

**Hatha Yoga**  
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 in 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  
For more information about Erica, visit her website at [www.ericaloenenyoga.ca](http://www.ericaloenenyoga.ca)

**Oaklands Community Centre**  
Thurs 7:15 – 8:15pm July 10 – Aug 21 (no class Aug 7) 6/\$60

### Yoga for Every Body

If you have avoided yoga because you feel intimidated by images of super-bendable human pretzels, this class is for you. Open to all levels and ages, it is designed to suit diverse needs and levels of fitness, and it is based on the fact that each person's body is anatomically different, so each person's yoga will be expressed differently.

Instructor: Giancarlo Rizzo  
Sat 9 – 10am July 5 – July 26 4/\$48  
Sat 9 – 10am Aug 9 – Aug 30 4/\$48  
• Sign up for all 8 classes for a discounted price 8/ \$80

## Community Programs and Events

### Oaklands Pantry

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

Location: Oaklands Community Centre Call 250 370-9101 or visit our website for more details.

### Community Dinners

Community Dinners happen on the fourth Sunday of the month and take a break in July and August. 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  
Sun June 22 (July & August - summer break!) Time: Doors at 5pm, Dinner served at 5:30pm  
Admission: by-donation (suggested \$5-10) Call to make a reservation!

### Queer Community Dinners

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

Location: Oaklands Community Centre  
Sat June 14, July 12, August 9 Time: Doors at 5pm, Dinner served at 5:30pm  
Admission: by-donation (suggested \$10-20)  
To make a reservation, go to our website ([oaklandsca.com/queer-programs](http://oaklandsca.com/queer-programs)), or call!

### Trans Older Adult (55+) Lunch Social

In partnership with Gender Generations Project, this new program is for all transgender, two-spirit, non-binary, and gender-diverse older adults (55+).

Join us on the 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: June 8, July 13, Aug 10 Time: Contact us for details. Admission: free!  
To register for the program, please call or email [transplussocial@gmail.com](mailto: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! Ages: 12years+

Oaklands Community Centre  
Mon 7 – 9pm July 8 and Aug 5 Admission: by-donation, drop-ins welcome

### Gender Spectacular Support Group

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

### Get Growing, Victoria! Summer Seedling Distribution

The award-winning program, 'Get Growing, Victoria!' is a seedlings and soil-building materials distribution initiative created by the City of Victoria and delivered in partnership with grassroots groups, non-profit and community organizations. The main objective of Get Growing, Victoria! is to provide gardening materials and educational resources at no cost to encourage communities to grow food, grow gardeners, and grow community! Garden materials include vegetable and herb seedlings, and soil-building materials like compost, leaf mulch and woodchips.

To learn more go to [www.growingfood-together.com/get-growing-victoria](http://www.growingfood-together.com/get-growing-victoria)

Location: Oaklands Community Centre  
Sat 1 – 3pm Aug 16

## Licensed Child Care

### Hamilton Park Infant/Toddler Centre –ages 6m to 30m

We run a licensed full-day Infant/Toddler program. The program is inclusive with ages of 6 months to 18 months (5 spaces for Infants) and 18 months to 30 months (5 spaces for Toddlers). The program implements our philosophy and helps aid in development of the individual child.

Hours of Operation: Monday to Friday, 7:45 am to 5:00 pm  
For more information contact Justine at 250 370-9101 ext. 2 then 3 or email [hamilton@oaklandsca.com](mailto:hamilton@oaklandsca.com)

### Oaklands Full Day Care Programs for ages 3-5:

Entrust your little ones to our fully qualified Early Childhood Educators (ECEs) at Little Acorn Care Centre & Hamilton Park Care Centre. Our goal is to help every child be happy, secure, and develop fully to their true potentials within a full day preschool program for children ages 3–5 years. We accept subsidies available through the Ministry of Children and Family. **Waitlists are open for both 3-5 year old Centres!**  
**Both Centres operate from 7:30am – 5:30pm**

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

For registration and inquiries, please contact Justine at 250 370-9101 ext 2 then 3 or email [hamilton@oaklandsca.com](mailto:hamilton@oaklandsca.com)  
Hamilton Park Childcare Centre  
1487 Hamilton Rd, Victoria BC V8R 2Y2  
Hours of operation: Monday to Friday: 7:30am to 5:30pm

### Little Acorn Care Centre – (3–5 yrs)

For more information contact us at 250–370–9101 ext. 2 then 1 or email [littleacorn@oaklandsca.com](mailto:littleacorn@oaklandsca.com)  
Oaklands Neighbourhood House  
2629 Victor Street, Victoria BC V8R 4B2  
Hours of operation: Monday to Friday: 7:30 am–5:30 pm



## Summer Program Guide 2025

# 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](http://oca.recdesk.com/Community/Program)
- Registration is on a first come, first served basis and payment is required at time of registration
- We require a minimum number of participants to run programs. We will email registrants prior to class start and offer full refund or house credit if the program does not get enough participants.
- Program date, time, or location may change. Please monitor our Recreation Calendar to confirm.**

### Refunds for Recreation Programs only

- If after the first class you decide a program is not right for you, we are happy to issue a pro-rated refund. **This request must be made no later than 24 hours prior to the second class.**
- A full refund will only be issued if withdraw is made no later than one week prior to the program start date.

