

ADULT PROGRAMS

Fall 2024



ARTS & DANCE

DRAWING FOR BEGINNERS

Learn to demystify the art of drawing. Instructor Belle Perez de Tagle will guide you through this introductory course so you can learn the basics needed to improve your drawing skills.

SAANICH COMMONWEALTH PLACE

[Belle Perez De Tagle](#)

119608 Th Sep 19-Oct 31 3:15-5:15pm 7/\$105
119609 Th Nov 7-Dec 19 3:15-5:15pm 7/\$105

THE ART OF WOODBURNING

Learn the wonderful art of pyrography or woodburning which will allow you to create beautiful pieces of art with just one amazing tool, the woodburning pen. No previous art experience is required. Unleash your creative energies and ignite the flame to start "writing with fire". Start woodburning today!

SAANICH COMMONWEALTH PLACE

[Belle Perez De Tagle](#)

119698 Tu Sep 17-Oct 29 3:15-4:45pm 7/\$95
119699 Tu Nov 5-Dec 17 3:15-4:45pm 7/\$95

THE JOY OF PAINTING IN ACRYLIC

Learn Painting in an easy and fun class that gets results. No lesson frustrating or too hard for anyone. Learn drawing, colour mixing and brush stroke techniques. Progress quickly and enjoy the art of Acrylic painting.

SAANICH COMMONWEALTH PLACE

[Belle Perez De Tagle](#)

119700 Tu Sep 17-Oct 29 1:00-3:00pm 7/\$126
119701 Tu Nov 5-Dec 17 1:00-3:00pm 7/\$126

HOW TO REGISTER

ONLINE at Saanich.ca/Recreation

PHONE 250-475-7600

IN PERSON at any of our
4 Recreation Centres



OIL PAINTING - INTRODUCTION

Learn the basics of oil painting while progressing from the paintbrush to the painting knife. Belle will show you how to create landscapes or still lifes with useful, fundamental skills that you can apply to your own work. Get ready to paint with inspiration and instinct, and enjoy painting even more!

SAANICH COMMONWEALTH PLACE

[Belle Perez De Tagle](#)

124781 F Oct 4-Nov 22 1:00-3:00pm 8/\$144

NEW

WATERCOLOUR PAINTING - INTRODUCTION

Learn the basics of colour mixing and brushwork as you paint along with easy-to-follow instructions. Begin layering washes to make objects appear three-dimensional and learn how to create highlights and shadows. You'll quickly gain confidence with this enjoyable, stress-relieving medium.

SAANICH COMMONWEALTH PLACE

[Belle Perez De Tagle](#)

124782 F Oct 4-Nov 22 3:15-5:15pm 8/\$144

NEW

HULA HAWAIIAN DANCE

The Hula is accompanied by music or traditional chant. Hands tell a story while hips sway to keep the rhythm of the dance. Easy and light, yet great for core muscles and joints. What a fun way to stay in shape!

SAANICH COMMONWEALTH PLACE

[Belle Perez De Tagle](#)

119611 Th Sep 19-Oct 31 2:00-3:00pm 7/\$67
119612 Th Nov 7-Dec 19 2:00-3:00pm 7/\$67

LINE DANCING - CORDOVA BAY 55+

Beginner level line dances for those who are familiar with the basic line dance steps. No partner required. Drop-in available for \$9/session.

CORDOVA BAY 55 PLUS ASSOCIATION

[Vicky McCulloch](#)

119723 F Sep 13-Oct 25 10:15-11:30am 7/\$56
119724 F Nov 1-Dec 13 10:15-11:30am 7/\$56

SOCIAL BALLROOM DANCE - LEVEL 1

Our most popular ballroom course, this program introduces popular ballroom dances including the waltz, foxtrot, tango, cha-cha and jive. A fun, social activity you'll be able to enjoy for the rest of your life, with many physical and mental benefits. Perfect for beginners or for as a refresher.

