

# SUMMER CAMP Preschool 0-5 Years

## WEEKLY THEMES

### July 5 – 9 **Welcome to the Jungle**

Join us as we explore the animal kingdom with games, songs, crafts and activities. It's going to be a jungle of fun.

### July 12 – 16 **Crazy Chemistry**

The world of science comes to life with the secrets of chemical reactions, and crazy and exciting concoctions. Ignite your curiosity as we invent, design, and test a variety of experiments.

### July 19 – 23 **Wild Wild Westshore**

Yee ha all you cowboys and cowgirls. Come on out to the wild wild westshore and kick up your heels for some rooting tooting fun. Saddle up as we wrangle up some summer fun. It will be a good old fashioned time.

### July 26 – 30 **Slip'n and a Splash'n**

Splash splash with us for water filled activities from bubbles to slip n slide. Rain or shine lets have a waterblast.

### August 3 – 6\* **Rockin Reptiles**

Leapin Lizards, slimmie salamanders and dinomite dinosaurs.

### August 9 – 13 **Around the World**

Take off on a race around the world. Taste food from other countries and learn to say "Bonjour, Hola, Guten Tag, Sawadekah, G'day mate." Stamp your passport as you travel to new lands.

### August 16 – 20 **Mystical Madness**

Come join us as we discover the faraway lands of mysteries. You never know what we might discover, wizards, dragons, unicorns and fairies abound. Will we find our happily ever after?

### August 23 – 27 **Galaxy Quest**

Invaders are taking over the galaxy and campers must defend planet earth. Enter the world of intergalactic travel and find space age creatures.

### Aug 30 – Sept 3 **Walk the Plank**

Ahoy maties. Set sail and capture the fun of the high seas, discover secrets on a hidden treasure map, meet the captain of a ghostly ship and become a legendary pirate. Do you have what it takes to Walk the Plank?

\* Short week due to BC Day August 2

## Full Day Camp

### NEW **Kinder Kids Camp**

5 YEARS

An exciting introduction to a full day camping for your five year old. Each week will include arts, crafts, music, games, outdoor adventures, swimming, fieldtrips, and more. This super fun camp offers week after week of excitement and creative ideas corresponding to our weekly themes.

#### JDF PLAYROOM

#### MONDAY-FRIDAY 9:00-3:30pm

Jul 05-Jul 09	\$125/5	59921
Jul 12-Jul 16	\$125/5	59922
Jul 19-Jul 23	\$125/5	59923
Jul 26-Jul 30	\$125/5	59924
Aug 03-Aug 06*	\$100/4	59925
Aug 09-Aug 13	\$125/5	59926
Aug 16-Aug 20	\$125/5	59927
Aug 23-Aug 27	\$125/5	59928
Aug 30-Sep 03	\$125/5	59929

## Half Day Camps

### NEW **Wee Wonder Camp**

2 – 4 YEARS

This camp offers an exciting introduction to camp for your toddler or preschooler. This beginner camp introduces your toddler to arts, crafts, games, music, outdoor adventures and circle time. Activities incorporate our weekly themes. Please note we will require one parent to stay in the classroom each day.

#### JDF KIDS COVE

#### MONDAY-FRIDAY 9:00-11:30 AM

Jul 05-Jul 09	\$95/5	59931
Jul 12-Jul 16	\$95/5	59932
Jul 19-Jul 23	\$95/5	59933
Jul 26-Jul 30	\$95/5	59934
Aug 03-Aug 06*	\$76/4	59935
Aug 09-Aug 13	\$95/5	59936
Aug 16-Aug 20	\$95/5	59937
Aug 23-Aug 27	\$95/5	59938
Aug 30-Sep 03	\$95/5	59939

### NEW **Jr. Funseekers Camp**

3 – 5 YEARS

Join us in our new preschool room at Centennial Centre as we dive into arts and crafts, games, science and outdoor fun at the Spray Park and playground. We will also incorporate creative movement, musical theatre and cooking. A little bit of everything for your preschooler.

INSTRUCTOR: Laura Shepherd

#### CENTENNIAL CENTRE ARBUTUS ROOM

#### MONDAY-FRIDAY 10:00 AM – 1:00 PM

Jul 05-Jul 09	\$105/5	59605
Jul 19-Jul 23	\$105/5	59606
Aug 03-Aug 06*	\$84/4	59607
Aug 16-Aug 20	\$105/5	59608

### EARLY BIRD SPECIAL

Register by June 15<sup>th</sup> and get 25% off, Jr. Funseekers, Funseekers and Green Scene Camps

## One Full Week Crafty Campers

3 – 5 YEARS

Attention all little Picassos. Explore a variety of projects including painting, drawing, crafts, games, stories and more. Your child will receive an equal balance between teacher guided art experience and independent opportunities. Dress to get messy as we create those works of art.

INSTRUCTOR: Paulette Graham

#### JDF KIDS COVE

M-F 1:00-3:00pm	Jul 05-Jul 09	\$75/5	59856
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## Silly Science Camp

3 – 5 YEARS

Discover the world of science in this program filled with crazy concoctions and exciting experiments. Invent, explore and imagine with puzzles and play. Watch science come to life as we build volcanoes, discover chemical reactions and build our very own inventions. The wonder of science will unfold before our very eyes.

INSTRUCTOR: Paulette Graham

#### JDF KIDS COVE

M-F 1:00-3:00pm	Jul 12-Jul 16	\$75/5	59884
M-F 1:00-3:00pm	Aug 09-Aug 13	\$75/5	59885

## Cooking Chaos

3 – 5 YEARS

Come find out what's cooking. The little chefs will share in mixing, measuring, pouring, creating, and eating delicious and nutritious cooking creations. With a cup of games, a tablespoon of songs and don't forget the sprinkle of crafts. We will have tons of fun. New recipes each session.

INSTRUCTOR: Paulette Graham

### JDF KIDS COVE

M-F 1:00-3:00pm Jul 26-Jul 30 \$75/5 59894

M-F 1:00-3:00pm Aug 23-Aug 27 \$75/5 59895

## Introduction to Kindergarten Camp

4 – 5 YEARS

Your child will learn a variety of activities through arts, crafts, drama and music in a fun, safe and inviting environment. This class will enjoy Kindergarten preparedness using the active learning process in a play-based setting to make the transition a more comfortable experience. The instructor holds her Early Childhood Certificate as well as experience teaching at a primary grade school level.

