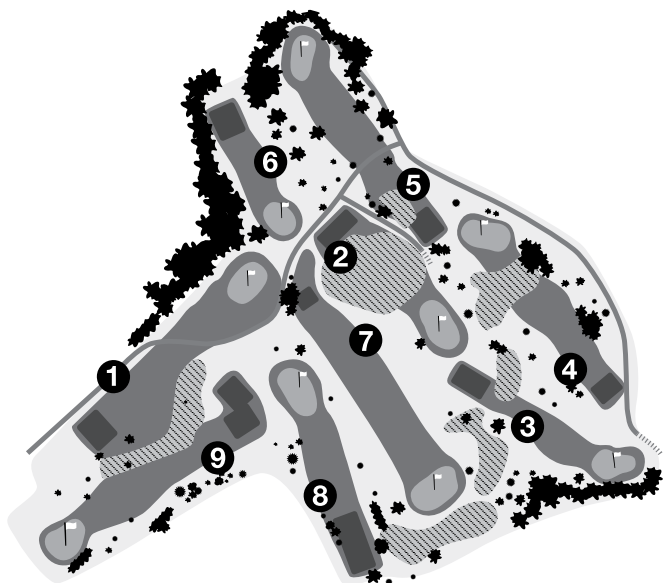


# JUAN DE FUCA GOLF COURSE



## ABOUT THE COURSE

Total length 1136 Yards, pin will vary. Juan De Fuca's Par 3 nine hole course is an excellent course to sharpen your short game skills. The holes range in length from 79 yards to 170 yards. The beautiful fairways and greens are surrounded by seven water hazards providing the accomplished golfer an opportunity to sharpen their skills. If you're a beginner golfer or looking for a place to take the family without the pressure and frustration of a long regulation course this is the place for you. Beginners and families will have fun learning the game in a relaxed and friendly atmosphere. Play is on a first come first served basis with no tee times required.

## RATES

Did you know that we have a **family golf rate?**  
**4 people (2 adults max) anytime for 9 holes.**  
**Bring your 4 to our Par 3 for some great family fun!**

GOLF COURSE FEES (Includes HST)	
	SUMMER 2011 Apr - Sept
Adult/Senior	14.25
Youth (8 – 16 YRS)	9.75
Family Max 4-2 Adults Anytime 9 holes.	38.00
Extra Round	10.00
RENTALS	
Club Rentals	7.25
Pull Cart	4.75

## Ladies Golf Tournament

**June 7 & August 30**

Bring your foursome, twosome or yourself in for a fun 9 hole tournament. A great night of fun, golf, dinner and prizes. All level of players welcome.

### JUAN DE FUCA GOLF COURSE

Shot gun start at 5:30 PM

Tu 5:30-8:00pm	Jun 03	\$45/1	67862
Tu 5:30-8:00pm	Aug 26	\$45/1	67863

Phone the Pro Shop at 250-474-8621 for information or to register.

## Take a Kid to the Course Week

**July 4 - July 10**

**Kids Golf Free**

Together with the National Golf Course Owners Association Juan de Fuca Golf course is sponsoring the "Take a Kid to the Course Week" Throughout the week juniors under the age of 16 are invited to enjoy one free round of golf when accompanied by a paying adult. Parents take this opportunity share your knowledge, have some fun and create life long memories for your child.

## Nine and Dine for 29!

**May through September – Cost is \$29 HST Included**

Where great golf meets fine dining. Back by popular demand. Juan de Fuca's Pro Shop staff and Culinary team are once again joining forces to bring you nine holes of picturesque golf followed by a superb fine dining experience at a reasonable price. This is one experience you want to share with family, friends and co-workers. Each week's unique menu promises to arouse your tastebuds and satisfy your appetite. The fun begins Thursday, May 26 and continues every Thursday until September 15. Tee times will be taken in the Pro Shop and are available beginning at 4:00 pm. Please book early as tee times fill up quickly. The Pro Shop can be reached at 250-474-8621.

Enjoy nine holes, and leave the cooking to us

## Tournament Packages

**Get your event on the right course.**

Whether it's a family reunion, a corporate tournament or a charity fundraiser, our friendly staff will assist you with all the details to ensure a spectacular event that meets your needs. The Kinsmen Fieldhouse provides a fabulous location for banquet facilities and our catering department will add the right flavor to your event.

