



SCHOOL AGE PROGRAMS

PRO 'D' DAYS

3 Fun Filled Days

Sports and Space

and Swimming, Oh My!

6-10 Years

Hit a homerun and explore the mysteries of the solar system in this one-day camp that's sure to fulfill both the energetic athlete and the inquisitive astronomer in you. We'll even find out how sports are related to space travel! We'll jump in the pool in the afternoon, too, so remember to bring your suit!

JDF LOUNGE

M 9:00-4:00pm Sep 20 \$27/1 62538

NEW Global Chef for a Day 7-10 Years

In this special Pro-D Day cooking class participants will learn to create simple Italian, Mexican, Japanese and Indian cuisine. A fun way to introduce your child to new and exciting foods and cooking techniques and safety. Each student will create their own recipe book to take home at the end of the day!

CENTENNIAL CENTRE KITCHEN

F 9:00-12:00pm Oct 22 \$40/1 62669

Super Science

6-10 Years

Join us for a day of colourful chemistry to mysterious microbiology. This fun camp will explore the world of science around us. Watch the magic of science come to life as we build volcanoes, discover the secret of chemical reactions and build our very own inventions. The wonder of science will unfold before our very eyes.

JDF LOUNGE

F 9:00-4:00pm Oct 22 \$27/1 62595

Creative Cats

6-10 Years

We'll get the creative juices flowing today with collaborative and individual projects, including different kinds of art, some creative writing and poetry, and even a bit of drama! You'll go home feeling totally inspired. Bring your swimsuit so we can cool off in the pool at the end of our day!

JDF LOUNGE

F 9:00-4:00pm Nov 26 \$27/1 62596

NEW Hawaiian

Sparkle & Spa

9-12 Years

Are you looking for something relaxing and fun this Pro-D Day? Then join us for a spa-tacular Hawaiian session! Decorate your nails using the latest selection of polish, nail art and gems. Design and create your own bracelet, anklet or toe ring using colourful glass beads and gemstones. We will listen to relaxing Hawaiian spa tunes, while enjoying refreshing fruit and treats.

CENTENNIAL CENTRE YOUTH ROOM

F 9:00-12:00pm Nov 26 \$35/1 62689

ARTS & CRAFTS

NEW Stunning Jewellery

5-8 Years

For a fraction of the price, design one-of-a-kind wearable art that will be the envy of all your friends! Get ready to create necklaces, bracelets, rings and pendant clusters like nothing you've seen before. Medias will include letter, gem, glass and charm beads threaded onto elastic, leather, hemp and wire cords. Price includes a non-refundable materials fee.

INSTRUCTOR: DELIA SMITH

JDF GLLANGCOLME ROOM

Su 10:00-12:00PM Nov 6 \$20/1 62993

Parent & Child Pottery

6+ Years

A fun family activity on a Saturday morning! Parents and children ages 6 years and up will try out hand building, modeling and construction, and throwing on the potter's wheel during this four week course. All finished pieces will be fired to complete the course, and leave you with some great creations.

INSTRUCTOR: Esther Drone

JDF PROGRAM ROOM 160

Sa	11:00-12:30pm	Sep 11-Oct 02	\$112/4	62615
Sa	11:00-12:30pm	Oct 16-Nov 06	\$112/4	62616
Sa	11:00-12:30pm	Nov 13-Dec 04	\$112/4	62617



SCHOOL AGE PROGRAMS



NEW It's a Homemade Holiday!

Home Made presents are the best gift of all. Get your Christmas presents done early and join this Home Made class and create your own picture frame, photo album, candy tree, and more. Bring us your holiday spirit and start creating.

INSTRUCTOR: Michelle McNall

CENTENNIAL CENTRE ARBUTUS ROOM

6 – 8 Years

W 6:30-8:30pm Dec 08 \$25/1 62349

9 – 12 Years

Th 6:30-8:30pm Dec 09 \$25/1 62781

Fun Sew

6-12 Years

A fun, innovative way to learn to sew! Work with ribbing, elastic, seam finishes and more. Choose your own project from eight different garments. Sewing machines are provided, and level 2 patterns are available for those who have previously taken a fun sew class.

INSTRUCTOR: Bonnie Benischek

CLOTH CASTLE

Th 4:00-6:00pm Sep 09-Sep 30 \$77/4 62299

Quillows for Kids

6-12 Years

In only 2 hours you'll create a cool quilt that doubles as a pillow! This fun class is a great way to find out if you are interested in learning to sew. You will have an opportunity to work on both a serger and a sewing machine. Some materials are required so please pick up supply list at registration.

INSTRUCTOR: Bonnie Benischek

CLOTH CASTLE

Th 4:00-6:00pm Oct 21 \$31/1 62302

Th 4:00-6:00pm Dec 09 \$31/1 62303

NEW Cartoonz

7-10 Years

Learn the basics of cartooning! We will learn how to draw all kinds of cartoons, including manga and graphics. Learn about head and body proportion and how to create motion in your cartoons. If you are into drawing and cartooning do miss this class!