INSTRUCTOR: Paulette Graham

### JDF KIDS COVE

M-F 1:00-3:00pm Jul 19-Jul 23 \$75/5 59892

M-F 1:00-3:00pm Aug 16-Aug 20 \$75/5 59893

## DANCE

### NEW Hip Hop & More Camp

3 – 5 YEARS

NEW. Join Laura as we start off each day with an hour and a half of themed crafts, songs and stories in our new preschool room. We will then incorporate our crafts into our hip hop dancing for the last hour in our dance room. Prepare to learn, laugh and meet new friends

INSTRUCTOR: Laura Shepherd

### CENTENNIAL CENTRE OAK ROOM

M-F 1:30-4:00pm Jul 05-Jul 09 \$85/5 60345

M-F 1:30-4:00pm Aug 16-Aug 20 \$85/5 59810

### NEW Movement & Masterpiece Dance Camp

3 – 5 YEARS

Join us as we explore different styles of dance each day including ballet, tap, jazz, hip hop and creative movement. We will also make our very own masks and wands using beautiful jewels, beads, feathers, sparkles and more. The week will end with a fun performance showcasing our new moves and craft projects.

INSTRUCTOR: Dana Fry

### CENTENNIAL CENTRE OAK ROOM

Tu-F 10:00-12:00pm Aug 03-Aug 06\* \$60/5 59579

M-F 10:00-12:00pm Aug 09-Aug 13 \$75/5 59703



## CAMP INFORMATION

### What to Bring

Bring snacks, a water bottle, a hat, sunscreen, a swim suit and towel, and a change of clothes. Please label all belongings.

### Medical Forms

Please note you need to complete and return a participant medical form for your child BEFORE the first day of camp. Forms are available from our website at [www.westshorerecreation.ca](http://www.westshorerecreation.ca)

### The First Day

You may need to stay for a few minutes on the first day to ensure that your child is signed in and we have the required information from you. Remember to sign IN & OUT of camp each day.

### Hot Dog Day (JdF Only)

Every Friday we offer a BBQ Hot Dog Day for full day camps at Juan de Fuca Recreation Centre. Please Pre-order at reception by Wednesdays at 5 PM each week.

## PRESCHOOL in the Park 3-5 Years

July 5 – August 30

We call 3 to 5 year olds over to a park in your community. One day a week Roving Playground Leaders arrive on site with arts, crafts, games, sports & songs. We have a van load of fun planned for you and all of it's FREE.

Parents must fill out an emergency form for each child participating. Parents participation is required.

10:00-11:00 AM

**Mondays Centennial Park**

150 Helmcken Rd,  
View Royal

July 5, 12, 9, 26 August 9, 16, 23, 30

**Tuesdays Ruth King School**

2764 Jacklin Rd,  
Langford

July 6, 13, 20, 27 August 3, 10, 17, 24

**Wednesdays Wishart School**

3310 Wishart Rd,  
Colwood

July 7, 14, 21, 28 August 4, 11, 18, 25

**Thursdays Twin Flower Park**

1589 Millstream Rd,  
Highlands

July 8, 15, 22, 29 August 5, 12, 19, 26

**Fridays Willway School**

2939 Mt. Wells Drive,  
Langford

July 9, 16, 23, 30 August 6, 13, 20, 27

Program closed stat holidays and may be canceled due to weather.

### STATUTORY HOLIDAYS

\* Tuesday August 3  
NO Day Camp on this day.

# SUMMER CAMP PRESCHOOL

## SPECIALTY CAMPS

### Music Together – Summer Songs II Collection

BIRTH – 5 YEARS



Come join a community of music-makers for six weeks of summer

fun as you learn how to nurture your child's music development. An internationally recognized research-based program for the very young and their families, Music Together classes are mixed-age, for children from birth to five and the grown-ups who love them. The Summer Songs II Collection is a 'best of Music Together' compilation - many songs will be new to you, while one or two may be old friends to returning Music Together families. Come PLAY with music.

Fee of \$95 includes 2 CD's, songbook and parent resource guide for new families. Siblings \$55; siblings 9 months and under at the first class attend free. Music Together Victoria, 250-217-2477  
[www.musictogethervictoria.com](http://www.musictogethervictoria.com)

Music Together Art & Logo Design © 1992-2009

### CENTENNIAL CENTRE SPRUCE ROOM

Tu 9:15-10:00am Jul 13-Aug 17 \$95/6 59447  
Tu 10:15-11:00am Jul 13-Aug 17 \$95/6 59465  
Tu 11:15-12:00pm Jul 13-Aug 17 \$95/6 59466

### Paint, Putter and Playdough

2 – 3 YEARS

Preschoolers enjoy play activities, story time, music and more. Children will develop creative and imaginative skills in an unstructured environment as they paint and glue. Parent duty day required.

INSTRUCTOR: Paulette Graham

JDF Gllangcolme

M 9:00-10:30am Jul 05-Jul 26 \$32/4 59852  
M 9:00-10:30am Aug 09-Aug 30 \$32/4 59853

### NEW Mother Goose on the Loose

2 – 3 YEARS

A fun morning for little ones with group dramatic play, crafts, songs and stories. We will spin a modern twist on our favorite fairy tales and nursery rhyme. Parent duty day required.

INSTRUCTOR: Paulette Graham

JDF GLLANGCOLME

M 10:45-12:15pm Jul 05-Jul 26 \$32/4 59919

### NEW Hoppin' Tots

2 – 3 YEARS

Come on in for a hoppin' good time. Lots of songs, dancing, movement games and stories using our imaginations for some high energy fun.

INSTRUCTOR: Paulette Graham

JDF GLLANGCOLME

M 10:45-12:15pm Aug 09-Aug 30 \$32/4 59920

### Messy Madness

4 – 5 YEARS

Come and get messy with us. Perfect for the messy little ones who like to play with paint, shaving cream, bubble stuff, dirt and tons of other fun things. Crafts, stories and circle time will be included in each class. A Parent Duty Day is required.

INSTRUCTOR: Paulette Graham

JDF GLLANGCOLME

Tu/Th 10:45-12:15pm Jul 06-Jul 15 \$32/4 59876  
W/F 10:45-12:15pm Jul 07-Jul 16 \$32/4 59881

### Dino Digs

2 – 4 YEARS

Introduce your young ones to dinosaurs. Travel back in time to explore one of the most fascinating and biggest animals ever. Little paleontologists will dig up dinosaur information through games, crafts and other activities. A dinomite time for a little Brontosaurus. Parent duty day is required.

INSTRUCTOR: Paulette Graham

JDF KIDS COVE

Tu/Th 9:00-10:30am Jul 06-Jul 15 \$32/4 59874

### NEW Little Critters

2 – 4 YEARS

Discover the wonderful world of nature's creatures in a fun-filled way. You'll be invited to learn about these little critters through play experiences and lots of hands-on exploring through discovery stations, crafts, stories and songs. Parent duty day is required.

INSTRUCTOR: Paulette Graham

JDF GLLANGCOLME ROOM

W/F 9:00-10:30am Jul 07-Jul 16 \$32/4 60886

### Ahoy Maties.

2 – 4 YEARS

Hoist the sail, raise the anchor and get out the map as we set sail for adventure. Dig for buried treasures, make an eye patch and play pirate games with us. A parent duty day is required.