**9 holes & BBQ Burger Buffet**  
 \$32/person (minimum 36 golfers)

**9 holes & Salmon/Chicken/Steak Buffet**  
 \$35/person (minimum 36 golfers)

**9 holes & Roasted AAA Prime Rib**  
 \$38/person (minimum 36 golfers)

Tournaments may be booked without catering for a minimum of 24 golfers. For availability and details call the Pro Shop at 250-474-8621



1767 Island Highway, Victoria BC  
**PRO SHOP 250-474-8621**

# FIRST AID & Safety

## Emergency First Aid & CPR C

Learn how to recognize and respond to choking, airway, breathing and cardiovascular emergencies for adults, children and babies (CPR C). Course also covers treatment for shock, deadly bleeding, and preventing the transmission of diseases. Certification is valid for three years. Includes Single-Use CPR Face Shield and manual.

INSTRUCTOR: Robert Hamilton

### JDF SENIOR'S ACTIVITY ROOM 202

Sa	9:00-4:30pm	May 14	\$851	66773
Sa	9:00-4:30pm	Jun 11	\$85/1	66774
Sa	9:00-4:30pm	Jul 16	\$85/1	66775
Sa	9:00-4:30pm	Aug 13	\$85/1	66776

## Standard First Aid & CPR C

This comprehensive course covers all the areas of Emergency First Aid and CPR level C, plus injuries due to heat and cold, head and spinal injuries, poisons, sudden medical conditions, bone and joint injuries, and more. Certification is valid for three years. Includes Single-Use CPR Face Shield and manual.

INSTRUCTOR: Robert Hamilton

### JDF SENIOR'S ACTIVITY ROOM 202

Sa/Su	9:00am-4:30pm	May 14-15	\$120/2	66777
Sa/Su	9:00am-4:30pm	Jun 11-12	\$120/2	66778
Sa/Su	9:00am-4:30pm	Jul 16-17	\$120/2	66779
Sa/Su	9:00am-4:30pm	Aug 13-14	\$120/2	66780

## Emergency First Aid Recertification

The Emergency First Aid Recertification is for those who have previously successfully completed their Emergency First Aid certification. Candidates are required to prepare themselves for skill and knowledge assessment as the course is designed to re-test, not re-teach.

INSTRUCTOR: Robert Hamilton

### JDF SENIOR'S ACTIVITY ROOM 202

Sa	9:00am-12:30pm	Jun 25	\$40/1	66786
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## Standard First Aid Recertification

The Standard First Aid Recertification is for those who have previously successfully completed their Standard First Aid certification. Candidates are required to prepare themselves for skill and knowledge assessment as the course is designed to re-test, not re-teach.

INSTRUCTOR: Robert Hamilton

### JDF SENIOR'S ACTIVITY ROOM 202

Sa	9:00am-5:00pm	Jun 25	\$55/1	66782
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## First Aid & CPR for Adult Care Workers

This 9 hour course is designed for individuals caring for or working with adults and/or seniors. Includes choking, CPR, head, neck, back injuries, fractures, burns, bleeding, shock, seizures, scene assessment and primary survey. Written exam required for three year certification.

INSTRUCTOR: Warren Delaney

### JDF SENIOR'S ACTIVITY ROOM 201

Su	8:30am-12:30pm	Jun 05-Jun 12	\$80/2	67144
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### JDF SENIOR'S ACTIVITY ROOM 202

Su	8:30am-5:30pm	Aug 21	\$80/1	67145
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## Safety Awareness & First Aid for Childhood Emergencies

This 9 hour course is designed for individuals working in childcare, and those responsible for the care of small children. Topics include safety & prevention of accidents, First Aid and CPR training for choking and non breathing babies and children. Bleeding, shock, head injuries, fractures and burns are also covered in this program. Written exam required for three year certification.

INSTRUCTOR: Warren Delaney

### JDF SENIOR'S ACTIVITY ROOM 201

Su	8:30am-12:15pm	May 8-15	\$80/2	67053
Sa	8:30am-5:30pm	Jul 16-23	\$80/2	67054

## **NEW** Marine Basic First Aid

This comprehensive course covers all the areas of Emergency First Aid and CPR level C, plus injuries due to heat and cold, head and spinal injuries, poisons, sudden medical conditions, bone and joint injuries, and more. Certification is valid for 3 years. Includes Single-Use CPR Face Shield and manual. Course is recognized by Transport Canada.