JDF SPINNAKER ROOM

Tu 3:30-5:00pm Oct 05-Oct 12 \$24/2 62557

Tu 3:30-5:00pm Nov 23-Nov 30 \$24/2 62560

Creative Crafts and More

7-11 Years

This class will include all sorts of crafts from soaps to paper mache. We will use a variety of media like slime, mod-podge, feathers, beads, stones, glitter and lots of other fun stuff. Each week we will create something great and we will include snacks and active games too.

JDF GLLANGCOLME ROOM

W 4:00-5:30pm Sep 22-Oct 27 \$60/6 62547

W 4:00-5:30pm Nov 03-Dec 08 \$60/6 62548

Bookworks

8-12 Years

This workshop will teach you how to make your very own books. Learn a variety techniques which will transform a regular piece of paper into a book by simply folding and cutting. Everything from accordion books to pop-up books, you will leave this class with your very own hardcover keepsake.

INSTRUCTOR: Jessica Hepting

CENTENNIAL CENTRE SPRUCE ROOM

Th 4:00-6:00pm Oct 14 \$31/1 62306

Evening of Mixed Media

8-12 Years

This introductory class will expose students to a wide variety of media such as charcoal, paint, watercolours, pastels, pen and ink and beyond! Participants will gain experience with a variety of materials while developing basic technical skills.

INSTRUCTOR: Jessica Hepting

CENTENNIAL CENTRE SPRUCE ROOM

Th 6:30-8:30pm Oct 14 \$31/1 62307

NEW Mask Making Workshop

7-10 Years

Whether it's for just for dress-up or a Halloween party, all you need is a little to cover your face and reveal someone new in your place! In this new introductory workshop class you will design and construct beautiful and unique masks using paper-mache, feathers, sequins, wire, embellishments and more.

INSTRUCTOR: Lindsay Kemble

CENTENNIAL CENTRE ARBUTUS ROOM

Sa 12:30-2:30pm Nov 27 \$31/1 62361

NEW Express Yourself

8-11 Years

Come explore your inner muse with a woman who is a Visual Arts graduate, a practicing artist and has a Ph.d in Play! These projects nurture the artist within each child, building their creative confidence. Altered bookmaking, Miracle boards, Angel jars and Stone painting. Price includes a non-refundable materials fee.

INSTRUCTOR: Delia Smith

SENIORS ACTIVITY ROOM 202

W 4:00-6:00PM Sep 8-Sep 29 \$40/4 62994

W 4:00-6:00PM Oct 6-Oct 27 \$40/4 62995

W 4:00-6:00PM Nov 3-Nov 24 \$40/4 62996

SCHOOL AGE PROGRAMS

NEW Sacred Stones *8-11 Years*

Join this magical movement! Paint locally-harvested stones with bright acrylics and cover in meaningful words using paint pens to create precious tokens to be gifted anonymously all over your community to instill mystery and love into our world. Watch the ripples your actions make!! These also work as gifts or used as home and garden decor. Price includes a non-refundable materials fee.

INSTRUCTOR: Delia Smith

JDF GLLANGCOLME ROOM

Sa 10:00-12:00PM Nov 06 \$20/1 62997

NEW Create-a-Book *8-11 Years*

Make a one-of-a-kind art piece by covering the pages of a recycled book with paints, stamps + stickers, glitter, collage materials and your own words! Join the altered bookmaking movement. Wildly fun and easy to create! Gorgeous to read! Wonderful as gifts to loved ones or to display with pride in your home. Price includes a non-refundable materials fee.

INSTRUCTOR: Delia Smith

JDF GLLANGCOLME ROOM

M 4:00-6:00pm Nov 15 \$20/1 62998

NEW Greetings! *8-12 Years*

In this workshop you will create, construct, and decorate your own designer greeting cards. Each week we will be learning new techniques and layouts to create a collection of greeting cards for special occasions. Add your own style to each card using special paper, glitter, ribbon, and other embellishments. Each student will come away with their own unique collection of birthday, thank you, and special occasion greeting cards.

INSTRUCTOR: Amanda Smith

JDF GLLANGCOLME ROOM

Tu 4:30-6:00pm Nov 23-Dec 14 \$40/4 62579

NEW Creating Memories *8-12 Years*

Want to create a unique keepsake to remember those first months of school? Develop a scrapbook of your favorite school-time memories, holidays, or fun weekend memories. Each week we will use different techniques and develop layouts using special paper and embellishments. This class is a great opportunity to organize your photos using your own creative style and to take home a collection of memories to enjoy with your friends and families.

INSTRUCTOR: Amanda Smith

JDF SPINNAKER ROOM

Th 4:30-6:00pm Nov 25-Dec 16 \$40/4 62581



NEW Bejeweled *8-12 Years*

Want to create designer gifts for friends and family? Learn how to create unique jewelry pieces using glass beads, coloured wires, and more. We will teach you many beading techniques including crimping and using more than one wire. Kids will be creating necklaces, bracelets, and earrings. These fabulous creations will be completed with a hand-made gift box created by the students.

INSTRUCTOR: Amanda Smith

JDF GLLANGCOLME ROOM

Sa 1:00-3:00pm Dec 04-Dec 11 \$20/2 62583

Pottery for Youth *8-12 Years*

Fun with mud! Hand building, modeling and construction are introduced during this fun and creative pottery course. Students will experience the challenge of throwing on the potter's wheel. All finished pieces will be fired to complete this well rounded program. Price includes a \$20 non-refundable material fee.