INSTRUCTOR: Paulette Graham

JDF GLLANGCOLME ROOM

Tu/Th 10:45-12:15pm Aug 17-Aug 26 \$32/4 59898



### NEW Dreams and Fairytales

2 – 4 YEARS

Fantasy, dress up, magical fairy dust make-up and fairy craft activities. Charming tea party & treats, age appropriate fairy themed games and fun. Parent duty is required.

INSTRUCTOR: Paulette Graham

JDF GLLANGCOLME

Tu/Th 9:00-10:30am Aug 17-Aug 19 \$32/2 59897

### NEW Summer Chefs in Wonderland

3 – 5 YEARS

Dora and Deigo's favorite trail mix to Rainbow Bright's colourful smoothies. Each day of the camp we will start with a short story to inspire us to bake and cook themed goodies from our story in a safe and fun environment. After we have cooked up a storm, we head back to our preschool room to create a themed page from our cooking adventures, sing songs and time at the park too.

INSTRUCTOR: Laura Shepherd

CENTENNIAL CENTRE ARBUTUS ROOM

M-F 1:30-4:00pm Jul 19-Jul 23 \$95/5 59760

### STATUTORY HOLIDAYS

\* Monday August 2  
NO Day Camp on this day.

## MUSIC

See Music write ups on page 18.

### Get Ready to Rock - Baby Rock

6 Months – 2.5 YEARS

JDF SPINNAKER ROOM

Th 9:30-10:00am Jul 08-Aug 26 \$72/8 59910  
Sa 9:30-10:00am Jul 03-Aug 21 \$72/8 59903

### Get Ready to Rock - Tot Rock

2 – 5 YEARS

JDF SPINNAKER ROOM

Th 10:00-10:30am Jul 08-Aug 26 \$72/8 59910  
Sa 10:00-10:30am Jul 03-Aug 21 \$72/8 59914

### Preschool Piano

2 – 5 YEARS

JDF SPINNAKER ROOM

Th 10:30-11:00am Jul 08-Aug 26 \$96/8 59915  
Sa 10:30-11:00am Jul 03-Aug 21 \$96/8 59916

## SPORTS CAMPS

### Rhythmic Kindergym

Combine dance, ballet, and gymnastics all into one with the use of hand held apparatus such as ribbon, hoop, ball, rope and scarves. Children will learn body movements and coordination through the use of music and hand held apparatus. Each class will involve some basic tumbling as well as some fun games and a chance to learn the basics of this wonderful sport. Participants in this level will also learn a routine to music throughout the week.

INSTRUCTOR: Victoria Rhythmic Gymnastics

SHORELINE MIDDLE SCHOOL

3 – 4 YEARS

M-F 9:00-10:30am Jul 19-Jul 23 \$67.50/5 59408  
T-F 9:00-10:30am Aug 03-Aug 06 \$54/4 59409

4 – 5 YEARS

M-F 9:00-10:30am Jul 19-Jul 23 \$67.50/5 59410  
T-F 9:00-10:30am Aug 03-Aug 06 \$54/4 59411

### Martial Tots

3 – 5 YEARS

This class is designed to provide stranger awareness that includes a variety of Martial arts. Classes are always different giving the opportunity for youn ones to experience the variety of Shotokan+Yoshukai karate, kickboxing, MMA, Boxing and Self Defense. Tots are taught with fun + games that assist with building their confidence while learning the respect of others.

INSTRUCTOR: Keri Scarr

JDF FIELD #1

M 11:00-11:30am Jul 05-Aug 16 \$45/6 59887

### Sportball Camp

3 – 5 YEARS

Join Sportball for a summer camp that your child will never forget. Participate in the skills and games of seven different ball sports including: soccer, hockey, basketball, baseball, volleyball, tennis, and golf. Camps incorporate arts, crafts, music, cooperative games, snack time and theme days.

INSTRUCTOR: Sportball Staff

BEAR MTN DRESSING ROOM 1/FIELD 1

M-F 9:00-12:00pm Jul 05-Jul 09 \$125/5 59321  
M-F 9:00-12:00pm Jul 12-Jul 16 \$125/5 59322  
M-F 9:00-12:00pm Jul 26-Jul 30 \$125/5 59323  
M-F 9:00-12:00pm Aug 16-Aug 20 \$125/5 59324

### Soccer - Thrifty's World Cup Preschool Camp

Join World Cup Soccer staff for a super introduction to a great game for children. A professionally developed program taught by experienced children's coaches. Fee includes World Cup t-shirt.

INSTRUCTOR: World Cup Soccer Staff

JDF DIAMOND 2/FIELD 2

4 – 5 YEARS

M-F 9:30-10:30am Jul 12-Jul 16 \$39/5 59623  
M-F 9:30-10:30am Aug 30-Sep 03 \$39/5 59624

5 – 6 YEARS

M-F 10:30-12:00pm Jul 12-Jul 16 \$59/5 59625  
M-F 10:30-12:00pm Aug 30-Sep 03 \$59/5 59626



### Sportball Soccer Preschool

Sportball soccer programs are noncompetitive; 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. Price includes a ball and a jersey.

INSTRUCTOR: Sportball Staff

JDF DIAMOND 1

2 – 3.5 YEARS

Sa 9:00-9:45am Jul 03-Aug 28 \$132/8 61267  
Tu 5:00-5:45pm Jul 06-Aug 31 \$146/9 59331

4 – 6 YEARS

Sa 9:45-10:45am Jul 03-Aug 28 \$132/8 61268  
Tu 5:45-6:45pm Jul 06-Aug 31 \$146/9 59332

### Soccertron - Soccer Tots

Soccertron's enthusiastic coaches focus on motivating young players by creatively introducing soccer skill development. During each session there are themed skills that the coaches target for development. We ensure that these skills are taught correctly so as to form a foundation for future growth. Each session is packed full of safe, nurturing and enjoyable soccer skill exploration. As always, our staff believes that FUN in the most important part of FUNDamentals.

INSTRUCTOR: Soccertron Staff

JDF FIELD #2

3 – 4 YEARS

M-F 9:45-10:45am Aug 09-Aug 13 \$65/5 59726

4 – 5 YEARS

M-F 11:00-12:00pm Aug 09-Aug 13 \$65/5 59727

# SUMMER CAMPS School Age 6-12 Years

## WEEKLY THEMES

### July 5 – 9 **Welcome to the Jungle**

Join us as we explore the animal kingdom with games, songs, crafts and activities. It's going to be a jungle of fun.

### July 12 – 16 **Crazy Chemistry**

The world of science comes to life with the secrets of chemical reactions, and crazy and exciting concoctions. Ignite your curiosity as we invent, design, and test a variety of experiments.

### July 19 – 23 **Wild Wild Westshore**

Yee ha all you cowboys and cowgirls. Come on out to the wild wild westshore and kick up your heels for some rooting tooting fun. Saddle up as we wrangle up some summer fun. It will be a good old fashioned time.

