## Spring 2025 Outdoor and Community Recreation Programs

All programs require 72 hours' notice for a full refund, unless stated otherwise. **LEARN MORE AND REGISTER**: <u>www.victoria.ca/recreation</u> (Under Program Guide) or **250-361-0732 ext. 0** 

## Accessibility Notes for All Programs:

- Location and accessibility details will be emailed to participants a few days prior to the program. For accessibility questions or concerns, please email <a href="https://www.locations.com">Location and accessibility details will be emailed to participants a few days prior to the program. For accessibility questions or concerns, please email <a href="https://www.locations.com">Location and accessibility questions or concerns, please email</a>.
- Please refrain from wearing or using strong-scented products while attending City of Victoria programs.
- For all **Recreation Bus** programs: The Recreation Bus does not have a lift available. There is a large step up required to get on the bus.
- For all **Brereton Room** and **Fitness Loft** programs: There are eight stairs to enter the program location. A platform lift is available.
- For all **Lower Auditorium** programs: There are stairs to enter the program location. NO lift is available.

#### Legend:

Off-Site and NO Transportation Provided; Location and accessibility details will be emailed to registered participants a few days prior Off-Site and Bus Transportation Provided; Itinerary and location and accessibility details will be emailed to registered participants a few days prior On-Site; Program reminder and accessibility details will be emailed to registered participants a few days prior.

### NEW! 55+ Kayaking Programs For Kayakers of All Levels! – See end of flyer for Kayak Program Information

Road Trip to Hartland Landfill Depart from Crystal Pool 50017	Sat, Apr 5 9:30am-12:30pm \$20	Catch a ride on the City of Victoria's Recreation Bus and take a tour of the Hartland Landfill! Learn how the CRD safely and responsibly manages the region's waste. Take a look behind the scenes and find out how the CRD turns garbage into energy, and visit the closed section of the landfill where native plants help return the area into a natural eco-system. Cost includes round-trip transportation from Crystal Pool and a guided tour of the Hartland Landfill.
Introduction to Mushroom Identification Crystal Pool – Brereton Room 50026	Thurs, Apr 10 6:30-8:30pm \$25	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!



Basket Making with	Sun, Apr 13	Learn to weave your own basket using invasive plants! Get your craft on while making use of			
Invasives	1-4pm	an over-abundant resource in our region, English Ivy.			
Crystal Pool – Brereton Room	\$35				
50055		Registration closes on April 11 at 9pm to allow time for materials collection.			
<b>#1</b>					
Intro to Improv: Fun and	Tuesdays	Ready to unleash your inner comedian? Join Claire Pollock (she/her) for an 8-week beginner			
<b>Fundamentals</b>	Apr 15-Jun 3	improv class for adults focused on character work, short-form improv, and fun games. This			
Crystal Pool – Brereton Room	6:30-8pm	class is open to everyone over the age of 18 and provides a safe, welcoming environment for			
50036	8/\$200	members of the 2SLGBTQIA+ community. You'll build confidence, explore creative			
<b>H</b> • (†)		storytelling, and develop unique characters through supportive exercises. The session			
		concludes with an optional fun, stress-free performance for friends and family, celebrating			
		your growth and creativity. Come laugh, learn, and play!			
April Tree Tour in	Wed, Apr 16	Take a nature break and join our knowledgeable Parks staff for a tour of local green areas.			
Pemberton Park	12-1pm	From specimen trees and seasonal interests to ecological significance and historical			
Pemberton Park	FREE	references, you'll learn something new about your favourite parks and meet like-minded			
49988		folks in a quick, fun and informative tour. Meeting location and accessibility details will be			
<b>≜</b> ∕3 <b>™</b>		emailed to registered participants ahead of the tour.			
· · · · ·					
Guided Mushroom Walk	Sat, Apr 19	Take a walk through one of our region's beautiful parks with experienced mushroom hunters			
Depart from Crystal Pool	9:30am-1:30pm	to learn the basics of identifying some common mushrooms and enjoy a fun foray with			
49932	\$30	fellow fungal friends! Please come dressed appropriately for the weather with sturdy			
│ 🛱 भर ≜ ४ं।		footwear and your own snacks and water. Transportation to a regional park is provided on			
		the Recreation Bus which will be departing from Crystal Pool.			
Knit Night: Semi-Private	Thursdays	Are you an absolute beginner or intermediate knitter looking to take your skills to the next			
Knitting Lessons	Apr 24-May 15	level? If so, these small group lessons are for you! Ocea is experienced with knitting and			
Crystal Pool – Brereton Room	6:30-7:30pm	purling, casting on and casting off, increasing and decreasing, stranded colourwork, cables,			
50032	4/\$60	and more. Classes include a mix of individualized hands-on instruction and time to			
	,	incorporate new skills into your knitting, so bring your needles and yarn and knit up a storm			
		at our new Knit Nights at Crystal Pool!			