INSTRUCTOR: Esther Drone

JDF PROGRAM ROOM 160

Sa 9:30-11:00am Sep 11-Oct 23 \$125/7 62619
Sa 9:30-11:00am Nov 06-Dec 18 \$125/7 62620

Parent & Child Christmas Pottery *8-12 Years*

Make gifts for Christmas! This course will emphasize hand building technique to create bowls, plates and ornaments. Pieces will be created in the first three classes, students will glaze on the third class and the finished glaze fired pieces will be ready for pickup one week after the course.

INSTRUCTOR: Esther Drone

JDF PROGRAM ROOM 160

Sa 12:30-2:00pm Nov 20-Dec 11 \$112/4 62618

SCHOOL AGE PROGRAMS



NEW **Introductory Kidstruction** *9-12 Years*

A simple and safe way to introduce your child to the creative world of building with hand tools (no power tools). Increase confidence and self-esteem in a fun, non-competitive, encouraging environment. Instructors are licensed tradespeople with safety/first aid training. All tools materials etc. supplied for a take home project.

INSTRUCTOR: Norm McAllister/Mervin Pasay

JDF SENIORS ROOM 101

Sa	2:00-4:00pm	Sep 18-Sep 25	\$48/2	63499
Su	1:00-3:00pm	Oct 17-Oct 24	\$48/2	63500

NEW **Kidstruction 101** *9-12 Years*

The next level of creativity by working with hand tools. Increase your child's problem solving skills and sense of accomplishment when they bring home their next masterpiece. Instructors are licensed tradespeople with first aid/safety training. All materials tools etc. supplied* Prerequisite Kidstruction Introductory

INSTRUCTOR: Norm McAllister/Mervin Pasay

JDF SENIORS ROOM 101

Sa	2:00-4:00pm	Nov 13-20	\$48/2	63501
Su	1:00-3:00	Nov 28-Dec 5	\$48/2	63513

Funky Fashion Camp *9-12 Years*

Unlock your creative power and gain the skills to create your own unique image. In this week long course you will design, illustrate, draft and drape patterns, construct, and finally show your original pieces in a fashion show directed by you! Receive a 20% discount card from Gala Fabrics. Supplies except fabric included.

CENTENNIAL CENTRE SPRUCE ROOM

T-Th	9:00-12:00pm	Dec 28-Dec 30	\$89/3	62671
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COOKING

NEW **Cookies for Christmas** *6-9 Years*

C is for Cookie ... Come and bake with us! We will make a variety of yummy cookies for you to take home and share with your friends and family. You will have fun of socializing, baking and of course, eating. We'll wrap up your assortment of cookies in a nice gift bag to take home to share with your friends and family over the holiday season. Recipe book and supplies included.

INSTRUCTOR: Amanda Smith

JDF CLUBHOUSE - LOWER

Sa	12:00-2:00pm	Dec 04	\$27/1	62614
Su	12:00-2:00pm	Dec 12	\$27/1	62640

NEW **Gingerbread House Fun** *6-9 Years*

Christmas isn't complete without one of these sweet little buildings! Simple construction and colourful trims make this a child's favourite.

INSTRUCTOR: Laura Christensen

JDF KIDS COTTAGE

Sa	1:30-3:00pm	Dec 11	\$27/1	62612
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Halloween After School Making Chocolate Workshop *6-10 Years*

Create creepy chocolate treats only a witch, goblin or ghost would dare to eat. We'll experiment with all sorts of ghostly ingredients such as slime, special potions, spider legs, goblin eyes and more! We dare you to join!

CENTENNIAL CENTRE KITCHEN

Th	4:00-5:30pm	Oct 28	\$28/1	62543
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Creative Cooks *7-12 Years*

Attention all junior chefs! Learn new dishes and desserts while learning fundamental skills in the kitchen, math and measurements, organization, reading and direction, important nutritional facts, and kitchen safety. Each student will create their own recipe book to take home on the last day of class.

INSTRUCTOR: Sara Jolivet

CENTENNIAL CENTRE KITCHEN

Sa	1:00-4:00pm	Oct 16-Nov 06	\$66/4	62347
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Christmas Chocolate Making *7-10 Years*

Looking for a sweet gift to give to that special someone. Look no further, we have a course just for you. Working with chocolate requires some skills and knowledge about chocolate that you will acquire in this course. Each participant will take home their share of chocolates, so be sure to bring a container to class.

CENTENNIAL CENTRE SPRUCE ROOM

Tu	9:00-11:30am	Dec 21	\$28/1	62355
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NEW **Around the World Feast** *8-12 Years*

Take a trip around the world. Visit a new country each week and learn how to make dishes and desserts unique to these places. In this class, chefs will develop their cooking skills and get a flavor for culture at the same time. The end of each visit will include tasting our dishes. Each student will take home a collection of recipes from all around the world.

INSTRUCTOR: Amanda Smith

JDF GLLANGCOLME ROOM

Tu	4:30-6:00pm	Oct 05-Oct 26	\$40/4	62582
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NEW **Cooking Up Fun** *8-12 Years*

Learn how fun it is to be in the Kitchen! This program will consist of kitchen safety, basic nutrition information and how to read and follow directions. We will mix it up with a little of this and a scoop of that to create some fun recipes. Put on your chef hat and work your magic.