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### August 3 – 6\* **Rockin Reptiles**

Leapin Lizards, slimmie salamanders and dinomite dinosaurs.

### August 9 – 13 **Around the World**

Take off on a race around the world. Taste food from other countries and learn to say "Bonjour, Hola, Guten Tag, Sawadekah, G'day mate." Stamp your passport as you travel to new lands.

### August 16 – 20 **Mystical Madness**

Come join us as we discover the faraway lands of mysteries. You never know what we might discover, wizards, dragons, unicorns and fairies abound. Will we find our happily ever after?

### August 23 – 27 **Galaxy Quest**

Invaders are taking over the galaxy and campers must defend planet earth. Enter the world of intergalactic travel and find space age creatures.

### Aug 30 – Sept 3 **Walk the Plank**

Ahoy maties. Set sail and capture the fun of the high seas, discover secrets on a hidden treasure map, meet the captain of a ghostly ship and become a legendary pirate. Do you have what it takes to Walk the Plank?

\* Short week due to BC Day August 2

## CAMPS ALL SUMMER

### Cool Capers Day Camp

6 – 8 YEARS - New Ages.

For action, fun and adventure. Join other Cool Capers kids for a week of sports, arts, crafts, games, music, swimming, field trips and more. Quench your thirst for extreme fun this summer.

#### JDF CURLING RINK

##### MONDAY-FRIDAY 9:00 AM – 3:30 PM

Jul 05-Jul 09	\$125/5	60034
Jul 12-Jul 16	\$125/5	60035
Jul 19-Jul 23	\$125/5	60036
Jul 26-Jul 30	\$125/5	60037
Aug 03-Aug 06*	\$100/4	60038
Aug 09-Aug 13	\$125/5	60039
Aug 16-Aug 20	\$125/5	60040
Aug 23-Aug 27	\$125/5	60041
Aug 30-Sep 03	\$125/5	60042

### Jr. Sizzlers Licensed Daycamp

6 – 8 YEARS - New Ages.

Join a fun filled licensed daycare that will wow the younger child. This camp provides a variety of sizzling experiences, including arts, crafts, games, swimming, sports, and awesome outings. Fill your summer days with amusement and excitement. Register for full or partial weeks.

#### JDF KIDS COTTAGE \$35 a day

##### MONDAY-FRIDAY 8:00 AM – 5:00 PM

Jul 05-Jul 09	60093
Jul 12-Jul 16	60094
Jul 19-Jul 23	60095
Jul 26-Jul 30	60096
Aug 03-Aug 06*	60097
Aug 09-Aug 13	60098
Aug 16-Aug 20	60099
Aug 23-Aug 27	60100
Aug 30-Sep 03	60101

### Pre & Post Camp 5-12 YRS

Our PRE and POST camp for *JDF camps only* gives you flexibility to place your child in a variety of camps and have supervision from 8:00 AM until their camp starts or from the end of camp until 5:30 PM. Register in a day here or there or for the whole summer. Activities for each week will follow the weekly camp themes.

#### JDF CURLING RINK Monday-Friday

### Sunraiders Daycamp

9 – 12 YEARS - New Ages.

Adventure and excitement await. Have a blast in an action packed camp full of new and exciting themes. Each week will include arts, crafts, games, sports, swimming, and an outstanding outing. For great times and great friends, join us for a summer full of fun.

#### JDF CURLING RINK

##### MONDAY-FRIDAY 9:00 AM – 3:30 PM

Jul 05-Jul 09	\$125/5	60051
Jul 12-Jul 16	\$125/5	60052
Jul 19-Jul 23	\$125/5	60053
Jul 26-Jul 30	\$125/5	60054
Aug 03-Aug 06*	\$100/4	60055
Aug 09-Aug 13	\$125/5	60056
Aug 16-Aug 20	\$125/5	60057
Aug 23-Aug 27	\$125/5	60058
Aug 30-Sep 03	\$125/5	60059

### Summer Sizzlers Licensed Camp

9 – 12 YEARS - New Ages.

Put some sizzle into your summer. Join our leaders for games, crafts, swimming, sports, beach trips, theme weeks and much more. Sizzlers is a great way to spice up summer vacation, make new friends, and gain new experiences. Register for full or part weeks.

#### JDF GALLEON ROOM \$35 a day

##### MONDAY-FRIDAY 8:00 AM – 5:00 PM

Jul 05-Jul 09	60119
Jul 12-Jul 16	60120
Jul 19-Jul 23	60121
Jul 26-Jul 30	60122
Aug 03-Aug 06*	60123
Aug 09-Aug 13	60124
Aug 16-Aug 20	60125
Aug 23-Aug 27	60126
Aug 30-Sep 03	60127

#### PRE CAMP

8:00-9:00 AM **NEW TIME.**

\$4/day

Jul 05-Jul 09	60129
Jul 12-Jul 16	60130
Jul 19-Jul 23	60131
Jul 26-Jul 30	60132
Aug 03-Aug 06*	60133
Aug 09-Aug 13	60134
Aug 16-Aug 20	60135
Aug 23-Aug 27	60136
Aug 30-Sep 03	60137

#### POST CAMP

3:30-5:30 PM

\$7.50/day

Jul 05-Jul 09	60139
Jul 12-Jul 16	60140
Jul 19-Jul 23	60141
Jul 26-Jul 30	60142
Aug 03-Aug 06*	60143
Aug 09-Aug 13	60144
Aug 16-Aug 20	60145
Aug 23-Aug 27	60146
Aug 30-Sep 03	60147

## SPORTS DAY CAMPS

### Junior Sports Action Camp

6 – 8 YEARS

Our popular sports camps offer young athletes an opportunity to enhance skills and create memories and friendships that last a lifetime. Children can learn to shoot hoops and score plenty of goals while experiencing several different sports in just one week. Spirit, enthusiasm and energy thread their way through everything we do at Camp. Along with many different sport activities, enjoy weekly field trips, swimming, games and more.

#### JDF FIELDHOUSE CHANGE ROOM/FIELD 1

Monday to Friday 9:00-3:30pm

Jul 05-Jul 09	\$150/5	59006
Jul 12-Jul 16	\$150/5	59007
Jul 19-Jul 23	\$150/5	59008
Jul 26-Jul 30	\$150/5	59009
Aug 03-Aug 06*	\$120/4	59010
Aug 09-Aug 13	\$150/5	59011
Aug 16-Aug 20	\$150/5	59012
Aug 23-Aug 27	\$150/5	59013
Aug 30-Sep 03	\$150/5	60049

### Sports Action Camp

9 – 12 YEARS

At Sports Action Camp every camper is a winner. Individual achievement, support of one another, spirit and enthusiasm of giving one's best effort are at the heart of our Sports Action Camp. It is about mixing it up, meeting new challenges and trying new things. Get a taste of several different sports, baseball, basketball, soccer, beach volleyball, tennis, road hockey, lacrosse and more, not to mention a weekly field trip.