Meditate and Create: Forest Session Summit Park 50033	Sat, Apr 26 10am-12pm \$35	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. Transportation is not provided. Art supplies are provided, but feel free to bring your own sketchbook and supplies.
Climate Resilient Gardening: Healthy Harvests in Every Season Crystal Pool – Brereton Room 50031	Sun, Apr 27 10am-12pm \$22	Grow food that nourishes your body, mind, and the planet—whether you have a balcony, raised beds, or a backyard. 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. Join us and take the first step toward a healthier, more resilient garden and life!
Choose to Move & ActivAge Information Session Crystal Pool – Brereton Room 50005	Mon, Apr 28 9:30-10:30am FREE	Are you an older adult looking for motivation to become physically active? Curious about the Choose to Move & ActivAge program but not sure if you want to make the 3-month commitment? Join us for this FREE Info Session to learn more and see if this is the right program for you!
Road Trip to the Centre of the Universe & Lunch at Mosi's Depart from Crystal Pool 50042	Tues, Apr 29 9:30am-2:30pm \$40	Catch a ride on the Recreation Bus to the Centre of the Universe at the Dominion Astrophysical Observatory on Observatory Hill! The observatory has been designated a National Historic Site of Canada and was one of the world's main astrophysical research centres until the 1960s. After a guided tour and a planetarium show, we'll stop for lunch at Mosi's, a charming bakery café and gelateria. Cost covers transportation, admission, and a guided tour. Lunch is extra.
First Aid for New Caregivers Crystal Pool – Brereton Room 50029	Wednesdays Apr 30-May 21 9:30-11:30am 4/\$60	Are you new parent, grandparent, or caregiver? Come learn some infant and child-specific lifesaving skills while building a community with other new families! This non-certification course will cover essential lifesaving skills like infant CPR and choking rescue, while touching on common childhood ailments like allergies, environmental illnesses, and wound care. This course offers a flexible and supportive environment for new caregivers. Babies up to 18 months are welcome to come and play while the grown ups learn and socialize.

Road Trip to Sea Bluff Farms & Satinflower Nurseries Depart from Crystal Pool 50021	Sat, May 3 10:30am-2:30pm \$35	Catch a ride on the Recreation Bus and take a guided tour of Sea Bluff Farm, an organic farm located near the ocean in Metchosin. Learn about organic farming practices, sustainable agriculture and local food security, native pollinators and native plant restoration, and how food gets processed. Bring a picnic lunch to enjoy in a Garry Oak meadow, then hop back on the bus for a stop and tour at Satinflower Nurseries.
Your Watershed and You Esquimalt Gorge Park 50020	Sat, May 3 1-2:30pm \$15	Join Seaquaria Ocean Education for a trip to the Gorge! 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. As a special addition, Seaquaria will be bringing their intertidal animal ambassadors to showcase local Salish Sea animal species! All ages are welcome, but children under 10 must be accompanied by an adult.
Creative Ways to Grow Fruit in Small Spaces Fernwood NRG (1240 Gladstone Ave) 50030	Sun, May 4 10am-1pm \$22	Few city dwellers have the space to grow the orchard or food forest of their dreams. But that shouldn't mean growing your own fruit is out of reach. Tree fruit can be grown in miniature form. Berries can be planted in hanging baskets. Vines can be trained up fences. There is a myriad of ways fruits can be added, even to the smallest space. 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. Whether you're starting with a backyard or a few square feet, this workshop will help integrate fruit growing into your life!
Flower Pot Paint and Plant Crystal Pool – Brereton Room 50034 The Y	Sat, May 10 10-11:30am \$25	Get ready for Mother's Day with this adorable parent-child activity! Children will flex their creative muscles painting and decorating a little clay flower pot to take home. While it dries, they'll choose and then plant an assortment of beautiful flowers! Parents are invited to stay and be a part of the magic. Things could get messy, so dress in paint and dirt appropriate clothing.

