

# WEST SHORE PARKS & RECREATION

*The people, the program, the place!*



Whether you enjoy a stroll in the park, a swim in the pool, playing soccer with friends, or a round of golf, West Shore Parks & Recreation has something for everyone.

## The People

West Shore Parks and Recreation serves the residents of your community, which includes Colwood, Langford, Metchosin, the Highlands, the Juan de Fuca Electoral area and View Royal. With the help from each member municipality and members of our community we are able to offer an amazing array of programs, both at our main facilities and within the community.

Children of all ages and stages including babies, toddlers, preschoolers and school aged, as well as youth, adults and seniors enjoy using our facilities and programs to live active, healthy lives. Golfers, soccer players and ball players are just a field apart, while indoors curlers, skaters and hockey players glide along the ice. Staff and patrons work out in our weight room while lifeguards teach children and adults to swim. Artists in the hallways, readers at the library and dancers at Centennial Centre-whole families participate in activities together. The Juan de Fuca 55+ Centre is home to some 1100 members and with the new 6600 sq. ft. (612 m<sup>2</sup>) expanded facility that number is likely to rise.

We are more than just spaces and facilities. We are the people that use them, we are part of your community.

## The Programs

Our diverse and accessible array of programs cater to a variety of interests, whether you want to meet new people, socialize with old friends, or take some time for yourself.

Do you have children? Spend the morning with us, while your little one has fun in our Child Minding Program which runs Monday to Friday 9 AM to 12 PM at Juan de Fuca Recreation Centre.

Our Licensed 10 Month Preschool operates at both Juan de Fuca Recreation Centre and Centennial Centre in Langford. Our ever-popular After School Care still has some spots available for Pro-D Days, Winter and Spring Break.

This fall look for many of our existing kids programs to return, or try an exciting new program-we have everything from cooking, arts, crafts and music, to dance, learn to skate and swimming lessons. There are also wonderful holiday opportunities for the whole family.

Too old for kids programs? We've got youth and teen activities covered with programs from sewing to spelunking and loads in between. You won't be bored this fall with new youth classes like G.L.E.E. club, filmmaking, and afterschool yoga.

We haven't forgotten about the adults. When was that last time you got out there for beach volleyball, tennis, hockey, or curling? Or if you prefer to watch sports check out a Grizzlies or Shamrocks game, or even an Mixed Martial Arts event at Bear Mountain Arena.

If sports aren't your thing, our drop in pottery studio runs Wednesday, Thursdays and Sundays. You can also learn to paint, or make your own jewelry. Would you like to learn a new skill? How about computers, first aid, or fly fishing!

Get fit this fall! Book an appointment with one of our personal trainers, or drop in to the gym or pool. Want to stay fit? Branch out with group fitness classes like bootcamp, yoga, pilates, pre and post natal, and aquafit. We also offer Cardiac and Aquatic Rehabilitation, and a number of Health & Wellness Programs.

## The Place

This place is where it's at! Check out all the great spaces we have to offer:

Ice facilities including an eight sheet Curling Rink and Lounge, Juan de Fuca Arena and Bear Mountain Arena with seating for small and large events.

Family friendly Aquatic Facility with a 25 meter Lane Pool, an Adventure Pool, a Water slide and Diving Board. A Sauna, Steam Room and Hot Tub for relaxing and accessible family change rooms.



The Juan de Fuca Fitness area, which is currently under expansion will soon add 3300 sq. ft. (309 m<sup>2</sup>) to its existing full service weight room and will include the addition of aerobic and dance space for an greater selection of classes.

The Lower Park at Juan de Fuca Recreation Centre has some of the best outdoor sports and recreation facilities in Greater Victoria, including three grass Playing Fields, three Ball Diamonds, a world class BMX Track, Lawn Bowling Greens with a Clubhouse, Tennis, Beach Volleyball and lighted Basketball Courts, all in one beautiful green space. Next time you are in the neighborhood have a walk on our 2.8 km chip trail which takes you around our entire site.

Juan de Fuca 9 hole Par 3 Golf Course & Pro Shop offer both beginner and experienced golfers a great time and a bit of a challenge.

Additional Indoor Facilities include Catering Services for large and small events, Café Fresh featuring healthy and delicious food choices, dedicated preschool, youth and senior's spaces, and Centennial Centre located in Langford offers programs for all ages.

## Upcoming Events

Don't forget Fall Recreation Programs begin in September. Registration will begin both online and in person on August 19 at 6:00 AM.

Be sure to check out many of our Fall events happening soon. The 2010 Juan de Fuca Duathlon presented in partnership with Frontrunners takes place on Sunday, September 5.

We are very excited to celebrate the 10th birthday of our Pool and Weight Room. Look for FREE events happening from September 6-13. Join us on Friday September 10 when drop-in admissions roll back to their 2000 prices. Look for the Weight Room and Fitness Centre Expansion to be completed in January. West Shore Parks & Recreation;

*The perfect place to play!*

**West Shore Parks & Recreation & Juan de Fuca Recreation Centre**  
1767 Island Highway, Colwood BC

**Centennial Centre**  
2805 Carlow Road, Langford BC

**For registration and questions please call 250-478-8384 or visit [www.westshorerecreation.ca](http://www.westshorerecreation.ca)**



## FALL 2010 Activity Guide

Check for it in today's Goldstream Gazette

# Registration Begins August 19<sup>th</sup> at 6 AM

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