

SPRING 2025

Gardening Workshops



Programs take place at Crystal Pool & Fitness Centre unless specified.

Climate-Resilient Gardening: Healthy Harvests in Every Season

Sunday, April 27 from 10 a.m.-12 p.m. • \$22

This inspiring workshop will show you how to create a thriving, low-maintenance garden that adapts to extreme weather, supports soil and gut health, and enhances mental well-being. Learn about resilient crops, water-wise strategies, and regenerative techniques to cultivate abundance in any space, in any season.

Road Trip to Sea Bluff Farm & Satinflower Nurseries

Saturday, May 3 from 9:30 a.m.-2:30 p.m. • \$35 • Depart from Crystal Pool

Take a guided tour of Sea Bluff Farm and learn about organic farming practices, sustainable agriculture, local food security, and food processing. Bring a picnic lunch to enjoy in a Garry Oak meadow by the ocean, then stop by Satinflower Nurseries for a tour and a browse! Transportation from Crystal Pool provided.

Creative Ways to Grow Fruit for Small Spaces

Sunday, May 4 from 10 a.m.-1 p.m. • \$22 • Fernwood NRG

This is a workshop for the intrepid micro-orchardist trying to transform their little backyards, balconies, and community garden plots into havens abundant with fruit. We'll explore numerous ways fruit can be added to small spaces, including container orcharding, trellis systems, espalier, fruiting walls, fruitful borders and more!

Vic West Urban Tree Tour

Saturday, May 31 from 10-11:30 a.m. • \$20 • Vic West

Join arborist and urban forester Ryan Senechal for a tree tour with an urban twist: high performing trees in areas characterized by concrete! Meeting spot is in Vic West.

A Walk in the Weeds: Medicinal Botany Tour

Thursday, June 12 from 5:30-7:30 p.m. • \$25

Take a guided garden tour around local neighbourhoods and learn the medicinal benefits of the botanicals and how to use them in your home health care routine! Bring a notebook, your camera, and curiosity. Program is run by Phytotherapist Terri Munro from Herbal Healing Therapy.



LEARN MORE AND REGISTER:
victoria.ca/registration

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Outdoor & Nature Programs



55+ Kayaking Programs for All Levels!

Starting April 3 • Ocean River Downtown Dock (450 Swift St)

Did you know the average age of a sea kayaker is 67 years old? Connect with fellow outdoor enthusiasts and explore the beautiful Gorge Waterway with the friendly guides from Ocean River. See our website for dates, times, and descriptions.



Introduction to Mushroom Identification

Thursday, April 10 from 6:30-8:30 p.m. • \$30

Curious about identifying mushrooms? Wanting to learn more about mycology? Join this indoor classroom session to build your knowledge on the fungal kingdom and start on your journey of identifying fungi!

Meditate & Create: Forest Session

Saturday, April 26 from 10 a.m.-12 p.m. • \$35 • Summit Park

Combine your love for nature with a mindfulness-based group art session. Participants will learn and practice mindfulness techniques while exploring an urban forest ecosystem and art journaling.

Your Watershed and You

Saturday, May 3 from 1-2:30 p.m. • \$15 • Esquimalt Gorge Park

This field-based program will introduce our local watershed through a series of hands-on activities that emphasize the pivotal role that water plays in our lives.

Guided Lochside Trail E-Bike Tour

Sunday, May 25 from 9 a.m.-1 p.m. • \$94 • Depart from Crystal Pool

Sightsee one of Victoria's most scenic trails on an e-bike! Participants will be shuttled from Crystal Pool to the Saanich Peninsula, then given a guided e-bike tour through charming country lanes and lush farmland.

Summer Solstice Traditions

Friday, June 13 from 6-7:30 p.m. • \$25

Come learn about the rituals, ceremonies, and beliefs associated with this pagan holiday known as Litha, while assembling an herbal philtre to take home for your own solstice celebrations!



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Recreation Bus Trips



*Round trip transportation provided from Crystal Pool.
The bus does not have a lift and there is a large step up to get into the bus.*

Hartland Landfill Tour

Saturday, April 5 from 9:30 a.m.-12:30 p.m. • \$20

Visit the Hartland Landfill and learn how the CRD safely manages waste and turns garbage into energy.

Guided Mushroom Walk

Saturday, April 19 from 9:30 a.m.-1:30 p.m. • \$30

Learn the basics of identifying some common mushrooms while enjoying a fun foray with fellow fungal friends!

Road Trip to Sea Bluff Farm & Satinflower Nurseries

Saturday, May 3 from 10:30 a.m.-2:30 p.m. • \$35

Take a tour of Sea Bluff Farm and learn about organic farming practices, sustainable agriculture, and local food security. Then, hop back on the bus for a stop and tour at Satinflower Nurseries.

Learning on the Land with PEPÁKEN HÁUTW

Tuesday, June 10 from 9 a.m.-3 p.m. • Depart from Crystal Pool • FREE

Visit the SNIDŪĒL Resiliency Project, an Indigenous-led land and village restoration project in Tod Inlet, Gowlland-Tod Provincial Park, and take part in healing work on the land. Transportation provided.

A Day with Birds of Prey

Tuesday, June 17 from 9 a.m.-4 p.m. • \$65

Visit the Raptor Centre in Duncan where we'll see a raptor flying demonstration and observe eagles, hawks, owls and falcons on a guided tour. Then, head to Cook & Butcher for lunch. Lunch is extra.

Road Trip to the Pollinators of Horth Hill

Sunday, June 22 from 12:30 p.m.-4 p.m. • \$16

Catch a ride on the Recreation Bus and then join a CRD naturalist for a walk in the forest to celebrate Pollinator Week. We'll learn about local bees, butterflies, hummingbirds, and more!



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FREE Community Rec Programs



Programs take place at Crystal Pool & Fitness Centre unless specified. Pre-registration is required. Register online or by phone at 250-361-0732 ext. 0.

Monthly Tree Tours

Wednesday, April 16 from 12-1pm in Pemberton Park

Wednesday, May 21 from 12-1pm in Fisherman's Wharf Park

Wednesday, June 18 from 12-1pm in Spirit Garden

Take a nature break and join our knowledgeable Parks staff for a tour of local green areas!

Choose to Move & ActivAge

Info Session: Monday, April 28 from 9:30-10:30 a.m.

Spring Session: May 12-July 18 Mondays 9:30-10:30 a.m. & Fridays 11:30 a.m.-12:30 p.m.

Are you an older adult looking to become more active? Get support with building the habit of physical activity into your daily life in ways that make sense for you. With the help of your activity coach and support group, you will find the motivation and accountability you need to achieve your goals! Not sure if you want to make the 3-month commitment? Join us for the FREE Info Session!

Senior Safety & Fraud Prevention Seminar

Wednesday, June 4 from 10 a.m.-12 p.m.

Join us for a free informative session focused on safety for seniors. We will cover essential topics such as personal safety and fraud and scam prevention, as well as tips for using technology safely. The presentation will be conducted by a Vic PD officer. Light refreshments will be served.

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