

SCHOOL AGE PROGRAMS

Spring

Contact Us

Have a program idea?

Let us know and we can work together.

Eric Yue

School Age Programs at JdF
 eyue@westshorerecreation.ca

Amy Cooper

School Age Programs at CC
 acooper@westshorerecreation.ca

ARTS & CRAFTS

Parent & Child Pottery

6-8 Years

Try hand building, modeling, 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

BEAR MT PROGRAM ROOM 160

Sa 10:00-11:15am May 26-Jun 16 \$95/4 74468

Pottery for Kids

Ages 9-12

Fun with mud! Hand building, modeling and construction will be 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.

INSTRUCTOR: Esther Drone

BEAR MT PROGRAM ROOM 160

M 5:30-6:45pm May 28-Jun 18 \$50/4 74471

Weekend Designer

Workshop

8-12 Years

Are you interested in making your own clothes and accessories? This weekend is all about your own personal style. Our instructor will help you create your own unique look and provide you with skills to get you on your way to designing a new wardrobe. Fun is guaranteed.

INSTRUCTOR: Shannen Kennedy

CENTENNIAL CENTRE YOUTH ROOM

Sa/Su 9:00-12:00pm Jun 02-Jun 03 \$69/2 75179

AQUATICS

Swimming Lessons

[See page 23](#)

DRAMA & DANCE

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!

INSTRUCTOR: Julia Norman

CENTENNIAL CENTRE YOUTH ROOM

W 4:30-5:30pm May 16-Jun 13 \$39/5 75178



Hip Hop & Funk

6-8 Years

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

CENTENNIAL CENTRE OAK ROOM

INSTRUCTOR: Meighan Meaney

M 5:15-6:00pm May 07-Jun 18* \$49/6 75176

INSTRUCTOR: TBA

Sa 12:15-1:00pm May 05-Jun 23 \$56/7 73633

*No Class May 21

Hip Hop & Funk

9-12 Years

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

INSTRUCTOR: Meighan Meaney

CENTENNIAL CENTRE OAK ROOM

M 6:15-7:00pm May 07-Jun 18 \$49/6 75177

SPECIAL INTEREST

Movie, Swim and Pizza

7-11 Years

Join us for a fun-filled evening. We'll start off with a movie followed by a movie and pizza. Bring your friends and join the party. A perfect set up for parents who would like a night out.

JDF SPINNAKER ROOM

F 6:00-9:00pm May 18 \$17/1 73867

F 6:00-9:00pm Jun 08 \$17/1 73868

Stellar Saturdays

8-12 Years

Looking for something fun to do? Come join our stellar leaders for a Saturday night you won't forget! Games, crafts, cooking and dancing are just the beginning to this fun-filled evening.

CENTENNIAL CENTRE YOUTH ROOM

Sa 6:30-9:30pm May 12 \$17/1 75181

Sa 6:30-9:30pm Jun 09 \$17/1 75182

OUT OF SCHOOL LICENSED CARE & CAMPS JANUARY to JUNE 2012

AFTER SCHOOL CARE

School Age After School Care 6-12 Years

Join us in Galleon Room for our quality licensed out-of-school care. Activities include arts & crafts, sports, cooperative games, field trips, swimming, and skating. Transportation provided from your child's school to Juan de Fuca Recreation Centre. Healthy snack and drinks provided. Sign up your child for full or part weeks.

January 3 – June 28, 2012

**Monday to Friday
3:00-5:30 PM \$17.50 a day**

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

Kinder After School Care 4-5 Years

Located in the Juan de Fuca Kids Cottage. 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 to Juan de Fuca Kids Cottage for an afternoon of snacks, art, games, skating, and more.

January 3 – June 28, 2012

**Monday to Friday
3:00-5:30 PM \$17.50 a day**

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

LICENSED CAMPS

Pro D Day 5-12 Years

Camps take place at both Centennial Centre and Juan de Fuca Recreation Centre. Join us for jammed-packed days of games, swimming, skating, field trips, science, music, art, and more. Bring a lunch, snack and dress for the weather of the day.

