

ADULT RECREATION PROGRAMS

Monterey Recreation Centre

June 29th-August 31st



Registration is Open.

**To Register: Call 250-370-7300, Monday-Friday 8:30am-4:30pm
or book on-line at Recreation.OakBay.ca**

Please check our website for updated COVID-19 Safety Protocols for all classes.



1442 Monterey Avenue, Victoria, B.C.
recreation.oakbay.ca

Adult Programs



ARTS & CRAFTS

DRAWING AND PAINTING

All of the Drawing and Painting classes require a supply list-please check your confirmation for details.

PAINT THE FLOWERS OF PROVENCE 19+ years

Join Bryony for a journey into the brilliant sun-soaked palette of a French market town. Paint a basket of watercolour roses, lilies or pears. Bryony will take you from the first pencil stroke to the finishing touches of a bright and luscious painting. Please bring \$10 for flowers. Supplies required.

Instructor: Bryony Wynne-Jones

Jul 6-10 Mon-Fri 1:00-4:00pm \$150/5 70523

BASICALLY ACRYLICS 19+ years

Immerse yourself in this introduction to acrylic painting! Colour mixing, brush techniques, texture, composition, and design transfer will be taught. Supplies required.

Instructor: Dixie MacUisidin

Jul 13-17 Mon-Fri 1:00-3:30pm \$150/5 68756

WATERCOLOUR BIRDS FOR BEGINNERS - TAKE FLIGHT 19+ years

Experience the straightforward and painless steps of drawing and brushwork. Learn how to represent our feathered friends in soft washy colours. Bring \$10 taxidermy fee. Supplies required.

Instructor: Bryony Wynne-Jones

Jul 20-24 Mon-Fri 1:00-4:00pm \$150/5 70520

CREATIVE FLOWERS IN WATERCOLOUR 19+ years

Join Dixie to explore the variety of approaches for capturing this inspiring subject with watercolours including wet-into-wet, layering, and masking. Supplies required.

Instructor: Dixie MacUisidin

Aug 10-14 Mon-Fri 1:00-3:30pm \$150/5 68758

DRAWING IMMERSION 19+ years

Learn all about the glories of black and white, pencil, graphite sticks, and stumps. Discover the beauty of nature in black and white and values of grey. Immerse yourself in the joys of drawing fruit and flowers. Supplies required.

Instructor: Bryony Wynne-Jones

Aug 17-21 Mon-Fri 1:00-4:00pm \$150/5 70521

DANCE

NULINE DANCE 19+ years

Nuline teaches routines danced to all genres of music: Latin, Waltz, Jazz, Funk, Pop, Rumba, Celtic and Country. A GREAT way to learn dance while enjoying a low impact physical and mental workout.

Instructor: Cindy Archer

Beginner

Jul 8-29	Wed	2:45-4:00pm	\$46/4	78448
Aug 5-26	Wed	2:45-4:00pm	\$46/4	78449

Beginner Plus

Jul 8-29	Wed	1:00-2:15pm	\$46/4	78450
Aug 5-26	Wed	1:00-2:15pm	\$46/4	78451

Beginner Continuing

Jul 7-28	Tue	1:25-2:40pm	\$46/4	78453
Jul 3-31	Fri	2:30-3:45pm	\$57/5	67184
Aug 4-25	Tue	1:25-2:40pm	\$46/4	78454
Aug 7-28	Fri	2:30-3:45pm	\$46/4	78452

Intermediate

Jul 3-31	Fri	12:45-2:00pm	\$57/5	67187
Aug 7-28	Fri	12:45-2:00pm	\$46/4	78456

ZUMBA GOLD 50+ years

Zumba is an exhilarating dance fitness class that uses Latin dance rhythms in a fun, party-like atmosphere. The dance moves facilitate agility, balance, coordination, body awareness, good posture and core strength.

Instructor: Sandra Perez de Lamplugh

Jul 7-28	Tue	10:30-11:30am	\$50/4	69475
Jul 2-30	Thu	10:30-11:30am	\$63/5	69472
Aug 4-25	Tue	10:30-11:30am	\$50/4	69486
Aug 6-27	Thu	10:30-11:30am	\$50/4	69473

FITNESS

JAZZERCISE 19+years

Jazzercise is the original dance party workout. Blending dance with Pilates, yoga, kickboxing and strength training. The results? Long, lean muscles and an undeniable mood boost. No class July 1.

