

# TEEN PROGRAMS

## Spring & Summer

### Ages

All programs suited for youth ages 13 and up unless otherwise specified.

### Program Cancelled?

Sadly, excellent programs are sometimes cancelled when people wait until last minute to register. We need to make decisions before the start date of our programs to allow for proper preparation. Please register early to avoid disappointment.

### Contact Us

#### Have a program idea?

Let us know and we can work together.

**Amy Cooper**

Teen Programs

[acooper@westshorecreation.ca](mailto:acooper@westshorecreation.ca)

## AQUATICS

### Bronze Medallion

This award teaches an understanding of lifesaving principles. Rescuers learn tows and carries, and defense and release methods in preparation for challenging rescues of increased risk. Lifesavers develop stroke efficiency and endurance in a timed swim. Prerequisites: Bronze Star or 13 years of age. (Manual included)

#### JdF Pool/JdF Spinnaker Room

M/W/F 9:00-1:00pm Jul 02-Jul 13 \$142/6 73921

### Bronze Cross

This award is designed for lifesavers who want more advanced training. Bronze Cross is a prerequisite for advanced Lifesaving Society programs including National Lifeguard and Instructor certifications. Prerequisites: Bronze Medallion.

#### JdF Pool/JdF Spinnaker Room

M/W/F 9:00-1:00pm Jul 16-Jul 27 \$142/6 73922

## ARTS & CRAFTS

### Bag Ladies

Do you have a desire to be trendy and save the environment? If so, this class is for you! You will learn how to design and create your own funky hand bag in this fun and friendly class. Supplies will be provided so all you need to do is show up!

#### CENTENNIAL CENTRE YOUTH ROOM

Sa 10:00-4:00pm Jun 02 \$65/1 74195

### Creative Pursuits

Is creativity your thing? If so, this weekend is devoted to you! We will focus on stretching your imagination by exploring all kinds of art forms and techniques. A perfect weekend for creative teens.

#### CENTENNIAL CENTRE YOUTH ROOM

Sa/Su 10:30-2:30pm Jun 09-Jun 10 \$59/2 74203

### Make Your Own Bikini

Tired of heading to the beach just to get there and see another girl wearing the same bikini as you? In this 2 day workshop you will learn the basics of design, pattern drafting and construction of swim wear and create your very own signature bikini. Participants are required to bring 1m of fabric to class. Other supplies will be provided.

*INSTRUCTOR: Shannen Kennedy*

#### CENTENNIAL CENTRE YOUTH ROOM

Sa/Su 10:00-3:00pm May 12-May 13 \$79/2 74226

## CAMPS

### Awesome Accessory Camp

Looking for something new and unique to express you and your style? Tired of the same old handbags, bracelets and headbands? Here is your chance to design and create your very own accessory-chic piece. You will also receive a 20% discount card from Gala Fabrics.

*INSTRUCTOR: Shannen Kennedy*

#### CENTENNIAL CENTRE SPRUCE ROOM

M-F 1:00-4:30pm Aug 27-Aug 31 \$118/5 74190

### Byte Camp - 3D Animation 11-14 Years

Dreaming of a career with PIXAR? Ever wonder how those awesome 3D animated movies like Shrek, Toy Story and The Incredibles are made? Spend the week learning how by modeling, animating and telling your own stories in 3D. You'll use wonderful (& free!) 3D software to design characters that jump off the screen and then make them come alive by adding voices, sound tracks and completing your own animated short film. Final projects will be posted on-line and handed out on take-home USB sticks to show to friends or family.

*INSTRUCTOR: Byte Camp*

#### JDF BOARDROOM

M-F 9:00-3:00pm Jul 23-Jul 27 \$240/5 74201

## Youth Week May 1-7

### Much Music Dance Party Thursday, May 3<sup>rd</sup> 7-10 PM

Celebrate Youth Week with us!

Showcase your moves at the first ever Youth Week Much Music Video Dance Party! Hosted in partnership with the Inter-municipal Youth Committee. Get warmed with Rock Band on the giant screen, test your moves in a crazy dance-off, and cool down in the root beer garden. Double video screens, door prizes, and more! Coat and bag check available. No in/out privileges.