Choose to Move & ActivAge Crystal Pool Mon – Brereton Room Fri – Fitness Loft 50006 The top	May 12-Jul 18 M 9:30-10:30am F 11:30am- 12:30pm FREE	Are you an older adult looking for motivation to become physically active? Join Choose to Move & ActivAge to get support with building the habit of physical activity into your daily life in ways that make sense for you. Choose to Move on Mondays is a free and flexible program that teaches you the tools to develop and stick to a physical activity plan. ActivAge on Fridays is a light fitness class that helps strengthen and develop muscles used in everyday activities. Make friends with like-minded adults while getting healthy and active! With the help of your activity coach and support group, you will find the motivation and accountability you need to achieve your goals. Please note, the Choose to Move class (on Mondays) is not a fitness class, it is a social group that will help you set goals, and connect with resources and new friends to support them! Participants in Choose to Move will also be registered for ActivAge (on Fridays), a light fitness class that complements the group support format of Choose to Move. To learn more about the Choose to Move program visit https://www.choosetomove.info/
May Tree Tour inFisherman's Wharf ParkFisherman's Wharf Park49989▲ ☆ ♪	Wed, May 21 12-1pm FREE	Take a nature break and join our knowledgeable Parks staff for a tour of local green areas. From specimen trees and seasonal interests to ecological significance and historical references, you'll learn something new about your favourite parks and meet like-minded folks in a quick, fun and informative tour. Meeting location and accessibility details will be emailed to registered participants ahead of the tour.
Lunch and Tour at the Legislature Meet behind the Legislature 50018	Thurs, May 22 11:15am-1:30pm \$16	Come take a brief tour of the outside of the Legislature and learn about the statuary surrounding the Parliament Buildings. Then, have lunch in the Parliamentary Dining Room. Cost covers tour costs. Lunch is extra.
Road Trip to a Whale of a Time Depart from Crystal Pool 50022	Sat, May 24 9:30am-12:30pm \$16	Catch a ride with the City of Victoria's Recreation bus and then flick your fins and flap your flippers to learn about life as a whale! Join a CRD Regional Parks naturalist and Indigenous cultural programmer to learn all about these marine giants and the interconnection of the land and water. We'll explore the cultural significance of these mammals through a First Peoples lens. The start and end time of this program includes time for transportation.