## Happening Soon!

### Kids Spring Market at Oaklands PAC Fundraiser

Come support over 20 youth vendors as they sell their handmade art, jewelry, crafts, and even food! There will be pizza for sale, with all funds going to the Oaklands PAC - so come hungry!

Sat 12 – 3pm May 24 Admission by donation

### Oaklands Garage Sale Day

There's so much to do during our neighbourhood-wide Garage Sale Day! Host your own yard sale, rent a table at the Indoor Garage Sale at Oaklands Community Centre, or stroll around the neighbourhood and snag the best deals! We'll provide a printed map of all the garage sales in the area. Come pick one up from May 28-31 to plan your route! To be featured on the printed map, book a table at the Indoor Garage Sale, or for more info, visit [oaklands.life](http://oaklands.life).

Sat May 31 Neighbourhood Garage sales times may vary, Indoor Garage sale 8am – 2pm

### Oaklands Street Party

Take a break from garage sales and kick back at the Oaklands Street Party! Enjoy delectable food (and dessert!) trucks, live music, a bouncy castle, family activities, and more! The Street Party is the perfect place to stop during Garage Sale Day.

Sat 11am – 3pm May 31

### 2025 Queer & Trans Farmers' Market

Join us for the 2nd annual Queer & Trans Farmers' Market! The QTFM is a celebration of 2SLGBTQ+ community, organized by queer and trans people for queer and trans people. Featuring over 75 farm, food, craft and art vendors - live music & performances - food trucks - an afternoon non-alcoholic beverage garden - a family area - and more! Learn more at [oaklands.life/queer-and-trans-market](http://oaklands.life/queer-and-trans-market)

Location: Oaklands Community Centre  
Sat 11am – 4pm June 28 FREE

### The Oaklands Sunset Market is back!

Join on us Wednesday evenings from July 9 - Aug 27 from 4:30-8pm and support local food-makers, artisans, musicians, and more! With over 50 unique vendors, delicious food trucks, and our Hoyne Beer Garden, there's always something to do. Find out the new theme each week and participate in contests, activities, and scavenger hunts with the whole family!

July 9, 17, 23, 30, August 6, 13, 20, 27 4:30 – 8pm FREE

### Oaklands Community Association's 25th Anniversary Party

Dress in your best Y2K outfit and enjoy birthday cake, refreshments, and activities for the whole family! Celebrate 25 years of the Oaklands Community Association in your neighbourhood.  
July 9 4:30 – 8pm at the Oaklands Sunset Market FREE

## Preschool Learn for Life

### Tiny Tykes Summer Playgroup

Come join Miss Bev for a fun morning of toys, crafts, and circle time songs at Oaklands Park. 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. Water and a small snack will be provided. This outdoor program will be weather, and air quality dependent, so please do phone the Community Centre to check in advance if uncertain. These programs allow both registration and drop-in options.

**\*parent/caregiver participation required\***

Oaklands Park	By Donation	
Tues	9:30 – 11:30am	July 8 – Aug 26
Thurs	9:30 – 11:30am	July 10 – Aug 28

## Preschool Health and Wellness

### RSI 10 sport Physical Literacy (ages 2-4 and 4-6)

RSI's 10 Sport program is an exciting, high-energy program designed to develop physical literacy through a variety of sports and movement-based activities. Perfect for kids of all skill levels, this program introduces fundamental movement skills—like running, jumping, throwing, and balancing—through engaging games and age-appropriate sports.

With a focus on fun, inclusivity, and skill development, participants will build confidence, coordination, and teamwork while exploring different sports each session. Our supportive environment encourages a love for movement, setting the foundation for an active and healthy lifestyle. Whether trying a new sport or improving existing skills, this program is the perfect way to stay active, make new friends, and have a blast! is an exciting, high-energy program designed to develop physical literacy through a variety of sports and movement-based activities.