**Ages – Grade 6-9** (Photo ID required)

ARCHIE BROWNING SPORTS CENTRE  
1151 Esquimalt Road

Tickets: \$10 in advance \$15 door.

Available at your local rec centre!

BARCODE: 75442

## Recreation Leadership

### 14 Years & UP

Participants will be introduced to the skills necessary to become an effective youth leader and will build on their existing skills in areas including communication, leadership, team work, cooperation, behaviour management, job hunting, first aid and more. All participants will complete a one day camp training workshop, and will then gain hands-on experience by working with JdF staff during summer camps. (A minimum of one week full-time volunteer hours is required.) Program graduates will receive a certificate of completion and an evaluation from camp supervisors, great tools to enhance future employment opportunities.

#### CENTENNIAL CENTRE SPRUCE ROOM

T-F 9:00am-4:00pm Jul 03-06 \$165/4 74240  
M-Th 9:00am-4:00pm Jul 09-12 \$165/4 74239

## Radical Resume

Looking to develop a strong resume? This week is full of learning, leadership and certifications. This week dedicated to FoodSafe, First aid, customer service, and Superhost. You will also spend time constructing a strong resume and cover letter as well as learning the art of interviewing.

#### CENTENNIAL CENTRE SPRUCE ROOM

M-F 9:00-3:30pm Jul 23-Jul 27 \$275/5 74204

## Flash Video Game Design

### 11-14 Years

Create your own wacky characters, cool game play and fun levels in your very own on-line game! Students will start the week making short animated films, and each day new programming skills will be taught to help them make the animations interactive. The final project is a video game built from scratch that will go on-line and is handed out on take-home USB sticks! Have a look at [www.bytecamp.ca](http://www.bytecamp.ca) for hundreds of great games from previous years! Lots of time during the week is devoted to outdoor activities so that your child is fresh for new challenges.

INSTRUCTOR: Byte Camp

#### JDF BOARDROOM

M-F 9:00-3:00pm Aug 13-Aug 17 \$240/5 74207

## Funky Fashion Camp

Do you flip through magazines and wish you could design some of the cool clothing items you see? Now you can! With our talented and funky instructor learn to create and construct your own original designs. You will also receive a 20% discount card from Gala Fabrics. Supplies except fabric included.

INSTRUCTOR: Shannen Kennedy

#### CENTENNIAL CENTRE OAK ROOM

M-F 12:30-3:30pm Jul 09-Jul 13 \$146/5 74208  
M-F 12:30-3:30pm Aug 20-Aug 24 \$146/5 74801

## DANCE & DRAMA

### Hip Hop for Teens

Join our skilled instructor for this edgy, fun and funky class. Learn some great moves and routines, all while getting a good work out. Prepare to learn and laugh a lot.

INSTRUCTOR: Meighan Meaney

#### CENTENNIAL CENTRE OAK ROOM

M 7:15-8:00pm May 07-Jun 18\* \$49/6 74219  
\*No class May 21

## FITNESS & WELLNESS

### Girls on the Go

A program for girls on the move! A variety of activities keyed to get the body moving. We'll incorporate aerobic workouts, team sports, and body toning in this program.

#### CENTENNIAL CENTRE SPRUCE ROOM

Tu 3:45-5:00pm May 22-Jun 19 \$40/5 74215

### Running 101

Join us for 5 weeks and learn how to run faster and longer. Our instructor will motivate and coach you through each session which will have you improving your fitness level and running ability.

#### JDF RECEPTION LOBBY

M 6:30-7:30pm May 14-Jun 18\* \$29/5 74243  
\*No class May 21

## Brazilian Jiu Jitsu

### 13-17 Years

Students will learn foundational Brazilian Jiu Jitsu positions from instructors who have trained under Royce Gracie. Focus is placed on how and when to use various techniques, and their proper execution in a safe and comfortable environment.

