

20 Adult Programs

All programs held at Esquimalt Recreation Centre, unless listed otherwise.

ACTIVE LIFESTYLE

Esquimalt Race Walk and Fun Walk

Get involved in your community by registering for our first ever 5K Race Walk and Fun Walk. This fast route will take you through Esquimalt streets and beautiful Saxe Point Park. Sign up to set a personal best, or just to get out and walk with family or friends. Need motivation or training to walk faster? Sign up for our Walk Fit, Walk Faster Walking Clinic.

31128 Sun Sep 26 9AM
\$10 early reg / \$15 after Sep 12

Esquimalt Walking Group

No registration required these walks take place on Fridays at 10am. Meet near the reception desk at the recreation centre. Learn new walking routes in your community and meet new walking companions while enjoying the outdoors.

31069 Fri 10AM-11:30AM free

Walk Fit, Walk Faster Walking Clinic

This program is designed for walkers of all abilities. Whether you are looking to start walking to improve your fitness or want to train to walk a marathon this year, this program is for you. Each class will begin with an information session (topics include footwear, injury prevention, and nutrition) and will include walks of various lengths around Esquimalt and the region.

31071 Thu Sep 9-Oct 7
6PM-7:30PM \$25/5

Coed 6's Volleyball League - Recreational

Beginner to Recreational level volleyball league, where players come to have fun and meet new friends and develop their skills. Teams play three matches per night and move up and down divisions based on weekly performance. Team, small group and individual registrations welcome.

31570 Fri Sep 17-Dec 3
6:30PM-10:30PM \$468/team
L'Ecole Brodeur School \$85/12/single

Coed 6's Volleyball League - Competitive

The largest and longest running co-ed volleyball league in Greater Victoria. This league is intended for volleyball players with previous experience ranging from competitive to open caliber. Teams play three matches per night and move up and down divisions based on weekly performance. Team, small group and individual registrations welcome.

31569 Thu Sep 16-Dec 9
6:30PM-11PM \$468/team
L'Ecole Brodeur School \$85/12/single



Capoeira (12yrs+)

You may have seen this exciting martial art performed around the city, now is your chance to give it a try. This Afro-Brazilian Martial Art developed into a game between two people played in dance form. Capoeira is a game, a dance and self defence. Get fit, keep active and learn this cool Martial Art.

31072 Tu/Th Sep 2-30
7PM-8:30PM \$75/mth

31073 Tu/Th Oct 5-28
7PM-8:30PM \$75/mth

31074 Tu/Th Nov 2-30
7PM-8:30PM \$75/mth

31075 Tu/Th Dec 2-23
7PM-8:30PM \$75/mth

Instructor: Silvan Herberger

Fencing for Beginners (12yrs+)

Learn this western martial art with high tech equipment. Participants will learn basic instruction foil and epee fencing, basic footwork, simple attack and defence, and will begin to develop skills including precision, coordination and strategy. All equipment is supplied. Check out victoriafencing.ca for more information.

30926 Wed Sep 15-Nov 3
7PM-9PM \$50/8

30927 Wed Nov 10-Dec 29
7PM-9PM \$50/8

Instructor: Victoria Fencing Club

Advanced Fencing (12yrs+)

Continue on with the Victoria Fencing Club for additional training time and sparring practice, using electronic scoring equipment. Participants must have previously completed the beginner program. Check out victoriafencing.ca for more information.

30919 Wed Sep 15-Nov 3
7PM-10PM \$50/8

30920 Wed Nov 10-Dec 29
7PM-10PM \$50/8

Instructor: Victoria Fencing Club

Drop-In Sports

VOLLEYBALL

SUN 7:45PM-9:15PM
WED 8:15PM-9:45PM
(L'Ecole Brodeur)

BADMINTON

MON 8:15PM-10:15PM

BASKETBALL

THU 8:30PM-10PM

PICKLEBALL

MON/TUE/THU 1:30PM-3:45PM

SOCCER

TUE 8:45PM-10PM

**CALL 250-412-8500 after 7am
on day of program to reserve
your spot**

Tae Kwon Do (all ages)

This Korean Martial Art will enable you to achieve physical, mental and emotional success while having fun and gaining self confidence. Nels Silva is a world medalist competitor and instructs this 'Nels's' style martial art.

