

Oaklands Community Centre

Fall
Program Guide
2021

#1-2827 Belmont Ave
Victoria, BC V8R 4B2

250-370-9101
<https://oaklands.life/>



Registration

- We plan our programs far in advance and changing may occur (date, time, or location change). Please keep up to date with our Recreation calendar for any changes.
- Registration is first come, first served basis and payment is required at time of registration
- We require a minimum number of participants to run programs, we will email registrants two days prior to class start and offer full refund or house credit if the program does not get enough participants
- To register for a program please visit: oca.recdesk.com/Community/Program

Refunds for Recreation Programs only

- If after the first class you decide a program is not right for you, we are happy to issue a pro-rated refund. This request must be made prior to the second class.
- A full refund will only be issued if withdraw is made three business days before the program start date.

*Please read our COVID Safety plan before your first class:
<https://oaklands.life/covid-19-safety-plan>

Licensed Child Care

Little Acorn Care Centre – (2.5–5 yrs)

Entrust your little ones to our fully qualified Early Childhood Educators (ECEs). At Little Acorn Care Centre, we offer an emergent/Reggio curriculum within a full day preschool program for children ages 2.5–5 years. We accept subsidies available through the Ministry of Children and Family. For more information contact us at 250-370-9101 ext. 6 or littleacorn@oaklandsca.com

Oaklands Neighbourhood House, 2629 Victor Street

Please contact us for up-to-date fee information.

Childcare Hours: M–F 7:30 am–5:30 pm

Child & Youth – Creative Arts

Cartooning Classes with Gareth Gaudin (8–12 yrs)

Gareth started cartooning when he discovered comic books in 1978. He was five years old. He grew up to not only own a comic book shop but also to draw comic books for a living. Join him for these fun sessions where he'll show his techniques and tricks to creating interesting cartoons, comic strips, and comic books. Creating characters, drawing with ink and ink wash, and telling stories about being a globe-trotting cartoon journeyman.

Gareth is perhaps most well-known for The Perogy Cat and The Monster Sisters, but wouldn't be surprised if you've never heard of him at all. No experience required.

Oaklands Community Centre 6/\$120

Tues Sept 14 – Oct 19 6-7pm

Tues Oct 26 – Nov 30 6-7pm

Child & Youth – Learn for Life

French for Kids (6-11 yrs)

Striking a balance between fun and serious, this program offers rigorous academic objectives while entertaining children with games and diverse activities. Classes are taught in French by an experienced and qualified French language instructor, the program is designed to facilitate participation and confidence in all aspects of the language.

Oaklands Community Centre 6/\$60

Sat Sept 18 – Oct 30 10-11am (no class Oct 9)

Sat Nov 6 – Dec 11 10-11am

French for Teens (12-16 yrs)

Lively, interactive classes for teens who are already familiar with French language. Classes are taught in French by an experienced and qualified French language instructor and material will be provided

Oaklands Community Centre 6/\$60

Sat Sept 18 – Oct 30 11am-12pm (no class Oct 9)

Sat Nov 6 – Dec 11 11am-12pm

Seasons of Change - Puberty Workshop

This is a workshop for moms and daughters that focuses on normalizing puberty through empowering your daughter with knowledge. Throughout the workshop, we will learn about the emotional and physiological changes that occur during this time. This will be a space for communication between mothers and daughters as we help your daughters connect with themselves and their changing bodies in order to navigate the wave of changes as gracefully as possible. Instructor: Stefanie Miska. Topics include, but are not limited to:

- Stress/anxiety • Body image • Menstruation • Physical changes

Sat Sept 25 \$40

Sat Oct 23 \$40

Sat Nov 27 \$40

Child & Youth – Group Programs

Wild About Nature (5–10 yrs)

This outdoor program explores the parks and green spaces in Oaklands and the Greater Victoria area. Join us in the great outdoors to learn about the natural world through active, hands-on activities like hiking, playing nature games, crafts, fort-building, and more! Spending time outside helps kids build confidence and creativity, teaches responsibility, and benefits physical and mental health. Snack included. Please ensure your child is prepared for spending time outdoors by sending them with a raincoat, boots, and umbrella. Program is cancelled for statutory holidays and school closures including early dismissal days.