Guided Lochside Trail E- Bike Tour Depart from Crystal Pool 50043	Sun, May 25 9am-1pm \$94	<ul> <li>Sightsee one of Victoria's most scenic trails on an e-bike! This 3-hr guided electric bike to of the Lochside Trail stretches 29-km from the tip of the Saanich Peninsula into downtoor Victoria, winding along charming country lanes and lush farmland, ending in some of the city's unique urban backyards.</li> <li>The 'Goose' shuttle bus will pick you up at Crystal Pool where you will head North to you starting location on the Saanich Peninsula. From there you will receive your e-bike, a saf briefing, helmet and map. Then you're off on the e-bike adventure! The group will ride So finishing back at Crystal Pool. Cost includes transportation, e-bike and helmet rental, ar guided tour.</li> <li>Accessibility and Program Notes: <ul> <li>Electric bikes make cycling much easier, but participants must be able to balanton a bike and pedal. The tour is 3-hours, so participants should be able to sit for extended period of time.</li> </ul> </li> </ul>	
Loom Weaving Crystal Pool – Brereton Room 50037	Wednesdays May 28-Jun 25 6:30-8:30pm 5/\$140	Join us as we explore various weaving techniques and materials using tapestry frame looms. Learn specific weaving patterns and texture styles to create your own unique tapestry. Open to all experience levels, from beginners to experienced weavers. All tools and materials will be provided, but feel free to bring your favourite yarn from home to add a personal touch to your creations.	
Vic West Urban Tree Tour Vic West 50045	Sat, May 31 10-11:30am \$20	Have you been struck by the beauty of a particular tree in Victoria? Have you wondered what species the tree is, how that tree came to thrive in its location, and what other benefits are being provided beyond aesthetic beauty? 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. Exact location will be emailed to registered participants.	

Into the Water: A Gentle Introduction to Snorkeling the Salish Sea Crystal Pool – Brereton Room 50025	Tues/Thurs/Sun June 3, 5, 8 Tu 5:30-7:30pm Th 5:30-7:30pm Sun 9-11:30am 3/\$125-\$190	Celebrate Ocean Week with a gentle introduction to open water snorkeling! Participants wi gradually build up their confidence practicing snorkeling techniques in a controlled swimming pool environment, while learning about local marine ecology in classroom sessions. The course culminates in an open water snorkel tour of the incredible marine biodiversity of the Breakwater at Ogden Point, a world-renowned cold water diving spot. If you're looking for a gentle, supportive introduction to open water snorkeling, this program is for you! Course fee includes all equipment rentals.			
		<ul> <li>Accessibility and Program Notes:</li> <li>Part of this program takes place on a rocky seashore and in the water. Participants will have fins and access to lifejackets, but please do not register if you are not comfortable in the water.</li> </ul>			
Senior Safety & Fraud Prevention Seminar Crystal Pool – Brereton Room 50040 F. Crystal Pool – Brereton Room	Wed, Jun 4 10am-12pm FREE	Join us for a free informative session focused on physical and online 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. This session will be led by the Community Resource Officers from VicPD. Tea and coffee will be served.			
Gold Panning Expedition Depart from Crystal Pool 50023	Sat, Jun 7 9am-1:30pm \$55 + optional \$10 PayDirt	Take a ride on the Recreation Bus and try gold panning on the Sooke River! We'll cover the history of gold mining on Vancouver Island, including the Leech River Gold Rush of 1864, as well as regulations around recreational prospecting. Program includes transportation, a forest hike, and a morning of panning for gold in the river. Equipment is provided. Participants get to keep any gold they find.			
		Please note: this program includes a 15 min. one-way hike over uneven terrain and lots of bending and standing on a rocky riverside, and is not suitable for people with mobility challenges. <b>Registration closes on May 23</b> to allow time to get equipment and plan a route.			