INSTRUCTOR: Robert Hamilton

### JDF SENIOR'S ACTIVITY ROOM 202

Sa/Su	9:00am-5:00pm	Jun 18-19	\$140/2	66972
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# SPORTS

## Golf 'Couples Therapy' Highland Pacific

Tired of fighting or listening to your better half trying to improve your golf game? Leave it up to the Professionals at Highland Pacific to smooth out your golfing relationship with 'Couples Therapy' Price includes three 60 minute group lessons, two 9 hole rounds of golf, range balls and an Academy Student Privilege Card.

### HIGHLAND PACIFIC GOLF COURSE

#### Price per couple

F	6:00-7:00pm	May 13-May 27	\$219/3	67580
F	6:00-7:00pm	Jun 03-Jun 17	\$219/3	67581

## Flexible Group Golf Classes Highland Pacific

Are you new to the game? Need flexible class times. Group classes are for you! Classes will cover everything needed to get on the golf course with confidence including putting, chipping, pitching, iron play, driving, etiquette and much more. These classes are offered at different times during the week and on weekends to accommodate different schedules. Purchase a pass and come to the ones that fit into your schedule. Call 250-478-4653 or go to [www.highlandpacificgolf.com](http://www.highlandpacificgolf.com) for class dates and times.

### HIGHLAND PACIFIC GOLF COURSE

5 classes	\$89	67736
10 classes	\$159	67875

## Ladies Only Beginner - Bear Mountain Golf Course

These lessons are for ladies who have little or no experience and will cover the basics of putting, chipping, full swing with irons and woods. You will be taught by Lori Randle, 2006 PGA of BC Teacher for the Year. With Lori's easy to understand teaching style, this is a great way to learn golf in a fun, relaxed atmosphere.

### BEAR MOUNTAIN GOLF COURSE

M/Th	5:30-6:30pm	May 30-Jun 09	\$110/4	67510
M/Th	6:45-7:45pm	May 30-Jun 09	\$110/4	67522
W/F	5:30-6:30pm	Jun 15-Jun 24	\$110/4	67523
W/F	6:45-7:45pm	Jun 15-Jun 24	\$110/4	67524
M/Th	5:30-6:30pm	Jun 27-Jul 07	\$110/4	67525
M/Th	6:45-7:45pm	Jun 27-Jul 07	\$110/4	67526
W/F	5:30-6:30pm	Jul 20-Jul 29	\$110/4	67527
W/F	6:45-7:45pm	Jul 20-Jul 29	\$110/4	67528
M/Th	5:30-6:30pm	Aug 01-Aug 11	\$110/4	67529
M/Th	6:45-7:45pm	Aug 01-Aug 11	\$110/4	67530
M/Th	5:30-6:30pm	Sep 05-Sep 15	\$110/4	67531





## Golf - Adult Group Lesson

### Olympic View

Instructed by a CPGA Professional Randy Barr this class will include putting, chipping, full swing with irons and woods. The classes will be held at Olympic View Golf Course. A great way to spend the evening!

#### OLYMPIC VIEW GOLF COURSE

##### Beginners

M	5:30-6:30pm	May 02-May 23	\$100/4	67906
Tu	5:30-6:30pm	May 03-May 24	\$100/4	67907
W	5:30-6:30pm	May 04-May 25	\$100/4	67908
Th	5:30-6:30pm	May 05-May 26	\$100/4	67909
Sa	10:30-11:30am	May 07-May 28	\$100/4	67910
M	5:30-6:30pm	Jun 06-Jun 27	\$100/4	67911
Tu	5:30-6:30pm	Jun 07-Jun 28	\$100/4	67912
W	5:30-6:30pm	Jun 08-Jun 29	\$100/4	67913
Th	5:30-6:30pm	Jun 09-Jun 30	\$100/4	67914
Sa	10:30-11:30am	Jun 11-Jul 02	\$100/4	67915

##### Intermediate

M	6:40-7:40pm	May 02-May 23	\$100/4	67916
Tu	6:40-7:40pm	May 03-May 24	\$100/4	67917
W	6:40-7:40pm	May 04-May 25	\$100/4	67918
Th	6:40-7:40pm	May 05-May 26	\$100/4	67919
M	6:40-7:40pm	Jun 06-Jun 27	\$100/4	67920
Tu	6:40-7:40pm	Jun 07-Jun 28	\$100/4	67921
W	6:40-7:40pm	Jun 08-Jun 29	\$100/4	67922
Th	6:40-7:40pm	Jun 09-Jun 30	\$100/4	67923

## Tennis Introduction

### Level 1.0-2.0

For people who are new to the game. Introduction to a sport you can play for a lifetime, learn basic skills and rules of the game.