Oaklands Community Centre 20/\$200

W & F Sept 15 – Nov 26 2:30-5pm

FlipOut Fridays (8–13 yrs)

Baking, crafts, outdoor games, and movie nights are just a few of the activities you can expect for your FlipOut Friday nights. We provide a fun, safe and welcoming environment for youth to participate in their favourite activities and try new ones. For activity schedule, visit <https://oaklands.life/flipout-friday>. No FlipOut on STAT holidays weekends or school breaks. Please note there is a limit number of spots each Friday. We welcome Drop-In, however, to ensure your spot it is best to pre-register

Oaklands Community Centre \$6
F Sept 17 – Dec 3 6:30–9 pm

Child & Youth – Health and Wellness

Outdoor Creative Dance (5-9 yrs)

Join MoonDance Dynamic Arts School for high-energy outdoor rhythm and dance! Jump, shimmy, turn and swing while exploring Jazz, African, Indian and Latin movements. A creative dance kit can be purchased at the first class for \$15. Instructor: MoonDanceArts.

Oaklands Green 6/\$60
Tues Sept 14 – Oct 19 3:30-4:15pm

Outdoor West African Dance (8-12 yrs)

Find your groove during outdoor West African Dance with MoonDance Dynamic Arts School! Dance for joy to the lively percussive rhythms. Instructor: MoonDanceArts.

Oaklands Green 6/\$60
Fri Sept 17 – Oct 22 3:30-4:15pm

Outdoors Yoga for Families (5-8 yrs)

This is a fun opportunity to engage with your children in yoga. Explore and learn poses with imagination through adventure and games. Encouraging self-regulation techniques through breathing, meditation and mindfulness Instructor: Rebecca Hall.

Oaklands Green 6/\$63
Sun Sept 12 – Oct 24 10:15-11am (no class Oct 10)

Outdoor Yoga for Kids (8-12 yrs)

In this beginner class, we explore yoga through movement, stillness and silence in an interactive and engaging way. Self-regulation is introduced through breathing exercises and meditation. Cultivating a strong sense of self and confidence. Instructor: Rebecca Hall.

Oaklands Green 6/\$63
Sun Sept 12 – Oct 24 11:15am-12pm (no class Oct 10)

Physical Literacy (4-6 yrs)

This program will encourage children to develop the fundamental movement skills including running, jumping, throwing, catching, balancing, and kicking required for playing sports and remaining active for life. Through structured and unstructured play, we will provide a safe, fun, and positive environment to gain new skills. As children learn and explore new movements, instructors will adapt activities help each child reach their full potential.

Oaklands Community Centre 6/\$48
Sat Sept 18 – Oct 30 9:45-10:30 (no class Oct 9)
Sat Nov 6 – Dec 11 9:45-10:30

Preschool – Health and Wellness

Tot & Me Dance (1-3 yrs)

Enjoy creative play and dance with your toddler. MoonDance Dynamic Arts School will provide a fun, interactive series of classes in a welcoming atmosphere. Caregiver participation required. A creative dance kit can be purchased at the first class for \$15. During the Sept-Oct session, the class will be held outdoors at Oaklands Green. Instructor: MoonDanceArts.

Oaklands Community Centre 6/\$54
Tues Sept 14 – Oct 19 10:15-10:45am
Tues Nov 2 – Dec 7 10:15-10:45am

Creative Dance (3-5 yrs)

Experience high-energy rhythm and dance with MoonDance Dynamic Arts School! Movements are influenced by Jazz, African, Indian and Latin rhythms. Dancers will also explore percussion, song and role-play while experimenting with their own movements. A creative dance kit can be purchased at the first class for \$15. During the Sept-Oct session, the class will be held outdoors at Oaklands Green. Instructor: MoonDanceArts

Oaklands Community Centre/Oaklands Green Park 6/\$54
Tues Sept 14 – Oct 19 10:45-11:15am
Tues Nov 2 – Dec 7 10:45-11:15am

Physical Literacy (1.5-3 + parent)

This program will encourage children to develop the fundamental movement skills including running, jumping, throwing, catching, balancing, and kicking required for playing sports and remaining active for life. Through structured and unstructured play, we will provide a safe, fun, and positive environment to gain new skills. As children learn and explore new movements, instructors will adapt activities help each child reach their full potential

Oaklands Community Centre 6/\$48
Mon Sept 13 – Oct 25 11-11:45am (no class Sept 27, Oct 11)
Sat Sept 18 – Oct 30 8:45-9:30am (no class Oct 9)
Mon Nov 8 – Dec 13 11-11:45am
Sat Nov 6 – Dec 11 8:45-9:30am

Preschool – Learn for Life

Fun in French for Preschoolers (ages 2-5)

Introduce your child to the French language through stories, songs, and games. The Alliance Francaise de Victoria is pleased to offer introductory French courses for children, taught by an experienced French language instructor. Together, children and parents (or grandparents) will discover and practice French through hands-on activities, games, songs, dance, and stories. Parent/caregiver participation required. 50% discount for siblings.

Oaklands Community Centre 6/\$50
Sat Sept 18 – Oct 30 9-9:45am (no class Oct 9)
Sat Nov 6 – Dec 11 9-9:45am

Tiny Tykes Playgroup

Our playgroup's large toy collection, activity tables, and circle time serve as a stepping stone to prepare your children for preschool and daycare. Coffee, tea and snack provided.

Oaklands Community Centre By Donation
Mon Sept 13 – Dec 6 9:30-11am
Tues Sept 14 – Dec 7 9:30-11am
Thurs Sept 16 – Dec 9 9:30-11am
Fri Sept 17 – Dec 10 9:30-11am

Preschool – Creative Arts

Little Artists

Join us for a sensory exploration into the colourful world of art! This program is an introduction to art techniques, tools, and materials. The focus of this class is to experience creating art together. All supplies included. Please dress in clothes you can get messy in! Parent participation required. Instructor: Corina Fischer.

Wed Sept 15 – Oct 20 9:30-10:30am
Wed Oct 27 – Dec 1 9:30-10:30am

Adult – Learn for Life

French Level A1

This class is for students who are new to French or who have forgotten much of their high school French. Lessons will provide activities using all four bases for learning a second language – speaking, listening, reading and writing. Classes are interactive and students will be speaking French and participating in games, dialogues and group activities. Textbooks Méthode + Cahier Tendances A1 required (electronic version at CLE International or paper version at the start of classes for \$80).

Oaklands Community Centre 12/\$198
Mon Sept 13 – Dec 6 6-7:30pm (no class Oct 11)

French Level A2

This class is for students with some French experience or who have completed level 1. Students will develop new vocabulary, improve their listening and speaking skills, and polish grammar. Classes are interactive with varied activities. Textbooks Méthode + Cahier Tendances A2 required (electronic version at CLE International or paper version at the start of classes for \$80).

Oaklands Community Centre 12/\$198
Mon Sept 13 – Dec 6 7:30-9pm (no class Oct 11)

American Sign Language 101

This course is an introduction to the visual language used by the Deaf community in Canada. Learn the essentials of basic, everyday communication such as exchanging information, identifying and describing people, places, and things within the immediate environment, and asking for clarification. Gain insight into the Deaf community and Deaf culture. Instructor: Sheila Ferguson

Oaklands Community Centre. 8/\$120
Wed Sept 8 – Oct 27 6-7pm

American Sign Language 102

This course is an introduction to the visual language used by the Deaf community in Canada. Learn the essentials of basic, everyday communication such as exchanging information, identifying and describing people, places, and things within the immediate environment, and asking for

clarification. Gain insight into the Deaf community and Deaf culture. This course is for those with some previous knowledge of ASL. Instructor: Sheila Ferguson.

Oaklands Community Centre 8/\$120
Wed Sept 8 – Oct 27 7:15-8:15pm

Community Book Club

Join us on the first Wednesday of each month to meet others virtually who enjoy reading, share ideas, have lively conversations and make new friends. Visit our website at <https://oaklands.life/book-club> for monthly book selection.

ONLINE via ZOOM Free
W Sept 1 6:30–8 pm
W Oct 6 6:30–8 pm
W Nov 3 6:30–8 pm
W Dec 1 6:30–8 pm

Joy of Play! Workshop Series (16yrs +)

Rediscover the joy of play in these fun and collaborative workshops. We will use elements of improv to explore each theme. This is not learning how to improvise but rather using improv as a tool for personal discovery through laughter and play! Register in all three sessions for \$60. Instructor: Brett Macdonald.

- **Active Listening** - Through fun games and exercises we will explore what it means to be an effective listener - a skill that is important in most areas of our lives. Come find out how a spontaneous game called "That's Right, Bob!" can help us be active listeners!

Tues Sept 21 7-8:30pm \$25

- **Be Present** - A fun and playful workshop where we will get out of our heads and into the moment. We will use play to practice being aware of our bodies and impulses, learning to be more aware of what is happening around us in this very moment.

Tues Oct 19 7-8:30pm \$25

- **Embracing Failure** - In this workshop we will embrace and explore failure in a fun environment. We all feel failure in our lives; what is important is how we react to it. Come join us as we play with failure in a joyful and often surprising way!

Tues Nov 16 7-8:30pm \$25

Community Weaving Workshop: Beginner Basketry

This community weaving workshop is meant to be an introduction for people of all skill levels. Facilitator Estraven Lupino-Smith will review plants in the local area that can be used for weaving and ethical harvesting, and encourage the connection between weaving and stewardship. Each session the group will weave a different project and participants will take home what they create. All materials are provided. About the Instructor: Estraven Lupino-Smith is a local artist and researcher. They have several years' experience in community environmental and arts programming and have worked as an artist in residence at schools, museums, and community organizations. They weave with invasive species as a way of embracing and engaging in the varied entanglements with land. For more information check out: <http://estraven.ca/>

Oaklands Neighbourhood House
Wed Sept 22 6-8:30pm \$45
Wed Oct 20 6-8:30pm \$45
Wed Nov 24 6-8:30pm \$45

Adult – Creative Arts

Botanical Watercolour Illustration

Nurture your relationship with nature by creating illustrations that honor the places and creatures that surround us. While exploring basic watercolour techniques we will work from nature reference photos and found objects such as seashells and plants. Learn how to capture what you see by developing skills including: drawing, colour mixing, brushwork, and painting with water. The instructor will send a supply list via e-mail before the first class. Instructor: Abby Sparling.

Oaklands Community Centre 6/\$60
Thurs Sept 16 – Oct 21 6-7pm

Nature Watercolour Exploration

Continue to nurture your relationship with nature by capturing the natural world through watercolors.

While suitable for beginners, this class is designed for graduates of 'Botanical Watercolour Illustration' (or anyone) who wants to deepen their creative practice in a group setting. Expect weekly prompts and lots of opportunity for feedback and knowledge sharing. The instructor will send a supply list via e-mail before the first class. Instructor: Abby Sparling.

Oaklands Community Centre 5/\$50
Thurs Oct 28 – Dec 2 6-7pm (no class Nov 11)

Adult – Health and Wellness

Hatha Yoga Tuesday

A 60-minute class focused on body awareness, safe alignment, and a strong mind-body connection. Designed to cultivate balance, strength, mobility, and joint stability in your body. All levels welcome! Instructor: Lisa Claire Wielinga.

Oaklands Community Centre 5/\$45
Tues Sept 7 – Oct 5 6-7 pm
Tues Oct 12 – Nov 9 6-7 pm
Tues Nov 16 – Dec 14 6-7 pm

Hatha Yoga Thursday

A 60-minute class focused on body awareness, safe alignment, and a strong mind-body connection. Designed to cultivate balance, strength, mobility, and joint stability in your body. All levels welcome! Please bring your own mat. Instructor: Erica Loenen.

Oaklands Community Centre 6/\$54
Thurs Sept 9 – Oct 14 7:15-8:15pm
Thurs Oct 21 – Dec 2 7:15-8:15pm (no class Nov 11)

Room to Breathe Yoga

We will explore a variety of yogic breath techniques (pranayama) accompanied by gentle flowing movement, supporting spaciousness and stability in the core, sound and chanting, and guided meditation. Room to Breathe Yoga supports respiratory wellness (including asthma and allergies), relief of stress and anxiety, balancing the nervous system, freeing the voice, and spinal, pelvic, abdominal, and chest health. Trigger warning: This class does include working with the pelvic floor in support of different breath and core muscle techniques. Suitable for beginners and for those who wish to gently deepen their yoga practice. Please bring a yoga mat, cushion, blanket, tissues or handkerchiefs, a strap or belt, and water bottle. Instructor: Erin Ewing

Oaklands Community Centre 6/\$60
Wed Sept 15 – Oct 20 7:15-8:30pm
Wed Oct 27 – Dec 1 7:15-8:30pm

Gentle Yoga (online and in-person)

Learn the basics of yoga, improve your balance, strengthen your core AND increase your overall body strength! Leave class feeling relaxed and focused. No need to be intimidated, yoga is for everyBODY! This is a fun, multilevel yoga class that's suitable for all ages. Please bring your own yoga mat. Instructor: Tanya Roberts.

Oaklands Community Centre 6/\$54
Online 6/\$42
Wed Sept 15 – Oct 20 9:30-10:45am
Wed Oct 27 – Dec 1 9:30-10:45am

Chair Yoga (online and in-person)

In this gentle class you will have the option of practicing yoga poses in either a chair or using a mat. Chair yoga is ideal for anyone with physical or mobility challenges (diabetes, arthritis, etc.) or anyone wanting a slower-paced yoga practice. Even if you're a regular in yoga class, chair yoga routines are a great way to stretch and flex while working at your desk or during a lunch break. Together we will learn how to use our breath to increase flexibility and strength while decreasing tension and stress. Instructor: Tanya Roberts.

Oaklands Community Centre 5/\$45
Online 5/\$35
Friday Sept 17 – Oct 15 12:45-1:45pm
Friday Oct 29 – Dec 3 12:45-1:45pm (no class Nov 12)

Zumba

Join us for one of the fastest growing Latin dance inspired fitness crazes across the world! People of all ages are falling in love with its infectious music, easy-to-follow dance moves and body-

sculpting benefits. Come dance to the rhythms of Salsa, Merengue, Mambo and other Latin beats. This is a fitness class you will not want to miss! Instructor: Sam Avis

<i>Oaklands Community Centre</i>	6/\$54
Mon Sept 13 – Oct 25	6-7pm (no class Oct 11)
Mon Nov 1 – Dec 6	6-7pm

GROOVE

Experience the fun new workout that everyone is talking about. Groovin' is a revolutionary workout that celebrates everyone's unique way of moving. Break out of the fitness box! The movements are purpose-driven and are designed to build strength, cardio, and endurance. Multi-level class, no experience necessary. Instructor: Kristina Quinn.

<i>Oaklands Community Centre</i>	6/\$54
Thurs Sept 16 – Oct 21	6-7pm
Thurs Oct 28 – Dec 9	6-7pm (no class Nov 11)

Strength & Stretch

Designed for all fitness levels (and safe for older adults). Learn and practice proper exercise techniques to increase muscle strength & endurance, improve posture, and explore balance & coordination.

We finish with stretching to help with flexibility and range of motion around your joints.

Instructor: Susanne Reul-Zastre.

- Fitness level: Participants are recommended to work out at their own fitness level and ability.
- Equipment: Participants will bring their own fitness equipment (mat, dumbbells & band) or opt to use their own bodyweight as resistance.
- Hydration: Participants will bring their own, filled water bottle.

<i>Oaklands Community Centre</i>	6/\$60
Tues Sept 14 – Oct 19	11:30am-12:30pm
Wed Sept 15 – Oct 20	1:15-2:15pm
Tues Oct 26 – Nov 30	11:30am-12:30pm
Wed Nov 3 – Dec 8	1:15-2:15pm

We've Got Your Back!

This class focuses on promoting back health. Be pro-active and safely strengthen muscles surrounding the spine and core to improve posture and increase flexibility. Instructor: Susanne Reul-Zastre.

Fitness level: participants are recommended to work at own fitness level and ability.

Equipment: participants will bring their own mat and filled water bottle.

<i>Oaklands Community Centre</i>	6/\$60
Tues Sept 14 – Oct 19	1:15-2:15pm
Tues Oct 26 – Nov 30	1:15-2:15pm

You and Your Core

Designed for all fitness levels – but without a single sit-up! Instead, explore a wide a range of safe and efficient exercises that address balance and coordination, as well as stabilize joints to strengthen your core. We finish with stretches to improve range of motion around your joints.

Instructor: Susanne Reul-Zastre.

Fitness level: participants are recommended to work at own fitness level and ability.

Equipment: participants will bring their own mat and filled water bottle.

<i>Oaklands Community Centre</i>	6/\$60
Wed Sept 15 – Oct 20	11:30am-12:30pm
Wed Nov 3 – Dec 8	11:30am-12:30pm

Everything But Cardio!

Suited for the beginner and on-going participant. Let's push, pull, lift, bend and rotate muscles and joints together and stretch to improve flexibility. Modifications will be offered for a fun and functional workout! Instructor: Susanne Reul-Zastre.

- Fitness level: Participants are recommended to work out at their own fitness level and ability.
- Equipment: Participants will bring their own equipment (mat, dumbbells & band) or opt to use their own bodyweight as resistance.
- Hydration: Participants will bring their own, filled water bottle.

<i>Oaklands Community Centre</i>	6/\$60
Wed Sept 15 – Oct 20	6-7pm
Wed Nov 3 – Dec 8	6-7pm

Slow Flow Restorative Yoga

Everyday our time and energy are outwardly exerted; to find even five minutes to ourselves can be

challenging. This yoga class gifts us the opportunity to let go and go within. Through gentle movement and silent stillness, we create space to reconnect to our own sense of well-being.

Instructor: Rebecca Hall.

<i>Oaklands Community Centre</i>	6/\$60
Mon Sept 13 – Oct 25	7:15-8:15pm (no class Oct 11)
Mon Nov 1 – Dec 6	7:15-8:15pm

Rejuvenation Yogalates

A Hatha practice blended with Pilates that offers mind, body and spiritual instruction to inspire and rejuvenate. This class will offer a few twists to the classical style. Join in this fresh and fun class to find your flexible body, calm your mind and inspire your spirit. Please bring your own Yoga mats and props if possible. Instructor: Nicole N'Agati.

<i>Oaklands Community Centre</i>	6/\$54
Thurs Sept 16 – Oct 21	6-7pm
Thurs Oct 28 – Dec 2	6-7pm (no class Nov 11)

Mindful Movements Outdoors

This outdoor class offers gentle standing exercises and breathing practices inspired by Yoga, Qigong, Walking Meditation, and more. The intention is to strengthen health and promote well-being. Everyone is welcome! We will practice rain or shine. Instructor: Elke Schluffer

<i>Oaklands Greens</i>	6/\$48
Wed Sept 22 – Oct 27	11am-12pm

Baby Bootcamp

Your Coach will take you through a 45-minute workout which can be modified for any fitness level. With a focus on body weight movements this class will have variety some of which may include a circuit, HIIT, or timed Tabata's. If you need to stop and breastfeed or change a diaper during class, go ahead!. No judgement in these four walls. That's what these classes are for. Get in as much exercise as you can during the 45-minute window. Instructor: Charissa Morgan.

<i>Oaklands Community Centre</i>	4/\$40
Thurs Sept 9 – Sept 30	10-10:45am
Thurs Oct 7 – Oct 28	10-10:45am
Thurs Nov 4 – Dec 2	10-10:45am (no class Nov 11)

Stroller Fit

We take this class on the move, rain or shine; a three wheeled stroller is recommended, workouts will vary with a focus on body weight movements, drills and hill training. All levels welcome, babies start as young as three weeks old but it is dependent on mom and how ready she feels to start. Please get cleared for exercise prior. Instructor: Charissa Morgan.

<i>Oaklands Community Centre</i>	4/\$40
Thurs Sept 9 – Sept 30	11-11:45am
Thurs Oct 7 – Oct 28	11-11:45am
Thurs Nov 4 – Dec 2	11-11:45am (no class Nov 11)

After School Bootcamp

Does your child want to play at the park but you want to get a workout in? Yes? Then this is the class for you. Located at Oakland's Park a Coach will provide Parents with a full body workout, including cardio drills and HIIT training. Enjoy a fun 45-minute workout while your child plays!

Instructor: Charissa Morgan.

<i>Oaklands Park</i>	4/\$40
Wed Sept 8 – Sept 29	3-3:45pm
Wed Oct 6 – Oct 27	3-3:45pm
Wed Nov 3 – Nov 24	3-3:45pm

Outdoor Adult HIIT

A traditional high intensity interval training class with a little extra thrown in the mix. This class meets rain or shine and will get your heart rate up and keep it there for the first part of the class. The second part of the class will focus on hitting the full-body with a wide range of techniques. Prepare to sweat your DNA away, all while still enjoying the process. This class includes a warm-up and a thorough cool-down and stretch. Instructor: Charissa Morgan.

<i>Oaklands Park</i>	4/\$40
Wed Sept 8 – Sept 29	4:15-5:15pm
Wed Oct 6 – Oct 27	4:15-5:15pm
Wed Nov 3 – Nov 24	4:15-5:15pm