**Friday, April 20, 2012
8:00-5:30 PM \$36 a day**



CANCELLATION POLICY

We require 2 weeks cancellation notice for all Licensed Care programs and Camps or full charges apply. Please e-mail notice to reception@westshorerecreation.ca

**Registration for After School Care during
the 2012-2013 school year begins May 23**

OUTDOOR & ADVENTURE

Learn to Fish 5-15 Years

Catch the fun! This 2 hour, hands-on program teaches youth about fish identification, conservation, proper fish handling, tackle, rod rigging, practice casting, and an hour of fishing at Lake Ida Anne! Presented by the Freshwater Fisheries Society of BC and sponsored by the Habitat Conservation Trust Foundation. We provide all tackle and equipment, programs run rain or shine. **Parent participation and REGISTRATION REQUIRED.**

INSTRUCTOR: Freshwater Fisheries Society of BC

LAKE IDA ANNE – LANGFORD

W	6:00-8:00pm	May 09	FREE	73808
W	6:00-8:00pm	May 16	FREE	73809
W	6:00-8:00pm	May 23	FREE	73810
W	6:00-8:00pm	May 30	FREE	73811
W	6:00-8:00pm	Jun 06	FREE	73812
W	6:00-8:00pm	Jun 13	FREE	73813
W	6:00-8:00pm	Jun 20	FREE	73814
W	6:00-8:00pm	Jun 27	FREE	73815
W	6:00-8:00pm	Jul 04	FREE	73869
W	6:00-8:00pm	Jul 18	FREE	73870
W	6:00-8:00pm	Aug 01	FREE	73871
W	6:00-8:00pm	Aug 15	FREE	73872

Active Afternoons 9-12 Years

Long day at school? Looking to burn off some energy? Join our leaders for active games that will make you laugh, run and meet new friends. Capture the flag, Great Grizz and kickball are just the beginning to this new program.

JDF RECEPTION LOBBY

W	3:30-5:00pm	May 16-Jun 13	\$35/5	73904
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Geocaching 9-12 Years

Geocaching is a treasure hunting game played throughout the world by adventure seekers. The basic idea is to locate hidden containers, called geocaches, outdoors and then share your experiences with others online. Join our leader and spend the day searching for the hidden treasure near you.

JDF RECEPTION LOBBY

Sa	10:00-3:00pm	May 26	\$29/1	75180
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LEADERSHIP & SAFETY

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, and learn skills to understand how to recognize and protect your personal safety zone, listening to their personal alarm, and focus on safe situations rather than places.

INSTRUCTOR: Lindsay Kemble

JDF GLLANGCOLME

Sa 1:30-3:00pm May 12 \$26/1 73803

Bully Proofing

7-11 Years

In this preventative and proactive program, children learn how to 'Bully Proof' themselves by defining and identify bullying and cyber bullying, recognizing bullying in past, present or future experience, understand why bullying occurs, react to bullying if they are being bullied or if they witness a person being bullied and avoid being bullied.

INSTRUCTOR: Lindsay Kemble

JDF GLLANGCOLME

Tu 4:00-5:30pm May 15 \$26/1 73804

JDF KIDS COTTAGE

Sa 1:30-3:00pm Jun 23 \$26/1 73805

Never Bee Lost

5-7 Years

Designed to teach children what to do if they become lost or separated from their parents in a public place. Children learn prevention and safe responses, and 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: Lindsay Kemble

JDF GLLANGCOLME

Sa 1:30-2:30pm Jun 02 \$16/1 73800



Home Alone 10 Years and UP

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

INSTRUCTOR: Lindsay Kemble

JDF GLLANGCOLME

Sa 9:00-1:00pm May 12 \$33/1 73796

Sa 9:00-1:00pm Jun 02 \$33/1 73797

JDF KIDS COTTAGE

Sa 9:00-1:00pm Jun 23 \$33/1 73798

MUSIC

Singing

7-12 Years

We will focus on producing correct pitch, breathing, vocal exercises and finding the joy of singing.