JDF CLUBHOUSE - LOWER

Sa	2:00-4:00pm	Oct 16-Nov 06	\$48/4	62627
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COMPUTERS & TECHNOLOGY

NEW IPOD *10-12 Years*

Bought or received an IPOD and don't know how to use it? Or thinking of getting or giving one and want to know what the craze is all about? Demonstrate; transferring songs to your IPOD from Internet or CD, sync with your Mac or PC, playback options, transferring podcasts to your IPOD and basic operation.

INSTRUCTOR: DAVE BASSETT

JDF BOARDROOM

W	4:00-5:30pm	Sep 22-Sep 22	\$37/1	62593
W	4:00-5:30pm	Nov 03-Nov 03	\$37/1	62594

DRAMA

Acting Out! *6-10 Years*

Join in the theatrical fun this fall! Actors will explore drama through improv, drama games, skit making, script work & character development while preparing a play to present to family and friends!

INSTRUCTOR: JENNIFER CALLIOUX

JDF GALLEON ROOM

W	5:30-6:30pm	Sep 22-Nov 24	\$75/10	62544
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SketchProv

Drama Workshop *6-14 Years*

All participants will learn all aspects of production including the basics of improvisation, sketch and drama, culminating in a final production. They will study storybuilding, characterization, leadership, support, characterization, dramatic tension, character development, creative collaboration, storyboarding, and team work in each workshop. All skills are transferable to stage, radio, film & television! Register for all 12 weeks or 1 workshop! It's up to you!

INSTRUCTOR: Scott Fidyk

CENTENNIAL CENTRE OAK ROOM

Drama Workshop #1

F	6:00-8:00pm	Sep 17-Oct 08	\$60/4	62628
F	6:00-8:00pm	Sep 17	\$25/1	63025
F	6:00-8:00pm	Sep 24	\$25/1	63026
F	6:00-8:00pm	Oct 01	\$25/1	63027
F	6:00-8:00pm	Oct 08	\$25/1	63028

Improv Workshop #2

F	6:00-8:00pm	Oct 15-Nov 05	\$60/4	62630
F	6:00-8:00pm	Oct 15	\$25/1	63029
F	6:00-8:00pm	Oct 22	\$25/1	63030
F	6:00-8:00pm	Oct 29	\$25/1	63031
F	6:00-8:00pm	Nov 05	\$25/1	63032

Skills Workshop #3

F	6:00-8:00pm	Nov 12-Dec 03	\$60/4	62790
F	6:00-8:00pm	Nov 12	\$25/1	63033
F	6:00-8:00pm	Nov 19	\$25/1	63034
F	6:00-8:00pm	Nov 26	\$25/1	63035
F	6:00-8:00pm	Dec 03	\$25/1	63036

Lights, Camera, Action! *7-12 Years*

Show off your theatrical side in this fun introduction to drama and musical theatre. We'll play drama games, work on some short plays, and learn songs and dances from your favorite new musicals, including Fame, High School Musical, and Hairspray!

INSTRUCTOR: Laura Christensen

CENTENNIAL CENTRE YOUTH ROOM

W	5:30-6:30pm	Sep 15-Oct 27	\$50/7	62221
W	5:30-6:30pm	Nov 03-Dec 15	\$50/7	62222

NEW Theatrical Debut *8-12 Years*

Boost your confidence on stage and have fun with drama. In this introduction to drama, we will play games, create short skits, work on the elements of drama through improv, and look at character and story building. Actors in this workshop will develop a keen understanding of the art of drama and get a taste for having fun on stage.

INSTRUCTOR: AMANDA SMITH

JDF SPINNAKER ROOM

Th	4:30-6:00pm	Oct 07-Oct 28	\$0/4	62580
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NEW Christmas School Musical *10-14 Years*

Actors take part in all aspects of production, from writing storylines, scene work, character building and choreography. All participate in a series of cumulative workshops building toward a Christmas production. The emphasis is on learning, practice, teamwork and fun. We will touch on basics of improvisation, dance and drama and incorporate characterization, leadership, character development and creative collaboration. Please bring notebooks, pens, paper, props, hats, costumes, loose clothing and prepare to move and sing.

INSTRUCTOR: Scott Fidyk - Spilt Milk Comedy Theatre

JDF KIDS COTTAGE

Th	6:00-8:00pm	Sept 16-Nov 30	\$180/12	63521
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NEW Improv Class *8-11 Years*

Explore the world of improvisational theatre through scenes, games, and theatre sports. Work together to create one-time collaborations, with a focus on teamwork, self-confidence, mutual respect, and good clean humor. Great for aspiring actors, creative kids, and anyone interested in exercising their mind and body. No experience necessary, only enthusiasm and a willingness to cut loose and have fun! Please note that improv is often a very active, physical form of theatre, and participants should dress accordingly.

INSTRUCTOR: PJ Music Studio

JDF SSPINNAKER ROOM

Sa	3:00-4:00pm	Oct 23- Nov 6	\$30/3	63522
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SCHOOL AGE PROGRAMS

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DANCE

Hip Hop & Funk

Join a funky dance class filled with the latest popular dance steps and music. A class is for those with little or no dance background. Prepare to learn and laugh a lot!