#### JDF FIELDHOUSE CHANGE ROOM/FIELD 1

Monday to Friday 9:00-3:30pm

Jul 05-Jul 09	\$150/5	58996
Jul 12-Jul 16	\$150/5	58997
Jul 19-Jul 23	\$150/5	58998
Jul 26-Jul 30	\$150/5	58999
Aug 03-Aug 06*	\$120/4	59000
Aug 09-Aug 13	\$150/5	59001
Aug 16-Aug 20	\$150/5	59002
Aug 23-Aug 27	\$150/5	59003
Aug 30-Sep 03	\$150/5	60048

### STATUTORY HOLIDAYS

\* Monday August 2

NO Day Camp on this day.

## ART CAMPS

### Crafty Kids Camp

8 – 12 YEARS

Is creativity your thing? This full day camp will focus on stretching your imagination. The camp will explore all kinds of arts and crafts as well as outdoor games and activities. The perfect camp for crafty kids.

#### JDF PROGRAM ROOM 160

Monday to Friday 9:00 AM - 3:30 PM

Jul 05-Jul 09	\$155/5	60023
Jul 12-Jul 16	\$155/5	60024
Jul 19-Jul 23	\$155/5	60025
Jul 26-Jul 30	\$155/5	60026
Aug 03-Aug 06*	\$124/4	60028
Aug 09-Aug 13	\$155/5	60029
Aug 16-Aug 20	\$155/5	60030
Aug 23-Aug 27	\$155/5	60031
Aug 30-Sep 03	\$155/5	60032



## CAMP INFO

### What to Bring

Bring snacks, a water bottle, a hat, sunscreen, a swim suit and towel, and a change of clothes. Please label all belongings.

### Medical Forms

Please note you need to complete and return a participant medical form for your child BEFORE the first day of camp. Forms are available from our website at [www.westshorerecreation.ca](http://www.westshorerecreation.ca)

### The First Day

You may need to stay for a few minutes on the first day to ensure that your child is signed in and we have the required information from you. Remember to sign IN & OUT of camp each day.

### Hot Dog Day (JdF Only)

Every Friday we offer a BBQ Hot Dog Day for full day camps at Juan de Fuca Recreation Centre. Please Pre-order at reception by Wednesdays at 5 PM each week.

### EARLY BIRD SPECIAL!

Register by June 15<sup>th</sup> and get 25% off Jr. Funseekers Funseekers & Green Scene Camps

## OFF SITE DAY CAMPS

### Funseekers Licensed Daycamp

6 – 12 YEARS

Join us at Centennial Centre for a fun-filled themed week of sports, creative crafts, science and games. Don't forget activities at Centennial Water Park next store, music and more. Meet new friends, gain new experience and simply have FUN.

#### CENTENNIAL CENTRE YOUTH ROOM

Monday to Friday 9:00 AM-3:30 PM

Jul 05-Jul 09	\$130/5	59731
Jul 12-Jul 16	\$130/5	59732
Jul 19-Jul 23	\$130/5	59733
Jul 26-Jul 30	\$130/5	59734
Aug 03-Aug 06*	\$105/4	59735
Aug 09-Aug 13	\$130/5	59736
Aug 16-Aug 20	\$130/5	59737
Aug 23-Aug 27	\$130/5	59738
Aug 30-Sep 03	\$130/5	59739

### NEW Summer Green Scene Daycamp

Camper's will experience this environmentally focused summer camp in the beautiful outdoors of our Essencia location filled with creeks, bird sanctuary, gardens and local artists. This location is just off the waters edge of Esquimalt lagoon. Camper's will have the chance to engage in fieldtrips, arts and crafts, activities, special guests. Each week has a new eco focused theme all presented in a fun and engaging summer camp format.

ESSENCIA at Esquimalt Lagoon,  
3221 Heatherbill Road

Monday to Friday 9:00 AM – 3:30 PM

6 – 9 YEARS

Jul 05-Jul 09	\$101/5	59746
Jul 12-Jul 16	\$101/5	59747
Jul 19-Jul 23	\$101/5	59748
Jul 26-Jul 30	\$101/5	59749

10 – 12 YEARS

Aug 09-Aug 13	\$101/5	59751
Aug 16-Aug 20	\$101/5	59752

13 – 16 YEARS

Check out Teen Eco Leadership on page 32.

# SUMMER CAMP SCHOOL AGE

## HALF DAY CAMPS

### Action Adventure Camp

6 – 12 YEARS

Get active in the afternoons at this exciting 1/2 day camp. Some of our adventures will include arts, crafts, theme days, swimming, outside activities and much more. Bring your creativity and energy and get ready for tons of fun.

This camp follows our weekly themes.

#### JDF PLAYROOM

M-F	12:00-3:30pm	Jul 05-Jul 09	\$75/5	60061
M-F	12:00-3:30pm	Jul 12-Jul 16	\$75/5	60062
M-F	12:00-3:30pm	Jul 19-Jul 23	\$75/5	60063
M-F	12:00-3:30pm	Jul 26-Jul 30	\$75/5	60064
T-F	12:00-3:30pm	Aug 03-Aug 06	\$60/4	60065
M-F	12:00-3:30pm	Aug 09-Aug 13	\$75/5	60066
M-F	12:00-3:30pm	Aug 16-Aug 20	\$75/5	60067
M-F	12:00-3:30pm	Aug 23-Aug 27	\$75/5	60068
M-F	12:00-3:30pm	Aug 30-Sep 03	\$75/5	60069

## DANCE CAMPS

### NEW Belles of Broadway & Big Screen Days

6 – 9 YEARS

Explore your artistic side as we dance to popular musicals and motion pictures such as High School Musical, The Lion King, Hairspray, Alice in Wonderland and more. Each day we will also spend time crafting beautiful props for our numbers.

INSTRUCTOR: Laura Shepherd

#### CENTENNIAL CENTRE OAK ROOM

M-F	9:00-12:00pm	Jul 12-Jul 16	\$105/5	59576
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### NEW Taste of Dance Camp

7 – 12 YEARS

How about trying a sample of dances? A class designed to introduce young dancers to a variety of dance styles while building their imagination and coordination. Each class we will learn a new style. Hip Hop, Ballet, Jazz, Tap and Broadway will be sampled giving students a good indication of which styles interest them most.

INSTRUCTOR: Dana Fry

#### CENTENNIAL CENTRE OAK ROOM

Tu-F	1:00-4:00pm	Aug 03-Aug 06	\$84/5	59578
M-F	1:00-4:00pm	Aug 09-Aug 13	\$105/5	59704

### Hip Hop & Funk Camp

8 – 12 YEARS

Come join a funky dance camp filled with the latest popular dance steps and music. This class is for those with little or no dance background. Prepare to learn & laugh a lot.