#### OLSON'S GYM UPSTAIRS

Tu 7:30-9:00pm May 01-June 19 \$120/8 75289  
Th 7:30-9:00pm May 03-June 21 \$120/8 75290  
Tu 7:30-9:00pm Jul 10-Aug 28 \$120/8 75291  
Th 7:30-9:00pm Jul 12-Aug 30 \$120/8 75292

## Teen Power Hour

Boost your confidence, look and feel your best. A Personal Trainer will teach you the workings of the weight room and set up a safe, supervised exercise program. Participate in this program to receive a teen weight room training card.

#### JDF Weight Room

Su 11:00-12:00pm Jun 17-Jul 29 \$48/6 75062  
Su 11:00-12:00pm Aug 05-Aug 26 \$32/4 75063

## Teen Weight Room

### Orientations

INSTRUCTOR: David Ristau

#### JDF WEIGHT ROOM

F 5:00-6:00pm May 11 \$15/1 75040  
F 5:00-6:00pm Jun 15 \$15/1 75041  
F 5:00-6:00pm Jul 13 \$15/1 75042  
F 5:00-6:00pm Aug 17 \$15/1 75043

Teen Regional Orientation See page 59.

— YOUTH —

# DROP-IN HOURS

## AT CENTENNIAL CENTRE

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**MAY 4<sup>th</sup> - JUNE 15<sup>th</sup>**

On

# FRIDAYS

## 6:30-9:30 PM

## LEADERSHIP

### Babysitter's Course

#### 11 Years & UP

A certified Red Cross program for prospective babysitters! This comprehensive course includes basics of babysitting, safety procedures and activities for young children, steps to handle emergencies and more. Please bring a note pad and pen to class.

#### CENTENNIAL CENTRE YOUTH ROOM

Sa 9:00-4:30pm May 19 \$49/1 74191

#### CENTENNIAL CENTRE SPRUCE ROOM

Sa 9:00-4:30pm Jun 23 \$49/1 74194  
Th 9:00-4:30pm Aug 02 \$49/1 74192

# OUTDOOR/ADVENTURE

## Adrenaline Adventure

Imagine yourself standing on a platform with a bird's eye view of the forest floor. You are preparing to soar over gulches and through the forest. Zip west adventures start with a short all terrain vehicle ride followed by eight zipline crossings, two suspension bridges and education on the unique west coast forest.

### CENTENNIAL CENTRE LOBBY

Tu 10:00-3:00pm Aug 21 \$92/1 74188

## Disc Golf

Join our instructors for a few hours of disc golf with a twist. You are guaranteed to have fun and laugh a lot. BBQ lunch provided and feel free to stay for drop-in volleyball afterwards, see page 47.

### JDF GOLF PRO SHOP

W 10:00-12:30pm Aug 01 \$10/1 74205

W 10:00-12:30pm Aug 15 \$10/1 74206

## Golf Tournament

Be a part of our golf classic this summer. We will be running a nine hole, best ball tournament so be sure to round up a team. Meet at the JdF pro shop for a fun challenge, prizes, and BBQ. Activity fee includes round of golf and clubs but bring your own if you prefer and activity fee will be adjusted.

### JDF GOLF COURSE

W 10:30-1:30pm Jul 25 \$19/1 74216

W 10:30-1:30pm Aug 22 \$19/1 74217

## Kayaking for Teens

This adventure is suited for teens who are looking to engage in some of the most beautiful scenery in the world. Join us as we explore the amazing shorelines of Victoria. Be sure to pack sunscreen, water, lunch and an extra change of clothes.

### CENTENNIAL CENTRE LOBBY

F 12:00-4:00pm Jul 20 \$45/1 74224

M 12:00-4:00pm Aug 27 \$45/1 74225

## Monkido Adventure

You simply MUST try this activity! Join us as we explore and challenge this elevated obstacle course set in a Douglas Fir forest and suspended between the trees at 10 to 50 ft off the ground! This is an adventure you don't want to miss. BBQ to follow.