Tu/Th Sep-Dec 5:30PM-6:15PM
Tu/Th Sep-Dec 6:30PM-7:15PM
\$56/mth or \$50/4mth
Sat Sep-Dec 1:45PM-2:15PM
\$35/mth

Instructor: Nels Silva

Western Martial Arts- Longsword

Western Martial Arts (WMA) as taught in Medieval Western Europe. Instruction in both, one-handed sword and buckler, and sword in two hands. Using supplied wooden shield and swords you will develop skills in coordination and strategy while learning defence and attack of the medieval warriors. Bring light gloves to wear. For more information visit <http://members.shaw.ca/l33/>

31123 Thu Sep 16-Dec 9
7:30PM-8:30PM \$52/13

L'Ecole Brodeur School

Instructor: Dan Hill

Western Martial Arts - Advanced Longsword

Prerequisite is the beginner Longsword class. Instruction will continue with more advanced techniques, counters and more controlled sparring. Bring light gloves to wear. Your own fencing mask would be ideal. For more information visit <http://members.shaw.ca/l33/index.htm>

31126 Thu Sep 16-Dec 9
8:30PM-9:30PM \$52/13

L'Ecole Brodeur School

Instructor: Dan Hill

DANCE

Middle Eastern Belly Dance

Fun and fitness for women of all ages, shapes and sizes. Express your femininity while improving your posture, flexibility and muscle tone. Learn technique, muscle isolations, travelling steps and put it all together in a fun choreography. Wear comfortable clothing and bring a scarf to tie around your hips! This course is suitable for both beginner and intermediate students.

30978 Thu Oct 7-Nov 25
6:15PM-7:15PM \$77/7

No class Nov 11

Instructor: Pamela Ball

Jive & Swing (Eastcoast) beginner

Whether you call it jive, swing, jitterbug, boogie woogie, or rock 'n roll, it's still the most popular dance around. No previous dance experience is necessary. Ideal for beginners or those wishing to review their basic steps. Couples and singles welcome (although even numbers, and therefore a partner, cannot be guaranteed)

30662 Tue Nov 2-30
8:15PM-9:30PM \$45/5

L'Ecole Brodeur School

Instructor: Lee and Elizabeth

McGregor or Staff



Social Ballroom Dance Level 1

An introduction to the most popular ballroom dances including waltz, tango, foxtrot, jive, cha cha and rhumba. A great way to combine fun, fitness and socialising. Designed for beginners or those wishing to review their basics. Couples and singles welcome (although even numbers, and therefore a partner, cannot be guaranteed).

30633 Tue Sep 28-Nov 30
7PM-8:15PM \$90/10

L'Ecole Brodeur School

Instructor: Lee & Elizabeth

McGregor or Staff

Salsa

An introduction to one of the most popular latin dances. We'll cover arm styling and cuban motion as we explore various patterns and dance to some great salsa music. Previous dance experience is not required. Couples and singles welcome (although even numbers, and therefore a partner, cannot be guaranteed)

30657 Tue Sep 28-Oct 26
8:15PM-9:30PM \$45/5

L'Ecole Brodeur School

Instructor: Lee & Elizabeth

McGregor or Staff

22 COOKING

Basic canning and food preservation

If you missed learning from your grandmother, then this class is a chance to experience canning. We will choose fruits and vegetables from this bountiful harvest season. Prepare for a hands on class. You will go home with four different canned items, jars provided.

31023 Tue Sep 21 6:30PM-9PM
L'Ecole Brodeur School \$46/1
Instructor: Sonja Limberger

East Indian Cuisine

In this class we will make some vegetarian recipes from the northern part of India. The menu for this session will include a Carrot green bean and potato subji, Palek paneer curry (Spinach and Indian cheese), a Mung bean dahl and either a cucumber raita or a chutney. Bring your appetite, I'm sure you will want to test taste these recipes.

31024 Tue Oct 5 6:30PM-9PM
L'Ecole Brodeur School \$45/1
Instructor: Sonja Limberger

Gourmet West Coast Vegetarian

In this class chef Sonja will share some recipes she has invented over the years. These recipes are inspired by local ingredients and the ambience of the west coast. Come and learn how to make a Wild rice & hazelnut casserole, a savoury tofu & vegetable pie and a creamy miso salad dressing. Sample these menu items or take them home

31025 Tue Oct 19 6:30PM-9PM
L'Ecole Brodeur School \$47/1
Instructor: Sonja Limberger

Vegetarian Recipes from Africa

Discover how to make some appetizing African dishes. You will learn how to make a Tajine (a Moroccan stew with eggplant, apricots and chickpeas), a West African sweet potato soup and a Moroccan cous-cous salad. Recipes are included. Stay and sample the menu items at the end of the class and bring containers to bring some home.