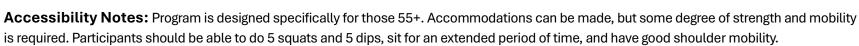
Learning on the Land with PEPÁKEN HÁUTVY Depart from Crystal Pool 49930 ① Y (注意)	Tues, Jun 10 9-3pm FREE	Join us in visiting the SNID/ZEŁ Resiliency Project, an Indigenous-led land and village restoration project in Tod Inlet, Gowlland-Tod Provincial Park. Take part in healing work on the land in combination with sharing cultural and ecological teachings with the team from PEPÁKEN HÁUTW_Foundation. This will include hands-on invasive species removal – please come prepared with sturdy shoes, gloves, weather appropriate layers and protection, and your own food and water for the day. Please be aware that the restoration sites are trail adjacent but take place on uneven terrain off the trail, and activities typically rely on being able to navigate that terrain and bend to the ground with shovels and hand tools. To learn more about PEPÁKEN HÁUTW, visit: https://pepakenhautw.land/ Transportation and instructor fees are included. This program is offered for free thanks to a TD Friends of the Environment Fund grant. Accessibility and Program Notes: • This program requires a degree of physical mobility. Options are available but the program includes invasive species removal, bending, and light lifting. A 15-20 min. walk from the bus is required to reach the program location. If you would like further accessibility information about this event, please email Lbouchard@victoria.ca with your concerns.
A Walk in the Weeds: Medicinal Botany Tour Crystal Pool – Brereton Room 50035 	Thurs, Jun 12 5:30-7:30pm \$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. Participants will meet at Crystal Pool for the walking tour and end with an herbal tasting. Program is run by Phytotherapist Terri Munro from Herbal Healing Therapy.
Summer Solstice Traditions Crystal Pool – Brereton Room 50027	Fri, Jun 13 6-7:30pm \$25	The summer solstice occurs on June 20 this year and marks the longest day of the year. 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!

Four Corners Walking Tour - Victoria Inner Harbour Meet at Confederation Plaza Fountain 50019	Sat, Jun 14 10-11:30am \$16	Explore the hidden stories of the Inner Harbour on this fun and fascinating walking tour! Ever wondered who the golden statue on top of the Legislature dome is? And why does he have two left legs? Who donated the Carillon to Victoria, and why? Visit Emily Carr's statue and learn about her very unique life and unusual companion. What is the Empress built upon? And who were the Dowagers? Join this exciting and accessible tour to find out the answers!
A Day with Birds of Prey Depart from Crystal Pool 50024	Tues, Jun 17 9am-4pm \$65	Catch a ride on the Recreation Bus and 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. After working up an appetite viewing these captivating predators, we'll head to the Cook & Butcher for lunch. Cost includes transportation, admission, and a guided tour. Lunch is extra.
June Tree Tour in Spirit Garden Spirit Garden 49990 ♣ � ♥	Wed, Jun 18 12-1pm FREE	Take a nature break and join our knowledgeable Parks staff for a tour of local green areas. From specimen trees and seasonal interests to ecological significance and historical references, you'll learn something new about your favourite parks and meet like-minded folks in a quick, fun and informative tour. Meeting location and accessibility details will be emailed to registered participants ahead of the tour.
Coffee Tasting with Indigenous Roots Coffee Company Crystal Pool – Brereton Room 50028	Sun, Jun 22 9-10:30am \$10-\$20	Join co-founders of Indigenous Roots Coffee Company, Natasha and Kear, in a fun coffee tasting event. Natasha and Kear will be sharing their coffee journey and vision for their new social enterprise while drinking coffee together. The session will highlight the amazing work Indigenous partners are doing, such as Geronimo Canoe Club and XAXE TE <u>NEW</u> Sacred Land Society. Participants will get to know each other, the facilitators, and sip four unique specialty coffee blends during this immersive workshop! This program celebrates local Indigenous organizations. We are offering a tiered fee approach to make this program as accessible as possible. Please choose the amount that works for you. All proceeds will go directly to Indigenous Roots Coffee Company and their grassroots initiatives.

Road Trip to the Pollinatorsof Horth HillDepart from Crystal Pool49931	Sun, Jun 22 12:30-4pm \$16	Catch a ride on the City of Victoria's Recreation Bus and then join a CRD Regional Parks naturalist for a walk in the forest to celebrate pollinator week. We'll learn about local bees, butterflies, hummingbirds and more! We're sure to spot some busy pollinators in action. The start and end time of this program includes time for transportation.
Science On The Seashore - Intertidal Explorations for Kids & Adults Clover Point 49991	Sat, Jun 28 11am-1pm \$15	<ul> <li>The City of Victoria and Seaquaria Ocean Education (of World Fisheries Trust) welcome you to the Seashells on the Seashore Beach Program! This program is all about cultivating a love of learning through hands-on exploration of our local beaches! Come learn with Seaquaria educators and explore Clover Point's intertidal zone by closely observing the incredible animal and plant biodiversity it has to offer! All ages are welcome, but children under 10 must be accompanied by an adult.</li> <li>Accessibility and Program Notes:</li> <li>This program takes place in the intertidal zone and along a rocky shoreline. Footing</li> </ul>
		• This program takes place in the intertidat zone and along a rocky shoretine. Footing is very uneven and slippery and participants should be cautious.