INSTRUCTOR: PJ Music Studio

JDF SPINNAKER ROOM

Tu 5:00-5:45pm May 01-Jun 12 \$63/7 73785

Group Piano Youth

7-12 Years

Learn to play the piano with your friends! Basic keyboard training and notes, rhythm, dynamics, reading of bass and treble clefs will be covered. Cost of music books is \$10 extra to be paid to the instructor. For instrument rental please phone PJ Music Studios at 250-474-4455.

INSTRUCTOR: Music Studio PJ

JDF SPINNAKER ROOM

Tu 6:00-6:30pm May 01-Jun 12 \$84/7 75191

Guitar Lessons

7-12 Years

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. Instrument rental may be arranged by phoning Pam 250-474-4455.

INSTRUCTOR: PJ Music Studio

JDF SPINNAKER ROOM

Th 5:45-6:45pm May 03-Jun 14 \$63/7 73786

Sa 12:00-12:45pm May 05-Jun 16 \$72/6 73787

Electric Guitar

10-16 Years

Instruction will cover reading music, tuning methods, basic theory, single string playing and finger strengthening exercises that will give students the tools to play simple songs from rock to classical.

For instrument rental please phone PJ Music Studios at 250474-4455.

INSTRUCTOR: PJ Music Studio

JDF SPINNAKER ROOM

Th 4:15-5:30pm May 03-Jun 14 \$63/7 75193

Beginning Violin

6-12 Years

Learn to play simple arrangements of popular songs through reading music and basic classical techniques that can be applied to any style of music. Instrument rental may be arranged by phoning Pam 250-474-4455.

INSTRUCTOR: Music Studio PJ

PJ MUSIC STUDIOS

F 4:30-5:00pm May 04-Jun 15 \$84/7 73900

JDF SPINNAKER ROOM

Sa 12:45-1:30pm May 05-Jun 16 \$72/6 73903

Find us Online

Facebook
facebook.com/westshorerecreation

Twitter
@wsrecreation

E-Mail
reception@westshorerecreation.ca

Web
www.westshorerecreation.ca



SPORTS

Beginner / Intermediate Horse Back Riding

6-16 Years

Horse back riding lessons are 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 program at Cedar Vista Stables includes riding lessons, basic horsemanship and safety around horses focusing on having fun while acquiring an appreciation for these incredible animals

INSTRUCTOR: Meghan Rawlins – Cert. Level 4

CEDAR VISTA STABLES

M	4:30- 6:00pm	May 07-Jun 18	\$250/6	73782
M-F	9:00-12:30pm	Jul 09-Jul 13	\$300/5	73783
M-F	9:00-12:30pm	Aug 13-Aug 17	\$300/5	73784

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	May 03-May 24	\$48/4	73788
Th	6:00- 7:00pm	May 31-Jun 21	\$48/4	73789

JDF CLUB HOUSE - UPPER

Sa	9:00-10:00am	May 05-May 26	\$36/3	73790
Sa	9:00-10:00am	Jun 02-Jun 23	\$48/4	73791

Monkeynastix

6-8 Years

A fun, energizing movement education program developing your child's strength, speed agility & fitness. Each lesson will consist of a warm-up song, followed by stretching & locomotion, then one main activity each week.

INSTRUCTOR: Monkeynastix

JDF SENIORS MULTIPURPOSE ROOM 101

Su	11:15-11:45am	May 06-Jun 24	\$94/7	73862
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Skateboard Lessons

Learn to skateboard in just a few lessons with an experienced skater. Instructors will help beginners learn the basics and skateboard park etiquette, while advanced students will learn techniques to improve performance and learn tricks.

WESTSHORE SKATE PARK

6-8 Years

Su	9:30-10:30am	May 27-Jun 24	\$49/5	74248
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9-12 Years

Su	11:00-12:00pm	May 27-Jun 24	\$49/5	75441
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Thrifty's World Cup Soccer

5-9 Years

World Cup Soccer staff and coaches will provide a super introduction to soccer. Learn basic skills and team tactics in a fun environment.

