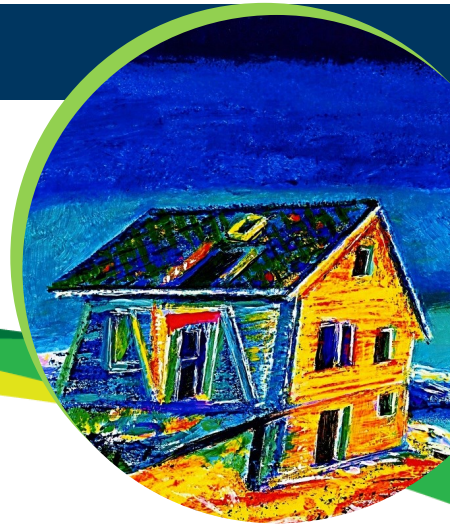


ADULT PROGRAMS

SUMMER 2024



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](#)

114086 Th Jul 11-Aug 29 2:45-4:45pm 8/\$120

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](#)

114131 Tu Jul 9-Aug 27 3:15-4:45pm 8/\$108

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](#)

114085 Th Jul 11-Aug 29 1:30-2:30pm 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](#)

114387 F Jul 5-Aug 30 10:15-11:30am 8/\$64

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](#)

114121 Tu Jul 9-Aug 27 1-3pm 8/\$144

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](#)

114088 W Jul 10-Aug 28 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](#)

114089 W Jul 10-Aug 28 2:45-4:15pm 8/\$84

HOW TO REGISTER

ONLINE at [Saanich.ca/Recreation](https://saanich.ca/Recreation)

PHONE 250-475-7600

IN PERSON at any of our
4 Recreation Centres





TECHNOLOGY

IPHONE & IPAD - TIPS AND TRICKS (PART 1)

Go beyond the basic features of your iPhone or iPad! In this one-day session, learn useful (and fun) tips and tricks to try on your device. Explore contextual menus, AirDrop, silencing unknown callers, scanning documents, Shortcuts, optimizing battery charging, the Focus/Do Not Disturb feature, typing/gesture shortcuts, and more.

SAANICH COMMONWEALTH PLACE

[Mandy Ospina](#)

105896 Tu June 4 1-3pm \$39

IPHONE & IPAD - TIPS AND TRICKS (PART 2)

Ideal for those comfortable using the basic features of iPhone or iPad, this one-day session helps you get even more out of your device. Explore advanced texting and messaging features, photo tips, voice memos, security settings and more!

SAANICH COMMONWEALTH PLACE

[Mandy Ospina](#)

105897 Tu June 11 1-3pm \$39

LEADERSHIP / EDUCATION

CPR C (WITH AED) 12yrs+

Be prepared to save a life! Knowing how to activate EMS, perform CPR and use an AED are critical lifesaving skills that everyone should have. Learn how to recognize and treat the early signs of heart attack- additional skills include how to help someone who is choking and perform CPR when there is more than one rescuer. CPR-C with AED teaches the skills needed to help adults, children and infants.

SAANICH COMMONWEALTH PLACE

116222 Sa Jul 20 9am-2:15pm \$65

CPR C (WITH AED) - RECERTIFICATION 12yrs+

CPR-C certifications are valid for 3 years. After 3 years the CPR holder will attend a CPR recertification course. Must show proof of original certification to instructor at beginning of course.

SAANICH COMMONWEALTH PLACE

116216 Su Jul 14 9am-1:15pm \$55

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

116221 Sa,Su Jul 20-21 9am-6pm 2/\$169

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

SFA certifications are valid for 3 years. After 3 years the SFA holder will need to attend a SFA recertification. Candidates must show proof of original certification to instructor at beginning of course.

SAANICH COMMONWEALTH PLACE

116196 Su Jul 14 9am-6pm \$99

MARTIAL ARTS

IAIDO 16yrs+

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

SAANICH COMMONWEALTH PLACE

114087 W,F Jul 3-Aug 30 7-8:30pm 18/\$50

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. For more info call Rino at 250-920-6797.