# Spring 2025 NEW! 55+ Kayak Programs

Programs run rain or shine, except in extreme weather conditions. All programs require one week's notice for a full refund. Kayak programs take place at the Ocean River Downtown Dock (450 Swift St).



REGISTER: www.victoria.ca/recreation (Under Program Guide>Adult Health & Fitness> Older Adults) or 250-361-0732 ext. 0

55+ Kayaking: Try It Out!	Did you know that the average age of a sea kayaker is 67? Sign up to see if you are a good fit for one of our 55+ Tandem Kayaking Tours, Learn to Kayak, or Intermediate Kayaking programs! Connect with fellow outdoor enthusiasts and explore the beautiful Gorge Waterway with the friendly guides from Ocean River. This program is highly recommended as an assessment course for anyone who wants to sign up for one of the 5- week kayak programs, or for anyone who wants to try out sea kayaking with a safe and supportive instructor.
55+ Tandem Kayaking Tours	Did you know that the average of a sea kayaker is 67? Interested in learning to kayak but not sure if you have the physical stamina to paddle your own boat? Try our tandem kayak tours, which offer stability, double the power, and a partner to visit with! Join Ocean River and one of their certified guides for a memorable experience on the water while partnering up with other participants in tandem kayaks. We focus on removing the stress from your kayaking journey, allowing you to fully immerse yourself in nature. Make new friends, enjoy the great outdoors, soak up the sunshine, and truly embrace the island lifestyle!
55+ Learn to Kayak: Beginner Kayaking	Ready to embrace sea kayaking? This course is tailored for individuals aged 55+, focusing on the essential skills of sea kayaking. Participants will learn paddling techniques, safety protocols, and navigation skills while enjoying the benefits of outdoor activity.
55+ Intermediate Kayaking	This course is designed for sea kayakers looking to enhance their skills in navigation, sea state safety, edging, bracing, and recovery techniques, enabling them to tackle more challenging conditions confidently. Optional techniques like effective recovery after capsizing will also be covered. This is a progression from our Learn to Kayak course. Upon completion, Ocean River will offer an evaluation course towards an optional Level 1 Paddle Canada Certification.



Registration Link	Day	Dates	Times	Price
<u>55+ Kayaking: Try It Out!</u> 50007	Thurs	April 3	1-3:30pm	1/\$60
<u>55+ Kayaking: Try It Out!</u> 50008	Sat	April 5	1-3:30pm	1/\$60
<u>55+ Tandem Kayaking Tours</u> 50011	Saturdays	Apr 12-May 10	1-3:30pm	5/\$285
<u>55+ Tandem Kayaking Tours</u> 50014	Thursdays	Apr 10-May 8	1-3:30pm	5/\$285
<u>55+ Tandem Kayaking Tours</u> 50013	Thursdays	May 22-Jun 19	1-3:30pm	5/\$285
<u>55+ Tandem Kayaking Tours</u> 50012	Saturdays	May 24-Jun 21	1-3:30pm	5/\$285
<b>55+ Learn to Kayak: Beginner Kayaking</b> 50009	Thursdays	Apr 10-May 8	9-11:30am	5/\$285
55+ Learn to Kayak: Beginner Kayaking 50010	Saturdays	Apr 12-May 10	9-11:30am	5/\$285
<b>55+ Learn to Kayak: Beginner Kayaking</b> 50015	Saturdays	May 24-Jun 21	9-11:30am	5/\$285
55+ Intermediate Kayaking 50016	Thursdays	May 22-Jun 19	9-11:30am	5/\$285



