



**Adult Fitness Programs**

**AlohaFit**

AlohaFit® is a fun, new and exciting total body dance workout. It isolates your larger muscle groups, increasing strength and definition to your core with emphasis on the abs, glutes, quads and arms. Inspired by the dances of the Pacific Islands, AlohaFit® incorporates easy to perform dance movements set to the sounds of traditional Polynesian drum beats fused with funky Reggae music, resulting in a modern, hip fitness workout. *Cheryl Groulx*

Mon Jan. 9—Mar. 27 6:00-7:00pm 12/\$156

**Belly Dancing**

Belly dance is a beautiful, feminine art form arising from the folkloric dances and traditions of the Middle East. You will learn basic isolations, travelling steps, delicious shimmies and sinuous undulations that will strengthen your core, boost your confidence and ignite your creative spark. No experience required. *Bobbie Barry*

Thu Jan. 19—Feb. 23 5:15-6:15pm 6/\$72  
Thu Mar. 2—Mar. 30 5:15-6:15pm 6/\$72

**Essentrics: Mobility, Strength, Flexibility,  
Range of Motion**

Essentrics is a dynamic, full body workout that simultaneously combines stretching and strengthening, engaging all 650 muscles while lubricating and releasing connective tissue through gentle flowing movement. This class will increase your flexibility and mobility, while working out to fresh music playlists. Equipment is not required, as we only use body weight, but please bring a mat. *Junko Hammod*

Thu Jan. 12—Feb. 16 9:00-10:00am 6/\$72

**Hawaiian Hula Dance for Beginners**

In this class we will learn the basics of Hawaiian Dance, concentrating on learning hand, hip and arm movements. We will learn choreographies where we gracefully move and sway to the music of Hawaii, Polynesia, Tahiti and more. We will be learning dance techniques such as the ami, tamua, afata, varu and ope. This is a Hawaiian dance class for beginners with little or no experience. *Cheryl Groulx*

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**Nia—Fun\*ctional Fitness**

Dance has been proven to help cognitive function, as well as condition the heart, lungs, bones and muscles while just having fun to music. Nia is choreographed and free dance combined with martial arts and healing. Nia improves circulation and helps maintain a healthy weight. Nia is great for any age, fitness level or body type. *Candice Francis*

Wed Jan. 11—Feb. 15 11:30am-12:45pm 6/\$72  
Wed Feb. 22—Mar. 29 11:30am-12:45pm 6/\$72

**Strength, Conditioning, & Balance for 60+**

The first step is the most important! This well-rounded program will focus on activities to improve strength, balance, mobility, flexibility and cardiovascular fitness. A certified BCRPA instructor will use resistance bands, fitness props and a fun selection of agility activities to improve overall fitness. All levels of ability are welcome and the exercises can be modified to suit your needs. *Janice Arnot*

Sat Jan. 14—Feb. 18 9:00-10:00am 6/\$72  
Sat Feb. 25—Apr. 1 9:00-10:00am 6/\$72

**Seniors Strength, Stretch, & Balance**

Join *Spencer Brudenell*, as he introduces you to his Strength, Stretch & Balance class for Seniors. In this class Spencer will focus on the following: functional movements, balance, core strength, stretching, mobility and breath work. All equipment included & All fitness levels welcome.

Wed Jan. 11—Feb. 15 2:00-3:00pm 6/\$60  
Wed Feb. 22—Mar. 29 2:00-3:00pm 6/\$60

**Stroller Fit**

Get moving with your baby! Our new Stroller Fit program is a full body workout, designed for parents with kids in tow! Stroller Fit will feature the following: warm ups, strength, weight loss, core strength, flexibility, mobility and conditioning. All equipment included. All fitness levels welcome. *Spencer Brudenell*

Tue Jan. 10—Feb. 14 9:00-10:00am 6/\$72  
Tue Feb. 21—Mar. 28 9:00-10:00am 6/\$72



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### Adult Yoga Programs

#### Hatha Flow Yoga

This class offers time to cultivate focus on alignment and awareness of both body and breath. Explore standing, balancing and seated yoga postures with the aid of props to build strength, flexibility and agility while quieting the mind. All levels are welcomed and supported. *Laura Tiernay RYT-250*

Mon Jan. 9—Feb. 13 5:15-6:15pm 6/\$72  
Mon Feb. 20—Mar. 27 5:15-6:15pm 6/\$72

#### Kundalini Yoga

Kundalini Yoga is known as the Yoga of Awareness. It uses movement, breath, chanting and meditation to help stimulate and fortify the immune, circulatory, glandular, and nervous systems. Let's join together to help renew vitality, relieve stress and balance the mind and heart. Suitable for beginners.

