



ADULT PROGRAMS

Aquatics

Adult Swimming Lessons 101

This class is designed to accommodate a variety of beginner level swimmers. Whether you are learning to float or are comfortable paddling in the shallow end, this is the group for you. To complete this level you must be proficient at front crawl and back crawl.

W	7:00-7:45pm	Jan 13-Mar 03	\$62/8	56187
W	7:00-7:45pm	Mar 17-Apr 28	\$54/7	56188
W	7:00-7:45pm	May 12-Jun 23	\$54/7	56189

Adult Swimming Lessons 202

This level is designed for those who can swim at least one length each of front crawl and back crawl and are comfortable in deep water. The goal of this class is to increase your stroke proficiency and endurance. Breaststroke and butterfly will be introduced.

W	7:45-8:30pm	Jan 13-Mar 03	\$62/8	56190
W	7:45-8:30pm	Mar 17-Apr 28	\$54/7	56191
W	7:45-8:30pm	May 12-Jun 23	\$54/7	56192

Family Swim Lessons

Families that play together stay together! These lessons are a great way for families to practice their swimming skills and have some quality family time. Come and enjoy our Family or Public Swims prior to your lesson at no extra charge.

F	7:00-7:30pm	Jan 15-Mar 05	\$124/8	56196
F	7:30-8:00pm	Jan 15-Mar 05	\$124/8	56197
Sa	12:00-12:30pm	Jan 16-Mar 06	\$124/8	56198
Sa	4:00-4:30pm	Jan 16-Mar 06	\$124/8	56199
Sa	4:30-5:00pm	Jan 16-Mar 06	\$124/8	56200
Sa	5:00-5:30pm	Jan 16-Mar 06	\$124/8	56201
Sa	5:30-6:00pm	Jan 16-Mar 06	\$124/8	56202
Su	12:00-12:30pm	Jan 17-Mar 07	\$124/8	56203
F	7:00-7:30pm	Mar 19-May 07	\$109/7	56204
F	7:30-8:00pm	Mar 19-May 07	\$109/7	56205
Sa	12:00-12:30pm	Mar 20-Jun 26	\$202/13	56206
Sa	4:00-4:30pm	Mar 20-Jun 26	\$202/13	56207
Sa	4:30-5:00pm	Mar 20-Jun 26	\$202/13	56208
Sa	5:00-5:30pm	Mar 20-Jun 26	\$202/13	56209
Sa	5:30-6:00pm	Mar 20-Jun 26	\$202/13	56210
Su	12:00-12:30pm	Mar 21-Jun 27	\$202/13	56211
F	7:00-7:30pm	May 14-Jun 25	\$109/7	56212
F	7:30-8:00pm	May 14-Jun 25	\$109/7	56213

Prenatal AquaFit

Looking for a safe, fun way to stay in shape throughout your pregnancy? Experience the benefits of exercising in the water. Enjoy the feeling of 'weightlessness' as you are led through cardiovascular, strength and flexibility exercises. Note: a completed Par Med X for pregnancy health form must be received prior to attending the first class. Download form from www.jdfrecreation.com.

INSTRUCTOR: Erin Patrick

Tu	6:00-7:00pm	Jan 12-Mar 02	\$80/8	56219
Tu	6:00-7:00pm	Mar 16-May 04	\$80/8	56220
Tu	6:00-7:00pm	May 11-Jun 22	\$70/7	56221

WestShore Masters Swim Club

We've expanded the size of our club and are accepting new swimmers! If you're at least 18 years of age you can join us to improve your swimming skills and, if desired, compete in a masters swim meet or participate in the swim portion of a triathlon. Mandatory \$35 annual registration fee is payable to MSABC prior to start date. For info contact Jennifer Cormie 250-592-5680.

Tu/Th	7:30-8:30pm & Sa	7:30-8:30 am		
		Jan 05-May 01	\$180/51	54579
		May 04-Aug 31	\$180/51	54580

Aquatic Kickboxing

Come try out our Aquatic Kick Boxing class. A great challenge for all ages and fitness levels. This low impact resistance training is an excellent introduction to kickboxing. Learn the basic techniques and skills in JdF's refreshing water environment. Work on coordination, flexibility and balance. An amazing full body workout!

INSTRUCTOR: Keri Scarr

W	7:30-8:30pm	Jan 13-Mar 03	\$70/8	56214
W	7:30-8:30pm	Mar 17-Apr 28	\$61/7	56215
W	7:30-8:30pm	May 12-Jun 23	\$61/7	56216

Mom & Me WaterFit

Try this registered waterfit class specifically designed for parents and babies, 6-24 months of age. This 45 minute class is a super way to get back into shape while introducing your baby to the water in a fun and interactive way.

F	6:00-6:45pm	Jan 15-Mar 05	\$41/8	56193
F	6:00-6:45pm	Mar 19-Apr 30	\$31/6	56194
F	6:00-6:45pm	May 14-Jun 25	\$36/7	56195

NEW! AquaPower

Start your weekend off with this new AquaPower waterfit class. AquaPower is designed to increase cardio-vascular fitness, train your core and tone your muscles. Push, pull and move yourself through the water, you set the pace. Get wet and get fit!

Sa	12:00-1:00pm	Jan 16-Mar 06	\$43/8	56217
Sa	12:00-1:00pm	Mar 20-Jun 26	\$70/13	56218

Animals & Pets

Puppy School

This program promotes responsible dog ownership and stresses the importance of correct socialization through the use of off-leash play and rewards. For puppies under 5 months of age and proof of vaccination required at first class.

INSTRUCTOR: Suzanne Webb

JDF LOWER CLUBHOUSE

Tu	6:30-7:15pm	Jan 12-Feb 16	\$99/6	57408
Tu	6:30-7:15pm	Feb 23-Mar 30	\$99/6	57409

Basic Pet Manners

This program promotes responsible dog ownership and teaches basic obedience and manners through the use of a reward system. For dogs over 5 months of age with proof of vaccination required at first class.

INSTRUCTOR: Suzanne Webb

JDF LOWER CLUBHOUSE

Tu	7:30-8:15pm	Jan 12-Feb 16	\$99/6	57406
Tu	7:30-8:15pm	Feb 23-Mar 30	\$99/6	58261

NEW! Rally Obedience for Dogs

Rally is a fun, rapidly growing new team sport open to dogs of any size or breed. Dogs and handlers navigate a course with numbered signs indicating obedience exercises to perform. Positive reinforcement is used. Dogs must not be aggressive to other dogs or people to participate in this class. Prerequisite: Puppy Level 1 or Pet Dog Manners 1 with Canine Chaos. More info www.apdt.com/po/rally/about.aspx

INSTRUCTOR: Suzanne Webb

JDF GALLEON ROOM

LEVEL 1

W	6:30-7:30pm	Jan 20-Feb 24	\$149/6	58168
W	6:30-7:30pm	Mar 03-Apr 07	\$149/6	58426

LEVEL 2

W	7:45-8:45pm	Mar 03-Apr 07	\$149/6	58427
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NEW! Chickens for Fun, Little or No Profit

Always wanted chickens but don't know where to start? We will help you choose your chickens, what breed, chicks or chickens? and different suppliers. Learn about housing, feeding, general care, predators, chicken health and more. There is an optional tour at the end of the course for \$10 paid to the instructor. Text book included.

INSTRUCTOR: Melinda Seyler

JDF CLUBHOUSE-UPPER

Sa	9:00-12:00pm	Jan 09-Jan 23	\$77/3	57432
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Intro to Fly Fishing

Join Ian Muirhead, professional Fly Fishing guide and casting instructor to learn the art of fly casting including overhead, false and roll cast. Gain an understanding of artificial flies and how to use them. Knots, tackle and fishing strategies will be covered.

INSTRUCTOR: Ian Muirhead

JDF SPINNAKER ROOM

Su	9:30-4:00pm	Apr 25	\$85/1	58288
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Arts and Crafts

Album Making 101 Basic Scrapbooking

Learn basic page layouts using cropping tools and techniques. Bring 8-12 printed photos, and leave with two completed scrapbook pages. Materials included.

INSTRUCTOR: Jean Hutchinson

SHORELINE MIDDLE SCHOOL

W	7:00-9:00pm	Jan 20	\$21/1	57204
W	7:00-9:00pm	Mar 03	\$21/1	57205



Paper Scrapbook Album

Bring 20-25 photos and create an entire 7x7 paper album. Choose from four kits: garden party pink, purple paisley, bohemian greens, or preppy blue. Create an album for yourself or as a gift. Great for special occasions like birthdays, babies, or weddings.

INSTRUCTOR: Jean Hutchinson

SHORELINE MIDDLE SCHOOL

W	7:00-9:00pm	Feb 17	\$42/1	57206
W	7:00-9:00pm	Mar 31	\$42/1	57207

Suzanne Webb
Suzanne is a Certified Professional Dog Trainer (CPDT) and licensed presenter for the Be a Tree™ dog bite prevention program, operating her own dog training and consulting company Canine Chaos. She is a gentle and effective results-oriented instructor with proven success in instructing Puppy Classes, Pet Dog Manners Classes, Tracking & Scentwork Classes and in rehabilitating dogs with problem behaviours. Suzanne is highly effective in motivating both dogs and people and in improving the dog-human relationship. She has exceptional problem resolution skills particularly and uses positive reinforcement and non-aversive methods of training.

NEW! Cards from the Heart

Learn interesting and unique techniques for creating one-of-a-kind cards from the heart. We will use Acrylic T stamps, embossing powders, tissue techniques with ink and other embellishments to make the cards with. Make a card for that special person close to your heart, for Valentine's day or any occasion. All materials are included but please bring your own scissors and adhesive.

INSTRUCTOR: Vikki Copp

JDF SPINNAKER ROOM

Su	1:00-5:00pm	Feb 07	\$26/1	57210
Su	1:00-5:00pm	Mar 28	\$26/1	57211

Introduction into Beading

Learn about beads, clasps, fittings, techniques and types of materials. Tiger tail, stretch cord, beading wire, glass beads, semi precious stones. Design bracelets, multi strand necklaces, earrings. Have a great time making jewelry personalized for you.

INSTRUCTOR: Jean Hutchinson

JDF GLLANGCOLME

W	7:00-9:00pm	Jan 13	\$39/1	57135
W	7:00-9:00pm	Jan 27	\$39/1	57136
W	7:00-9:00pm	Feb 10	\$39/1	57137
W	7:00-9:00pm	Feb 24	\$39/1	57138
W	7:00-9:00pm	Mar 10	\$39/1	57139
W	7:00-9:00pm	Mar 24	\$39/1	57140
W	7:00-9:00pm	Apr 07	\$39/1	57141

Drop in Pottery

The pottery studio is open for drop in! Buy a punch pass at Reception and drop into the studio in the posted times. An attendant will be on duty to help you with any questions. The studio is open to anyone who has taken a Juan de Fuca pottery class or those with pottery experience. For anyone who hasn't taken a JDF class a short \$10 orientation* is required. Only clay sold by the studio is to be used.

Clay:

\$20 for a 1/2 box (Students \$13)

January 6 – May 1

Wednesdays	6 – 9 PM
Thursdays	10 AM – 1 PM
Sundays	12 PM – 3 PM

Punch passes available at Reception:

10 hrs for \$40 or 20 hrs for \$60

Pottery Orientations by appointment \$10

*Orientations are available during drop in hours, for experienced potters wanting to use the studio. This covers, a tour of the facility, safety procedures and rules. Call 250-474-8619 for appointments.

NOTE:

Add 5% GST to Adult/Teen Courses

Pottery

You will experience a very comprehensive introduction to the art of pottery. Explore basic methods of hand building, glaze application and an introduction to the wheel. For experienced potters this class will teach you more advanced techniques.

INSTRUCTOR: Esther Drone

BEAR MOUNTAIN ARENA PROGRAM ROOM 160

M	7:00-9:00pm	Jan 04-Feb 22	\$144/8	57737
M	7:00-9:00pm	Mar 01-Apr 26	\$144/8	57738
Tu	7:00-9:00pm	Jan 05-Feb 23	\$144/8	57735
Tu	7:00-9:00pm	Mar 02-Apr 27	\$162/9	57736
F	10:00-12:00pm	Jan 08-Feb 26	\$144/8	57739
F	10:00-12:00pm	Mar 05-Apr 30	\$144/8	57740

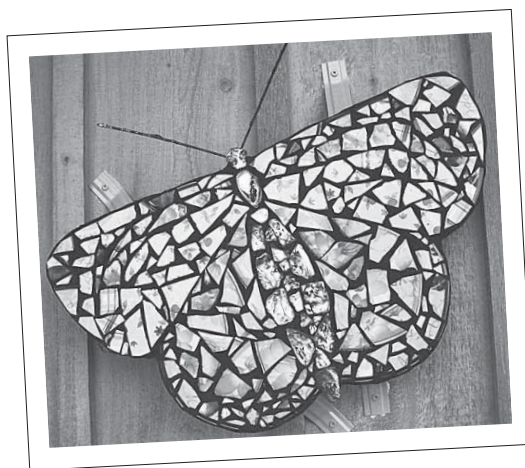
NEW! Mosaics Butterflies & Birdhouses

Explore the ancient art of tile and glass mosaics, the class will cover the fundamentals of indoor tile mosaic using tile, glass, broken pottery, stone and shell. Students will choose from 2 different projects based on preference and ability - a wooden birdhouse and a butterfly wall piece. If there is time remaining, students can choose to do a small 3-dimensional art sculpture piece.

INSTRUCTOR: Cheryl Jacobs

JDF LOWER CLUBHOUSE

Sa	9:30-4:30pm	Feb 13	\$75/1	57269
Sa	9:30-4:30pm	Mar 27	\$75/1	57371



Painting with Pastels

Explore this neglected, colourful and exciting medium. Because it is dry there are no frustrations of waiting for the paper or paint to dry. Pastel paintings emit an intensity of colour unmatched by any medium. Whatever you want to paint portraits, landscapes or still-life you will be guided through composition, design, colour and techniques to a successful painting.

INSTRUCTOR: Ed Araquel

CENTENNIAL CENTRE SPRUCE ROOM

Tu	6:30-8:30pm	Feb 09-Mar 16	\$109/6	57265
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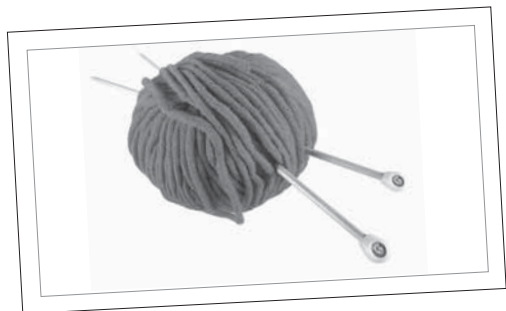
NEW! Pencil Portraits

Be the life of the party by drawing your friends or family! Learn the basics of drawing a portrait and how to achieve a startling likeness from life or photo. Course includes study of angles, distances mapping and measuring. Learn the use of values (lights and darks) to define planes of the face.

INSTRUCTOR: Ed Araquel

JDF LOWER CLUBHOUSE

W 6:30-8:30pm Feb 03-Mar 10 \$109/6 57268

**NEW! Beginners Knitting Circle**

Learn to knit in a social atmosphere where everyone can share their experience while knitting the same project. Set your own pace, as we make 'grandmother's favourite' dishcloth and if time continue with a hat. Learn to cast-on, the knit stitch, simple increases & decreases and cast off. Learn tips on yarns, knit nights, internet resources, reading patterns, and needles as well as knitting 'styles'.

INSTRUCTOR: Katherine Caughran

CENTENNIAL CENTRE YOUTH ROOM

Tu 7:00-8:30pm Jan 26-Mar 02 \$60/6 58134

NEW! Traditional Rug Hooking for Beginners

Not only will this course get you started with basic techniques on how to hook your own mat using both new and recycled materials, you will also learn how to design and draft your own patterns, finish edges, and select the right materials for your project. Please bring your own sharp scissors and large embroidery hoop if you have one. Materials included in fee.

INSTRUCTOR: Jessica Hepting

CENTENNIAL CENTRE SPRUCE ROOM

W 7:00-9:00pm Jan 27-Feb 17 \$110/4 57212

Watercolours

For beginners and advanced students. Introduction to materials and the basics of watercolour painting but still a challenge for experienced watercolourists. The course will focus on composition, colour, design, painting philosophy, medium control and techniques. Each session starts with a demo on painting skies, water, mountains, trees and snow.

INSTRUCTOR: Ed Araquel

CENTENNIAL CENTRE YOUTH ROOM

Tu 6:30-8:30pm Apr 06-May 11 \$109/6 57266

Computers & Photography**An Introduction to Computers**

Are you thinking of purchasing, or have you just purchased a new computer? Do you want to get up to speed in a fun and easy way? Now's your chance! Learn terms, basic word-processing and e-mail.

INSTRUCTOR: Dave Bassett

JDF BOARDROOM

Th/Tu 1:00-2:30pm Jan 21-Feb 04 \$175/5 57323

Tu/Th 1:00-2:30pm Mar 30-Apr 13 \$175/5 57332

Tu/Th 6:00-7:30pm Apr 13-Apr 27 \$175/5 57333

CENTENNIAL CENTRE - COMPUTER ROOM

M, W 10:40-12:10pm Apr 26-May 10 \$175/5 57334

File Management

Organize your files and folders. Learn backups and how to create shortcuts or aliases, rename and delete files, and what different file types there are.

INSTRUCTOR: Dave Bassett

JDF BOARDROOM

Th 2:40-4:10pm Feb 04 \$35/1 57355

Th 2:40-4:10pm Apr 15 \$35/1 57356

CENTENNIAL CENTRE - COMPUTER ROOM

Th 1:00-2:30pm Apr 29 \$35/1 57357

MS Excel 2007/2008

MS Excel is the standard spreadsheet in our Provincial and Federal Governments, and most businesses. This is the program to use for keeping track of your own investments or business bookkeeping.

INSTRUCTOR: Dave Bassett

JDF BOARDROOM

Tu/Th 10:40am-12:10pm Jan 05-Jan 19 \$175/5 57339

Tu/Th 7:40-9:10pm Feb 09-Feb 23 \$175/5 57340

Tu/Th 7:40-9:10pm Apr 13-Apr 27 \$175/5 57348

MS Word 2007/2008

MS Word is the standard word processor in our Provincial and Federal Governments, and in most businesses and Corporations. Get yourself back into the workforce or just upgrade your professional skills.

INSTRUCTOR: Dave Bassett

JDF BOARDROOM

Tu/Th 9:00-10:30am Jan 05-Jan 19 \$175/5 57335

Tu/Th 6:00-7:30pm Feb 09-Feb 23 \$175/5 57336

Tu/Th 2:40-4:10pm Mar 30-Apr 13 \$175/5 57337

CENTENNIAL CENTRE - COMPUTER ROOM

M/W 9:00-10:30am Apr 26-May 10 \$175/5 57342

Centennial Centre

is Located at
2805 Carlow and
the corner of
Goldstream Ave.

Dave Bassett

Dave has 25 years experience in computers. He has taught for eighteen years and supported both Windows and Macintosh customers. He has worked in both Provincial & Federal Governments and in large & small businesses. Dave likes to teach using a non-technical and easy to understand manner. Free support for students continues after the course by phone or email compudave@telus.net

Music on the Internet

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

INSTRUCTOR: Dave Bassett

CENTENNIAL CENTRE - COMPUTER ROOM
 Th 2:40-4:10pm Apr 29 \$35/1 57353



Scanning

Do you have a scanner at home or at work and never use it? Not sure of it's capabilities? Learn how to scan, store, and manipulate pictures, and how to scan documents electronically.

INSTRUCTOR: Dave Bassett

JDF BOARDROOM
 Th 1:00-2:30pm Apr 15 \$35/1 57349

CENTENNIAL CENTRE - COMPUTER ROOM
 Tu 6:00-7:30pm May 04 \$35/1 57350

Troubleshooting

How to get out of trouble on Windows/Mac computers, Internet, monitors, printers, scanners, memory, CD-RW drives, mice, keyboards, speakers and networks.

INSTRUCTOR: Dave Bassett

JDF BOARDROOM
 Th/Tu 2:40-4:10pm Jan 21-Feb 02 \$140/4 57346

JDF SPINNAKER ROOM
 W 9:00am-4:00pm Feb 17 \$140/1 57347

Digital Camera Purchasing

Learn the important details before purchasing a digital camera. What options and considerations are there? What type of photos will you be taking?

INSTRUCTOR: TBA

JDF BOARDROOM
 Th 2:40-4:10pm Apr 22 \$35/1 57352

CENTENNIAL CENTRE SPRUCE ROOM
 Tu 7:40-9:10pm May 04 \$35/1 57351

Cooking & Food

Truly Thai at Home-Basic

Thai food seems complex, intimidating and impossible to recreate at home, But authentic Thai dishes are simple, accessible and quick to make. Join this class and learn to get the most out of basic ingredients and techniques. During the class, we will make and eat Thai Hot and Sour soup, Red Coconut Chicken Curry, Spicy Tofu Noodles, lip smacking vegetables, Mango Rice Pudding, and more.

ALLERGY ALERT: Meal includes shrimp & peanuts!

INSTRUCTOR: Heidi Fink

SHORELINE MIDDLE SCHOOL
 T 6:00-9:30pm Jan 26 \$63/1 57372
 T 6:00-9:30pm Feb 23 \$63/1 58452

Dance

Egyptian Belly Dance-Traditional

Belly Dance has once again become a very popular fitness option. This class introduces the student to classic and modern Egyptian Raks Sharki, 'The Dance of Life'. Students will learn step combinations, costuming and choreography in an atmosphere that celebrates women of all ages and body types: particularly great for pregnant women, moms and daughters, and those wanting to improve their physical, emotional well being while learning the most elegant form of the dance.

INSTRUCTOR: Najwa

CENTENNIAL CENTRE OAK ROOM
 Tu 7:00-8:00pm Jan 19-Mar 02 \$70/7 57197
 Tu 7:00-8:00pm Mar 09-Apr 20 \$70/7 57203

Egyptian Belly Dance- Fitness

Improve posture, balance, cardiovascular fitness, flexibility and coordination while engaging in this beautiful ancient dance art form. This class is designed to teach basic belly dance movements in repetition for an isolated workout of specific muscle groups that benefits all fitness levels and body types.

INSTRUCTOR: Najwa

JDF GALLEON ROOM
 Th 7:30-8:30pm Jan 21-Mar 04 \$64/7 58264
 Th 7:30-8:30pm Mar 11-Apr 22 \$64/7 58265

NEW! Jazz Funk

This high-energy style of dance combines technique-based jazz with hip-hop. A great introduction to dance, this class offers a fun and funky strength and cardio workout! Experienced or not, come bust a move with us!

INSTRUCTOR: Laura Christensen

CENTENNIAL CENTRE - OAK ROOM
 W 6:45-7:45pm Jan 27-Feb 24 \$47/5 57384
 W 6:45-7:45pm Mar 17-Apr 14 \$47/5 58429



March is Embrace Aging Month, for more information contact the Eldercare Foundation at 250-370-5664 or visit www.gvef.org

NEW! Latin Workout

Heat up your workout, rev up your confidence, and shake off your inhibitions! This sizzling, sensuous class will have you burning calories without realizing it. Have a blast as you're lead through fast-paced salsa, reggaeton, merengue, and cha cha, mixed with sexy bachata and zouk. The hot, heart-pumping music will have you shaking things you didn't know you had. Guaranteed to make you sweat and smile! Suitable for all fitness levels; no dance experience necessary.

INSTRUCTOR: Kristi Foster

CENTENNIAL CENTRE - OAK ROOM

Tu 8:30-9:30pm Jan 19-Feb 23 \$49/6 57218

Salsa

Get a taste of the hottest Latin dance on the floor. Find out why so many people get addicted to this sexy, sultry dance. Salsa is fun, easy to learn and popular worldwide. Feel the Latin rhythm as you learn the fundamentals of the dance. Master all the basic steps and turns you need to get out on the dance floor. You'll be dancing after the first class!

INSTRUCTOR: Kristi Foster

JDF FIELDHOUSE

LEVEL 1

W 8:30-9:30pm Jan 20-Feb 24 \$49/6 57219

LEVEL 2

W 8:30-9:30pm Mar 03-Apr 07 \$49/6 57220

Two Step

The two step is a modern partnership dance that showcases the follower in spins, turns and weaves as it travels around the floor. If you have done Carole's beginner Two Step course or have some experience with this popular dance, the Beginner Plus course is here for you to take it to the next level. For more information visit: countrydancevictoria.com.

INSTRUCTOR: Carole Mason

JDF SENIORS HALL

Beginner

M 7:00-8:30pm Jan 25-Feb 15 \$39/4 57224

Beginner Plus

M 7:00-8:30pm Feb 22-Mar 15 \$39/4 57225

Nightclub Two Step

Nightclub two step is used with ballads, and is a romantic dance that fills a gap where no other dance fits. For information visit: countrydancevictoria.com.

INSTRUCTOR: Carole Mason

JDF SENIORS HALL

M 7:00-8:30pm Mar 22-Apr 12 \$39/4 57226



Social Ballroom Level I

An introduction to the most popular ballroom dances including waltz, tango, fox trot, jive, cha cha, and rhumba. A great way to combine fun, fitness, and socialising. We can help you gain the skills you need to setp onto any dance floor with confidence and poise. Designed for beginners or those wishing to review their basics.

INSTRUCTOR: McGregor Dance Studio

JDF GALLEON ROOM

F 8:15-9:30pm Jan 22-Mar 26 \$93/10 58021
F 7:00-8:15pm Apr 16-Jun 25 \$93/10 58022

Social Ballroom Level II

Designed for those who have completed our Social Ballroom level 1. This course includes a review of your level 1 material and then introduces new figures in all six dances, combined with styling and technique tips.

INSTRUCTOR: McGregor Dance Studio

JDF GALLEON ROOM

F 7:00-8:15pm Jan 22-Mar 26 \$93/10 57221

NEW! Wedding Dance/ Formal Preparation

This course will help you prepare for your first dance as husband and wife. Approach the floor with confidence and poise, and make it something special to remember always. Also useful if you other special occasions approaching which include dancing, such as a cruise, graduation, Christmas party, etc. Couples and singles welcome, although even numbers, and therefore a partner, cannot be guaranteed.

INSTRUCTOR: McGregor Dance Studio

JDF GALLEON ROOM

F 8:15-9:30pm Apr 23-May 21 \$47/5 58025

Carole Mason
Her teaching career began in 1989 in northern Alberta as the main instructor for the Peace Country Western Dance Club and was set aside for several years to grow a Curves business here in Victoria. Carole's passion for couples country dance has led her to return to teaching. You can learn more about her at countrydancevictoria.com

Financial & Real Estate

NEW! Top 10 RRSP Tips

This seminar discusses the 'Top 10 Tips' individuals should know to take full advantage of RRSPs. Topics of the presentation include: the importance of early contributions, spousal RRSPs, making tax-efficient deduction decisions, resisting the 'dip', home buyer and lifelong learning plans, designating a beneficiary through your will and more.

INSTRUCTOR: Jake Nemec, Consultant Investor's Group

JDF GLLANGCOLME ROOM

W 7:00-8:00pm Jan 20 Free 58267

NEW! Building Wealth for Women

This workshop will help you plan for financial success. An experienced financial planner will guide you through: financial issues unique to women, building wealth, protecting you, your wealth and the people you care about, living off of your wealth, your legacy. You don't want to miss this informative workshop.

INSTRUCTOR: Jackie McMath, C.F.P. Investors Group

JDF FIELDHOUSE

F 7:00-9:00pm Jan 29 Free 57439

NEW! Income Splitting to Reduce Your Tax Bite

This seminar discusses the advantages and disadvantages of income splitting when an investment loan is made between spouses at CCRAs prescribed interest rate on taxable benefits.

INSTRUCTOR: Jake Nemec, Consultant Investor's Group

JDF GLLANGCOLME ROOM

W 7:00-8:00pm Feb 17 Free 58268

Mortgage Insurance

This seminar compares and discusses the advantages of using a personal insurance plan to insure mortgage balances versus traditional mortgage insurance provided by most lending institutions.

INSTRUCTOR: Jake Nemec, Consultant Investor's Group

JDF GLLANGCOLME ROOM

W 7:00-8:00pm Mar 17 FREE 57417

NEW! Vacation Properties

From capital gains tax to estate equalization, this seminar discusses the various financial planning strategies Canadians can implement as they consider how to tax efficiently transfer the family cottage to the next generation.

INSTRUCTOR: Jake Nemec, Consultant Investor's Group

JDF GLLANGCOLME ROOM

W 7:00-8:00pm Apr 21 Free 58269



NEW! Need To Sell Your Home? Get Momentum!™

Does the thought of preparing your home for sale seem overwhelming? Get going with MOMENTUM - a program to help you get moving from your old space and into your new one. Meet a team of professionals who will lead you through the process of getting your home prepared for sale, as well as evaluated and listed for the best possible price for today's market. Designed by Jane Johnston, M.Ed. together with interior designer/stager as guest speaker.

INSTRUCTOR: Jane Johnston, M.Ed.

JDF BOARDROOM

M 7:00-9:00pm Apr 12 FREE 58017

Smart Buyer's Market

Spring into the Market! Confused about what is out there and where the affordable opportunities might be? Wondering what homes are really worth in a market that has changed? Come to the Smart Buyer's Seminar. Learn from a team of professionals, a realtor, a mortgage broker, a home inspector and a lawyer on how to get into the market wisely and own your own home without stress! Inform yourself about the market and see if moving into your own home is the right fit for you.

INSTRUCTOR: Jane Johnston, M.Ed.

JDF BOARDROOM

M 7:00-9:00pm Feb 01 FREE 58016

First Aid and Safety

JdF Power Squadron Safe Boating

Learn in depth boat information. Receive safety training and experience the challenge of plotting and navigation. This course leads to the Pleasure Craft Operator's Certificate, but goes beyond minimal requirements. Upon course completion and passing the final exam, you become a member of the Canadian Power & Sail Squadron Association. Cost of course subject to change. All materials and the Student cruise included. For more information and registration E-mail boatingcourse@jdfsquadron.ca

JDF FIELDHOUSE

Tu 6:30-9:30pm Jan 05-Apr 13 \$260/15 57227

Jane Johnston

Jane Johnston, M. Ed, is a former teacher and now MLS Gold Medal Winning Realtor (2009) with Pemberton Holmes. Each real estate course is designed to provide a comprehensive overview of the buying or selling process, which will minimize the stress of one of the most important purchases of your life.

Pleasure Craft Operator Certification

It is now mandatory regardless of age, for the operator of any type of powered pleasure craft to be PCOC certified. This one day course will provide you with the necessary boating knowledge ie: all aspects of boating safety, acts & regulations, buoyage systems, collision regulations and more. Enjoy boating as an informed user. The course fee covers the manual, the test and your PCOC card.

INSTRUCTOR: Barry Hodgkin

JDF GLLANGCOLME ROOM

Sa	8:30-4:30pm	Feb 27	\$85/1	57395
Sa	8:30-4:30pm	Mar 27	\$85/1	57396
Sa	8:30-4:30pm	Apr 17	\$85/1	58358

Safety Awareness & First Aid For Childhood Emergencies

This 9 hour course is designed for individuals Working in the day/childcare field. Also for people responsible for the care of small children. Topics include Safety & Prevention of accidents. First Aid and CPR training for choking and non breathing babies and children. Bleeding, shock, head injuries, fractures, and burns are also covered in this program. Written Exam required for 3 year certification.

INSTRUCTOR: Warren Delaney

JDF LOWER CLUBHOUSE

Su	8:30am-5:30pm	Jan 24	\$75/1	58031
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CENTENNIAL CENTRE - SPRUCE ROOM

Su	8:30am-5:30pm	Mar 28	\$75/1	58032
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First Aid & CPR for Adult Care Workers

A 9 hour course designed for those caring for or working with adults and/or seniors. Includes basic life support, choking and CPR, scene assessment, primary survey, choking, head, neck, back injuries, fractures, burns, bleeding, shock, and seizures. Certificate valid for 3 years. Written Exam.

INSTRUCTOR: Warren Delaney

JDF LOWER CLUBHOUSE

Su	8:30am-5:30pm	Apr 11	\$75/1	58029
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Standard First Aid

This comprehensive course covers all the areas of Emergency First Aid and CPR level C, plus injuries due to heat and cold, poisons, sudden medical conditions, bone and joint injuries, head and spinal injuries, moving and transportation of injured persons. Certification is valid for 3 years. Includes Single-Use CPR Face Shield in Belt Pouch

INSTRUCTOR: Rob Hamilton

JDF LOWER CLUBHOUSE

Sa/Su	9:00am-4:00pm	Jan 16-Jan 17	\$115/2	57631
Sa/Su	9:00am-4:00pm	Feb 20-Feb 21	\$115/2	57632
Sa/Su	9:00am-4:00pm	Mar 13-Mar 14	\$115/2	57633
Sa/Su	9:00am-4:00pm	Apr 24-Apr 25	\$115/2	57634

Emergency First Aid

This 8 hour course teaches all the elements of CPR level C, plus bleeding, unconsciousness, shock and secondary assessment. The manual is included in the cost. Certification is valid for 3 years. Includes Single-Use CPR Face Shield in Belt Pouch.

INSTRUCTOR: Rob Hamilton

JDF LOWER CLUBHOUSE

Sa	9:00-4:00pm	Jan 16	\$85/1	58359
Sa	9:00-4:00pm	Feb 20	\$85/1	58360
Sa	9:00-4:00pm	Mar 13	\$85/1	58361
Sa	9:00-4:00pm	Apr 24	\$85/1	58362

Gardening

Gardening Basics I

New to gardening or need some helpful guidance? This workshop is for the novice gardener. Topics include plant and lawn care, soil types, drainage, fertilizers, basic pruning skills and gardening tools to make your work more efficient.

INSTRUCTOR: Lesley Ansell-Shepherd

JDF GLLANGCOLME ROOM

W	7:00-9:00pm	Feb 03	\$21/1	58284
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Gardening Basics II

Now that you know what to do, follow up with a planning course to make changes in your garden. Topics include basic principles of landscaping and garden design, trees and shrubs for city gardens, and perennial borders.

INSTRUCTOR: Lesley Ansell-Shepherd

JDF SPINNAKER ROOM

W	7:00-9:00pm	Feb 17	\$21/1	58285
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Pruning Simplified

Everyone has plants that need to be pruned. Learn how plants respond to pruning and what you should do in spring to which types of plants for correct growth or bloom.

INSTRUCTOR: Lesley Ansell-Shepherd

JDF GLLANGCOLME ROOM

Tu	7:00-9:00pm	Mar 02	\$21/1	58286
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NOTE:
Add 5% GST
to Adult/Teen
Courses

NEW! Designing Personal Landscapes

How do you create a garden unique to your needs and gardening experience level? Lesley has more than 30 years experience designing gardens to suit clients in all settings from condos to country estates. Bring photographs of what you have now and ideas you like, and be prepared to create the start for a garden which meets your needs.

INSTRUCTOR: Lesley Ansell-Shepherd

JDF GLLANGCOLME ROOM

Tu 7:00-9:00pm Mar 09 \$21/1 58287

Languages**Conversational Spanish**

More than 300 million people in the world speak Spanish. In this language class, you won't have to worry about being told to quiet down; in fact, you'll be encouraged to chat away. Conversation is the key to this class. So, if you have the desire to learn the basics of Spanish in a fun atmosphere this class is right for you! Note: No class February 16th.

INSTRUCTOR: Marita Flores

JDF BOARDROOM

Tu 6:30-7:30pm Jan 26-Mar 09 \$72/6 57376

JDF GLLANGCOLME ROOM

Tu 6:30-7:30pm Mar 16-Apr 20 \$72/6 58366

Conversational Spanish Level II

This course is for those who have completed the level I course or who have had previous experience with speaking Spanish.

INSTRUCTOR: Marita Flores

JDF BOARDROOM

Tu 7:45-8:45pm Jan 26-Mar 09 \$72/6 57379

JDF GLLANGCOLME ROOM

Tu 7:45-8:45pm Mar 16-Apr 20 \$72/6 58367

Spanish for Travelers

Did you know there are 35 countries where Spanish is the official language? An introductory course for those planning a trip. This course teaches conversational Spanish and important information on food, drink, shopping, dangers, culture, climate and geography of the region and tips on how to communicate better.

INSTRUCTOR: Marita Flores

CENTENNIAL CENTRE - YOUTH ROOM

Th 6:00-7:00pm Jan 14-Feb 11 \$60/5 57381

JDF BOARDROOM

Th 6:00-7:00pm Feb 25-Mar 25 \$60/5 57382

Music**NEW! Beginner Ukulele Private Lessons**

Do you have an interest in trying the ukulele? Take a private lesson! This Hawaiian instrument is easy to learn and fun to play. These lessons are individualized to each student's musical interest. No music experience required. Each lesson is 30 minutes, flexible registration: sign up for 1 lesson, 4 lessons, or biweekly lessons, etc.

INSTRUCTOR: Vince Vaccaro

CENTENNIAL CENTRE ARBUTUS ROOM

\$35 for 1 lesson or \$115 for 4 lessons

January 13-March 3 6:30-7:00

7:00-7:30

7:30-8:00

8:00-8:30

Professional Development**Public Speaking for the Truly Terrified!**

New Public Speaking for the Truly Terrified! Are you truly terrified when you have to speak in front of an audience? Is your lack of public speaking ability holding you back in your career or your life in general? Gain confidence and learn how to speak in front of audiences large and small! This workshop is geared for the truly terrified and those who simply want to brush up on their public speaking skills.

INSTRUCTOR: Sarah Daviau

JDF SPINNAKER ROOM

Th 7:00-9:00pm Feb 18-Mar 25 \$99/6 57383

NEW! Vision Boarding

What is your preferred future? Reach your goals and achieve the life you want by creating your own vision board. By selecting pictures and writings that charge your emotions and inspire your imagination you will surround yourself with images that speak to you. Visually create your goals in life and adjust your beliefs to break through self-limiting barriers. Focusing on a vision board daily can help your dreams become a reality. "Start 2010 out with your vision set" All materials included.

INSTRUCTOR: Corinne Marley & Robin Bagshaw

CENTENNIAL CENTRE - SPRUCE ROOM

Sa 1:30-4:00pm Jan 23 \$24/1 57264

Skating

Introduction to Hockey – Women

This skill development program is designed to help the beginner recreational player to improve their skill. Skating is an essential part of hockey and there will be a large focus on improving skating abilities to allow the game to become more enjoyable. As you progress through this 6 week program you will practice different skills each week. Enjoy Canada's favorite pastime in a non-competitive, relaxed, fun environment. Jersey and waterbottle included.

INSTRUCTOR: Mena Westhaver

BEAR MOUNTAIN ARENA

Th 9:00-10:00am Jan 14-Feb 18 \$129/6 58395

Sports

Drop in Badminton

Badminton action at it's best. All skill levels welcome to mix in this fun and friendly atmosphere! Please bring a racquet. Drop in cancelled March 4 and 11.

BELMONT SCHOOL NORTH GYM

Th 8:00-10:00pm Jan 07-Apr 08 See drop in fees



Drop in Basketball

Come work up a sweat and play basketball in this noncompetitive environment for fun and fitness. All levels welcome. Drop in cancelled March 8.

JOHN STUBBS MIDDLE SCHOOL GYM

M 8:00-10:00pm Jan 04-Mar 29 See drop in fees

Drop in Floor Hockey

Please bring out your Domi Elite stick (limited spare sticks available) and work up a sweat. 16 players maximum, gloves are recommended. