

# ADULT PROGRAMS

# SPRING 2025



## ARTS

### 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](#)

128711	Th	Mar 6-Apr 24	3:15-5:15pm	8/\$120
128712	Th	May 1-Jun 19	3:15-5:15pm	8/\$120

### 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](#)

128730	F	Mar 7-Apr 25	1-3pm	7/\$126
128731	F	May 2-Jun 20	1-3pm	8/\$144

### THE JOY OF PAINTING IN ACRYLIC

Learn painting in an easy and fun class that gets results. No lesson is too frustrating or hard for anyone. Learn drawing, colour mixing and brush stroke techniques. Progress quickly and enjoy the art of acrylic painting. All essential supplies are included in the program fee.

#### SAANICH COMMONWEALTH PLACE

[Belle Perez De Tagle](#)

128715	Tu	Mar 4-Apr 22	1-3pm	8/\$144
128716	Tu	Apr 29-Jun 17	1-3pm	8/\$144

## HOW TO REGISTER

**ONLINE** at [Saanich.ca/Recreation](#)  
**PHONE** 250-475-7600  
**IN PERSON** at any of our  
4 Recreation Centres



### 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](#)

128713	Tu	Mar 4-Apr 22	3:15-5:15pm	8/\$144
128714	Tu	Apr 29-Jun 17	3:15-5:15pm	8/\$144

## DANCE

### 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](#)

128717	Th	Mar 6-Apr 24	2-3pm	8/\$76
128718	Th	May 1-Jun 19	2-3pm	8/\$76

### 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](#)

129530	F	Mar 7-May 2	10:15-11:30am	8/\$64
129531	F	May 9-Jun 27	10:15-11:30am	8/\$64

## SUMMER 2025

Activity Guide online March 26

[Saanich.ca/summer](#)

Registration opens April 9 at 6:00 am



## SOCIAL BALLROOM DANCE

Put your dance lessons to work! These ballroom dances are fun, friendly and inclusive - all dancers are welcome. Featuring complimentary refreshments, door prizes, and a fabulous selection of the best ballroom, Latin, and swing dance music. Programs start with a one-hour workshop on a new dance, followed by general dancing.

### SAANICH COMMONWEALTH PLACE

#### E & R Ballroom Dance

130324	Sa	Mar 1	7-9:45pm	\$15
130325	Sa	May 3	7-9:45pm	\$15
130326	Sa	Jun 7	7-9:45pm	\$15

## 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

128579	Su	Jan 19-Mar 23	4-5:10pm	9/\$145
128908	Su	Apr 27-Jun 22	4-5:10pm	8/\$130

## 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

128575	Su	Jan 19-Mar 23	5:15-6:25pm	9/\$145
128907	Su	Apr 27-Jun 22	5:15-6:25pm	8/\$130

## 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

128574	Su	Jan 19-Mar 23	6:30-7:40pm	9/\$145
128905	Su	Apr 27-Jun 22	6:30-7:40pm	8/\$130

## SOCIAL BALLROOM DANCE - LEVEL 1

Ballroom, latin and swing dancing has been proven to enhance your physical, mental and emotional well-being. It improves balance, coordination, cognitive function while reducing stress. A great couple's activity in a friendly social setting that you can enjoy your whole life. Please sign up with a partner or contact us for our partner matching service.

### SAANICH COMMONWEALTH PLACE

#### E & R Ballroom Dance

128576	Su	Jan 19-Mar 30	4-5pm	10/\$135
128909	Su	Apr 27-Jun 29	4-5pm	9/\$120

## SOCIAL BALLROOM DANCE - LEVEL 2

Level 1 figures will be reviewed, then the focus shifts to 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

128910	Su	Jan 19-Mar 30	5:05-6:05pm	10/\$135
128911	Su	Apr 27-Jun 29	5:05-6:05pm	9/\$120

## 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

128578	Su	Jan 19-Mar 30	6:10-7:10pm	10/\$135
128912	Su	Apr 27-Jun 29	6:10-7:10pm	9/\$120

## GENERAL INTEREST

### MEMORY CAFÉ

A music and arts based social program for people living with memory loss and their care partners. Engaging arts and music activities are led by professionals with a focus on creativity, connection and fun. Care partners must attend. Registration is limited to 7 couples.