INSTRUCTOR: Laura Shepherd

#### CENTENNIAL CENTRE OAK ROOM

M-F	1:00-4:00pm	Jul 12-Jul 16	\$105/5	59577
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## SPECIALTY CAMPS

### Aspiring Young Artist Camp

In this new introductory day camp, artists will explore all kinds of cool mediums and techniques including printmaking, pastels, watercolours, outdoor sketching and a workshop on book making. Artists will also learn about the 'The Greats' including Warhol, Picasso, Lichtenstein and Van Gogh and create personalized works of art inspired by their styles and surroundings of Essencia, located on the Esquimalt Lagoon.

#### ESSENCIA

6-8 YEARS

M-F	9:00-3:30pm	Jul 26-Jul 30	\$160/5	59906
M-F	9:00-3:30pm	Aug 9-Aug 13	\$160/5	60779

9-12 YEARS

M-F	9:00-3:30pm	Aug 23-27	\$160/5	60780
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### Fairy Princess Camp

6-9 YEARS

Calling all Sleeping Beauties, Tinker Bells, Snow White's, and Cinderella's. Join us in a very special princess and fairy camp, where you will make your own tiara, wand, fairy dust, princess story book and more enchanting activities, and we will have a special fairy princess graduation ceremony.

#### JDF GLLANGCOLME ROOM

Tu-F	12:00-3:30pm	Aug 02-Aug 06	\$80/4	60080
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### Acting Out.

6 – 12 YEARS

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

#### JDF LOUNGE

M-F	9:00-4:00pm	Jul 05-Jul 09	\$160/5	60084
M-F	9:00-4:00pm	Aug 16-Aug 20	\$160/5	60085



### Young Chef on the Run

8 – 12 YEARS

Active Communities - Greater Victoria is proud to offer this low cost program thanks to the sponsorship of Thrifty Foods. This fun and energizing camp features hands-on educational, nutritional snack preparation plus lots of physical activity. Be prepared to move and eat healthy. Participants customize their very own recipe book to take home at the end of the week. Program includes one snack per day.

**\$25 for the whole week.**

#### ECOLE JOHN STUBBS SCHOOL

Tu-F	9:00-12:00pm	Jul 26-Jul 30	59609
Tu-F	1:00-4:00pm	Jul 26-Jul 30	59610

#### CENTENNIAL CENTRE OAK ROOM

M-F	9:00-12:00pm	Aug 30-Sep 03	59611
M-F	1:00-4:00pm	Aug 30-Sep 03	59612



### 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.

INSTRUCTOR: Shannen Kennedy

#### CENTENNIAL CENTRE OAK ROOM

M-F	9:00-12:00pm	Aug 23-Aug 27	\$146/5	59575
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## SCIENCE & COMPUTERS

### Sportball EcoQuest Camp

7 – 12 YEARS

Come and experience the beautiful ecology that surrounds us and get connected to the natural environment. Explore science experiments, co-operative games and plenty of outdoor adventure. This exciting fun-filled camp experience will provide campers with an opportunity to explore local ecosystems and nature down to a microscopic level. Specialized equipment will be used to make scientist out of all participants.

INSTRUCTOR: Sportball

#### JDF UPPER CLUBHOUSE

M-F 9:00-4:00pm Jul 05-Jul 09 \$160/5 60072

#### CENTENNIAL CENTRE ARBUTUS ROOM

M-F 9:00-4:00pm Jul 26-Jul 30 \$160/5 60072

#### JDF SPINNAKER ROOM

M-F 9:00-4:00pm Aug 16-Aug 20 \$160/5 60073

### Science Adventure

Join us and Science Venture for all sorts of science fun from colorful chemistry to mysterious microbiology. This fun filled camp will explore the world of science around us, more super science tricks await.

INSTRUCTOR: Science Venture

#### JDF UPPER CLUBHOUSE

6 – 9 YEARS

M-F 9:00-4:00pm Jul 12-Jul 18 \$200/5 60081

10 – 12 YEARS

M-F 9:00-4:00pm Aug 09-Aug 13 \$200/5 60898



### CompuSplash

8 – 13 YEARS

Calling all Kids. Would you like to learn how to use your computer better? To put projects together using PowerPoint, photos and graphics, surf the Internet and even design basic web pages with animation? 5 time swim pass also included

INSTRUCTOR: Compu Dave

#### JDF BOARDROOM

M-Th 9:00-12:00pm Jul 12-Jul 15 \$119/4 60075

M-Th 9:00-12:00pm Aug 09-Aug 12 \$119/4 60077

### Music on the Internet for Youth

8 – 12 YEARS

What music resources exist on the Internet? Interested in radio channels, sheet music, lyric sheets, burning CD's, what speaker options are right for you? Come find out.

INSTRUCTOR: CompuDave

#### JDF SPINNAKER ROOM

Th 10:45-12:15pm Jul 08 \$35/1 60078

Th 10:45-12:15pm Aug 05 \$35/1 60088

### Claymation Movie Production

9 – 12 YEARS

Make clay characters come to life, like Wallace and Gromit. Build clay characters, sets and props; develop your own script; shoot your movie scenes; and then learn to edit and add sounds and special effects to complete the whole project. Outdoor games and activities. Completed projects are posted on-line and DVDs sent home.

INSTRUCTOR: Byte Camp

#### JDF SPINNAKER ROOM

M-F 9:00-3:00pm Jul 05-Jul 09 \$225/5 60079

## SPORTS

### Rhythmic Gymnastics Camp

6 – 12 YEARS

Join our Rhythmic Gymnastics program, coached 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

M-F 11:00-1:00pm Jul 19-Jul 23 \$78/5 59400

Tu-F 11:00-1:00pm Aug 03-Aug 06 \$62.40/4 59401

## Roving Play Parks. 6-12 Years

July 5 – August 30

Meet us out on the park and help us unload our van full of pure recreation fun. Monday to Friday in July & August West Shore Parks & Recreation is on a different playground each day and ready to play. Active games, music, sports, crafts and slip'n slide all for FREE in the great outdoors. This roving recreation team wants to see you this summer, so rove on over and have yourself some fun. Register at the park. Activities change each week.

To Sign up Parents must fill out an emergency form for each child participating.

For More Information  
Call 250-474-5825

11:00 AM – 3:30 PM

**Mondays Centennial Park**

150 Helmcken Rd,  
View Royal

July 5, 12, 9, 26 August 9, 16, 23, 30

**Tuesdays Ruth King School**

2764 Jacklin Rd,  
Langford

July 6, 13, 20, 27 August 3, 10, 17, 24

**Wednesdays Wishart School**

3310 Wishart Rd,  
Colwood

July 7, 14, 21, 28 August 4, 11, 18, 25

**Thursdays Twin Flower Park**

1589 Millstream Rd,  
Highlands

July 8, 15, 22, 29 August 5, 12, 19, 26

**Fridays Willway School**

2939 Mt. Wells Drive,  
Langford

July 9, 16, 23, 30 August 6, 13, 20, 27

Program closed stat holidays and may be canceled due to weather.