INSTRUCTOR: Laura Shepherd & Melissa Ross

CENTENNIAL CENTRE OAK ROOM

6-8 YEARS

Sa	2:30-3:15pm	Sep 11-Oct 30	\$53/7	62266
Sa	2:30-3:15pm	Nov 06-Dec 18	\$53/7	62267
Sa	3:15-4:00pm	Sep 11-Oct 30	\$53/7	62271
Sa	3:15-4:00pm	Nov 06-Dec 18	\$53/7	62273

9-12 YEARS

INSTRUCTOR: Melissa Ross

M	5:15-6:00pm	Sep 13-Oct 25	\$45/6	62224
M	5:15-6:00pm	Nov 01-Dec 06	\$45/6	62225

NEW Belles of Broadway *9-12 Years*

Explore your artistic side as we learn steps and choreography to popular musicals and motion pictures such as High School Musical, The Lion King, Alice in Wonderland, Glee and more!

INSTRUCTOR: Laura Shepherd

CENTENNIAL CENTRE OAK ROOM

Sa	4:00-4:45pm	Sep 11-Oct 30	\$53/7	62279
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Just Jazz *9-12 Years*

Dancers of all levels and abilities are welcome to join us in this new jazz class. We will learn isolations, extensions and progressive floor work while building flexibility, strength and technique.

SENIORS MULTIPURPOSE ROOM 101

W	5:00-6:00pm	Sep 15-Oct 20	\$57/6	62633
W	5:00-6:00pm	Oct 27-Dec 01	\$57/6	62634

NEW Street Funk *9-12 Years*

In this new introductory street-style funk class. A fun class for those who want to learn beyond basic hip hop and funk classes.

INSTRUCTOR: Melissa Ross

CENTENNIAL CENTRE OAK ROOM

Sa	4:00- 4:45pm	Nov 06-Dec 11	\$45/6	62227
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SENIORS MULTIPURPOSE ROOM 101

Th	4:00- 4:45pm	Sep 16-Oct 21	\$45/6	62585
Th	4:00- 4:45pm	Oct 28-Dec 09	\$45/6	62588



FIRST AID AND SAFETY

Never Bee Lost *5-7 Years*

A program designed to teach children what to do if they become lost or separated from their parents in a public place. Children learn prevention, safe responses, and will be more prepared for the situation. Participants will engage in basic lessons on personal safety and form a basis upon which they can build as they grow older and take on more independence and responsibility.

INSTRUCTOR: LAURA CHRISTENSEN

JDF SPINNAKER ROOM

Sa	1:00-2:00pm	Oct 02	\$15/1	62604
Sa	1:00-2:00pm	Nov 27	\$15/1	62605

Home Alone *10 Years & UP*

Designed to educate children on staying safe at home alone, this workshop covers home and fire safety, dealing with strangers, snack and meal preparation, emergency procedures and first aid. Please note this course does not certify participants to baby sit other children.

INSTRUCTOR: Michelle McNall

CENTENNIAL CENTRE SPRUCE ROOM

F	4:30-8:30pm	Oct 15	\$31/1	61553
F	4:30-8:30pm	Nov 19	\$31/1	61556
F	4:30-8:30pm	Dec 10	\$31/1	61557

INSTRUCTOR: Lindsay Kemble

JDF KIDS COTTAGE

Sa	9:00-1:00pm	Sep 11	\$31/1	62597
Sa	9:00-1:00pm	Nov 06	\$31/1	62598
Su	9:00-1:00pm	Oct 24	\$31/1	62637
Su	9:00-1:00pm	Dec 05	\$31/1	62639

Stranger Smarts *7-11 Years*

Learn to make safe choices when approached by strangers. Gain the knowledge and confidence to react safely in a variety of situations. Learn skills to understand, recognize and protect your personal safety zone and listen to your personal alarm. Focus on safe situations rather than places. The safety rule: NEVER go anywhere with anyone without asking first. Parents please return to the class for final half hour so students can demonstrate the valuable skills they learned.

INSTRUCTOR: Laura Christensen

JDF SPINNAKER ROOM

Sa	2:00-4:00pm	Oct 02	\$25/1	62606
Sa	2:00-4:00pm	Nov 27	\$25/1	62607

NEW Bullying Behaviour *8-11 Years*

Understand all sides of bullying situations, from what makes someone bully to what you can do if you're being bullied. Explore the important role that bystanders play in bullying, and discuss how every person can learn to use their own power to stop bullying.

INSTRUCTOR: Laura Christensen

JDF SPINNAKER ROOM

Sa	1:00-2:30pm	Sep 25	\$20/1	62610
Sa	1:00-2:30pm	Nov 06	\$20/1	62611

MUSIC

Beginning Violin *6-12 YRS*

Violin is based on a teaching method where students learn to play by ear through listening and imitation. Parent involvement includes attending lessons, helping children practice and listening to recordings at home. Students will establish good instrument and bow holds and basic bow strokes.

INSTRUCTOR: PJ Music Studio

JDF SPINNAKER ROOM

Sa	12:45-1:30pm	Sep 11-Oct 23	\$63/7	62621
Sa	12:45-1:30pm	Nov 06-Dec 18	\$63/7	62622

NEW Celtic Fiddling *6-12 Years*

Learn the basics of Celtic fiddling. This course aims to give students a good foundation in: Bowing techniques, Logical left hand movement, Rudimentary musical theory, Learn how to play first position major scales, Learn to play jigs and reels.

