

Visual Art ... Clay ... Mosaics ...  
Metalsmithing ...

### Beginner Watercolour Painting

**New afternoon time!**

This new class offers absolute beginners, and those in need of a refresher, a relaxed environment to explore and learn the basic skills and techniques of watercolor painting. Discover and open up the wonderful world of watercolor painting for yourself! Supply list available at Echo Centre. 8 sess: Tue Jan 31 – Mar 20; 1:30-3 pm; \$55; Clara Lake

*Retired college instructor, Clara Lake brings a lifelong interest plus years of study and practice to this new beginners class. She is looking forward to opening up new creative opportunities for her students.*

### Encaustic Painting – Beginners Workshop

In this introductory workshop with local encaustic artist, Dorothy Murphy, you'll learn how to paint with colored hot wax on cardstock, using simple hot irons and styluses. The resulting designs can be as simple or as complex as you would like! Create and take home a variety of 4" x 6" encaustic painting art cards in photo frame inserts. Fee includes all supplies. 1 sess: Sat Apr 28; 9:30-12 noon; \$25; Dorothy Murphy

### Encaustic Painting – Intermediate Techniques

For those who would like to take their encaustic painting to the next level. In this workshop you will learn how to paint on boards with heated medium and beeswax. You'll learn how to create depth through colour layering - adding pigment and fusing in multiple layers. You'll also explore methods of creating texture and experiment with incorporating found objects into collage. Fee includes all supplies. 1 sess: Sat Apr 28; 1:30-4 pm; \$55- Debby Offerman and Donna Ramsay

*Debby Offerman and Donna Ramsay are both encaustic artists from Nelson. They are looking forward to sharing their expertise and passion for encaustic painting in this new workshop!*

### Metalsmithing - Jewelry Making for Beginners

Bring your creative energy to this beginner jewelry making/metalsmithing class with jewelry designer Cheryl Jacobs. Learn skills like sawing, texturing piercing and finishing required to turn various metals (silver, brass, copper) into wearable art. Embellishments like semi-precious stones and freshwater pearls will allow endless variations of colour, texture and form. Each student will have the opportunity to complete 2 – 3 pieces depending on skill level. There will be a \$50.00 fee at the class for complete supplies. 1 sess: Sat Mar 3; 9:30 am-5 pm; \$80; Cheryl Jacobs

*Cheryl Jacobs re-located from San Francisco to Vancouver Island in 1993. She opened a studio (Cheryl Jacobs Designs) on Denman Island which features her own one of a kind and production casted jewelry. Her jewelry has been featured in galleries in California, Hawaii, Ontario, Alberta and B.C. Her jewelry is also available through craft fairs such as Filberg Festival and Circle Craft.*



### Tile and Glass Mosaic Workshop

An introduction for beginners to the art of tile and glass mosaic. In this 1 day workshop, each student will learn about the fundamentals of indoor tile mosaic, as well as learning a more modern technique called pique-assiette which uses only broken pieces of pottery & glass. Students will also explore techniques of creating 3 dimensional forms using tile and glass. Each student will complete an 18" x 18" mosaiced mirror and a mosaiced birdhouse to take home. There will be a \$40 fee at the class for complete supplies. 1 sess: Sat Mar 31; 9:30 am-5 pm; \$80; Cheryl Jacobs

### Beginner/Intermediate Wheel Throwing

For beginners and intermediates, this class emphasizes basic throwing techniques to learn how to or improve your ability to make mugs and bowls. Glazing techniques for cone 6 will also be included in the course. Small class size allows for individual help and progress. Fee includes all firing costs. Clay and glazes will be available for purchase at the class. 6 sess: Thur Jan 26 – Mar 1; 6:30 - 8:30 pm; \$70; Cheryl Iwanowsky

*Cheryl Iwanowsky brings twenty years experience of being a studio potter to these fabulous classes. She continues to delight in helping individuals interested in clay work to improve their pottery skills and have fun with this wonderful medium.*

Music ...