*Diane* is KRI Level 2 Certified, and YA Hatha/ Flow Certified. She has taught yoga for over 20 years and is presently a student of Ayurveda.

Thu Jan. 12—Feb. 16 6:30-8:00pm 6/\$72  
Thu Feb. 23—Mar. 30 6:30-8:00pm 6/\$72

#### Vinyasa Flow Yoga

This class centres around a flowing sequence of yoga postures to strengthen and open up the body while linking breath with movement. Explore basic shapes with options to expand and grow your practice. All levels are welcome and supported. *Laura Tiernay RYT-250*

Mon Jan. 9—Feb. 13 6:45-7:45pm 6/\$72  
Mon Feb. 20—Mar. 27 6:45-7:45pm 6/\$72  
Wed Jan. 11—Feb. 15 6:45-7:45pm 6/\$72  
Wed Feb. 22—Mar. 29 6:45-7:45pm 6/\$72

### Adult & Family Drop-In

#### Kindergym (0-5yr)

Parents and children (0-5 yrs) are welcome to join us for two hours of fun, where kids can enjoy our bouncy castle, slides, ride-on cars and more!

Fri 9:30-11:30am 1/\$2

#### Basketball

Drop in for a friendly game of basketball!  
Mon 7:00-8:45pm 1/\$3

#### Tai Chi

Gain improved circulation, flexibility, balance, strength and reduce stress through this gentle workout. Participants will be introduced to Tai Chi 24 and 88 forms. Sliding scale donation.

Mon 9:00-10:00am by donation

#### Shotokan Karate

Formed in 1972, Canada Shotokan Karate is affiliated with Shotokan Karate of America (formed 1956), a non-profit group dedicated to the teaching of traditional karate. At the Victoria West Community Centre, adult classes are open to all abilities and ages 16+. For more information contact Brian Leung at [shotokanvictoria@gmail.com](mailto:shotokanvictoria@gmail.com).

Tue & Thu 6:15-7:45pm please email Brian

#### Zen Meditation

Learn and practice the techniques of Zen meditation. The teacher, Wayne Codling, is a lineage holder in the Sōtō Zen tradition. There is no fee and no need to register. Beginners and experienced meditators welcome. The approach is gentle, respectful and non-sectarian.

Wed 7:00-8:00pm by donation



**Child & Youth: Sports & Movement**

**Hawaiian Dance & Movement (Age 3-5)**

Preschoolers Hawaiian Dance and Movement is a fun and lively class for ages 3 to 6. Children will have fun learning new dance techniques, expressing themselves through dance, movement and music to the fun music of Hawaii, Polynesia, and more! *Cheryl Groulx*

Fri Jan. 13—Feb. 17 11:00-11:30am 6/\$48  
Fri Feb. 24—Mar. 31 11:00-11:30am 6/\$48

**Youth Karate (age 6-9)**

Our club philosophy is based on respect, discipline, self-confidence and excellence. We teach children to challenge themselves, set goals and help them to attain those goals. Our club follows the Shito-Ryu system of karate. For more information call *Rino* at Victoria Renshikan Karate 250-920-6797

Fri Jan. 13—Mar. 31 5:00-6:00pm 12/\$96

**Youth Karate (age 10-15)**

Our club philosophy is based on respect, discipline, self-confidence and excellence. We teach children to challenge themselves, set goals and help them to attain those goals. Our club follows the Shito-Ryu system of karate. For more information call *Rino* at Victoria Renshikan Karate 250-920-6797

Wed Jan. 11—Mar. 29 5:30-6:30pm 12/\$96

**Child & Youth: Learn for Life**

**Art & Comics (age 7-12)**

Come create characters and bring them to life in comics! Students will learn the basics of drawing, perspective, shadow and watercolour. Each class, we will make comic strips, one page stories, and illustrations. We will also have the opportunity to sculpt characters in clay.

*Audrey Greenlees*

Thu Jan. 12—Feb. 16 5:30-6:30pm 6/\$90  
Thu Feb. 23—Mar. 30 5:30-6:30pm 6/\$90

**Shapes & Colours (age 6-8)**

For kids that love to draw and want to learn more! This art class is for those young artists who enjoy drawing. Kids will learn about the basics of shapes and how to draw various animals, fruits, flowers and more by using those shapes and techniques. Outdoor activities like palm painting, tissue painting and other fun activities are also included in this course. Specialized supplies will be provided by the instructor. Students should carry basic art supplies.