Call to pre-book your spot in Jazzercise 250-580-5299.

jazzerciseoakbay.com

Jun 29-Aug 26 Mon, Wed 5:00-6:00pm

MODERATE FITNESS 50+ years

Workout to motivational music with qualified and enthusiastic instructors. Classes include warm-up, cardiovascular and strength components, and cool down. Space limited. Resistance bands available for purchase through Reception (while supplies last).

Call 250-370-7300 on Thursdays starting June 25 at 9:30am, or register online recreation.oakbay.ca, to pre-book and pay for your spot(s) the following week. No classes on statutory holidays.

Please bring your own resistance band and hand weights.

Jun 29-Aug 26	Mon, Wed, Fri	9:00-9:45am	\$5.25/Session
Jun 29-Aug 26	Mon, Wed, Fri	10:15-11:00am	\$5.25/Session

SEMI-PRIVATE ESSENTRICS-AGING BACKWARDS 19+years

Discover how this low impact full body work out lubricates joints, improves mobility and balance, and activates every muscle for enhanced vitality.

Instructor: Justina Bailey

Jul 2-Aug 27	Thursdays 10:00am & 11:00am
	2 people \$100/hr 3 people \$120/hr



HEALTH & WELLNESS

QI GONG BEGINNERS

19+ years

Gentle, flowing, stress reducing movements combine breathing and concentration to increase your strength and flexibility.

Instructor: Gordon Muir

Jul 6-27	Mon	9:30-10:30am	\$40/4	68318
Aug 10-24	Mon	9:30-10:30am	\$30/3	78998

TAI CHI

TAI CHI SIMPLIFIED BEGINNERS

19+ years

This Yang Style Tai Chi class will loosen and strengthen your body to alleviate arthritis and other chronic ailments.

Instructor: Gordon Muir

Jul 6-27	Mon	2:30-3:30pm	\$40/4	68327
Aug 10-24	Mon	2:30-3:30pm	\$30/3	78996

TAI CHI CONTINUING

19+ years

For adults continuing their practice of Yang Style Tai Chi. Previous Yang Style Tai Chi experience required.

Instructor: Gordon Muir

Jul 7-28	Tue	9:30-10:30am	\$40/4	68665
Aug 4-25	Tue	9:30-10:30am	\$40/4	79000

SILK REELING

19+ years

Silk Reeling is a unique and gentle method for strengthening bones, tendons and muscles. These low impact exercises will improve your balance and circulation. You will benefit from this ancient Chinese exercise.

Instructor: Gordon Muir

Jul 7-28	Tue	11:00am-12:00pm	\$40/4	68677
Aug 4-25	Tue	11:00am-12:00pm	\$40/4	78999

YOGA

HATHA YOGA BEGINNER

50+ years

Relieve stress and improve your flexibility, balance, circulation, and concentration with this Beginner Hatha Yoga class. Please bring your own mat.

Instructor: Christine Balinski

Jul 3-31	Fri	9:00am-10:15am	\$66/5	70371
Jul 3-31	Fri	10:45am-12:00pm	\$66/5	70375
Jul 6-27	Mon	9:15am-10:30am	\$53/4	70313
Aug 7-28	Fri	9:00am-10:15am	\$53/4	70372
Aug 7-28	Fri	10:45am-12:00pm	\$53/4	70376
Aug 10-31	Mon	9:15am-10:30am	\$53/4	70314

STRENGTH & YOGA

50+ years

This full body workout uses weights, bands, and yoga to develop strength. Full stretch and cool down to end the class. Please bring your own mat, resistance band, and weights. You can purchase resistance bands through Reception (while supplies last).

Instructor: Christine Balinski

Jul 6-27	Mon	11:00am-12:15pm	\$53/4	70310
Jul 2-30	Thu	8:45am -10:00am	\$66/5	70206
Aug 10-31	Mon	11:00am-12:15pm	\$53/4	70311
Aug 6-27	Thu	8:45am -10:00am	\$53/4	70294

YIN YOGA

19+ years

Yin Yoga is a powerful practice targeting the tendons, ligaments and fascia. Breathing exercises, gentle warm up, and yin postures held for a long time to encourage the slow opening of connective tissues. Please bring your own mat and props.

Instructor: Andrea Ting-Letts

Jul 8-29	Wed	1:00-2:30pm	\$52/4	78688
Aug 5-26	Wed	1:00-2:30pm	\$52/4	78690

Access and Inclusion

Recreation Oak Bay is committed to providing programs and services that aim to eliminate barriers and create social, physical and economic environments that enable all residents to participate actively in the community.