31638 Tue Nov 9 6:30PM-9:00PM \$45/1
L'Ecole Brodeur School
Instructor: Sonja Limberger

Appetizers for all Occasions

Are you interested in learning how to create tasty appetizers? In this demonstration with some hands on class you are invited you to discover these recipes; Vegetarian momo's, Savoury walnut tofu balls, pumpkin seed & sunflower seed pate a Fig & walnut spread and a Artichoke sundried tomato dip. Open to beginners and the experienced. Enjoy some treats or take some home.

31639 Tue Nov 23 6:30PM-9:00PM \$46/1
L'Ecole Brodeur School
Instructor: Sonja Limberger



MUSIC

Group Piano

Have you wanted to take up the piano or sharpen your skills. Basic keyboard training and note, rhythm, dynamics, reading of bass and treble clefs will be covered.

30884 Sat Sep 18-Nov 6 2:15PM-3:15PM \$70/7
No class Oct 23
Instructor: PJ Music Studios

Guitar Basics (16+)

Students will learn basic chord forms in three keys and basic strumming patterns. This course is designed for a focus on developing skills for self-accompaniment. Primarily folk music although all types of music of interest to the class can be explored. No previous music experience required.

30892 Thu Sep 16-Oct 28 6:15PM-7:15PM \$70/7
30893 Thu Nov 4-Dec 16 6:15PM-7:15PM \$60/6
No class Nov 11
Instructor: PJ Music Studios

SPECIAL INTEREST

Arthritis - My Feet are killing me

Do your feet hurt? What shoes to buy? Do you ask yourself these questions? Come to this interactive session to learn about feet and footwear: Understand possible causes of foot pain / Posture and gait / Orthotics and commercial aids / Footwear.

30914 Tue Oct 19 1PM-3PM free
Presenter: Occupational Therapist,
Victoria Arthritis Centre

Arthritis – Stiff Fingers? Aching Hands?

This education forum from The Arthritis Society will cover joint changes, protecting joints, splints, some basic exercises, improving grip strength and addressing thumb and wrist problems, helpful aids and tools, and practical tips and strategies for relieving pain and increasing mobility. Bring your questions and concerns.

30915 Sat Nov 6 1PM-3PM
free

Presenter: Karis Zabolotney, Occupational Therapist

Reflexology – The Home Bliss Version

Foot Reflexology, the dynamic process of applying pressure to the feet; a simple tool with a 5,000 year pedigree. This course incorporates elements of acupressure, Ayurvedic, Thai and traditional reflexology to develop short 15-30 minute home sessions. A fundamental tool to incorporate into your family wellness plan.

31122 Mon Sep 27-Oct 4
5:30PM-8:30PM \$90/2

Laughter Yoga

Combines the breathing of yoga and the healing powers of laughter. Feels good, fights disease, improves circulation, conquers stress and increases oxygen to the brain and body helping with productivity and energy! Drop-in also available when space permits.

30604 Mon Sep 6-Dec 27
11AM-12PM \$5
30605 Wed Sep 1-Dec 29
7PM-8PM \$5
30606 Sat Sep 4-Dec 18
10AM-11AM \$5

Boating Certification Course

As of Sept. 2009 all boaters in Canada must have a Pleasure Craft Operators Card! This course provides all the necessary information and exam. A \$55 fee for the manual and exam is payable to the instructor at the first class. Photo ID is required. There is some homework required.

30899 Sat/Sun Oct 30-31
9AM-1PM \$60/2
Instructor: Lesley Head

ROC-M, VHF Radio Course

All boaters who have a VHF radio, handheld or installed, must have a license to operate it. This course provides that license. ID required. A \$55. fee for the manual, CD and exam is payable to the instructor at the first class.

30909 Sun Oct 31
1:30PM-3:30PM
EXAM Mon Nov 8
7PM-9PM \$60/2
Instructor: Lesley Head

Creating Stories for Change

Does someone in your life refuse to listen to you even though you're trying to help? Tell them a story instead. Learn how to create stories with hidden guidance.

31101 Mon Nov 1 7PM-8PM
\$10/1
Instructor: Daniel Scott

Dealing with Depression

Do you, or someone you know, suffer with depression or anxiety? This workshop is based on cognitive behavioural therapy and will talk about what depression is and ways to handle it.