### JDF RECEPTION LOBBY

Th 11:00-4:00pm Jul 26 \$45/1 74229

Th 11:00-4:00pm Aug 30 \$45/1 74230

## Paintballing

Use the bus ride out to nearby Stormin' Norman's to prepare yourself for the adrenaline rush to come!! You'll test your agility, accuracy, strategy and your wits! Safety gear, equipment, paintballs and qualified officials.

### CENTENNIAL CENTRE LOBBY

F 12:00-4:30pm Jul 13 \$65/1 74233

F 12:00-4:30pm Aug 17 \$65/1 74234

## Photo Hunt

Looking for something new? Come join us for a day of photo fun. You'll be split into two teams and will be given a list of tasks that your team must complete. We'll end the day with a viewing of each team's photos and of course, announce the winning team.

### CENTENNIAL CENTRE SPRUCE ROOM

F 10:00-3:00pm Jul 27 \$19/1 74238

M 10:00-3:00pm Aug 13 \$19/1 74237

## River Tubing

Spend a great day out and about with our teen leader! You'll spend much of the day floating down the Cowichan River in inner tubes. After that it's beach time: sports, games, lounging - the choice is yours! We'll finish off with a BBQ, but don't forget to pack a lunch. This is what summer is all about! (Note: Life jackets will be provided and must be worn.)

### CENTENNIAL CENTRE LOBBY

M 9:30-4:00pm Jul 23 \$42/1 74241

Tu 9:30-4:00pm Aug 28 \$42/1 74242

## Sidney Spit Camping Trip

### 13-15 Years

Join our Teen Leaders on this fun filled camping adventure. We will meet in the Centennial Centre at 11am and head out for the night. You will have your chance to skimboard, hike and play a variety of games such as capture the flag. We'll provide the food, entertainment and supplies. All you need to do is show up!

### CENTENNIAL CENTRE LOBBY

Th/F 11:00am-3:00pm Aug 02-Aug 03 \$79/2 74246

## Skim Boarding

Looking for something different to try? Well we have just the thing! Come and join us for an afternoon of sun, sand, and skimboarding at Witty's Lagoon. We'll start off with some games and BBQ, and then we'll have a blast skimboarding down the beach. Equipment will be provided.

### CENTENNIAL CENTRE LOBBY

M 11:00-3:00pm Jul 30 \$28/1 74249

M 11:00-3:00pm Aug 20 \$28/1 74250

## Spelunking

Wanna explore an underground river, climb a waterfall and see crystals up close? Join us for a fantastic adventure and explore the Horne Lake Caves. No prior experience necessary. Equipment, transportation and guide included in price.

### JDF RECEPTION LOBBY

Tu 8:00-5:00pm Jul 31 \$95/1 74252

## Vancouver PNE

### 13-16 Years

Looking for an adventure off the Island? Join us as we ride the wooden roller coaster and tackle the corkscrew at the famous PNE. We'll spend the day screaming, laughing and having fun. Pack a lunch and get on board!

### CENTENNIAL CENTRE LOBBY

F 7:30am-9:00pm Aug 24 \$95/1 74256

## Bocci and BBQ

Join us for an afternoon of bocce and a BBQ. Our leaders have developed some crazy new rules and challenges to keep you on your toes. Laughter and creativity are essential to the success of this day!

### JDF RECEPTION LOBBY

W 2:00-4:00pm Aug 01 \$10/1 74200

## Geo Caching

Geocaching is a treasure hunt game played throughout the world. The idea is to locate hidden outdoor containers, called geocaches, and then share your experience online. Join our instructor and spend the day searching for the hidden treasure near you. Please bring your own GPS.

### CENTENNIAL CENTRE LOBBY

F 9:00-4:00pm Jul 27 \$29/1 74212

## Horseback Riding

This program is the perfect way to get introduced to horseback riding. Join an expert guide on a breathtaking ride through the rainforest up to an amazing summit. Pack your camera, snack provided.

### CENTENNIAL CENTRE LOBBY

Tu 10:30-4:00pm Aug 07 \$99/1 74220

## Indoor Rock Climbing

Climbing is a modern and exciting way to get active. Enjoy all the thrills of bouldering in an indoor environment. Whether you are a seasoned pro or a newbie, you are guaranteed to have a good time.