NEW

### SAANICH COMMONWEALTH PLACE

129536	Tu	Feb 18-Mar 25	10am-12pm	8/\$120
129537	Tu	Apr 1-May 6	10am-12pm	8/\$120
129538	Tu	May 13-Jun 17	10am-12pm	8/\$120



### INTRODUCTION TO FLY FISHING

Explore the fascinating art and science of fly fishing. Learn the basic principles of casting and skills required to become a successful fly fisher. Includes tips and techniques for catching trout and salmon in the rivers, lakes and beaches of Vancouver Island.

### SAANICH COMMONWEALTH PLACE

#### Ian Muirhead

128727	Sa	May 3	9:30am-3:30pm	\$99
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## 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](#)

128709 Th Mar 13-Apr 17 7:30-8:20pm 6/\$265  
128710 Th May 1-Jun 5 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](#)

128707 Th Mar 13-Apr 17 6:30-7:20pm 6/\$265  
128708 Th May 1-Jun 5 6:30-7:20pm 6/\$265

## MEET THE INSTRUCTOR

### [Alison Stephens](#) **Dog Obedience Classes**

Alison is a Certified Professional Dog Trainer (CPDT-KA) and a Karen Pryor Academy Certified Training Partner (KPA CTP) and has been offering puppy classes, basic manners and obedience classes and dog sport classes for almost 20 years. She also specializes in private one-on-one sessions for those clients whose dogs were too aroused or afraid in a group setting with other dogs, people and distractions.

Alison embraces force-free, science-based training methods with an emphasis on developing and nurturing your relationship with your dog.

Alison relocated to the beautiful west coast from the prairies and enjoys hiking, camping, hitting the beach and exploring the island with Ava, her black Labrador.



## 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

[Belle Perez De Tagle](#)

Wednesday's Jan 8-Jun 18 1-4 pm  
Senior drop-in fee per session: \$6.75  
or use a Saanich monthly or annual pass

NEW

## 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](#)

128723 W Mar 5-Apr 23 1-2:30pm 8/\$84  
128724 W Apr 30-Jun 18 1-2:30pm 8/\$84

## 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](#)

128725 W Mar 5-Apr 23 2:30-4pm 8/\$84  
128726 W Apr 30-Jun 18 2:30-4pm 8/\$84

## 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

128554 Sa Mar 8 1-2:30pm \$15

## WALKING IN EUROPE - SPAIN AND PORTUGAL

This presentation covers two popular routes in Portugal from Porto to Santiago. Experience the richness of the Portuguese culture and friendly hospitality. Spain Frances is the busiest Camino route in Spain with almost 400,000 people completing the route each year. The 870 km route starts in St Jean Pied De Port in France and crosses Spain to Santiago. This presentation will cover sites to visit, services and accommodations available along the route.

### SAANICH COMMONWEALTH PLACE

130327 Th Mar 13 6-8pm \$10

## WALKING IN EUROPE - ITALY AND IRELAND

This presentation invites you to experience "la dolce vita" in Italy's Via Francigena Walk through Tuscany to Rome, and Ireland's Dingle Way, with its lush landscapes and sandy beaches. It will highlight key sites, services, and accommodations along these routes, offering a glimpse into the beautiful countryside and cultural richness.

### SAANICH COMMONWEALTH PLACE

130328 Th Apr 10 6-8pm \$10

## WALKING IN EUROPE - JAPAN AND IRELAND

Learn about the Kumano Kodo pilgrimage trails in Japan's southern Kansai region, a key part of its World Heritage designation. Over 1000 years old, these trails spanning 100 km showcase Japan's traditions, history, and landscapes. We'll also discuss hiking and walking in Ireland, including trail conditions, topography, food, and accommodations.