Leisure Assistant Pass

District of Oak Bay residents may now apply for a Leisure Assistant Pass directly from Recreation Oak Bay. The Leisure Assistant Pass is for people with disabilities, of all ages, who wish the assistance of a support person when engaging in recreation and leisure activities in Greater Victoria. Upon presentation of the Leisure Assistant Pass at a participating venue, one person will be given free or reduced admission to provide assistance to facilitate participation in recreation and leisure activities. The Leisure Assistant Pass ensures that supported participation does not cost more than general admission fees. For more information, please contact reception at 250-595-7946 or visit recreation.oakbay.ca.

Leisure Assistant Request

For those in need of an on-site Leisure Assistant, Recreation Oak Bay is now accepting requests for Leisure Assistant pairings. Once a request has been received, Recreation Oak Bay will work towards finding a volunteer to meet your specific needs. Requests for on-site Leisure Assistants can be made through the Inclusion Team Leader at inclusion@oakbay.ca or 250-886-8248. Additional information can be found online at recreation.oakbay.ca.

Volunteer Opportunities

As a Leisure Assistant Volunteer, you will be providing one-to-one support for a person in need of extra help with their recreation needs. You are matched based on your shared interests, experience, availability, and the facilities you are willing to go. If you are interested in volunteering for Recreation Oak Bay as a Leisure Assistant, please contact the Support and Inclusion Team Leader at inclusion@oakbay.ca or 250-886-8248. Additional information such as volunteer registration forms can be found online at recreation.oakbay.ca.



Accessible Facilities

Oak Bay Recreation Centre:

- Power-operated entrance doors;
- Elevator to second floor;
- Portable ramp for ice access in the Arena;
- Aquatic E2 Ladder;
- Accessible change rooms with changebed and lift;
- Aquatic lifts with access to all three pools;
- 2 pool wheelchairs;
- Adaptable strength training equipment in Fitness Studio.

Henderson Recreation Centre:

- Power-operated entrance doors and Fitness Studio doors;
- Adapted strength training equipment
- Accessible washrooms;
- Single storey building.

Monterey Recreation Centre:

- Power-operated entrances
- External elevator from parking lot;
- Accessible activity rooms and washrooms.

Windsor Pavilion:

- Power-operated entrances;
- Elevator to second floor;
- Accessible washrooms.

Neighbourhood Learning Centre:

- Power-operated entrance;
- Accessible washroom
- Single story building.

Facilities



Henderson Recreation Centre

2291 Cedar Hill X Road
250-370-7200

Henderson Recreation Centre serves as a social, recreational and fitness community hub for patrons of all ages and demographics. With Kindergym, childrens' programs, Licensed After School Care, birthday parties, drop-in sports, fitness classes, a weight room and a Par 3 Golf Course, Henderson Recreation Centre is a gathering place, where everyone is welcome and feels at home.

Oak Bay Recreation Centre

1975 Bee Street
250-595-7946

Oak Bay Recreation Centre offers a variety of facilities to stay active including swimming, skating, hockey, tennis and drop-in fitness, as well as a wide range of aquatic, fitness and rehabilitation programs. Whether you are looking for a place to exercise, to improve your well being, or to enjoy recreational activities with your family or friends the Oak Bay Recreation Centre is the place for you!



Neighbourhood Learning Centre

2121 Cadboro Bay Road
250-595-7946

Located in the south-west corner of the Oak Bay High School. The Neighbourhood Learning Centre (NLC) is home to the full-day Paddington Station Daycare, Licensed Before and After School Care and the Youth Centre. Programs and drop-ins are offered for all ages including fitness programs, fitness drop-ins, childrens' activities and camps, and special events. Local art is showcased throughout the building. NLC rooms are available for community rentals call 250-370-7902 to book.



Monterey Recreation Centre

1442 Monterey Avenue
250-370-7300

Monterey Recreation Centre features lifelong learning courses and fitness programs for adults of all ages. Adults 50+ years are eligible to become Monterey Members and receive discounts on courses, trips and special events. Members have access to over 30 volunteer led clubs run by the Monterey Recreation Activity Association. There are food services on the premises and facility rentals based on availability.



Windsor Pavilion

2451 Windsor Road
250-592-7275

A legacy from Oak Bay's Centennial year, Windsor Pavilion was completely rebuilt in 2005 on the site of the original building. This beautiful facility houses a children's program room, a main hall, and change rooms – all on the first floor. The second floor holds the spacious and bright multi-purpose rooms. Windsor Pavilion is also available for rentals by community sports, cultural groups and for private functions.