INSTRUCTOR: Brett Hyslop

JDF DIAMOND 2

5-6 Years

W	3:45-4:30pm	Apr 18-Jun 06	\$54/8	74843
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7-9 Years

W	4:30-5:15pm	Apr 18-Jun 06	\$54/8	74842
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Boxing

7-12 Years

Learn punching, footwork and bagwork, while benefiting from cardio and core strength exercises. This fun program includes partner drills, sparring in a safe and controlled environment, and is a great cross training opportunity for other sports children may participate in. Equipment provided!

OLSON'S GYM

M	3:40-4:15pm	May 07-Jun 25	\$60/7	75288
Tu	4:30-5:15pm	May 08-Jun 26	\$80/8	75286
Th	4:15-5:00pm	May 10-Jun 28	\$80/8	75285

Find us Online

 **Facebook**
facebook.com/westshorerecreation

 **Twitter**
@wsrecreation

 **E-Mail**
reception@westshorerecreation.ca

 **Web**
www.westshorerecreation.ca



To Register Online call reception **250-478-8384** to receive your family **Barcode and PIN #** See details on page 72.

Tennis: Youth Level 1

For the novice player. Introduction to basic hand-eye coordination and strokes using games and drills.

JDF TENNIS COURT 3

8-11 Years

W 4:00-5:00pm May 16-Jun 20 \$43/6 74900

12-14 Years

W 5:00-6:00pm May 09-Jun 13 \$43/6 74899

Tennis: Youth Level 2

For the player with limited experience, who has taken tennis and been introduced to the game. Further development of ground strokes, serve and volley.

JDF TENNIS COURT 3

8-11 Years

W 6:00-7:00pm May 09-Jun 13 \$43/6 74901

12-14 Years

W 7:00-8:00pm May 09-Jun 13 \$43/6 74902

Junior Golf Lessons

Olympic View

6-14 Years

At the GBC Academy we pride ourselves on developing young players. Our aim is to inspire kids to embrace exemplary values on and off the course. Our CPGA and GBC certified Golf Professionals take a holistic approach in skill development in these sessions touching on the fundamentals of all parts of the game. Learning outcomes include gaining an understanding of the basics of the game, code of behaviour and learning to train.

OLYMPIC VIEW GOLF COURSE

Beginners 6-14 Years

Tu 4:15-5:15pm May 08-May 29 \$75/4 74739

Tu 4:15-5:15pm Jun 12-Jul 03 \$75/4 74740

Intermediate 11-14 Years

Th 4:15-5:15pm May 10-May 31 \$75/4 74743

Th 4:15-5:15pm Jun 14-Jul 05 \$75/4 74744

Junior Golf Lessons

Highland Pacific

5-14 Years

The junior programs at HP are active and engaging making sure that your children will love the game as much as you do. Classes combine outdoor exercise with golf instruction, creating a fun program that helps you children become great athletes and great golfers. Lessons are taught by C.P.G.A. certified instructors

HIGHLAND PACIFIC GOLF COURSE

5-9 Years

Sa 12:00-12:45pm May 05-May 26 \$65/4 75214

W 4:00-4:45pm May 09-May 30 \$65/4 75215

Sa 12:00-12:45pm Jun 02-Jun 23 \$65/4 75216

W 4:00-4:45pm Jun 06-Jun 27 \$65/4 75217

9-14 Years

Sa 1:00-2:15pm May 05-May 26 \$75/4 75218

W 5:00-6:15pm May 09-May 30 \$75/4 75219

Sa 1:00-2:15pm Jun 02-Jun 23 \$75/4 75220

W 5:00-6:15pm Jun 06-Jun 27 \$75/4 75221

"I've always dreamed of playing soccer with my friend Emily. Mom says its not a good time, maybe next year..."



Close to one in five children live on or below the poverty line in the Capital Regional District. Thanks to KidSport, many of these kids have been able to enjoy a season of sport and commraderie with their friends. More than 20,000 individuals have benefited from KidSport investments, but many more could use our help.

If you or someone you know could use a hand, go to any Recreation Centre or School Principal and get our easy five-step application form.

To help support our work so all kids can play, contact us at: www.kidsportvictoria.ca