*Juweria Khatri*

Sat Feb. 27—Apr. 1 11:00am-12:30pm 10/\$120



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**Adult Learn for Life: Technology**

**Android**

Any questions to do with your tablet (eg. Samsung) or smart phone (eg. LG, Samsung) are discussed. *David Bassett*

Wed Mar. 15 6:00-7:30pm 1/\$37

**Intro to iPad**

Demonstrations on transferring songs to your iPad from Internet or CD, syncing with your Mac or PC, playback options, transferring podcasts to your iPad and basic operation.

*David Bassett*

Thu Feb. 15 6:00-7:00pm 1/\$37

**iPad / iPhone / Android for Travelers**

Discover great travelling, translating, touring, gps and mapping apps for iPad / iPhone / Android. *David Bassett*

Wed Mar. 8 6:00-7:30pm 1/\$37

**iPad / iPhone for Photos, Music, & Podcast**

How to take and organize photos, transfer photos to and from iPad/iPhone. How to transfer songs, sync with your Mac or PC, and transferring podcasts. *David Bassett*

Wed Mar. 8 7:30-9:00pm 1/\$37

**iPhone**

How to text, browse the Internet, email and change the setup. Different package plans pros and con. Time will be spent looking at interesting applications (apps). *David Bassett*

Thu Feb. 15 7:30-9:00pm 1/\$37

**Adult Learn for Life: Languages & Arts**

**ESL for Newcomers**

Are you new to Canada? This program will help you to learn English that you will need in the workplace and every day life. This class will focus on reading, conversation and writing. The class is for people with some knowledge of English - Intermediate/Low-Advanced students.

*Dahlia Beck*

Tue & Thur Jan. 10—Mar. 9 9:30-11:30am 18/\$54

**Spanish Beginners**

Learn basic vocabulary, grammar, pronunciation, idioms and expressions with a native Spanish speaker. We will also cover cultural information and traditions in a fun, relaxed atmosphere. *Pilar Rodriguez*

Wed Jan. 11—Feb. 15 5:15-6:30pm 6/\$87

Wed Feb. 22—Mar. 29 5:15pm-6:30pm 6/\$87

**Spanish Continuing**

Instruction will be provided by a native Spanish speaker and focus on expanding your vocabulary, improving grammar, pronunciation and reading and writing skills.

*Pilar Rodriguez*

Wed Jan. 11-Feb. 15 6:45-8:00pm 6/\$87

Wed Feb. 22—Mar. 29 6:45-8:00pm 6/\$87

**Sketching & Watercolour**

Everyone can draw! Get started sketching and painting with Visual Storyteller *Audrey Greenlees*. Each class will cover a different theme. There will be timed exercises and opportunities to watercolour. All basic supplies will be provided daily and a recommended supply list will be provided on the first day.

Thu Jan. 12—Feb. 16 6:45-7:45pm 6/\$90

Thu Feb. 23—Mar. 30 6:45-7:45pm 6/\$90



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## Facility Rentals

### Looking for a place to rent for a meeting or community event?

The Victoria West Community Centre has great spaces  
at reasonable rates!

#### Rental rates (per hour)

	For-profit	Non-profit
Gym	\$40	\$35
Fireplace Rm.	\$45	\$40
Garden Rm. *	\$30	\$25
Kitchen	\$35	\$30
Reading Rm. *	\$25	\$20
Outdoor Patio	\$40	\$35

For more information check out our website  
[www.victoriawest.ca](http://www.victoriawest.ca)  
or call us at 250-590-8922  
or email [centremanager@victoriawest.ca](mailto:centremanager@victoriawest.ca)

\* includes wall-mounted TV with HDMI cord for presentations

## Birthday Packages

### Looking for a place to have a birthday party?

The Victoria West Community Centre has several  
weekend birthday packages available!

Party slots are 10am-1pm, or 1pm-4pm  
(we may be able to accommodate other requests  
such as additional time, subject to availability)

Standard booking time is 3 hours to allow for 30mins  
of set-up time & 30mins of clean-up time

#### Kindergym Birthday (age 1-5 years) **\$200+tax**

Come play in our gym with any and all of our Kindergym  
toys! We've got ride-on cars, slides, blocks, teeter totter,  
toddler bouncy castle and more!

Party also includes the use of our kitchen and the use of  
tables and chairs.

#### Floor Hockey Party (age 5+) **\$200+tax**

The perfect party for the hockey enthusiast! Bring your  
friends and enjoy our gym for an epic floor hockey game!

Party includes hockey nets, goalie gear and hockey sticks  
plus the use of our kitchen and tables and chairs.

We recommend that all kids wear a full cage hockey helmet  
and gloves.

#### Sports Party (age 5+) **\$170+tax**

Choose from indoor soccer, basketball or dodgeball! Bring  
your friends and enjoy our gym for a full out sports party!

Party includes all sports equipment plus the use of our  
kitchen and tables and chairs.