# SUMMER CAMP SCHOOL AGE

## Skimboard Camps

### 6 – 11 YEARS

Join the Zed Skimboard crew this summer and improve your skimboarding skills. Each camp will have skilled, sponsored skimboarders coaching beginner, intermediate, and advanced techniques. Participants get a Zed board to ride during the camp, stickers and wax. Have some fun in the sun and learn to ride with the best.

#### WITTY'S LAGOON

W-F 9:00-11:00am Aug 11-Aug 13 \$139/3 59832

## Eli Pasquale Basketball Camps

The Eli Pasquale Basketball Camps are in their 26th year. We are committed to teaching and developing the skills of basketball properly. Emphasis is on fun, learning, individual development and team play. Games played each day. Every player receives an Eli Pasquale basketball jersey.

#### JDF OUTDOOR BASKETBALL COURTS

### 5 – 9 YEARS

Tu-F 9:00-12:00pm Aug 03-Aug 06 \$90/4 60734

### 8 – 14 YEARS

Tu-F 9:00-3:00pm Aug 03-Aug 06 \$150/4 59617

### 10 – 15 YEARS

Tu-F 9:00-12:00pm Aug 03-Aug 06 \$90/4 60736

#### JOHN STUBBS MIDDLE SCHOOL GYM

### 5 – 9 YEARS

M-F 9:00-12:00pm Jul 12-Jul 16 \$110/5 59613

M-F 9:00-12:00pm Aug 30-Sep 03 \$110/5 59756

### 10 – 15 YEARS

M-F 12:30-3:30pm Jul 12-Jul 16 \$110/5 59614

M-F 12:30-3:30pm Aug 30-Sep 03 \$110/5 59757

## Thrifty's World Cup Soccer Camp

World Cup Soccer is a super introduction to a great game for children. A professional program taught by coaches with professional and national team experience. Each day includes skill development, drills, games and competition. Fee includes World Cup t-shirt.

INSTRUCTOR: Brett Hyslop

#### JDF DIAMOND 1/JDF FIELD 2

### 6 – 8 YEARS

M-F 9:00-12:00pm Jul 12-Jul 16 \$95/5 59741

M-F 9:00-12:00pm Aug 30-Sep 03 \$95/5 59742

### 9 – 12 YEARS

M-F 9:00-12:00pm Jul 12-Jul 16 \$95/5 59743

M-F 9:00-12:00pm Aug 30-Sep 03 \$95/5 59744

## Sportball Soccer

### 6 – 8 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. Cost includes jersey.

INSTRUCTOR: Sportball Staff

#### JDF DIAMOND #1

Tu 6:45-7:45pm Jul 06-Aug 31 \$146/9 59335

Sa 10:00-10:45am Jul 03-Aug 28 \$132/8 61269

## Soccertron - Full Day Camp

### 6 – 13 YEARS

There is no better start to the season than a full week at Soccertron to prepare players for those important preseason practices and tryouts. With lots of hours of instruction, we pack almost a whole season's practice time in one week. Emphasis is on improving individual skills and developing techniques such as creating space, communicating, defending, and attacking as a team. Improvement through fun and exciting skills and drills is balanced with a refreshing dip in the pool each day. This camp has it all.

#### JDF FIELD 2

M-F 9:00-4:00pm Aug 09-Aug 13 \$175/5 59730

## Soccertron - Half Day

### 6 – 13 YEARS

From passionate trained coaches to strong skills development, this camp delivers a quality and fun experience. During each session there Soccertron New Descriptions themed skills that the coaches target for development. All Soccertron coaches are eager to help each young player improve while having fun at the same time.

#### JDF FIELD 2

M-F 9:00-12:00pm Aug 09-Aug 13 \$105/5 59728



## Sportball Camp

### 6 - 8 YEARS

Join the Sportball team for a summer camp experience that your child will never forget. Children participate in the skills and games of seven different ball sports. Sports include: soccer, hockey, basketball, baseball, volleyball, tennis, and golf. Camps also incorporate arts and crafts, music, cooperative games, snack time and theme days.

INSTRUCTOR: Sportball Staff

#### BEAR MT ARENA DRESSING ROOM

##### 1/FIELD 1

M-F 1:00-4:00pm Jul 05-Jul 09 \$125/5 59325

M-F 1:00-4:00pm Jul 12-Jul 16 \$125/5 59326

M-F 1:00-4:00pm Jul 26-Jul 30 \$125/5 59327

M-F 1:00-4:00pm Aug 16-Aug 20 \$125/5 59328

## Tennis Full Day Camp

### 8 – 15 YEARS

The coaches will introduce the game to beginners and challenge those who are more advanced. Participants will be grouped depending on their age and skill level. Cool off with a swim everyday and challenge yourself with a tennis tournament at the end of the week. Please bring water, towel and sunscreen.

#### JDF TENNIS COURTS 3 & 4

M-F 9:00-3:30pm Jul 05-Jul 09 \$225/5 59296

M-F 9:00-3:30pm Jul 19-Jul 23 \$225/5 59297

Tu-F 9:00-3:30pm Aug 03-Aug 06 \$180/4 59298

M-F 9:00-3:30pm Aug 16-Aug 20 \$225/5 59299

M-F 9:00-3:30pm Aug 30-Sep 03 \$225/5 59300

## Tennis Half Day Camp

### 8 – 15 YEARS

A great way to develop skills in a sport you can play for life.. Instruction and games during each day. Participants please bring a racquet, water and sunscreen along to class. All camps are Monday to Thursday, Friday is a rainout day.

#### JDF TENNIS COURTS 3 & 4

### 8 – 11 YEARS

M-Th 9:00-12:00pm Jul 12-Jul 15 \$90/4 59197

M-Th 9:00-12:00pm Jul 26-Jul 29 \$90/4 59198

M-Th 9:00-12:00pm Aug 09-Aug 12 \$90/4 59199

M-Th 9:00-12:00pm Aug 23-Aug 26 \$90/4 59200

### 12 – 15 YEARS

M-Th 1:30-4:30pm Jul 12-Jul 15 \$90/4 59204

M-Th 1:30-4:30pm Jul 26-Jul 29 \$90/4 59205

M-Th 1:30-4:30pm Aug 09-Aug 12 \$90/4 59206

M-Th 1:30-4:30pm Aug 23-Aug 26 \$90/4 59207



## Summer Junior Golf Camp

7 – 16 YEARS

In partnership with the GBC Golf Academy at Olympic View this camp provides instruction in a fun and safe environment. Students are grouped according to age and skill level to ensure a rewarding experience for all children. Golfers get unlimited practice balls during the camp and golf clubs are provided if required. Most classes will be taught by Jamie Heffernan 2007 PGA of BC Junior Promoter of the Year.

