & Youth Group Programs

Flip Out Friday! (Ages 8-13)
Baking, crafts, outdoor games, and movie nights are just a few of the activities you can expect for your Flip Out Friday nights. We provide a safe, fun and welcoming environment for youth to participate in their favorite activities and try new ones. Please note that there is a limited number of spots each Friday. We welcome drop-ins for our on-site activities, however, to ensure your spot it is best to pre-register. Follow us on Facebook to keep up to date with activities.
Most Fridays 6:30pm-9:00pm Fees vary depending on activity
Drop in available for \$25/day if space allows - please register ahead of time

"Hellfire" Club Dungeons & Dragons for Youth (Ages 9-14)
 Beginners welcome group! Foster creativity, teamwork and collaboration while making new friends and even improving math skills. Snacks provided!
 Location: Oaklands Neighbourhood House 2629 Victor Street

Tues	6:30 – 8:00pm	Apr 1 – April 29	5/\$73
Tues	6:30 – 8:00pm	May 13 – June 10	5/\$73

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 deck-building, 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	6:00 – 8:00pm	Apr 2 – Apr 30	5/\$60
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Youth Night Out (9-13, Ages May Vary)
 Looking for a fun way to spend your evening? Youth Night Out is a bi-monthly event for youth, with activities suited for ages 9-13 (ages may vary depending on the activity). Each night is packed with exciting trips to community centers and activities like Board Game Cafes, swimming, laser tag, and more! We take our Oaklands bus and meet back at the Community Center. It's the perfect chance to meet new friends, try new things, and enjoy some of your favorite activities.
 Meet at Oaklands Community Center
 Days/prices may vary 5:30pm – 8:30pm

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!
 Fri 6:00 – 7:00pm May 16 – June 27 7/\$140

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!
 Fri 7:00 – 8:00pm May 16 – June 27 7/\$140

Dungeons & Dragons for Adults
 Fantasy and intrigue come together in a new Dungeons and Dragons campaign for adults. Join our group of mid-level heroes for a 12-week chapter or the full 9-month campaign, as we rally to defeat an evil Necromancer. All proceeds benefit the Oaklands Community Centre.
 Questions? Contact gamerunnerchris@gmail.com
 Registration required
 Oaklands Community Centre

Wed	6:30pm – 9:00pm	April 2 – June 18	12/\$72
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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.
 Location: Oaklands Community Centre

Fri	7:00pm – 8:30pm	April 4 – June 20	\$8/session
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Adult – Health & Wellness

Exercise/Strength Building Programs
AlohaFit - Hawaiian Dance Fitness
 Hawaiian Dance Fitness is a fun, new and exciting total body dance workout. It isolates your larger muscle groups, increasing strength and definition to your core with emphasis on the abs, glutes, quads and arms. Inspired by the dances of the Pacific Islands, this fun workout incorporates easy to perform dance movements set to the sounds of traditional Polynesian drum beats fused with funky Reggae music, resulting in a fun and effective fitness workout. *Feel free to bring your little ones to play while you dance and exercise! (Please bring their own toys)
 Instructor: Cheryl Mason Groulx
 Oaklands Community Centre

Wed	11:30am – 12:15pm	April 9 – Jun 18	11/\$143
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*Drop-in available for \$15/class

45 min Stroller fit
 These classes take you on the move! Averaging 1-1.5 mile 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.

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

Tues	7:15 – 8:15pm	April 15 – June 17 (no class April 29, May 6, June 3)	7/\$84
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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. *Please bring a mat to class*
 Instructor: Charissa Morgan @dandelion_fitness
 Indoor Sessions
 Location: Oaklands Community Centre

Wed	11:30am – 12:30pm	April 2 – May 14	7/\$98
Fri	9:15am – 10:15am	April 25 – May 23 (no class May 16)	4/\$56

Outdoor Sessions
 Location: Oaklands Park

Wed	9:30am – 10:30am	May 21 – June 25	6/\$84
Wed	11:00am – 12:00pm	May 21 – June 25	6/\$84

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

Wed	12:15 – 1:00pm	April 9 - June 18	11/\$143
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Bootcamp Express
 All the same things you love about a strength focused bootcamp in a shortened version - 45 minutes of work, 3-5 minutes of stretch. Babies and small children are welcome in tow (parents are responsible for childminding) as well as those without!
 Location: Oaklands Community Centre

Mon	10:20am – 11:10am	Mar 31 – April 28 (no class April 21)	4/\$56
Mon	10:20am – 11:10am	May 5 – June 23 (no class May 19 or June 9)	6/\$84

50 min Sweat
 Get in. Get fit. Get on with Life. 50 min of total body conditioning. Circuit, Hiit, strength and plyometrics. Every day is a bit different but expect to hustle and make every minute count. Running is a component, but all levels/injuries are welcome, and power walking is encouraged. No babysitter? no excuse! Children are welcome but parents are responsible for monitoring. **Please bring a yoga mat to class.**
 Instructor: Charissa Morgan @dandelion_fitness
 Location: We are currently looking for an appropriate location for this program
 Please contact dandelion_fitness@outlook.com for information

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

Thur	1:00 – 2:00pm	Term 1	April 3 – May 8	6/\$60
Thur	1:00 – 2:00pm	Term 2	May 15 – June 19	6/\$60

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

Wed	6:00 – 7:00pm	Term 1	April 2 – May 7	6/\$60
Wed	6:00 – 7:00pm	Term 2	May 14 – June 18	6/\$60

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

Tues	1:00 – 2:00pm	Term 1	April 1 – May 6	6/\$60
Tues	1:00 – 2:00pm	Term 2	May 13 – June 17	6/\$60