SAANICH COMMONWEALTH PLACE

[Victoria Renshikan Karate](#)

116507 Tu Jul 2-Aug 27 7:30-9pm 9/\$144

116508 Th Jul 4-Aug 29 7:30-9pm 9/\$144

116509 Tu,Th Jul 2-Aug 29 7:30-9pm 18/\$252

ADULT SPORTS

SUMMER

DROP-IN CODES

MONDAY	TUESDAY	WEDNESDAY	FRIDAY	SATURDAY
PICKLEBALL	VOLLEYBALL	BADMINTON	PICKLEBALL	PICKLEBALL
5:00 - 7:00 pm	8:00 - 10:00 pm	8:00 - 10:00 pm	5:00 - 7:00 pm	12:00 - 2:00 pm
114100 July 8	114123 July 9	114066 July 10	114107 July 5	114091 July 6
114101 July 15	114124 July 16	114067 July 17	114108 July 12	114092 July 13
114102 July 22	114125 July 23	114068 July 24	114109 July 19	114093 July 20
114103 July 29	114126 July 30	114069 July 31	114110 July 26	114094 July 27
114104 Aug 12	114127 Aug 6	114070 Aug 7	114111 Aug 2	114095 Aug 3
114105 Aug 19	114128 Aug 13	114071 Aug 14	114112 Aug 9	114096 Aug 10
114106 Aug 26	114129 Aug 20	114072 Aug 21	114113 Aug 16	114097 Aug 17
	114130 Aug 27	114073 Aug 28	114114 Aug 23	114098 Aug 24
			114115 Aug 30	114099 Aug 31

Reserved Drop-In Sessions

Participants can register up to 7 days in advance starting at 8:30 am using these program barcodes



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

114120 Sa Jul 6-Aug 25 10:15-11:45-am 8/\$144

PICKLEBALL - CLINIC 3.0 EXPERIENCED

Our clinics are a great chance to grow your pickleball skills, learn new techniques and practice your game. Experienced or Competitive Players of a 3.0 skill level or comfortable playing with players at this level.

SAANICH COMMONWEALTH PLACE

Andy Vixaysouk

114119 Sa Jul 6-Aug 25 8-10am 8/\$80

FRIDAY

BASKETBALL

7:30 - 9:30 pm

114075	July 5
114076	July 12
114077	July 19
114078	July 26
114079	Aug 2
114080	Aug 9
114081	Aug 16
114082	Aug 23
114083	Aug 30



Scan the Code for an ONLINE SPORTS SCHEDULE



ARCHERY FOR ADULTS - BEGINNER

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

SAANICH COMMONWEALTH PLACE

Victoria Bowmen Association

114063	Su Jul 7-Aug 25	11am-12pm	8/\$134
114064	Su Jul 7-Aug 25	12-1pm	8/\$134

HOW TO REGISTER

ONLINE at Saanich.ca/Recreation

PHONE 250-475-7600

IN PERSON at any of our 4 Recreation Centres



PARKS, RECREATION & COMMUNITY SERVICES

ADULT SPORTS

SPRING

DROP-IN 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
105762 Apr 8	105868 Apr 2	105810 Apr 3	105785 Apr 5	105695 Apr 7
105763 Apr 15	105869 Apr 9	105811 Apr 10	105786 Apr 12	105696 Apr 14
105764 Apr 22	105870 Apr 16	105812 Apr 17	105787 Apr 19	105697 Apr 21
105765 Apr 29	105871 Apr 23	105813 Apr 24	105788 Apr 26	105698 Apr 28
105766 May 6	105872 Apr 30	105814 May 1	105789 May 3	105699 May 5
105767 May 13	105873 May 7	105815 May 8	105790 May 10	105700 May 12
105768 May 27	105874 May 14	105816 May 15	105791 May 17	105701 May 19
105769 Jun 3	105875 May 21	105817 May 22	105792 May 24	105702 May 26
105770 Jun 10	105876 May 28	105818 May 29	105793 June 7	105703 June 2
105771 Jun 17	105877 June 4	105819 Jun 5	105794 June 14	105704 June 9
105772 Jun 24	105878 June 11	105821 Jun 12	105795 June 21	105705 June 16
	105879 June 18	105924 Jun 19	105796 June 28	105706 June 23
	105880 June 25			

MONDAY
ARCHERY
8:00 - 9:30 pm
110244 Apr 8
110245 Apr 15
110246 Apr 22
110303 Apr 29
110304 May 6
110305 May 13
110306 May 27
110307 June 3
110308 June 10
110309 June 17
110310 June 24



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



WEDNESDAY
BADMINTON
8:00 - 10:00 pm
105663 Apr 10
105664 Apr 17
105665 Apr 24
105666 May 1
105667 May 8
105668 May 15
105669 May 22
105670 May 29
105671 June 5
105672 June 12
105673 June 19
105674 June 26



Reserved Drop-In Sessions

Participants can register up to 7 days
in advance starting at 8:30 am
using these program barcodes



**PARKS, RECREATION
& COMMUNITY SERVICES**