### Mike's Campfire Guitar - Beginners

Ever wish you could play the guitar so you could sit around the campfire (or kitchen) and have a sing-a-long? Well, this is the program for you. In this popular program, Mike will teach beginning students basic guitar chords and rhythms and some popular blues, country and rock & roll songs that use these chords. Students must supply their own acoustic guitar. 10 sess: Wed Jan 25 – Mar 28; 6:45-7:45 pm; \$70; Mike Mallon

### Mike's Guitar Club **NEW!**

For continuing students - must have previous guitar experience or have completed at least one session of Mike's classes. Offers on-going students the opportunity to continue to play together and learn more chords, techniques and songs! Students must supply their own guitars. 10 sess: Wed Jan 25 – Mar 28; 5:45-6:45 pm; \$70; Mike Mallon

*Mike Mallon is largely a self-taught local musician/songwriter. Currently he plays in two (sometimes more) local bands. He's having lots of fun passing on his enthusiasm to new musicians.*



Crafts ...

**Beaded Jewelry – Necklace**

Join beading designer, Mimi Shewchuk, and learn how to design and create a beautiful, unique single strand 18” – 24” beaded necklace using your choice of semi-precious stone beads, such as turquoise, amethyst, jasper etc. Just bring \$20 for complete supplies to the class. 1 sess: Tue Feb 7; 6:30-8:30 pm; \$30; Mimi Shewchuk

**Beaded Jewelry – Earrings & Bracelet**

Learn all the skills necessary to create a beautiful set of stud or dangle earrings and bracelet, using your choice of semi-precious stone beads and silver findings. All earring bases are sterling silver. Bring \$20 for complete supplies to the class. Tue Feb 14; 6:30-8:30 pm; \$30; Mimi Shewchuk



**Beaded Necklace – Next Steps**

Take your beading skills to the next level as you learn how to work with double and triple strands, weave and wire wrap. Take home a beautiful necklace, made with your choice of semi-precious stone beads. Bring \$20 for complete supplies to the class. 1 sess: Tue Feb 21; 6:30-8:30 pm; \$30; Mimi Shewchuk

**Painted Rocks - Garden Stones**

Add a touch of whimsy to your garden! Join Jane Morden for a delightful evening of painting a whimsical hobbit house, elves den, country cottage or other design of your choice on a 6 – 8” washed rock. You’ll be surprised how easy it is! Beginners welcome. All supplies provided. 1 sess: Wed Mar 28; 7-9 pm; \$15; Jane Morden

*Jane Morden specializes in creating unique art from everyday materials. Her home studio is aptly named Rock, Paper, Scissors Studio. She is looking forward to teaching this new class at Echo Centre.*

Cooking ...

**Cooking with Sarina**

Sign up early for these popular classes!



**New Orleans Mardi Gras**

Celebrate Mardi Gras – New Orleans style – with this spicy workshop! Experience the authentic taste of Louisiana cooking with its soulful mix of French, Spanish and Southern black influences. Traditional favorites will include Sweet Corn & Shrimp Bisque, Jambalaya, Blackened Snapper, Black-eyed Bean Salad, Cornbread and Southern Chocolate Pecan Pie for dessert; Fri Feb 17; 6:30-9 pm; \$26; Sarina Koch

**Dinner in Bavaria**

If you haven’t managed to squeeze into this wildly popular cooking class yet, here’s your opportunity. Join professional chef, Sarina Koch, and learn how to create such classic favorite dishes as schnitzel, rouladen, red cabbage and spaetzli. You’ll also learn how to make authentic bread pretzels and bake a delicious, traditional apple strudel. Just bring your own apron, sharp paring knife and your appetite. 1 sess: Thu Mar 8; 6:30-9 pm; \$26; Sarina Koch

**Japanese Dinner Party**

The flavor and texture of Japanese cuisine is light, delicate, delicious and particularly good for the health conscious. Join professional chef, Sarina Koch, and learn how to make all your favorite dishes, including sushi, yakatori, sunomono and mango pudding. Each student will take home a sushi mat. 1 sess: Thur Apr 12; 6:30-9 pm; \$26; Sarina Koch

Preserving the Harvest ... **NEW!**

*Co-sponsored with*

*Vancouver Island Health Authority*

Starting a backyard garden, buying from local food producers, eating in season and preserving your own food are all part of a growing interest in local food sustainability,

knowing where your food comes from and reaping all the benefits of delicious, nutritious, locally grown food.

**Water Bath Canning 101**

Join Judy and Heather and learn all you need to know about water bath canning as you help prepare and process batches of strawberry jam and mustard pickles to take home. You’ll also learn easy ways to deal with an overabundance of produce in the summer for canning later, on quiet winter days. Taste samples of Judy & Heather’s delicious jams, jellies, chutneys, pickles, dipping sauces and more that they have for sale at our local Farmers’Market and take home a recipe book of Judy and Heather’s favorite canning recipes! 1 sess: Sat Jan 28; 2-5 pm; \$50; Judy White & Heather Shobe

**Pressure Canning and Dehydrating**

In this hands on class, Judy & Heather will take you through the entire process of pressure canning delicious sockeye salmon. Learn everything you need to know to feel confident in your ability to safely use a pressure canner. You will also learn about drying and dehydrating fruit, vegetables and herbs. Includes sampling of lots of delicious dehydrated produce. Each



participant will take home two delicious, nutritious jars of their own Port Alberni canned salmon and a recipe book. 1 sess; Sat Feb 18; 2-5 pm; \$50; Judy White and Heather Shobe

*Judy White brings a wealth of knowledge and experience - growing, preparing and preserving local food -to these workshops. She has taught many people how to can and preserve food safely, in a variety of different settings, including teaching canning workshops for Community Kitchens.*

Check out her amazing array of delicious preserved jams, jellies, pickles and more, as well as her delicious spice and herb mixtures and yummy home baked products at our local Farmers Market every Saturday morning.

Heather Shobe, owns Eden Tree Farm & Gardening and is a certified organic master gardener. Heather is dedicated to helping people become more self-sufficient (especially with food), by helping backyard gardeners grow organically and by helping them learn how to make the most of our locally available food resources.

## Home and Garden ...

### Spring Garden Tune-Up

Our own Jake's back with a 2 session workshop, jam-packed with information and hands-on demonstrations of what you should be doing in the garden and on your lawns in the next few weeks including: soil testing and preparation, correcting pH, mulching, organic fertilizers, pruning, propagating, starting seedlings and easy cold frames, planting early fruits and tubers, pest control and more. Each participant will also take home a "Spring Dish" of early spring flowering plants for indoor color. 2 sess: Wed Mar 28 & Apr 4; 7-9 pm; \$20; Jake Colyn, Parks Operation Supervisor, Parks and Recreation



### Patio Baskets Workshop

It's back! An opportunity to learn from the pros at Colyn's and create a beautiful hanging basket or patio planter for your home. Instructors will provide all the supplies plus all the information needed for the best follow up care to ensure the most spectacular results throughout the growing season. (There will be an \$22 fee at the class for complete supplies) 1 sess: Thu May 3; 7-8:30 pm; \$9; Colyn's Nursery

### Pruning & Cultivation of Roses

In this on-site workshop at The Old Lady of Old Roses Nursery participants will have a hands-on opportunity to learn all about

choosing, planting, cultivating and pruning all different kinds of roses, including shrubs, climbers and old and modern roses, so they can flourish and look their best.

1 sess: Sat Mar 31; 10 am-12 noon; \$14; Margo Thom

All of Margo's roses growing in her garden and rose nursery at Sproat Lake have been carefully chosen and sited to thrive in our west coast environment. They grow vigorously and healthily without any spraying. Visit her website at [www.oldladyofoldroses.ca](http://www.oldladyofoldroses.ca) to see all her many beautiful, different varieties.

### Mighty Seeds

Whether you're brand new to vegetable gardening or would just like to get better results, here's your opportunity to join Guy for a 2 hour workshop and learn how to start seeds, with a much better and quicker germination and growth rate, using a soil blocker. This hands on workshop will take you right through the whole process from creating the best soil mix for your soil blocks, to using the soil blocker tool, to selecting and planting the seeds. You will also learn how to transplant your seeds into your garden and take the best care of your plants throughout the season. Perfect for a small home gardener, you'll take home a variety of plant starts – enough for a 4' x 4' garden. 1 sess; Sat Apr 14; 10 am-12 noon; \$25; Guy Langlois

Guy Langlois is an avid gardener and food security advocate. His past experience includes being President of the Nanaimo Community Gardens Society, Farm Director with The Farm at Cedar Woods Society and Instructor with the Green Building and Renewable Energy programs at Vancouver Island University. Guy recently moved to Port Alberni where he teaches Carpentry at North Island College in the Fall. He also offers workshops in sustainable living during the summer.

## Dancing ...

### Hawaiian Dance, Intro

Learn the traditional dance of Hawaii. You will learn the basic hula techniques and graceful hand movements that in ancient times told the stories long before written communication existed in Hawaii. Yoga stretches that help your hula muscles will be included in the class. A fun workout! 6 sess: Thur Jan 26 – Mar 1; 7-8 pm; \$48; Cynthia Low

Local speech-language pathologist and musician, Cynthia Low, was introduced to traditional Hawaiian and Tahitian dance, when she lived in Hawaii for her teenage years. Cynthia has maintained her interest and love for these beautiful dances and has enjoyed introducing various groups of friends to Hawaiian dancing. Due to many requests, she is now offering these classes to the community.

### Belly Dancing Intro

A fun 6 week introduction to the ancient Middle Eastern art of Belly Dance. Learn basic isolations, steps and a short choreography. Great for your flexibility and muscle tone. Wear comfortable workout or dance clothes. Set I: 6 sess: Tue Jan 24 – Feb 28; 6-7:15 pm; \$52; Kim Hammett

### Belly Dance Continuing

For those who have completed an introductory set of belly dancing classes and are eager to learn more! 6 sess: Tue Jan 24 – Feb 28; 7:30-8:45 pm; \$52; Kim Hammett

## Sunday Afternoon Dance Series

### Romantic Night Club Two Step

If you only know a few dances, this is one you should know. This medium slow dance is perfect for any popular music in 4/4 time. Just in time for Valentine's Day, it is also a very popular choice for a couple's first dance at a wedding. Couples only please. 3 sess; Sun Jan 29 – Feb 12; 1-3 pm; \$57/per couple; Carrie & Wayne Smith

### Jive/Swing – Beginners

An introduction to jive/swing dancing for beginners, to get you up and dancing, having fun, and looking good on the dance floor. Learn basic footwork, rhythm patterns and variations. Couples only please. 4 sess: Sun Feb 26 – Mar 18; 1-3 pm; \$75/per couple; Carrie & Wayne Smith

### Ballroom Waltz

An introduction to the ballroom waltz for beginners. Learn the basic moves, footwork and styling of this beautiful dance. Couples only please. 2 sess: Sun Apr 1 & 15; 1-3 pm; \$38/per couple; Carrie & Wayne Smith



Fitness ...

**Sondra’s Morning Workout**

Join Sondra every Mon/Wed/Fri at Echo at 9 am for a great low impact, whole body workout and start your day on the right track! Healthy beginners and “first-timers” are always welcome to join this enthusiastic, friendly group. Every Mon/Wed/Fri beginning Wed Jan 4; 9-10 am; \$36 for a 10 session pass or \$4 for a drop-in ticket.

**Mom and Baby Fitness**

There will be lots of laughter and fun in this twice a week fitness class designed just for new moms WITH their babies. Share in quality time with your baby as you tighten and tone, strengthen those much needed core muscles, burn calories and improve your cardiovascular endurance – all with your baby included in your fitness routine! (Babies should be pre-crawling and moms at least 6 weeks postpartum and have approval from their doctor.) Wednesdays & Fridays 10:15-11:15 am; Set I: 10 sess: Jan 11 – Feb 10; \$40 ;Set II: 11 sess: Feb 29 – Apr 4; \$44; Set III: 11 sess: Apr 11 – May 18 (no class May 4); \$44; Sondra Austin

**Pilates Mat All Level Classes Mondays or Thursdays**

Intelligent exercise ... profound results. Learn Pilates breathing and exercise techniques designed to increase core

strength, lengthen and stretch muscles, improve posture and increase stability. Beginning and continuing students, all ages and fitness levels are welcome. Mon; 5:45-6:45 pm; Set I: 8 sess: Mon Jan 23 - Mar 12; \$52; Set II: 8 sess: Mon Apr 2 - Jun 4 (no class Apr 9 & May 21); \$52; Thur; 5:45-6:45 pm; 8 sess: Thur Jan 26 - Mar 15; \$52; Karli Van Vliet

**Zumba Fitness**

Discover Zumba – the hottest, new Latin inspired, easy to follow, dance fitness class that delivers a great workout for your core, your arms, legs

and heart – all to great rhythms that make you want to move. Beginners are always welcome. Shandora Page

**Zumba Mondays**

5:30-6:30 pm; Set I: 8 sess: Mon Jan 9 – Feb 27; \$48; Set II: 7 sess: Mon Mar 5 – Apr 23 (no class Apr 9); \$42; Set III: 7 sess: Mon Apr 30 - Jun 18 (no class May 21); \$42

**Zumba Wednesdays**

5:30-6:30 pm Set I: 8 sess: Wed Jan 11 – Feb 29; \$48; Set II: 8 sess: Wed Mar 7 – Apr 25; \$48; Set III: 8 sess: Wed May 2 – Jun 20; \$48

**Zumba Gold NEW!**

Experience all the fun and fitness of a Zumba workout, with modified moves and pacing, to meet the needs of active, older adults and beginning fitness participants. Set I: 8 sess: Wed Jan 25 – Mar 14; 2:15-3:15; \$48; Set II: 8 sess: Wed Mar 21 – May 9; 2:15-3:15 pm; \$48; Shandora Page

**Echo Yoga Classes**

Afterwork, morning and evening classes available – beginners to Level II/III. Improve your posture & alignment, balance, flexibility and core strength in these popular classes. Pip Van Nispen

**Yoga Level I (Mondays)**

An introductory level class for beginners or an ongoing class for those who would like a gentler approach to yoga because of health concerns or physical limitations. Mondays 11 am-12:30 pm Set I: 7 sess: Jan 9 – Feb 20; \$44; Set II: 7 sess: Feb 27 – Apr 16 (no class Apr 9); \$44; Set III: 7 sess: Apr 23 – Jun 11; (no class May 21); \$44

**Yoga Level I (Fridays)**

An introductory level class for beginners or an ongoing class for those who would like a gentler approach to yoga because of health concerns or physical limitations. Fridays 10:30 am-12 noon Set I: 8 sess: Jan 6 – Feb 24; \$50; Set II: 7 sess: Mar 2 – Apr 20 (no class Apr 6); \$44; Set III: 8 sess: Apr 27 – Jun 15; \$50

**Yoga Level I (Tuesdays)**

An introductory class for healthy beginners. Tuesdays 7-8:30 pm; Set I: 8 sess: Jan 3 – Feb 21; \$50; Set II: 8 sess: Feb 28 – Apr 17; \$50; Set III: 8 sess: Apr 24 – Jun 12; \$50



**Yoga Continuing (Tuesdays)**

An ongoing Level II class for continuing students. Must have completed at least 1 session of Yoga to register. Tuesdays 5:15-6:45 pm; Set I: 8 sess:

Jan 3 – Feb 21; \$50; Set II: 8 sess: Feb 28 – Apr 17; \$50; Set III: 8 sess: Apr 24– Jun 12; \$50

**Yoga Continuing (Thursdays)**

An ongoing Level I/II class for continuing students. Must have completed at least 1 session of yoga to register. Thursdays 7-8:30 pm; Set I: 8 sess: Jan 5 – Feb 23; \$50; Set II: 8 sess: Mar 1 – Apr 19; \$50; Set III: 8 sess: Apr 26 – Jun 14; \$50

**Yoga Continuing (Fridays)**

An ongoing Level I/II class for continuing students. Must have completed at least 1 session of yoga to register. Fridays 8:55-10:25 am; Set I: 8 sess: Jan 6 – Feb 24; \$50; Set II: 7 sess: Mar 2 – Apr 20 (no

class Apr 6); \$44; Set III: 8 sess: Apr 27 – Jun 15; \$50

### Yoga Level II/III (Thursdays)

Our most advanced class for experienced students. Must have approval of instructor prior to registration. Thursdays 5:15-6:45 pm; Set I: 8 sess: Jan 5 – Feb 23; \$50; Set II: 8 sess: Mar 1 – Apr 19; \$50; Set III: 8 sess: Apr 26 – Jun 14; \$50

### Vinyasa Flow Yoga

Vinyasa yoga is often called flow yoga because of the smooth way that poses are combined together in synchronization with the breath. Enjoy this new Friday evening Vinyasa yoga class, taught by yoga instructor & local naturopathic physician Dr. Jeannie Doig. Each session also includes 20



minutes of meditation & healthy nutrition tips for a complete wellness session. Experienced and beginner yoga students are welcome. Set I: 8 sess: Fri Jan 27 – Mar 16 (no class Mar 11); 5:30-7

pm; \$78; Set II: 8 sess: Fri Apr 20 – Jun 8; 5:30-7 pm; \$78; Dr. Jeannie Doig

### Gentle Flow Yoga

A gentle approach to traditional Vinyasa (flow) yoga. We will be working with Sun Salutations, standing and seated postures, through a flowing sequence, so students must be comfortable getting up and down from standing to a seated position on the floor. All levels of Yoga experience are welcome to attend this class. Set I: 8 sess: Wed Jan 25 – Mar 14; 7:08 pm; \$50; Set II: 8 sess: Wed Mar 21 – May 9; 7 – 8 pm; \$50; Shandora Page

### Yin Yoga **NEW!**

Yin yoga works on encouraging the safe and slow opening of the deeper tissues of the body, especially in the hips and lower back area, resulting in a feeling of lightness and relaxation. Fewer yoga postures are used and are held for much longer. A perfect complement to your more active yoga

practice! Beginning students are welcome. Set I: 8 sess: Mon Jan 23 – Mar 12; 7-8:15 pm; \$60; Set II: 8 sess: Mon Apr 2 – Jun 4 (no class Apr 9 & May 21); 7-8:15 pm; \$60; Karli Van Vliet

### Over 50's Yoga

This class is designed to be suitable for all levels of yoga experience with an emphasis on restorative yoga postures to promote relaxation and pain relief. Postures will be modified, as necessary, to fit all needs and abilities. Chairs and props will be provided to give ease to all postures offered. Set I: 8 sess: Wed Jan 25 – Mar 14; 3:30-4:30 pm; \$32; Set II: 8 sess: Wed Mar 21 – May 9; 3:30-4:30 pm; \$32; Shandora Page

### Over 50's Weight Training Program

As we age and start to lose muscle and bone mass, strength training becomes more important. Join Scott in the Fitness Room at the Pool for this twice a week introductory course especially designed for adults over 50. Learn proper form and body position for safe, effective strength training utilizing a variety of equipment. After your class, you can also use the pool, whirlpool and sauna to complete your workout. Tue & Thur 10:30-11:30 am; Set I: 10 sess: Tue Jan 24 – Feb 23; \$79; Set II: 10 sess: Tue Feb 28 – Thur Mar 29; \$79; Scott Beckett

### Beginners & Improvers Boot Camps

Now offering even more choices of times! Join Scott for these great circuit style Boot Camp workouts using a variety of exercise balls, bosus, resistance tubing, weights, steps and your own body weight in an amazingly effective whole body workout that develops core strength, a balanced system and stronger, leaner, more flexible muscles. Scott Beckett



**Boot Camp - Morning** (Echo) Tues and Thur; 9-10 am Set I - 12 sess: Jan 10 – Feb

16; \$64; Set II: 12 sess: Feb 21 – Mar 29; \$64; Set III: 12 sess: Apr 3 – May 10; \$64

**Boot Camp - Noon\*** (Hilton Centre gym) Wed and Fri 12:15-1:15 pm Set I: 12 sess: Jan 11 – Feb 17; \$64; Set II: 12 sess: Feb 22 – Mar 30; \$64; Set III: 11 sess: Apr 4 – May 11 (no class Apr 6); \$59

**Boot Camp - After Work** (Echo) Mon & Wed 5:15-6:15 pm Set I: 12 sess: Jan 9 – Feb 15; \$64; Set II: 12 sess: Feb 20 – Mar 28; \$64; Set III\_ 11 sess: Apr 2 – May 9 (no class Apr 9); \$59

**Boot Camp - After Work** (Hilton Centre gym) Tue & Thur 5:15-6:15 pm Set I: 12 sess: Jan 10 – Feb 16; \$64; Set II: 12 sess: Feb 21 – Mar 29; \$64; Set III: 12 sess: Apr 3 – May 10; \$64

**Boot Camp - Noon Mondays \*** (Hilton Centre Gym) 12:15-1:15 pm Set I: 9 sess: Jan 9 – Mar 5; \$48; Set II: 8 sess: Mar 12 – May 7 (no class Apr 9); \$43

\*If you need childcare, register your little ones for Boot Camp Playtime (see next)

### Boot Camp Playtime

(for ages 1-5 years) @ Kiwanis Hilton Children's Centre  
Provide your child with an hour of quality playtime in the Discovery Room at Kiwanis Hilton Children's Centre while you

enjoy your Noon Boot Camp Workout! Wed and Fri; 12:15-1:15 pm; Set I: 12 sess: Jan 11 – Feb 17; \$25/ child; Set II: 10 sess: Feb 22 – Mar 30 (no class on Mar 21)

& 23– Spring Break); \$21/child; Set III: 11 sess: Apr 4 – May 11 (no class Apr 6); \$24/child; Mon; 12:15–1:15 pm; Set I: 9 sess: Jan 9 – Mar 5; \$19/child; Set II: 7 sess: Mar 12 – May 7 (no class Mar 19 & Apr 9); \$15/child; Joell Turgeon & Teresa Drew

**Nordic Walking Program - Beginners**

A Nordic walking program aimed specifically at those who are new to Nordic walking and have been sedentary for a long time or have specific chronic health concerns. Offers an individual-



ized approach providing ongoing support and help with specific concerns, body mechanics and walking techniques. Each session includes a warm-up, cool down and a group walk either outdoors on the Bob Dailey running track on nice days or indoors in Glenwood Centre in inclement weather. Participants will be encouraged to walk on their own during the week between sessions and be given information about walking trails and walking routes within the City. 10 sess: Wed Jan 18 – Mar 21; 11:30 am-12:30 pm; \$20 (with your own poles) \$35 (includes loan of poles for duration of program); Ester Haack

**Fit Beginnings**

A twice a week gentle fitness program for those who have been sedentary for a long time. Participants, who may have health concerns such as overweight, diabetes, hypertension or other chronic conditions and who find it difficult to be physically active and fit into other exercise classes, are invited to join. Offers a supportive environment, lots of group support and exercises modified to meet participants' needs. 20 sess: Tues & Thur; Jan 17 – Mar 22; 12:10-1:10 pm; \$40; Ester Haack

**Fit Beginnings Step II**

A continuing twice a week exercise pro-

gram for those who have completed Fit Beginnings or want a little more challenge. Participants will receive support and help in modifying exercises to fit their needs. 20 sess: Tues & Thur; Jan 17 – Mar 22; 1:30-2:30 pm; \$40; Ester Haack

**Chair Fit Exercise Program**

Much of this low impact program will be done sitting in chairs, with some standing and walking around the room. Exercise bands and other props will be utilized to improve muscle strength, flexibility and range of motion. Suitable for those with physical limitations or mobility issues. Every Wednesday beginning Jan 11; 1-2 pm; \$30 for a 7 session Punch Card; Ester Haack

**Qigong**

The smooth and balanced flow of qi created by qigong practice shows itself as a joyful, relaxed, optimistic and energized state of mind. This 8 week course for new & continuing students provides a basic foundation and understanding of Qigong practice. Each class opens and closes with a short meditation and includes breath work and visualizations combined with postures and movements that are gentle and easy to learn and that can be practiced by almost anyone. Set I: 8 sess: Mon Jan 23 – Mar 12; 6:30-8 pm; \$60; Set II: 7 sess: Mar 26 – May 14 (no class Apr 9 – Easter Monday); 6:30-8 pm; \$53; Darren Lentz

**Qigong – Continuing**

For those who have completed at least 1 set of beginning Qigong classes and who want an ongoing class to develop and refine their practice. Set I: 8 sess: Wed Jan 25 – Mar 14; 6:30-8 pm; \$60; Set II: 8 sess: Wed Mar 28 – May 16; 6:30-8 pm; \$60; Darren Lentz

**Wellness ...**

**Balancing Hormones**

Improve your well being through the perimenopausal and menopausal years with this informative workshop presented by Naturopathic Physician, Dr. Jeannie Doig. Learn about hor-

mones and their effect on the body, nutritional recommendations for reducing menopausal symptoms, the role of dietary supplements and herbal strategies. Receive the latest information on bio-identical hormone replacement and the importance of exercise and stress reduction. 1 sess: Thu Feb 16; 7-8:30 pm; \$25; Dr. Jeannie Doig

*Dr. Jeannie Doig, HBSc, ND has an Honours Bachelor of Science in Human Biology from the University of Toronto and a graduate degree from the Canadian College of Naturopathic Medicine in Toronto. Dr. Doig practices at the Family Chiropractic Clinic in Port Alberni as well as in Tofino and Ucluelet.*

**Qigong Meditation Workshop**

Balance body, mind and spirit...this workshop will introduce the student to the ancient Taoist practice of Qigong Meditation that has been used to improve health, promote longevity as well as balance the Yin and Yang energies of the body. The student will gain a basic understanding of the practice as well as related theory including basic energetic anatomy as it pertains to the energy practices of traditional Chinese medicine. 1 sess: Tue Feb 28; 6:30-8 pm; \$12; Darren Lentz



**Outdoor ... Sports ...**

**Golf Lessons – For Beginners and Improvers**

*Co-sponsored by Alberni Golf Club.* Learn from the pro. Offers instruction in all aspects of the game – from putting and chipping to the full swing plus rules & etiquette. All equipment is supplied or bring your own. Class size is limited to 6 participants. All classes are held at the Alberni Golf Club. 4 sess: \$45  
 Prog 1 Sun Mar 18 - Apr 8; 2-3 pm  
 Prog 2 Sun Mar 18 - Apr 8; 3:30-4:30 pm  
 Prog 3 Mon Mar 19 - Apr 9; 11 am-12 noon  
 Prog 4 Mon Mar 19 - Apr 9; 5-6 pm  
 Prog 5 Tue Mar 20 - Apr 10; 4-5 pm  
 Prog 6 Tue Mar 20 - Apr 10; 5:30-6:30 pm

**Alberni Inlet Trail**

Enjoy this scenic, fairly strenuous one-way spring hike with elevation changes, that will take you from the far trailhead at China Creek,

back along the east side of the Alberni Inlet, to Ship Creek Road in Port Alberni. Beautiful views of the Inlet and Port Alberni. Van transportation will be provided to the trailhead at China Creek. 1 sess; Sat Apr 21; Meet at Echo Centre at 9 am. Van transportation will be provided. Return to Echo at 4:30 pm; Adults \$10; Youth (10 – 16 years ; \$5

### Dickson/Ash Lakes Canoe Trip

Join us for this popular annual canoe trip! Enjoy a leisurely day exploring the sheltered waters of Dickson and Ash Lake (accessed by a channel and small portage from Dickson Lake). Lots of aquatic plants and beaver activity. Canoes, paddles and lifejackets provided. Beginner canoeists are welcome. The morning will begin with some basic instruction in canoe safety and paddling. 1 sess: Sat May 26; Meet at Echo at 9 am and return at 4 pm; Adults \$15 Youth (10 – 16 years); \$8



[www.portalberni.ca](http://www.portalberni.ca)



### Kayak Programs co-sponsored with Batstar Adventure Tours

#### Kayak Wet Exits

Would you know what to do if you accidentally tipped over in your kayak. Join Batstar Adventure Tours to practice and learn how to safely get out of your tipped over kayak and how to get back in, all in the warmth and safety of Echo Pool. Take this before you head out on the open water. Sat Feb 18; 4-6 pm; \$28 or Sat Apr 14; 4-6 pm; \$28

#### Kayak - Spring Harbour Paddles

Join Batstar Adventure Tours for 3 Sunday morning paddles at Harbour Quay. Enjoy the beautiful vistas and coastline and the interest-

ing marine activity. First time paddlers are welcome. All equipment supplied. 3 sess: Sun Apr 15 – Apr 29; 9-10:30 am; \$55

#### Sea Kayak Toquart Bay

Explore the protected bays, quiet coves and colorful intertidal life of the Stopper Islands. Includes van transportation to and from Port Alberni to Toquart Bay, a guide for the day and all gear. Beginner paddlers welcome. 1 sess: Sat Apr 28; Meet in front of Echo at 6:50

am, back at 5 pm; \$99

#### Sea Kayaking on the West Coast

Join Blake from Batstar Adventure Tours and learn about some of the most beautiful and accessible spots for day and multi-day kayaking on our beautiful west coast. View marine charts and enjoy photos and videos from these locations. Learn about tides, surf considerations, planning for the weather, accessibility of campsites and other safety considerations for different areas. Gear and equipment will also be discussed. A great introduction for those new to day or multi-day kayaking. Door Prize – 1 free registration in our Spring Harbour Paddle course. 1 sess: Wed Feb 22; 7-9 pm; \$14; Blake Johnson

### General Interest ...

#### Pension Information Workshop – Presented by Service Canada

Laurie Bruce from Service Canada will lead this 2 hour workshop on Canada Pension and Old Age Security. Topics covered will include: benefits under CPP; options for taking CPP early/late, disability and survivor benefits, credit splitting, type of OAS benefits (full/partial) OAS claw-back, low income supports (GIS, allowance, allowance for the survivor), voluntary/involuntary separation, beneficiary rights and responsibilities and more! There will also be time for questions. Thur Mar 15; 7-9 pm; Echo Centre; \$5

#### Energy Conservation – Learn How You Can Save Electricity and Money!

Thur Feb 23; 11:30-2:30 pm; Echo Centre Lobby . Drop by the lobby of Echo Centre to check out the display and interactive activities from the BC Hydro Community Outreach Team. They will be visiting Port Alberni to encourage energy conservation and show how simple it is to save electricity and money. For instance, did you know that adding a dry towel to a wet load of laundry will help to reduce drying time by up to 50%? Join BC Hydro for more tips and fun interactive activities to learn more about how to be smart with your power! This is a free event and open to the public.

