



Tuesday, January 2 – Sunday, January 14, 2018

Make health and wellness your focus for 2018.

Join us Tuesday, January 2 – Sunday, January 14, 2018 for *Try it Free*, two weeks of free sample classes offered at the Crystal Pool and Fitness Centre, Save-On-Foods Memorial Centre, and participating community centres.

Crystal Pool and Fitness Centre

2275 Quadra Street | 250.361.0732 | victoria.ca

Girls Group	F	Jan 5	6:30–8:30 p.m.
Tyee Wavemakers/ Jr. Wavemakers (3–7yrs)	F	Jan 5	4:30–5:15 p.m.
Tyee Swim Skills (5–9yrs)	F	Jan 5	4:20–5:30 p.m.
Tyee Freshmen (8–12yrs)	F	Jan 5	4:20–5:30 p.m.
Tyee Youth Swim & Fitness (13–18yrs)	F	Jan 5	5:30–7 p.m.
Baby & Me	M	Jan 8	3–4 p.m.
Belly Dance	Tu	Jan 8	7:30–8:30 p.m.
Yoga Core	Tu	Jan 9	7:15–8:15 p.m.
Gentle Hatha Yoga	W	Jan 10	5:30–6:30 p.m.
Yoga Flow	Th	Jan 11	7–8 p.m.
Junior Lifeguard Club	F	Jan 12	6:30–8:30 p.m.
Teen Swim	F	Jan 12	8:30–10 p.m.

Save-On-Foods Memorial Centre

1925 Blanshard Street | 250.361.0732 | victoria.ca

Skating lessons	Su	Jan 7	10–10:30/10:35–11:05/ 11:10–11:40 a.m.
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Skating lessons	Su	Jan 7	10–10:30/10:35–11:05/ 11:10–11:40 a.m.

Burnside Gorge Community Centre

471 Cecelia Road | 250.388.5251 | burnsidegorge.ca

Strength, Conditioning and Balance 55+	F	Jan 5	10–11 a.m.
Pre-natal Yoga	Tu	Jan 9	5:30–6:30 p.m.
West African Dance	Tu	Jan 9	6–7 p.m.
Beginner Spanish	Th	Jan 11	6:30–7:30 p.m.
Mom and babe Fitcamp	Th	Jan 11	10–10:45 a.m.

Cook Street Village Activity Centre

1–380 Cook Street | 250.384.6542 | cookstreetvillageactivitycentre.com

Hatha Yoga	M	Jan 8	6:45–8 p.m.
Alive with Music (0–2yrs)	Tu	Jan 9	9:15–9:45 a.m.
Alive with Music (3–5yrs)	Tu	Jan 9	9:45–10:15 a.m.
Pound Fitness	Tu	Jan 9	7–8 p.m.
Jump Music (3–5yrs)	W	Jan 10	12:45–1:15 p.m.
Jump Music (0–2yrs)	W	Jan 10	1:15–1:45 p.m.
Zumba	Th	Jan 11	5:15–6:15 p.m.
Spanish Strength and Stretch	F	Jan 12	9–10 a.m.
Kinder Gym	Sa	Jan 13	9:30–11:30 a.m.

[more free stuff →](#)



How to Register

To register for sample classes offered at the Crystal Pool and Fitness Centre and Save-On-Foods Memorial Centre, visit: victoria.ca/recreation for online registration or call 250.361.0732.

Please contact a participating community centre directly to register for their *Try it Free* sample classes.

More *Try it Free* sample classes.

Fairfield Gonzales Community Association

1330 Fairfield Road | 250.382.4604 | fairfieldcommunity.ca

Tai Chi for Beginners	W	Jan 3	10:30 – 11:30 a.m.
Yin Yoga	Th	Jan 4	5:15 – 6:30 p.m.
Gentle Yoga & Somatics	Th	Jan 4	6:45 – 7:45 p.m.
Wee Expressions (0-4yrs)	M	Jan 8	1:15 – 2 p.m.
Zumba	M	Jan 8	5:30 – 6:30 p.m.
Hand Drumming	Tu	Jan 9	7 – 8 p.m.
Zumba Toning	W	Jan 10	5:30 – 6:30 p.m.
Gentle Yogafit	W	Jan 10	6:30 – 7:30 p.m.

James Bay Community Centre

140 Oswego Street | 250.389.1470 | jamesbaycentre.ca

Hatha Yoga	M	Jan 8	6:45 – 8 p.m.
Alive with Music (0-2yrs)	Tu	Jan 9	9:15 – 9:45am
Alive with Music (3-5yrs)	Tu	Jan 9	9:45 – 10:15 a.m.
Pound Fitness	Tu	Jan 9	7 – 8 p.m.
Jump Music (3-5yrs)	W	Jan 10	12:45 – 1:15 p.m.
Jump Music (0-2yrs)	W	Jan 10	1:15 – 1:45 p.m.
Zumba	Th	Jan 11	5:15 – 6:15 p.m.
Spanish Strength and Stretch	F	Jan 12	9 – 10 a.m.
Kinder Gym	Sa	Jan 13	9:30 – 11:30 a.m.

James Bay New Horizons

234 Menzies Street | 250.386.3035 | jamesbaynewhorizons.ca

ASEL – Active Seniors Enjoying Life	Tu	Jan 2	10 – 11 a.m.
Favourite Book Club	Tu	Jan 2	2 – 4 p.m.
Zumba Gold	W	Jan 3	9:30 – 10:30 a.m.
Movie & Popcorn	W	Jan 3	2 – 4 p.m.
Be Alive!	Th	Jan 4	2 – 4 p.m.
Friday Forum	F	Jan 5	10 – 11 a.m.
Walking Group	M	Jan 8	10 a.m. – 12 p.m.
Friendship Tea	M	Jan 8	2 – 4 p.m.
Handicraft Group	Tu	Jan 9	1 – 3 p.m.
Current Events	W	Jan 10	10 – 11:30 a.m.
Texas Hold'em Poker	W	Jan 10	12:45 – 3:30 p.m.
ASEL – Active Seniors Enjoying Life	Th	Jan 11	9 – 10 a.m.
Line Dancing	Th	Jan 11	1 – 2 p.m.
Friday Forum	F	Jan 12	10 – 11 a.m.
Colouring with Friends	F	Jan 12	1 – 3 p.m.

Oaklands Community Centre

1-2827 Belmont | 250.370.9101 | oaklandscommunitycentre.com

Gentle Yoga	M	Jan 8	12:15 – 1:30 p.m.
Zumba	M	Jan 8	6:15 – 7:15 p.m.
Bedtime Yoga	M	Jan 8	7:45 – 9 p.m.
High Intensity Interval Training	Tu	Jan 9	6 – 7 p.m.
Pound – Rockout. Workout.®	Th	Jan 11	6 – 7 p.m.

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victoria.ca/recreation