### SAANICH COMMONWEALTH PLACE

130330 Th Jun 5 6-8pm \$10

## LEADERSHIP / EDUCATION

### 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. Due to the course content, participants 14 and 15 years old must register with a parent or guardian.

### SAANICH COMMONWEALTH PLACE

Sheepdog Self-Protection Inc.

130676 Sa Jan 11 9am-12pm \$125

## MARTIAL ARTS

### IAIDO 14yrs+

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

### LOCHSIDE ELEMENTARY SCHOOL

130482 W,F Jan 8-Mar 14 7:30-9pm 20/\$65

130484 W,F Apr 2-Jun 13 7:30-9pm 21/\$65

## HOW TO REGISTER

**ONLINE** at [Saanich.ca/Recreation](http://Saanich.ca/Recreation)

**PHONE** 250-475-7600

**IN PERSON** at any of our 4 Recreation Centres



## AIKIDO - SHIODA STYLE

Explore the martial art of Aikido in a family-friendly classes from world-renowned instructors. Non-competitive and fun, Aikido develops mind-body connection, fitness balance and self-defence 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

126815 Tu Jan 7-Feb 25 7-8:30pm 8/\$80

126816 Tu Mar 4-Apr 29 7-8:30pm 9/\$90

126817 Th May 8-Jun 19 7-8:30pm 7/\$70

126818 Th Mar 6-May 1 7-8:30pm 9/\$90

126819 Su May 11-Jun 22 10:30am-12pm 7/\$70

126820 Su Mar 9-May 4 10:30am-12pm 9/\$90

126910 Tu May 6-Jun 17 7-8:30pm 7/\$70

126923 Th Jan 9-Feb 27 7-8:30pm 8/\$80

126931 Su Jan 12-Mar 2 10:30am-12pm 8/\$80

### 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

130726 Tu Apr 1-Jun 24 7:35-9pm 13/\$208

130727 Th Apr 3-Jun 26 7:35-9pm 13/\$208

130728 Tu,Th Apr 1-Jun 26 7:35-9pm 26/\$364

## SPORTS

### ARCHERY - 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

128619 Su Mar 2-Apr 13 11am-12pm 7/\$112

128628 Su Apr 27-Jun 22 11am-12pm 8/\$128

### ARCHERY - 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

128621 Su Mar 2-Apr 13 12-1pm 7/\$112

128629 Su Apr 27-Jun 22 12-1pm 8/\$128

## TECHNOLOGY

### 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

128560	M	Jan 13-Mar 10	10:30am-12pm	8/\$150
128561	M	Jan 13-Mar 10	12-1:30pm	8/\$150
128563	F	Mar 7-May 9	12-1:30pm	8/\$150
128741	M	Mar 31-Jun 2	10:30am-12pm	8/\$150
128742	M	Mar 31-Jun 2	12-1:30pm	8/\$150
128748	F	May 16-Jun 27	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

135025	Sa	Feb 15-Mar 29	10:15am-12:15pm	7/\$77
128752	Tu	Mar 4-Apr 29	12-1:30pm	8/\$66
128753	Tu	May 6-Jun 24	12-1:30pm	8/\$66

### 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

128754	Th	Mar 6-May 1	11:45am-1:30pm	8/\$77
128756	Th	May 8-Jun 26	11:45am-1:30pm	8/\$77
137742	Th	May 8-Jun 26	1:45-3:30pm	8/\$77

### 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

128758	Sa	Mar 8-Apr 19	8-10am	7/\$77
128759	Sa	May 3-Jun 21	8-10am	8/\$88

## HOW TO REGISTER

**ONLINE** at [Saanich.ca/Recreation](http://Saanich.ca/Recreation)  
**PHONE** 250-475-7600

**IN PERSON** at any of our  
4 Recreation Centres



### 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

130456	Tu	Apr 15-29	12:30-2pm	3/\$89
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### 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

130457	Tu	May 6-20	12:30-2pm	3/\$89
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### IPHONE AND IPAD - CREATING A PHOTO ALBUM

Is your iPhone/iPad full of photos, but you'd love to get these photos off your phone and onto the page? Join Mandy for this one day workshop where we will learn how to create a photo album on our iPhone/iPad. We will explore the techniques and procedures, and then you can finish up the album at home and send it away for printing!