SAANICH COMMONWEALTH PLACE

E & R Ballroom Dance

119694 Su Sep 22-Dec 1 4-5pm 10/\$135

SOCIAL BALLROOM DANCE - LEVEL 2

Level 1 figures will be reviewed before the introduction of new material, combined with style and technique tips to help you look and feel your best on the dance floor.

SAANICH COMMONWEALTH PLACE

E & R Ballroom Dance

119695 Su Sep 22-Dec 1 5:05-6:05pm 10/\$135

SOCIAL BALLROOM DANCE - LEVEL 3

Level 2 figures will be reviewed before we introduce new figures in all six dances, combined with style and technique tips. Samba and/or quickstep may be introduced.

SAANICH COMMONWEALTH PLACE

E & R Ballroom Dance

119696 Su Sep 22-Dec 1 6:10-7:10pm 10/\$135

SOCIAL BALLROOM DANCE - PRE-BRONZE

A full-year course for individuals who have completed Level 3. The course will cover new dance figures and focus on enhancing overall dancing quality. The samba and quickstep will also be introduced.

SAANICH COMMONWEALTH PLACE

E & R Ballroom Dance

119697 Su Sep 22-Nov 24 4-5:10pm 9/\$145

SOCIAL BALLROOM DANCE - BRONZE

The next level after pre-bronze is a year-long course that introduces new steps and the technical skills required to master these figures, emphasizing the importance of both our dancing ability and the dances we perform

SAANICH COMMONWEALTH PLACE

E & R Ballroom Dance

119693 Su Sep 22-Nov 24 5:15-6:25pm 9/\$145

SOCIAL BALLROOM DANCE - BEYOND BRONZE

A challenging full-year course for those who have completed bronze. More intricate figures will be introduced along with increased emphasis on technique and style.

SAANICH COMMONWEALTH PLACE

E & R Ballroom Dance

119692 Su Sep 22-Nov 24 6:30-7:40pm 9/\$145

MUSIC

UKULELE - BEGINNERS

The "Uke" is making a comeback! It's fun, affordable, and easy to play. This course is for folks who are new to playing the ukulele and who have little to no musical experience. Join our group as we learn to strum basic chords and sing popular songs. Uke can do it!

SAANICH COMMONWEALTH PLACE

Len Knoke

119706 Tu Sep 24-Nov 12 11am-12pm 8/\$95

119707 Th Sep 26-Nov 14 6-7pm 8/\$95

GENERAL INTEREST

DOG - PUPPY FIRST STEPS

Puppies are keen to learn and very impressionable! Includes socialization with puppies and people, supervised off-leash play, basic obedience and prevention of behaviour problems. Small-size class for puppies aged 9 to 17 weeks with proof of first set of vaccinations.

SAANICH COMMONWEALTH PLACE

Alison Stephens

119607 Th Nov 7-Dec 12 7:30-8:20pm 6/\$265

DOG - FAMILY DOG MANNERS

Using reward-based training, this class for dogs 5mths+ covers all the basics: how to pay attention, sit, stay, come, walk without pulling and prevention of behavioural problems like jumping up. Small class size. Dogs must be comfortable around people and other dogs and who have no history of aggression. This class may not be suitable for reactive or fearful dogs. Please bring proof of vaccination to the first class.

SAANICH COMMONWEALTH PLACE

Alison Stephens

119604 Th Sep 19-Oct 24 6:30-7:20pm 6/\$265

119605 Th Nov 7-Dec 12 6:30-7:20pm 6/\$265

NORDIC POLE WALKING - INTRODUCTION

Learn the basics of Nordic pole walking with a short video presentation, instructions and practical experience to familiarize and gain proficiency with walking with poles. Some walking poles will be available or participants can bring their own.

SAANICH COMMONWEALTH PLACE

122125 Sa Nov 9 1-2:30pm \$15

122126 Sa Nov 9 2:30-4pm \$15

NEW

MAHJONG - DROP-IN

The Mahjong drop-in sessions are for players who have taken Belle's classes and want to continue playing to keep up their skills. Hong Kong Mahjong played.

SAANICH COMMONWEALTH PLACE

NEW

[Belle Perez De Tagle](#)

Wednesday's Sep 18-Dec 18 1:00 - 4:00 pm

Senior drop-in fee per session: \$6.75
or use a Saanich monthly or annual pass



MAHJONG - BEGINNER

Beginner players learn the fascinating mind game Mahjong from master teacher, Belle. Mahjong is a game of skill, strategy, and calculation and involves a degree of chance. It also helps keep your brain sharp! Hong Kong Mahjong played.

SAANICH COMMONWEALTH PLACE

[Belle Perez De Tagle](#)

119623 W Sep 18-Oct 30 1:00-2:30pm 7/\$74

119624 W Nov 6-Dec 18 1:00-2:30pm 7/\$74

MAHJONG - CONTINUING

Players with some experience develop their Mahjong skills learning from master teacher, Belle. Mahjong is a game of skill, strategy, and calculation and involves a degree of chance. It also helps keep your brain sharp! Hong Kong Mahjong played.

SAANICH COMMONWEALTH PLACE

[Belle Perez De Tagle](#)

119625 W Sep 18-Oct 30 2:30-4:00pm 7/\$74

119626 W Nov 6-Dec 18 2:30-4:00pm 7/\$74

TECHNOLOGY

IPAD - MASTERING THE BASICS AND BEYOND

Are you using the basic features of your iPad, but wondering what else you can do with it? Join Mandy for this slower paced, encouraging, and relaxed workshop - all levels are welcome! Explore important settings, contacts, email, privacy and security, FaceTime, and many other useful tips and tricks.

SAANICH COMMONWEALTH PLACE

[Mandy Ospina](#)

119613 F Sep 20-Oct 4 12:30-2pm 3/\$89

IPHONE - MASTERING THE BASICS AND BEYOND

There's so much more your iPhone can do - here's where to start! Join Mandy for this slower-paced, encouraging and relaxed workshop. Explore important settings, texting, phone and contacts, privacy and security, email and many other useful tips and tricks.

SAANICH COMMONWEALTH PLACE

[Mandy Ospina](#)

119621 Tu Oct 8-Oct 22 12:30-2pm 3/\$89

IPHONE AND IPAD - EVERYTHING PHOTOS

iPhones and iPads are many peoples' primary camera. Join Mandy and learn how to use your iPhone or iPad to capture and edit images and video. Take panoramic photos, apply filters, create mini slideshows and more. Explore different ways to publish and share.

SAANICH COMMONWEALTH PLACE

[Mandy Ospina](#)

119617 Tu Oct 29-Nov 12 12:30-2pm 3/\$89

IPHONE AND IPAD - WHAT'S NEW IN IOS18

Apple releases a new version of iOS annually (the operating system, or underlying software, that makes our iPhone and iPad work). With the new iOS comes some changes and new features! Join Mandy at this one-day workshop to find out what's new, and how to navigate the changes. If we have time, we will also have a look at some of the most common questions and trouble areas with using an iPhone or iPad.

SAANICH COMMONWEALTH PLACE

[Mandy Ospina](#)

119620 F Nov 1 10am-12pm \$39

IPHONE AND IPAD - COMMUNICATION

Your iPhone and iPad are ideal for communication. In this course, we will look at how to best use your device to stay in touch with others. We will explore extra features of the phone, many texting tips and techniques, keyboard tips, features of the Mail app. We will also have a look at other communication apps such as WhatsApp and Facebook Messenger.

SAANICH COMMONWEALTH PLACE

[Mandy Ospina](#)

119619 Tu Nov 19-26 12:30-2pm 2/\$59

IPHONE AND IPAD - ALL ABOUT THE APPS

After mastering the basics of your iPhone or iPad, it's all about the apps! Explore apps that come with your device and how to manage them. Learn about the home screen, widgets, the App library including clock, weather, calculator, voice memos, Safari and updates. Look at free downloadable apps and what to consider when evaluating a new app.

SAANICH COMMONWEALTH PLACE

[Mandy Ospina](#)

119615 Tu Dec 3 & 10 12:30-2pm 2/\$59

LEADERSHIP / EDUCATION

AIRWAY MANAGEMENT AND OXYGEN ADMINISTRATION (AMOA) 12yrs+

This course is designed to provide knowledge and practice to maintain an airway and administer supplemental oxygen. Content includes: safe handling of oxygen, knowledge and assembly of oxygen equipment, selection and application of oropharyngeal airways and oxygen delivery devices, pulse oximeter use, appropriate use of suction and bag-valve-masks.

SAANICH COMMONWEALTH PLACE

123640 Sa Dec 7 2:45-6pm \$37

CPR C (WITH AED) 12yrs+

Be prepared to save lives by learning essential skills such as activating EMS, performing CPR, and using an AED. This knowledge is crucial in recognizing and treating early signs of a heart attack, aiding choking individuals, and effectively performing CPR with multiple rescuers for adults, children, and infants.

SAANICH COMMONWEALTH PLACE

123636 Sa Nov 9 9am-2:15pm \$65

BASIC LIFE SUPPORT RESPONDER (BLS) 12yrs+

Basic Life Support training for healthcare professionals like doctors, nurses, paramedics, and others who require Health Care Provider CPR-C certification. This program covers CPR-C skills, teamwork for assessing breathing and pulse, standalone rescue breathing, and using bag-valve-masks.

SAANICH COMMONWEALTH PLACE

123639 Sa Dec 7 9am-2:15pm \$80

EMERGENCY FIRST AID (EFA) WITH CPR-C 13yrs+

Emergency First Aid is a WorkSafeBC Occupational Level 1 equivalent and can be used in the workplace. You will learn lifesaving skills such as CPR/AED and obstructed airway procedures to respond to adult and child emergencies.

SAANICH COMMONWEALTH PLACE

123641 Su Dec 8 9am-5pm \$99

STANDARD FIRST AID (SFA) WITH CPR-C 12yrs+

Standard First Aid is a WorkSafeBC Occupational Level 1 equivalent and can be used in the workplace. This course includes comprehensive training covering all aspects of first aid, CPR and AED use. Whether you need training for employment or simply want to be prepared to respond to life threatening emergencies, this course will give you the skills and knowledge to act with confidence. In addition to the material covered in Emergency First Aid, candidates will learn how to treat head/neck injuries, soft tissue and skeletal injuries and medical emergencies.

SAANICH COMMONWEALTH PLACE

123635 Sa,Su Nov 9 & 10 9am-6pm 2/\$169

FIGHT BACK FOR WOMEN - PART 1 14yrs+

This women-focused self-defense course, led by a female instructor, equips participants with techniques to prevent attacks, enhances situational awareness, and teaches easy-to-retain physical skills suitable for high-stress situations. It highlights the unique advantages women have in self-defense. Participants aged 14 and 15 must register with a parent or guardian.

SAANICH COMMONWEALTH PLACE

Badass with Class

123880 Sa Nov 2 9am-12pm \$125

MARTIAL ARTS

AIKIDO – SHIODA STYLE 12yrs+

Learn the martial art of Aikido in a family-friendly environment from world-class instructors. Non-competitive and fun, Aikido provides mind-body connection, fitness plus self-defense through collaborative partner practice. Circular movements redirect the body and energy of attackers with a focus on timing, control and sensitivity. 10 class passes available for those needing flexibility: adult 10/\$100, student 10/\$80.

PROSPECT LAKE COMMUNITY HALL

Island Aikido

122779 Tu 7-8:30pm Sep 17-Oct 29 7/\$70

122905 Tu 7-8:30pm Nov 5-Dec 17 7/\$70

124420 Th 7-8:30pm Sep 19-Oct 31 7/\$70

124421 Th 7-8:30pm Nov 7-Dec 19 7/\$70

124422 Su 10:30-12pm Sep 22-Nov 3 7/\$70

124423 Su 10:30-12pm Nov 10-Dec 15 6/\$60

IAIDO 16yrs+

Learn the Japanese martial art of the samurai sword. Beginners will require a bokuto/bokken (wooden sword). Registration required.