### CENTENNIAL CENTRE LOBBY

Tu 1:30-4:00pm Aug 14 \$32/1 74221

## Mini Golf Tournament

Be a part of our mini golf open event! Meet at Centennial Centre in time for our teen facilitators to whisk you away for an afternoon of fun, putting at a couple of the area's best mini golf courses!

### CENTENNIAL CENTRE LOBBY

F 9:00-3:00pm Aug 03 \$32/1 74228

## Parkville or Bust

Join our leaders as they whisk you away for a day of mini golf, bumper boats and games on the beach. Please be sure to pack a lunch, sun screen and an extra change of clothes.

### CENTENNIAL CENTRE LOBBY

Tu 9:30-4:30pm Jul 24 \$65/1 74235

F 9:30-4:30pm Aug 10 \$65/1 74236

## SPECIAL INTEREST

### Sk8 Board Maintenance

This course will teach the participants how to choose the proper deck, trucks, wheels, and bearings for their skateboard setup as well as learn how to care and maintain their equipment. Everything from mounting and adjusting trucks to changing and cleaning bearings will be discussed. Participants will require their own skateboard.

### CENTENNIAL CENTRE YOUTH ROOM

Th 6:30-7:30pm Jun 28 \$15/1 74247

## Girls Group

Want a chance to meet with other girls your age to chat about life as a girl. Girls Group is designed to encourage greater awareness of your options and strengthen your ability to make choices consistent with your values, interests and talents. Most importantly, it is designed to provide a space for girls (you) to talk about your lives and experiences with one another.

### CENTENNIAL CENTRE YOUTH ROOM

## Mondays

May 7 & June 11

3:30-5:30 PM

### Make-up Application

This workshop can teach you basic makeup application techniques, what shades are best with your skin colour and how to utilize them in everyday life. Bring your own make up and learn ways to use what you have.

### CENTENNIAL CENTRE SPRUCE ROOM

Th 3:30-5:30pm Jun 14 \$19/1 74227

## SPORTS

### Beach Volleyball for Teens

Kick off your shoes and feel the sand through your toes ... and your teeth. We have all the gear, all you need to do is show up. Guaranteed fun in the sun!

### JDF VOLLEYBALL COURTS

W 1:30-3:30pm Jul 18 FREE 74198

W 1:30-3:30pm Jul 25 FREE 74196

W 1:30-3:30pm Aug 01 FREE 74197

W 1:30-3:30pm Aug 22 FREE 74199

### Teen Beach Doubles

#### 13-18 Years

This is a competitive beach volleyball league for athletes who want to play more. Supplement your summer tournament schedule to play, compete, and develop your abilities. 2 pools will help to ensure that you are competing against similar skill levels.

### SAND VOLLEYBALL COURT 1

M 5:00-9:00pm Jul 09-Aug 27 \$150/team 74982

### Volleyball Development

#### 13-18 Years

Here is an opportunity to learn techniques and tactics from experienced coaches. Develop your skills and game knowledge through play and have fun along the way.

### SAND VOLLEYBALL COURT 1

W 6:00-8:00pm May 09-Jun 27 \$80/8 75115

W 6:00-8:00pm Jul 04-Aug 22 \$80/8 75116



**Saturday & Sunday**  
**July 7<sup>th</sup> & 8<sup>th</sup> 2012**  
**Paul Valentine Memorial Basketball Court**  
 at Juan de Fuca Recreation Centre  
**Register & Pay in full before**  
**June 1st to receive a 20% discount!**

Under 13: FREE  
 Under 18: \$40/team before June 1 \$50/team after.  
 Over 30 & Open: \$64/team before June 1 \$80/team after.

\*includes t-shirt & meal ticket  
 \*minimum 6 games per team

**Register By: June 30th @ 4:00pm**

**Deliver registration & payment to the Juan de Fuca Recreation Centre, - or - Surface Boardshop at West Shore Town Centre.**