INSTRUCTOR: PJ Music Studio

JDF SPINNAKER ROOM

Sa	1:30-2:15pm	Sep 11-Oct 23	\$63/7	62621
Sa	1:30-2:15pm	Nov 06-Dec 18	\$63/7	62622

NEW Introduction to Classical Guitar *6-12 Years*

A focus on proper right and left hand technique, Rudimentary musical theory, Learn how to play first position major and minor scales, and some RCM Introductory Grade pieces for guitar.

INSTRUCTOR: PJ Music Studio

JDF SPINNAKER ROOM

Sa	2:15-3:00pm	Sep 11-Oct 23	\$63/7	62621
Sa	2:15-3:00pm	Nov 06-Dec 18	\$63/7	62622

Guitar Lessons *9-12 Years*

Guitar instruction in a fun class setting! No prior knowledge or experience necessary. Instruction will cover reading music, tuning methods, basic theories, single string playing and finger strengthening exercises that will give kids the tools to play simple songs from rock to classical.

INSTRUCTOR: PJ MUSIC STUDIO

JDF SPINNAKER ROOM

Tu	5:45-6:45pm	Sep 14-Oct 26	\$63/7	62550
Tu	5:45-6:45pm	Nov 02-Dec 14	\$63/7	62551
Sa	12:00-12:45pm	Sep 11-Oct 23	\$63/7	62625
Sa	12:00-12:45pm	Nov 06-Dec 18	\$63/7	62626

SPECIAL INTEREST

Next Top Pumpkin *6-10 Years*

Do you have what it takes to become the top pumpkin carver? We'll provide the pumpkins and carving equipment, you provide the creativity. Prizes for most creative, scariest and funniest.

CENTENNIAL CENTRE YOUTH ROOM

F	6:00-8:00pm	Oct.29	\$9/1	62359
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Extreme Gingerbread Makeover *6-10 Years*

Join us for an evening of fun and festivity as we design, construct and admire each others gingerbread houses. Supplies included but feel free to bring your own treats.

CENTENNIAL CENTRE YOUTH ROOM

F	6:00-8:30pm	Dec 17	\$30/1	62353
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NEW Christmas Cinema at CC

Join us for some Christmas cheer. We will be showing some Christmas classics and enjoying eggnog, hot chocolate and Christmas treats. 'Tis the season!

CENTENNIAL CENTRE ARBUTUS ROOM

5-7 Years

Th	9:00-11:00am	Dec 23	\$10/1	62670
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8-10 Years

Th	11:30-1:30pm	Dec 23	\$10/1	62358
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NEW Fabulous Fridays *7-11 Years*

Come out and have a fabulous time with us. Swimming, movies, karaoke, music, dance, cooking, crafts or just hangin out together with your friends. Together we will plan the fun! What a great way to start the weekend!

INSTRUCTOR: Emily Rogers

JDF SPINNAKER ROOM

F	3:30-5:30pm	Sep 24	\$17/1	62570
F	3:30-5:30pm	Oct 15	\$17/1	62571
F	3:30-5:30pm	Nov 19	\$17/1	62572
F	3:30-5:30pm	Dec 17	\$17/1	62573

SCHOOL AGE PROGRAMS

SCHOOL AGE PROGRAMS

SPORTS

Rhythmic Gymnastics *6-12 Years*

Join our Rhythmic Gymnastics program, with coaching provided by Victoria Rhythmic Gymnastics. This fun class is designed for beginner to intermediate level rhythmic gymnasts. Develop coordination and poise as you experience the sport, which combines ballet, gymnastics, and a variety of apparatus into one rewarding activity!

INSTRUCTOR: Victoria Rhythmic Gymnastics

SHORELINE MIDDLE SCHOOL

Sa	10:00-11:00am	Sep 11-Oct 30	\$66.50/7	62310
Sa	10:00-11:00am	Nov 06-Dec 18	\$66.50/7	62311
W	5:00-6:00pm	Sep 15-Oct 27	\$66.50/7	62787
W	5:00-6:00pm	Nov 03-Dec 15	\$66.50/7	62788

C.A.S.K Kids Karate *6-12 Years*



Join our growing club of karate kids! At C.A.S.K karate we inspire our students to expand their abilities mentally, physically and emotionally. Students learn traditional wado karate-do from experienced

instructors, including principles of self discipline, self defence, fitness and fun! Instructors are registered with Karate BC, and certified by Wado Karate Canada

JDF GALLEON ROOM

Th	6:00-7:00pm	Sep 09-Sep 30	\$48/4	63523
Th	6:00-7:00pm	Oct 07-Oct 28	\$48/4	63524
Th	6:00-7:00pm	Nov 04-Nov 25	\$36/3	63525
Th	6:00-7:00pm	Dec 02-Dec 16	\$36/3	63526

JDF SENIORS ACTIVITY ROOM 201

Sa	9:30-10:30am	Sep 11-Sep 25	\$36/3	62600
Sa	9:30-10:30am	Oct 02-Oct 16	\$36/3	62601
Sa	9:30-10:30am	Nov 06-Nov 27	\$48/4	62602
Sa	9:30-10:30am	Dec 04-Dec 18	\$36/3	62603



NEW West Shore Shito Ryu *8-15 Years*

Affiliated with Karate BC. The integration of Traditional and Sport Karate offer an environment focused on fun and fitness, providing a platform for confidence building, goal setting, and achievement. Where 20 years of experience, and an energetic attitude, provides a broad range of Martial knowledge imparted in a fun and motivating environment.