SAANICH COMMONWEALTH PLACE

122127 W & F Sep 18-Dec 13 6:30-8:00pm \$65

KARATE - TEENS AND ADULTS 12yrs+

From basic karate for the beginner to self-defense weapons for the advanced. You will learn traditional Japanese Shito Ryu School.

SAANICH COMMONWEALTH PLACE

Victoria Renshikan Karate

123863 Tu Sep 17-Dec 17 7:35-9pm 14/\$224

123864 Tu,Th Sep 17-Dec 19 7:35-9pm 28/\$392

123865 Th Sep 19-Dec 19 7:35-9pm 14/\$224

SPORTS

ARCHERY FOR ADULTS - BEGINNER

Always wanted to shoot a bow and arrow? Learn basic archery skills and fundamental mechanics. A great opportunity to meet new people and enjoy this popular sport. All equipment supplied.

SAANICH COMMONWEALTH PLACE

[Victoria Bowmen Association](#)

119570 Su Sep 22-Nov 10 11am-12pm 8/\$128

ARCHERY FOR ADULTS - CONTINUING

Comfortable with the basics? This is your chance to improve your skills and mechanics and practice, practice, practice! All equipment will be supplied. A great way to develop your accuracy and technique.

SAANICH COMMONWEALTH PLACE

[Victoria Bowmen Association](#)

119572 Su Sep 22-Nov 10 12-1pm 8/\$128

BADMINTON - DAYTIME DROP IN 55yrs+

Join us for some daytime badminton at Saanich Commonwealth Place. All levels of play welcome. Exercise, meet new people and enjoy a great sport. Regular drop-in rates apply.

SAANICH COMMONWEALTH PLACE

119574 W Sep 18-Dec 18 2:30-4pm \$6.50

PICKLEBALL - LEARN TO PLAY

Interested in playing pickleball? This beginner class covers the basics, including techniques, tactics, scoring and positioning. No experience necessary. Please provide your own paddle if possible.

SAANICH COMMONWEALTH PLACE

[Andy Vixaysouk](#)

119629 M Sep 23-Dec 2 10:30am-12pm 8/\$150

119679 M Sep 23-Dec 2 12-1:30pm 8/\$150

119681 F Sep 20-Nov 1 12-1:30pm 7/\$132

119682 F Nov 8-Dec 20 12-1:30pm 7/\$132

PICKLEBALL - CLINIC 1.0 NOVICE

Our clinics are a great chance to grow your pickleball skills, learn new techniques and practice your game. This clinic is geared towards Novice Players at a 1.0 skill level or comfortable playing with players at this level or above.

SAANICH COMMONWEALTH PLACE

[Andy Vixaysouk](#)

119677 Tu Sep 17-Oct 29 12-1:30pm 7/\$58

119678 Tu Nov 5-Dec 17 12-1:30pm 7/\$58



PICKLEBALL - CLINIC 2.0 INTERMEDIATE

Our clinics are a great chance to grow your pickleball skills, learn new techniques and practice your game. This clinic is geared towards intermediate/experienced players at a 2.0 skill level or comfortable playing with players at this level.

SAANICH COMMONWEALTH PLACE

[Andy Vixaysouk](#)

119675 Th Sep 19-Oct 31 11:45am-1:30pm 7/\$68

119676 Th Nov 7-Dec 19 11:45am-1:30pm 7/\$68

PICKLEBALL - CLINIC 3.0 EXPERIENCED

Our clinics are a great chance to grow your pickleball skills, learn new techniques and practice your game. This clinic is geared towards experienced or competitive players of a 3.0 skill level or comfortable playing with players at this level.