Instructor: Richardson Sport Location: Oaklands Park

Wed (ages 2-4)	4:30 – 5:15pm	Jul 2 – Jul 30	5/\$87
Wed (ages 4-6)	5:15 – 6:00pm	Jul 2 – Jul 30	5/\$87
Fri (ages 2-4)	4:30 – 5:15pm	Jul 4 – Jul 25	4/\$70
Fri (ages 4-6)	5:15 – 6:00pm	Jul 4 – Jul 25	4/\$70
Wed (ages 2-4)	4:30 – 5:15pm	Aug 6 – Aug 27	4/\$70
Wed (ages 4-6)	5:15 – 6:00pm	Aug 6 – Aug 27	4/\$70
Fri (ages 2-4)	4:30 – 5:15pm	Aug 1 – Aug 29	5/\$87
Fri (ages 4-6)	5:15 – 6:00pm	Aug 1 – Aug 29	5/\$87

## Children & Youth – Health and Wellness

### First Tee Golf

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. This could include relay races, ladder jumps, walking on a balance beam obstacle course, or tossing a ball to a target. These warmups are designed to get everyone moving as quick as possible, having fun, and introducing both the golf and life skill focus of the day. The majority 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. Some ideas for games include golf baseball, golf football, or hungry hungry hippos

Instructor: Max Kleban (Golf Canada)

Oaklands Park

Wed (ages 7-9)	10 – 11am	Aug 6 – 27	Free
Wed (ages 10-13)	11:15 – 12:15am	Aug 6 – 27	Free

### Kids At Tennis Society (KATS) Tennis Lessons

Using smaller racquets and low compression balls we help kids develop confidence in their ability to hit the ball which allows them to be successful very quickly. This program is sponsored by KATS and is free for those families who can't afford lessons. Please ensure to fill out the required form with registration. Outdoor sessions at Kings Road Tennis courts

<b>(5–8 yrs)</b>			
Thurs	4 – 5pm	July 3 – Sept 25	13/FREE
<b>(9–13 yrs)</b>			
Thurs	5 – 6pm	July 3 – Sept 25	13/FREE

## Children & Youth Summer Camps

### Creative Yogis Summer Camp

Join us for a week full of creative movement, mindful crafts, and tons of peaceful fun! Learn different yoga practices through songs, stories, and games. Play in the world of imagination with each daily theme. No experience necessary.

Instructor: Alifia Kalifa

Mon – Fri (Full Day)	9am – 3pm	Aug 18 – Aug 22	5/\$250
Mon – Fri (Half Day)	9am – 12pm	Aug 18 – Aug 22	5/\$180

### Great Escape Youth Camp (Ages 11-15)

The Great Escape Camp for Youth ages 11-15 will visit parks and beaches around Victoria and participate in fun group activities. Afternoon snack provided.

Some activities planned for this week are (subject to change): Bike Park, laser tag, elk lake, lip sync battle, fisherman's wharf, Mario kart tournament, t-shirt design, smoothie making, China town and bubble tea, music bingo and more

Location: Oaklands Community Center 2827-1 Belmont Ave.

Mon – Fri	10:30am – 4pm	July 7 – 11	5/\$275
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Some activities planned for this week are (subject to change): Frisbee Golf, Beacon Hill, Peacock Billiards, Sidney Waterfront & Ice Cream, Goldstream Park & Smores, Air Dry Clay, Woodworking/burning creations, "Man Hunt" Game and more!

Location: Oaklands Community Center 2827-1 Belmont Ave.

Tues – Fri	10:30am – 4pm	Aug 5 – 8	4/\$225
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## Licensed Summer Camps

**\*All licensed camps accept ACCB subsidy (2 spots each camp reserved for Supported Care/Inclusion) - \*\*Child must have completed Grade K to enter the Gr K/1 camp and completed Grade 2 to enter the Grade 2-5 camp.**

### Week 1: June 30/July 2-4 (4-day camp)

**Grades K-1 “Cosmic Kids”** - Blast off into an unforgettable week of cosmic exploration at Summer Camp! Join us as we embark on a thrilling interstellar journey through the mysteries of space and beyond. Designed for young space adventurers, this camp is packed with sci-fi excitement, alien encounters, futuristic robots, and out-of-this-world fun.

**Grades 2-5 “Mega Mindstorm”** - Engineering and science week! Experimenting with chemistry, biology, engineering, and cultivating a maker mindset. Daily riddles and “explosive” fun.

### Week 2: July 7-11

**Grades K-1 “Jurassic Giants”** – If you love dinosaurs, say “RAWR!” Face Painting, fossil excavations, cool crafts, dino egg hunt and more!

**Grades 2-5 “Out & About”** – Fort Rodd Hill, Hatley Castle Gardens, Panorama Rec Center, Topaz Park and more are planned for this week!

### Week 3: July 14-18

**Grades K-1 “Tiny Trailblazers”** - From forest fun to wildlife encounters, campers will become true nature trailblazers, learning about the environment, local wildlife, and the joys of hiking through the wilderness. We will be visiting Tinker Town at Pkols and Mystic Vale this week.

**Grade 2-5 “Adventures in Gaming”** - Get ready for action-packed days filled with games, crafts, friendly competition, and creativity. Mario/Minecraft/Among Us/Roblox themed activities and good ole’ fashioned boardgame fun!