RUTH KING SCHOOL GYM

Tu/Th	6:00-7:20pm	Sep 14-Dec 02	\$95/22	62656
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*No Classes November 11 & 25

Aikido for Youth *8+ Years*

Practice a peaceful approach to self-defense. Learn unarmed techniques, aiki-ken, aiki-jo, and disarming techniques in this fun and active class.

INSTRUCTOR: Rafael Oei

JDF SPINNAKER ROOM

W	5:30-6:30pm	Sep 22-Oct 27	\$54/6	62532
W	5:30-6:30pm	Nov 03-Dec 15	\$54/6	62535

Fall Riding Lessons *6-16 Years*

Horseback riding lessons are a great way to develop confidence, balance and coordination. Lear to ride on safe well trained school horses from qualified instructors. Suitable for beginner and intermediate riders. The program includes riding lessons, basic focusing on having fun awhile acquiring an appreciation for these incredible animals. Riding is a great way to get fit in a an enjoyable out door environment.

INSTRUCTOR: Meghan Rawlins – Certified Level 4

CEDAR VISTA STABLES

M	4:30-6:00pm	Sept 20-Oct 25	\$285/6	63527
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Beginner Riding Program *8-12 Years*

Cherry Lane Equine's 6 week program is designed to introduce children to the wonderful and inspirational world of horses, in a safe, fun and fully supported environment. Whether you've never been around a horse before, you've ridden a little but want to learn more, you're looking for a fun fitness alternative, or just testing the water ... our friendly, well trained school horses offer the companionship, beauty and excitement that can only be found in the world of 'HORSE'.

INSTRUCTOR: CHERRY LANE EQUINE

CEDAR VISTA STABLES

W	6:00-7:30pm	Oct 06-Nov 24	\$270/8	62541
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Golf - Junior Golf Lessons *6-16 Years*

The GBC Golf Academy offers group classes for junior golfers who are new to the game. Classes are taught by CPGA professionals and provide a safe and fun leaning environment. These classes offer basic instruction on putting, chipping, the full swing and etiquette.

INSTRUCTOR: Jamie Heffernan

OLYMPIC VIEW GOLF COURSE

M	4:30-5:30pm	Sep 20-Oct 11	\$75/4	62680
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SCHOOL AGE PROGRAMS

Beginner Badminton *8-14 Years*

Learn basic skills including proper grip, basic strokes, serve and really all in a fun and social environment.

SPENCER SCHOOL GYM

Tu 6:00-7:00pm Oct 05-Nov 23 \$64/8 62690

Eli Pasquale Basketball Skills *8-12 Years*

Introduction to the basic skills including dribbling, passing, lay ups, shooting and game play.

JOHN STUBBS MIDDLE SCHOOL GYM

Tu 6:30-7:30pm Sep 28-Nov 02 \$55/6 62145

Floor Hockey *6-12 Years*

Join us for some fast paced exciting fun. Young floor hockey fans can work on there skill, play lots of games, get plenty of exercise and have tons of fun. All equipment provided except helmets and eye protection.

MILLSTREAM SCHOOL GYM

6 – 8 Years

M 6:45-7:30pm Sep 27-Dec 06 \$68/10 61929

9 – 12 Years

M 7:30-8:30pm Sep 27-Dec 06 \$75/10 61930

Games and More *5-12 Years*

Do you miss your favorite games of summer? Here is your chance to play them all year round. Capture the flag, gauntlet, dodge ball, indoor soccer, floor hockey and more. Join us for some fast paced fun.

WISHART SCHOOL GYM

5 – 7 Years

W 6:00-7:00pm Sep 29-Dec 01 \$75/10 61964

8 – 12 Years

W 7:00-8:00pm Sep 29-Dec 01 \$75/10 61965



Soccer - Thrifty's World Cup *6-9 Years*

Join World Cup Soccer staff Coaches for a super introduction to a great game for children. Learn basic skills and team tactics in a fun environment.

Instructor: World Cup Soccer Staff

DAVID CAMERON SCHOOL FIELD 1

W 3:45-4:30pm Sep 08-Oct 27 \$49/8 61937

Sportball *6-9 Years*

Sportball teaches children mentally and physically, helping them develop socially, through a curriculum designed to reinforce self confidence, free of the pressure of competition. In a high-energy, fun filled curriculum, Sportball provides the basic concepts and skills behind seven popular sports: baseball, basketball, golf, hockey, soccer, tennis and volleyball. Programs focus on the development of balance, strength, coordination, stamina and timing.