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

Mon	1:00 – 2:00pm	Mar 31 – June 23	11/\$121
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Groove
 This is not your typical dance class. This is also not your typical fitness class. In Groove, we celebrate all music, and everyone's uniqueness. In Groove, you'll be dancing to a wide variety of music from classical to hip hop, country to dub step, and everything in between. Groove uses super simple moves to connect participants to the style of the music, and invites participants to explore these unifying movements, in their own way. The best part? You can't get it wrong! Come have a kitchen dance party! This class is good for all levels, modifications are provided.
 Instructor: Melanie Langman
 Oaklands Community Centre

Tues	7:15 – 8:15pm	April 15 – June 17 (no class April 29, May 6, June 3)	7/\$84
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Hawaiian Hula for Seniors
 Hawaiian Hula Dance for Seniors is a fun dance and movement class that helps you exercise your mind, body, and soul. Tailored for seniors, come learn basic Hawaiian hand, feet, and body dance movements, teaching you fluidity of movement and grace. Sway and move to the music of Hawaii and Polynesia in this low-impact class that will keep you active, while improving your coordination, balance, and memory. Instructor: Cheryl Mason Groulx
 Oaklands Community Centre

Wed	12:15 – 1:00pm	April 9 - June 18	11/\$143
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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 program is for anyone who knows all the moves the of the Cheng Man-Ch'ing Yang style short form, whether or not they have studied with Lee before. We will review the whole form, focusing on deepening our practice by applying the principles of relaxation and of separating yin and yang.
 Oaklands Community Centre

Thur	9:30 – 10:45am	April 3 – May 8	6/\$60
Thur	9:30 – 10:45am	May 15 – June 19	6/\$60

Keep Moving - Movement & Social for Seniors
 This indoor class offers gentle standing exercises and breathing practices inspired by Yoga, Qigong, Walking Meditation, and more. The intention is to strengthen health and promote well-being. The movement portion of the class can be outdoors if weather allows and indoors if needed. It will be followed by a social in the Centre from 12pm - 12:45pm.

Thurs	11am – 12:45pm	April 17 to May 15	Free
Thurs	11am – 12:45pm	May 22 to June 19	Free

Introduction to Essential Somatic Movements
 Wake up and tune into your body for spring with a gentle Somatic Movement practice. By practicing specific proven movements and focusing on various areas of the body we can improve our overall flexibility and regain the joy and ease of physical movement. This program will introduce you to the core somatic movements developed by Thomas Hanna as a way to combat the accumulative stresses and habitual patterns commonly experienced as we age. This is a floor-based program so please bring a yoga mat.
 Instructor: Jen O'Halloran Location: Oaklands Community Association

Thurs	7:15 – 8:15pm	April 3 – April 24	4/\$36
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Somatic Unwind – Slippercamp
 Invest in yourself and take some time to unwind. In this four week 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 of go go go - can result in us holding tension in our bodies. This program is an antidote for sensory motor amnesia – the loss of ability to release all of the tension held in the muscles of our bodies. This is a floor-based program so please bring a yoga mat.
 Instructor: Jen O'Halloran Location: Oaklands Community Association

Thurs	7:15 – 8:15pm	May 1 – May 22	4/\$36
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Yoga Programs:
Mat Pilates
 Pilates is a whole-body workout that can help develop long, lean, and toned muscles. Join us in exploring core awareness, strength, flexibility, mobility and balance in this safe and accessible class. Increase awareness around breathing patterns and body awareness while engaging the deep muscles of your core. Modifications are offered throughout the class. Students must be able to get up and down off the floor. Instructor: Melanie Langman
 Oaklands Community Centre

Tues	6:00pm – 7:00pm	April 15 – June 17 (no class April 29, May 6, June 3)	7/\$84
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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	6:00 – 7:00pm	April 1 – May 6	6/\$72
Tues	6:00 – 7:00pm	May 13 – June 24	7/\$84

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 2 – May 7	6/\$60
Wed	9:45 – 11:00am	May 14 – June 25	7/\$70

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

Wed	7:15 – 8:15pm	April 2 – May 14	7/\$70
Wed	7:15 – 8:15pm	May 21 – June 25	6/\$60

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

Thurs	7:15 – 8:15pm	April 3 – May 15 (no class April 17)	6/\$60
Thurs	7:15 – 8:15pm	May 22 – June 26	6/\$60

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

Thurs	6:00 – 7:00pm	April 3 – May 8	6/\$66
Thurs	6:00 – 7:00pm	May 15 – June 19	6/\$66

Adult – Learn for Life

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

Tues	6:00 – 7:30pm	Jun 24	\$22.50/person
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*\$25 if dropping in on the day of the program

Community Programs and Events

International Women's Day Weekend
 Join us for a weekend of celebrating International Women's Day with three days of women-led events!
 Fri - Sun March 7-9

Pinot & Paint Night
 Enjoy a glass of wine while you paint with friends during this step-by-step painting class! Open to all levels. Sorry, must be 19+ to participate.
 Fri 6:00 – 9:00pm March 7 \$25/person

International Women's Fair
 Shop from over 50 local women-owned businesses and find something unique to take home!
 Sat/Sun 10:00am – 4:00pm March 8 & 9 admission by donation

Women's Day Group Run
 Meet outside the Oaklands Community Centre for a fun run through Oaklands!
 Sat 10:00am March 8 free!

Women's Bike Maintenance Clinic
 Learn the basics of bike maintenance, like how to fix a flat, maintain your chain, and more in this non-judgmental and friendly environment!
 To register or to find out more, head to oaklands.life.
 Sat 1:00 – 3:00pm March 8 free!