

ADULT / Programs

Aikido

16+ yr.

Aikido is a non-aggressive, non-competitive Japanese martial art. As an art of self defense it relies not on physical strength but instead on inner energy, balance and mental alertness. The energy and force of an attacker is absorbed, redirected and turned against the attacker. Learn basic terminology, techniques and dojo etiquette. Cooperation and respect for others are developed while having fun.

Tu 7:00 - 8:30 pm

\$96.00 / 8

Jan.12-Mar.2 12475

Tu 7:00 - 8:30 pm

\$144.00 / 12

Mar.23-Jun.8 12476

Tae Kwon Do

14+ yr.

NELS style Tae Kwon Do enables you to achieve physical, mental and emotional success while having fun and gaining self confidence. Nels Silva is a Certified Master Instructor and World Championship Medalist. Location: Sooke Elementary School gym.

M 7:00 - 7:45 pm

\$40.00 / 4

Jan.4-25 12489

Feb.1-22 12490

Mar.1-29 12491

M 7:00 pm - 7:45 pm

\$30.00 / 3

Apr.12-26 12492

Jun.7-21 12494

M 7:00 pm - 7:45 pm

\$40.00 / 4

May 3-31 12493

Jazzercise Bodysculpting

Sculpted arms, a strong core, tight glutes, and firm legs are the focus of this challenging 40- to 50-minute muscle toning workout that features a creative combination of strength training movements and stretching.

Su 9:00-10:00 am

\$48.00 / 6 (\$10 for drop-in)

Jan.3-Feb.7 12578

Mar.7-Apr.11 12579

NEW

4 Inspirational Sunday Hikes

19+ yr.

Trail leader: Rick Armour

Join us for four inspirational hikes. Wear proper footwear and dress suitably for the weather. Bring water and light trail snacks.

East Sooke Park * Mar.28 / 9 am to 11 am / 12530

Our hike will start at Alyard Farm Parking lot and continue on the Coast trail to the Beachy Head Marker where we will stop for a hydration/snack break. The trail grade is easy to moderate.

Sooke Matterhorn * Apr.25 / 9 am to 12 noon / 12531

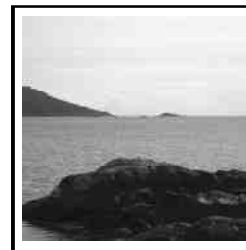
Our hike will start at the old French Beach Store parking lot and continue up the logging road to the clear cut. Here we will head up the trail to a very nice view of the Juan de Fuca Strait and the Olympic Peninsula. The trail grade is moderate to difficult at the top section with a rope ladder. An easier route can be taken.

Mt. Quimper * May 30 / 9 am to 1 pm / 12532

Our Hike starts at the top of Harbour View Road at the parking lot. We will follow the old road for about an hour and then hike up the trail to the backside of Mt. Quimper arriving at the Fire Lookout Tower.

Mt. Empress * June 20 / 9 am to 2 pm / 12533

Our Hike starts about 1 km from the Sooke Potholes parking lot. There may be a fee to park. Car pooling is recommended. This will be a long hike so plenty of food/water and the proper footwear is a must. The views from the top are 360 degrees!



10K Training Clinics

16+ yr.

Plan to participate in the 2010 Times Colonist (TC) 10K walk or run event? Clinics, offered in the Greater Victoria area, will help you prepare for the 10K run being held **April 25, 2010**. Your 14-week training program includes a graduated plan for walkers or runners of all levels, expert training tips and the support and encouragement of experienced leaders. Guest speakers will cover a variety of topics such as footwear, nutrition, hydration, injury prevention and cross-training. As part of your registration package, you'll receive a training manual/logbook, technical training shirt and the use of SEAPARC facilities on clinic training days.

Su 9:00 am to 11:30 am

\$120.00 / 14

Jan.17-Apr.18 11950