#### SAANICH COMMONWEALTH PLACE

Mandy Ospina

128548	F	May 2	10:30am-12:30pm	\$39
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### 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 Whats App and Facebook Messenger.

#### SAANICH COMMONWEALTH PLACE

Mandy Ospina

128547	Tu	May 27-Jun 3	12:30-2pm	2/\$59
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### 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

128546	F	Jun 13-20	10:30am-12pm	2/\$59
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# ADULT DROP-IN SPORTS - REGISTRATION CODES

MONDAY	TUESDAY	WEDNESDAY	FRIDAY	SUNDAY
<b>PICKLEBALL</b> 1:45 - 4:00 pm	<b>VOLLEYBALL</b> 8:00 - 10:00 pm	<b>PICKLEBALL</b> 6:30 - 7:45 pm	<b>PICKLEBALL</b> 1:45 - 4:00 pm	<b>BASKETBALL</b> 4:30 - 6:30 pm
128782 Feb 24	128932 Feb 18	128829 Feb 19	128807 Feb 21	128684 Feb 16
128783 Mar 3	128933 Feb 25	128830 Feb 26	128808 Feb 28	128685 Feb 23
128784 Mar 10	128934 Mar 4	128831 Mar 5	128809 Mar 7	128687 Mar 2
128785 Mar 17	128935 Mar 11	128832 Mar 12	128810 Mar 14	128688 Mar 9
128786 Mar 31	128936 Mar 18	128833 Mar 19	128811 Mar 21	128690 Mar 16
128788 Apr 7	128937 Apr 1	128834 Mar 26	128812 Apr 4	128692 Mar 23
128790 Apr 14	128938 Apr 8	128835 Apr 2	128813 Apr 11	128693 Mar 30
128791 Apr 28	128939 Apr 15	128836 Apr 9	128814 Apr 25	128694 Apr 6
128792 May 5	128940 Apr 22	128837 Apr 16	128815 May 2	128695 Apr 13
128793 May 12	128941 Apr 29	128838 Apr 23	128816 May 9	128696 Apr 27
128794 May 26	128942 May 6	128839 Apr 30	128817 May 16	128697 May 4
128795 Jun 2	128943 May 13	128840 May 7	128818 May 23	128699 May 11
128796 Jun 9	128944 May 20	128841 May 14	128819 May 30	128700 May 25
128797 Jun 16	128945 May 27	128842 May 21	128820 Jun 6	128701 Jun 1
128798 Jun 23	128946 Jun 3	128843 May 28	128821 Jun 13	128702 Jun 8
	128947 Jun 10	128844 Jun 4	128822 Jun 20	128704 Jun 15
	128948 Jun 17	128845 Jun 11	128823 Jun 27	128705 Jun 22
		128846 Jun 18		

MONDAY
ARCHERY
8:00 - 9:30 pm
128593 Feb 24
128594 Mar 3
128595 Mar 10
128598 Mar 17
128599 Mar 24
128600 Mar 31
128602 Apr 7
128609 Apr 14
128610 Apr 28
128612 May 5
128613 May 12
128614 May 26
128615 Jun 2
128616 Jun 9
128617 Jun 16
128618 Jun 23

**WINTER  
& SPRING  
2025**

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



WEDNESDAY
BADMINTON
8:00 - 10:00 pm
128641 Feb 19
128642 Feb 26
128643 Mar 5
128644 Mar 12
128645 Mar 19
128646 Mar 26
128657 Apr 2
128658 Apr 9
128659 Apr 16
128661 Apr 23
128663 Apr 30
128664 May 7
128665 May 14
128666 May 21
128667 May 28
128668 Jun 4
128669 Jun 11
128670 Jun 18



### Reserved Drop-In Sessions

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