### Week 4: July 21-25

**Grades K-1 “SHIPWRECKED!”** – This week’s camp is full of pirates, mermaids, ocean creatures and survival fun!

**Grades 2-5 “Out & About”** – Elk Lake, Cattle Point, Francis King Park and Mini-Golf are all planned for this week!

### Week 5: July 28-Aug 1

**Grades K-1 “Parks & Beaches”** – Out Trips planned this week include Gyro Beach, Willows Beach, Waterpark and Dallas Road!

**Grade 2-5 “Mythical Realms”** – Are you ready for a magical experience? How about a side quest? Mythical creatures, role playing, witches, wizards, potion making and more are planned for this week!

### Week 6: Aug 5-Aug 8 (4-day camp)

**Grades K-1 “Fairytale Forest”** - We will be exploring nature, mythical creatures, crafting magical potions and more! All fairies, wood nymphs, elves, and sprites welcome! Fun with Fables & Fairy Tales. Play acting, puppets, crafts, dress up, a trip to Mystic Vale.

**Grades 2-5 “Out & About”** Thetis Lake, Board Game Café, Swan Lake and Macaulay Point Park are planned for this week!

### Week 7: Aug 11-15

**Grades K-1 “Water Waves”** – Prepare to get wet! Sprinkler fun, wading pools, Elk Lake, and water parks!

**Grades 2-5 “Fashion Fusion”** – Simple hand sewing projects such as making your own stuffed toy, Duck Tape Shoe Challenge, creating wearable items from recycled materials, a fashion show showcasing your creations and more!

### Week 8: Aug 18-22

**Grades K/1 “Shadow Spy Squad”** – Secret Agent Training, memory & spy games, survival skills, codebreaking, obstacle courses and more!

**Grade 2-5 “Out & About”** - West Shore Parks & Rec, Gonzales Beach, Willows Beach, IMAX, PKOLS are planned for this week!

## Adult – Creative Arts

### Camp Improv

Imagine a day-long improv intensive to build the skill sets required to explore all things related to improv. Get faster at tapping into your creative improv energy. Learn improv games and exercises in a fun fast paced afternoon. Directed by Julian Polzin.

Tues	12 – 4pm	July 15	\$20
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## Adult – Health & Wellness

### Exercise/Strength Building Programs

#### AlohaFit - Hawaiian Dance Fitness Outdoors

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 Park

Wed	11:15am – 12pm	July 9 – Aug 20	7/\$98
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\*Drop-in available for \$16/class

#### Baby Bootcamp

Your Coach will take you through a 50-minute workout which can be modified for any fitness level. 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

Location: Oaklands Park

Mon	9:30 – 10:30am	July 21 – Aug 4	3/\$42
Wed	9:30 – 10:30am	July 16 – Aug 6	4/\$56
Wed	10:45am – 11:45pm	July 16 – Aug 6	4/\$56

### 50 min SWEAT

Get out. Get SWEATY. Get on with Life. 50 min of total body conditioning. Circuit, Hiit, strength and plyometrics. Every day is a bit different, expect to hustle and make every minute count. Running is a component, but all levels/injuries are welcome.

No babysitter? No problem. We are family inclusive; kids are welcome, BUT parents are responsible for monitoring.

Instructor: Charissa Morgan @dandelion\_fitness

\*\*Please bring a mat to class\*\*

Location: TBD (Could alternate between local parks in the Oaklands neighbourhood)

Thurs	5 – 6:00pm	July 17 – Aug 7	4/\$60
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\*Drop-in available for \$16.50/class

### Gentle Movement or Dance Programs:

#### Hawaiian Hula for Seniors Outdoors

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 Park

Wed	12:15 – 1pm	July 9 – Aug 20	7/\$98
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\*Drop-in available for \$16/class

#### Mindful Movement in the Park for Everyone

This outdoor summer class in Oaklands Green Park offers gentle standing movements and breathing practices inspired by Yoga, Qigong, Walking Meditation, and more. The exercises strengthen overall health and well-being. Everyone is welcome!

Thurs	11am – 12pm	June 26 – July 31	TBD
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### Yoga Programs:

#### Hatha Flow

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

Instructor: Giancarlo Rizzo

Tues	6 – 7pm	July 8 – July 29	4/\$48
Tues	6 – 7pm	Aug 5 – Aug 26	4/\$48
		Sign up for all 8 classes and receive a discounted rate of	8/\$80

#### Gentle Yoga (outdoor 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 every BODY! This is a fun, multilevel yoga class that’s suitable for all ages. Please bring your own yoga mat.

Instructor: Tanya Roberts

Oaklands Park

Wed	9:45 – 11:00am	Aug 13 – 27	3/\$30
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