31100 Mon Oct 4 7PM-8PM
\$10/1
Instructor: Daniel Scott

Persuasive Parenting

Sick and tired of fighting with your kids? In this workshop you can learn some tips and tricks to be a more positive and persuasive parent.

31103 Mon Sep 13 7PM-8PM
\$10/1



Dollars and Sense

A program for parents and caregivers on teaching kids about money. We'll cover talking to kids about money and answering their questions, allowance management, and generally how to foster fiscal responsibility. Cost includes one set of allowance jars and a booklet.

31098 Tue Sep 14
6:30PM-7:30PM \$20/1

Healthy Eating Seminar

Eating well will give you the energy to do the things you enjoy. This seminar will help you clean out your cupboards, fridge, home and body and walk you through which foods and supplements to buy for renewed energy and optimal health.

30896 Sat Sep 25
9:30AM-11AM \$5/1
30897 Tue Nov 16
6PM-7:30PM \$5/1

Grocery Store Tour

Thrifty Foods nutritional shopping tour translates nutrition information into practice. Tour the aisles, learn to read food labels and ingredient lists, make healthier choices from yogurts to oils to breads, and much more. The tour is facilitated by a registered dietitian of At the Table Nutrition Inc. (www.atthetablenutrition.com).

31599 Mon Nov 22 7PM-8PM
Admirals Walk Thrifty Foods \$5/1

Food Safe - Basic

Food safe is a sanitation program for food handlers which is now a required course before an individual can work as a food handler in the public sector. Course fee includes a student workbook (\$12 value).

31153 Tu/Th Nov 16/18
6PM-10PM \$75/2

Esquimalt Recreation Centre & Sports Centre
Instructor: Gerald Loiselle

SPECIAL EVENTS

Christmas Lunch

Enjoy a traditional turkey dinner with all the trimmings, followed by a sing-along and musical entertainment.

31129 Fri Dec 17
12:30PM-2PM

Archie Browning Sports Centre

TRIPS AND TOURS

Galiano Day Trip

Enjoy a relaxing and adventurous day on Galiano Island! Highlights include the Hummingbird Pub for a group lunch, Sturdies Bay Village, and Bellhouse Provincial Park.

31092 Thu Sep 23 9AM-8:15PM
\$95/Seniors with BC Gold Card
\$107/adult

Vancouver Aquarium and Lunch at Stanley Park Tea House

Enjoy lunch at the Teahouse in Stanley Park, where the Executive Chef, Francois Gagnon creates traditional dishes with authentic and local ingredients. After lunch, we'll head to the Vancouver Aquarium, and you'll see over 70,000 amazing animals! Pick up full itinerary at the Rec Centre.

31093 Tue Nov 9 7:30AM-9:30PM
Lizard Adventure Travel
\$162/senior \$198/adult

North Van Tomahawk BBQ & Lonsdale Quay Market

Starting with North Van's Tomahawk BBQ Restaurant, a highlight of the area that has been around since 1926. In the late afternoon we'll visit the Lonsdale Quay Market, where over 90 specialty shops and services await you!

31094 Wed Dec 1 \$132/senior
7:30AM-9:30PM \$170/adult
Lizard Adventure Travel

VISUAL ARTS

Intro to Watercolours

Ever wanted to try watercolours but didn't know where to start? Take the plunge! In this workshop for the beginner, you will learn the essentials of watercolour in a supportive, fun environment. Lots of demonstrations, hands-on painting, and individual attention.

31105 Wed Sep 15-Oct 20
7PM-8:30PM \$60/6

Next Steps:

31106 Tue Nov 2-Dec 7
1:30PM-4:30PM \$60/6

Instructor: Alain Costaz

50+ DROP-IN GAMES & PROGRAMS SCHEDULE:

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
AM	Mah Jong 10AM-12PM Fernhill Room	Mex. Train Dominoes 12:30PM-2:30PM Viewfield Room	Esquimalt Creative Crafters 9:30AM-11:30AM Seniors Lounge	Writers' Group 10AM-12PM Seniors Lounge	Scrabble 10AM-12PM Seniors Lounge Walking Group (FREE) All Ages Welcome 10AM-11AM
PM	Bridge 1PM-3:30PM Seniors Lounge Duplicate Bridge with lesson 2PM-4PM Kanaka Room Pickleball 1:30PM-3:45PM	Rumoli 1PM-3PM Fernhill Room *Pickle Ball (all ages welcome) 1:30PM-3:45PM Jubilee Hall	Knit & Crochet 1:15PM-3:15PM Drop-In Chess 1:30PM-4PM (all ages welcome) Pioneer Hall A	Euchre 1PM-3PM Seniors Lounge *Pickle Ball (all ages welcome) 1:30PM-3:45PM Jubilee Hall	Cribbage 1PM-3PM Senior's Lounge

Drop-in Fees: \$2. These drop-in programs are FREE for Esquimalt Recreation Centre pass holders. * Regular drop-in fee applies to pickleball. See pg. 3

Watercolour Studio

An ongoing 'studio time' class for those with some watercolour experience. Work on your own projects with expert help and learn new techniques through demonstrations and hands-on exploration.

30610 Mon Sep 13-27 1PM-3PM
30611 Mon Oct 4-25 1PM-3PM
\$18.75/3

No class on Oct 11

30612 Mon Nov 1-29 1PM-3PM
\$31.25/5
30613 Mon Dec 6-20 1PM-3PM
\$18.75/3

Instructor: Karen Gillmore

Drawing Studio

In this class you will work in a wide variety of materials in colour and black and white, learn basic techniques and make completed drawings full of skill and imagination.

30705 Thu Sep 9-30 1PM-3PM
30706 Thu Oct 7-28 1PM-3PM
30707 Thu Nov 4-25 1PM-3PM
\$25/4
30708 Thu Dec 2-30 1PM-3PM
\$31.25/5

Instructor: Alain Costaz

FOCUS ON 50 PLUS

In addition to the previous Adult Pages, we've highlighted some programs created with those 50 and better in mind!

The Healthy Brain

Research tells us that we are never too young or too old to take action in defence of our own brain health. Using a mind, body, spirit approach, this Alzheimer Society of B.C. workshop looks at the three key areas participants can focus on to maintain their brain health and reduce their risk for Alzheimer's disease and related dementias.

31611 Tue Sep 28
10AM-11:30AM free

Instructor: The Alzheimer's Society of BC

Brain Gym

Brain Gym ® is a series of specific activities that enhance brain function and learning ability. These movements are quick and easy to do and are designed to help learners coordinate their brains and bodies better.

31096 Sat Oct 2 1PM-4PM
\$25/1

Living Actively in your Community

Designed for those wondering about the how, where, what, and when of participating in meaningful recreation pursuits in Esquimalt. Learn through a step-by-step approach, beginning with identifying what are your interests, what do you value, discussion of barriers and problem-solving, engaging with others, and planning your day. The final weeks we put the plan into action!

30898 Tue Oct 19-Dec 7
1:30PM-3:30PM \$10/7

Chair Tai Chi

This ancient Chinese martial art has been developed into a low-impact chair exercise series, which helps flexibility, balance and concentration. Traditional warm-ups and basic moves are designed to form a Tai Chi set. These exercises have been shown to be very helpful for arthritics and other mobility concerns.

31603 Wed Sep 8-29
1:15PM-2:15PM \$12/4

31604 Wed Oct 6-27
1:15PM-2:15PM \$12/4

31605 Wed Nov 3-24
1:15PM-2:15PM \$12/4

31606 Wed Dec 1-15
1:15PM-2:15PM \$9/3

Instructor: Clive Balfour



Creative Crafters

Learn to make new crafts, materials are provided and finished crafts are donated to 50+ programs. Join us for a fun time, all crafters welcome. No charge.

30695 Wed 9AM-11:30AM

Knit & Crochet

Join us for a social afternoon of knitting or crocheting. We supply the wool & patterns. New knitters welcome; instructions available. No charge if items are sold to support the program. \$2 drop-in fees apply for those working on their own projects.

30697 Wed Sep 1-Dec 29
1:15PM-3:15PM

FALL Special Lunches

Join us for this monthly celebration. Watch or call ahead for lunch menu and entertainment schedule at the rec centre! Pre-registration required.

Sep 22 12PM-1PM
Oct 20 12PM-1PM
Nov 17 12PM-1PM

Foot Care Clinic

Includes foot soak, toenail clipping and massage, with Esthetician Donna Wildeman. Please book your appointment in advance, with reception, 250-412-8500.

Tue 12:30PM-3PM \$30