INSTRUCTOR: Sportball Staff

LAKWOOD SCHOOL GYM

Th 7:00-8:00pm Sep 23-Dec 09 \$140/10 61880

COLWOOD SCHOOL GYM

W 7:00-8:00pm Sep 22-Dec 08 \$168/12 61879

Sportball Soccer *6-9 Years*

Sportball soccer programs are non-competitive; skills based and provide children with the opportunity to learn how to play soccer with the help of experienced coaches. Programs focus on the fundamental skills of soccer: throw-ins, kicking, dribbling and goalie skills. Children are taught to apply soccer skills successfully and confidently in soccer games.

INSTRUCTOR: Sportball Staff

COLWOOD SCHOOL GYM

Tu 7:00-8:00pm Sep 21-Dec 07 \$168/12 61818

Juan de Fuca Inter-Lacrosse



A fun, co-ed, non-contact sport with rules based on Fair Play! Players use Mcwhippet sticks, a soft impact ball (goalies need

to wear protective gear!) A 3 sec. possession rule encourages passing, no walking with the ball, and demands lots of running. This league encourages equal game time. An excellent fun fitness opportunity for experienced/new players! Equipment supplied. For registration call (250) 474-7337 or e-mail jdfinterlacrosse@hotmail.com

THURSDAYS October 7 - November 18

COST: \$25 for the whole season

SPENCER SCHOOL

5-8 YRS 6:30-7:15pm **8-12 YRS** 7:30-8:15pm

NEW KINDER AFTER SCHOOL LICENSED CARE

4 – 5 YEARS

Kinder Afterschool Care program is for children presently enrolled or registering in the new Full Day kindergarten. Designed to compliment the kindergarten day and provide quality care and programming for children aged 4-5 years. Transportation is provided from your child's school back to Juan de Fuca Kids Cottage for an afternoon of healthy snacks, art, crafts, skating, games and more. Sign up for full or part weeks.

Located in the Juan de Fuca Kids Cottage.

September 13, 2010 to June 30, 2011
M – F 3:00-5:30pm \$17/day

BUS PICK UP FROM:
Sangster, Wishart, Colwood, Savory, Ruth King, and Millstream Schools

AFTER SCHOOL LICENSED CARE

6 – 12 YEARS



Join us for our quality licensed out-of-school care for your child. Activities include arts and crafts, sports, cooperative games, field trips, swimming, skating and theme days. Transportation provided from your child's school to West Shore Parks and Recreation Centre. Sign up your child for full or part weeks. Healthy snack and drinks provided.

Located in the Juan de Fuca Galleon room.
Licensed Care registration began on April 7.

September 13, 2010 to June 30, 2011
M – F 3:00-5:30pm \$17/day

BUS PICK UP FROM:
Sangster, Wishart, Colwood, Ruth King, David Cameron, Savory, John Stubbs, Crystal View, Millstream, Lakewood, and Eagle View Elementary

WINTER BREAK, SPRING BREAK & PRO D DAY LICENSED CAMPS 5 – 12 YEARS

Looking for something fun to do over the winter and spring breaks or on Pro-D Days? Join us for jammed-packed days of games, swimming, skating, field trips, science, music, art, cooking, crafts and more. Bring a lunch, snack and dress for the weather of the day.

Camps at both Centennial Centre and Juan de Fuca Recreation Centre

Licensed Care registration began on April 7, but there are still some spots.

A full day of camp

8:00 am – 5:30 pm
\$35/a day

	CENTENNIAL CENTRE YOUTH ROOM			JDF LOUNGE			JDF UPPER CLUBHOUSE					
	Day	Date	Phone	Day	Date	Phone	Day	Date	Phone			
Pro-D Days	M	Sept 20	60857	M	Sept 20	60868	M	Sept 20	60874			
	F	Oct 22	60858	F	Oct 22	60869	F	Oct 22	60875			
	6-12 Years	F	Nov 26	60859	5-7 Years	F	Nov 26	60870	8-12 Years	F	Nov 26	60876
	F	Feb 18	60860	F	Feb 18	60871	F	Feb 18	60877			
	F	Mar 04	60861	F	Mar 04	60872	F	Mar 04	60878			
	F	Apr 15	60862	F	Apr 15	60873	F	Apr 15	60879			
Winter Break	M	Dec 20	60850	M	Dec 20	60807	M	Dec 20	60814			
	Tu	Dec 21	60851	Tu	Dec 21	60808	Tu	Dec 21	60815			
	W	Dec 22	60852	W	Dec 22	60809	W	Dec 22	60816			
	6-12 Years	Th	Dec 23	60853	5-7 Years	Th	Dec 23	60810	8-12 Years	Th	Dec 23	60817
	Tu	Dec 24	60854	Tu	Dec 24	60811	Tu	Dec 24	60818			
	W	Dec 25	60855	W	Dec 25	60812	W	Dec 25	60819			
Th	Dec 26	60856	Th	Dec 26	60813	Th	Dec 26	60820				
Spring Break	M	Mar 21	60845	M	Mar 21	60790	M	Mar 21	60797			
	Tu	Mar 22	60846	Tu	Mar 22	60791	Tu	Mar 22	60798			
	W	Mar 23	60847	W	Mar 23	60792	W	Mar 23	60799			
	6-12 Years	Th	Mar 24	60848	5-7 Years	Th	Mar 24	60793	8-12 Years	Th	Mar 24	60800
	F	Mar 25	60849	Tu	Mar 25	60794	Tu	Mar 25	60806			