INSTRUCTOR: Jamie Heffernan

### OLYMPIC VIEW GOLF COURSE

M-Th	10:00-12:00pm	Jul 05-Jul 08	\$140/4	59450
M-Th	1:00-3:00pm	Jul 05-Jul 08	\$140/4	59451
M-Th	10:00-12:00pm	Jul 12-Jul 15	\$140/4	59452
M-Th	1:00-3:00pm	Jul 12-Jul 15	\$140/4	59453
M-Th	10:00-12:00pm	Jul 19-Jul 22	\$140/4	59454
M-Th	10:00-12:00pm	Jul 26-Jul 29	\$140/4	59455
M-Th	1:00-3:00pm	Jul 26-Jul 29	\$140/4	59456
M-Th	10:00-12:00pm	Aug 02-Aug 05	\$140/4	59457
M-Th	1:00-3:00pm	Aug 02-Aug 05	\$140/4	59458
M-Th	10:00-12:00pm	Aug 09-Aug 12	\$140/4	59459
M-Th	10:00-12:00pm	Aug 16-Aug 19	\$140/4	59460
M-Th	10:00-12:00pm	Aug 23-Aug 26	\$140/4	59461
M-Th	1:00-3:00pm	Aug 23-Aug 26	\$140/4	59463
M-Th	10:00-12:00pm	Aug 30-Sep 02	\$140/4	59462

## Golf - Full Day Camp

7 – 15 YEARS

These camps offer kids a multi dimensional experience in a safe and fun atmosphere. While the primary focus will be on golf, campers will spend time playing different sports. Kids who take part in our camps will be treated as kids first, athletes second and golfers third. Various sporting activities will be used to develop coordination, balance and power. During golf segments, students will learn basic skills in full swing, putting, chipping, rules, etiquette and more. All camps are taught by CPGA Professionals. Daily lunch is included in cost

### BEAR MOUNTAIN GOLF COURSE

M-F	9:00-4:00pm	Jul 05-Jul 09	\$450/5	60730
M-F	9:00-4:00pm	Jul 19-Jul 23	\$450/5	60731
M-F	9:00-4:00pm	Aug 02-Aug 06	\$450/5	60732
M-F	9:00-4:00pm	Aug 16-Aug 20	\$450/5	60733

## Horseback Riding Daycamp

6-16 YEARS

Horse back riding is a great way to develop confidence, balance and coordination. Learn to ride on safe, well trained school horses from qualified instructors. Suitable for beginner and intermediate riders. The camp program at Cedar Vista Stables includes riding lessons, basic horsemanship, stable management, theory and safety. We focus on having fun while educating participants and developing an appreciation for these incredible animals in a positive environment.

INSTRUCTOR: Meghan Rawlins - Certified Level 4

### CEDAR VISTA STABLES

M-F	9:00-12:30pm	Jul 05-Jul 09	\$300/5	60090
M-F	9:00-12:30pm	Aug 09-Aug 13	\$300/5	60091

## SKATING

### Power Skating Plus

6 – 14 YEARS

The professional instruction team will emphasize turns, balance, power, speed and edges. Great training for any skater who wishes to improve skills.

INSTRUCTOR: Dave MacDonald/Annalise Forgiarm

### JDF ARENA

M-F	8:00-8:45am	Jul 05-Jul 09	\$45/5	59761
M-F	8:00-8:45am	Jul 12-Jul 16	\$45/5	59762
M-F	8:00-8:45am	Jul 19-Jul 23	\$45/5	59763
M-F	8:00-8:45am	Jul 26-Jul 30	\$45/5	59764

### PowerWest Athletic Skating

On ice sessions cover stride development, agility, speed, balance, quickness & readiness in all directions through the effectiveness of EDGES. Skating and hockey skills combined, ending with a mini hockey game – the perfect hockey strategy.

### JDF ARENA

7 – 10 YEARS

M/Tu/Th	6:30-7:30pm	Jul 05-Jul 08	\$69/3	59779
M/Tu/Th	6:30-7:30pm	Jul 12-Jul 15	\$69/3	59780

### GOALIES

M/Tu/Th	6:30-7:30pm	Jul 05-Jul 08	\$69/3	60839
M/Tu/Th	6:30-7:30pm	Jul 12-Jul 15	\$69/3	60840

9 – 12 YEARS

M/Tu/Th	7:30-8:30pm	Jul 05-Jul 08	\$69/3	59781
M/Tu/Th	7:30-8:30pm	Jul 12-Jul 15	\$69/3	59782

### GOALIES

M/Tu/Th	7:30-8:30pm	Jul 05-Jul 08	\$69/3	60841
M/Tu/Th	7:30-8:30pm	Jul 12-Jul 15	\$69/3	60842

## Pre-Season Training Camps

All camps include PowerWest hockey jersey.

NOVICE (6 – 8 YEARS)

M-F	11:20-12:30pm	Aug 23-27	\$169/5	59783
M-F	10:00-11:10am	Aug 30-Sep 03	\$169/5	59785

### GOALIES

M-F	11:20-12:30am	Aug 23-27	\$169/5	59787
M-F	10:00-11:10am	Aug 30-Sep 03	\$169/5	59789

ATOM (9 – 10 YEARS)

M-F	11:20-12:40pm	Aug 30-Sep 03	\$189/5	59784
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### GOALIES

M-F	11:20-12:40am	Aug 30-Sep 03	\$189/5	59788
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PEEWEE-BANTAM

ADVANCED (11 – 15 YEARS)

M-F	2:00-3:20pm	Aug 23-27	\$189/5	59786
M-F	12:50-2:10pm	Aug 30-Sep 03	\$189/5	59791

### GOALIES

M-F	2:00-3:20pm	Aug 23-27	\$189/5	59790
M-F	12:50-2:10pm	Aug 30-Sep 03	\$189/5	59792

## Pre-Season 1/2 Day Camps

\*½ day Camps include a 70 minute skating session, 70 minute hockey skills session, a one hour dry land session and continuous great Leadership the entire time at the rink.

9 – 10 YEARS

M-F	10:00-2:00pm	Aug 23-Aug 27	\$399/5	59793
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11 – 12 YEARS

M-F	12:40-4:40pm	Aug 23-Aug 27	\$399/5	59794
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### Looking for Private or Semi-Private Lessons?

PowerWest Athletics offers private and semi-private lessons in skating and hockey skills. Sessions are limited and tailored to fit your needs.

For details E-mail Mena directly at [skatewithmena@telus.net](mailto:skatewithmena@telus.net)

Cool down from the Summer Heat.

PUBLIC SKATING  
July 7 to 30th

Adult & Adult Figure Skating

Wednesdays 7:30-8:50 PM

Everyone Welcome

Fridays 7:30-8:50 PM