SAANICH COMMONWEALTH PLACE

[Andy Vixaysouk](#)

119673 Sa Sep 21-Nov 2 8-10am 7/\$77

119674 Sa Nov 9-Dec 21 8-10am 6/\$66

HOW TO REGISTER

ONLINE at [Saanich.ca/Recreation](#)

PHONE 250-475-7600

IN PERSON at any of our

4 Recreation Centres



ADULT DROP-IN SPORTS - REGISTRATION CODES

MONDAY	TUESDAY	WEDNESDAY	FRIDAY	SUNDAY
PICKLEBALL	VOLLEYBALL	PICKLEBALL	PICKLEBALL	BASKETBALL
1:45 - 4:00 pm	8:00 - 10:00 pm	6:30 - 7:45 pm	1:45 - 4:00 pm	4:30 - 6:30 pm
119631 Sep 16	119709 Sep 17	119659 Sep 18	119645 Sep 20	119590 Sep 22
119632 Sep 23	119710 Sep 24	119660 Sep 25	119646 Sep 27	119591 Sep 29
119633 Oct 7	119711 Oct 1	119661 Oct 2	119647 Oct 4	119592 Oct 20
119634 Oct 21	119712 Oct 8	119662 Oct 9	119648 Oct 11	119593 Oct 27
119635 Oct 28	119713 Oct 15	119663 Oct 16	119649 Oct 18	119594 Nov 3
119636 Nov 4	119714 Oct 22	119664 Oct 23	119650 Oct 25	119595 Nov 10
119637 Nov 18	119715 Oct 29	119665 Oct 30	119651 Nov 1	119596 Nov 24
119638 Nov 25	119716 Nov 5	119666 Nov 6	119652 Nov 8	119597 Dec 1
119639 Dec 2	119717 Nov 12	119667 Nov 13	119653 Nov 15	119598 Dec 8
119640 Dec 9	119718 Nov 19	119668 Nov 20	119654 Nov 22	119599 Dec 15
119641 Dec 16	119719 Nov 26	119669 Nov 27	119655 Nov 29	119600 Dec 22
	119720 Dec 3	119670 Dec 4	119656 Dec 6	
	119721 Dec 10	119671 Dec 11	119657 Dec 13	
	119722 Dec 17	119672 Dec 18	119658 Dec 20	

MONDAY
ARCHERY
8:00 - 9:30 pm
119559 Sep 16
119560 Sep 23
119561 Oct 7
119562 Oct 21
119563 Oct 28
119564 Nov 18
119565 Nov 25
119566 Dec 2
119567 Dec 9
119568 Dec 16

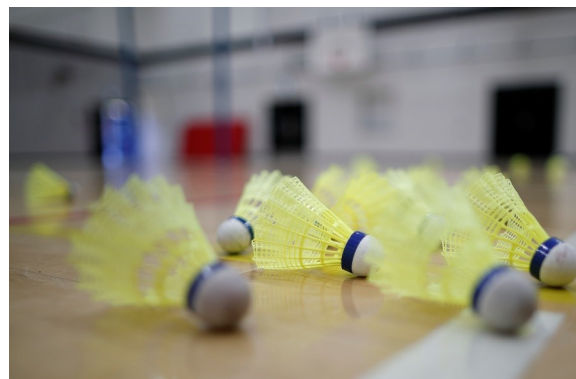
FALL 2024



Scan the Code
for an **ONLINE**
SPORTS SCHEDULE



WEDNESDAY
BADMINTON
8:00 - 10:00 pm
119575 Sep 18
119576 Sep 25
119577 Oct 2
119578 Oct 9
119579 Oct 16
119580 Oct 23
119581 Oct 30
119582 Nov 6
119583 Nov 13
119584 Nov 20
119585 Nov 27
119586 Dec 4
119587 Dec 11
119588 Dec 18



Reserved Drop-In Sessions

Participants can register up to 7 days
in advance starting at 7:30 am
using these program barcodes



**PARKS, RECREATION
& COMMUNITY SERVICES**