#### JDF TENNIS COURT 3 & 4

M	5:30-7:00pm	May 9-Jun 20	\$84/6	67632
Th	7:00-8:30pm	May 12-Jun 16	\$84/6	67633

## Tennis Learn then Play

### Level 2.0-3.0

A great way to develop skills, hit lots of balls, and meet others. There will be 45 minutes of instruction, tactics and then 45 min. of supervised game play.

#### JDF TENNIS COURT 3 & 4

M	7:00-8:30pm	May 9-Jun 20	\$84/6	67634
Th	5:30-7:00pm	May 12-Jun 16	\$84/6	67635

Not sure what level? Check the South Island Tennis Association self rating guide.  
[www.sitatennis.ca/self\\_rating\\_guide.shtml](http://www.sitatennis.ca/self_rating_guide.shtml)

## Drop in Beach Volleyball

We provide the nets and balls; you provide the sets and spikes.

#### JDF BEACH VOLLEYBALL COURTS

Tu/Th	6:30-8:30pm	May 03-Sep 01	\$6.10/visit
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## GENERAL DROP IN FEES

	SINGLE
Adult (19 – 54 YRS)	\$6.10
Senior (55+ YRS)	\$4.45
Student (13 – 18 YRS)	\$4.45

# ADULT PROGRAMS



## JUAN DE FUCA Social Club

A weekly dance geared to those people with disabilities. Refreshments (soft drinks, juice, cookies and coffee) are on sale each week. If you are a caregiver, we ask that you do not drop off your client at the door and leave them on their own. Music ranges from rock'n'roll to country. Buy a pass for the whole session or drop-in each night.

INSTRUCTORS: Helen, Dan, & Lindsay

JDF 55+ ACTIVITY CENTRE  
MULTI PURPOSE ROOM 101

W 7:00-8:30pm April 20-Jun 22

### Cost for Drop In:

\$2.75 An Evening

### Social Club Pass:

\$20/8 Night Punch Card

## Seniors Golf Lessons

Whether you have been playing for years or starting later in life, this program is designed to help you get the most out of your game. We understand you might have some physical limitations but you want enjoy the game to its fullest. Classes will focus on full swing, short game, and on course management.

#### HIGHLAND PACIFIC GOLF COURSE

W	10:00-11:00am	May 04-May 25	\$99/4	67734
W	10:00-11:00am	Jun 01-Jun 22	\$99/4	67735

## Golf-Ladies Only Intermediate - Bear Mountain Golf Course

These lessons are for ladies who have at least one year experience playing golf. The lessons will cover the putting, chipping/pitching, sand, full swing with irons and woods and will be taught by Lori Randle, 2006 PGA of BC Teacher for the Year. With Lori's easy to understand teaching style, you will be on your way to reaching your goals.

#### BEAR MOUNTAIN GOLF COURSE

W/F	5:30-6:30pm	Jun 01-Jun 10	\$110/4	67532
W/F	6:45-7:45pm	Jun 01-Jun 10	\$110/4	67533
M/Th	5:30-6:30pm	Jun 13-Jun 23	\$110/4	67534
M/Th	6:45-7:45pm	Jun 13-Jun 23	\$110/4	67535
W/F	5:30-6:30pm	Jun 29-Jul 08	\$110/4	67536
W/F	6:45-7:45pm	Jun 29-Jul 08	\$110/4	67537
M/Th	5:30-6:30pm	Jul 18-Jul 28	\$110/4	67538
M/Th	6:45-7:45pm	Jul 18-Jul 28	\$110/4	67539
W/F	5:30-6:30pm	Aug 03-Aug 12	\$110/4	67540
W/F	6:45-7:45pm	Aug 03-Aug 12	\$110/4	67541
M/Th	5:30-6:30pm	Aug 22-Sep 01	\$110/4	67542
W/F	5:30-6:30pm	Aug 24-Sep 02	\$110/4	67543
W/F	5:30-6:30pm	Sep 07-Sep 16	\$110/4	67544
M/Th	5:30-6:30pm	Sep 19-Sep 29	\$110/4	67545

## Golf - Ladies Tournament

Bring your foursome, twosome or yourself in for a fun 9 hole tournament. A great night of fun, golf, dinner and prizes. All level of players welcome.

#### JUAN DE FUCA GOLF COURSE

Tu	5:30-8:00pm	Jun 03	\$45/1	67862
Tu	5:30-8:00pm	Aug 26	\$45/1	67863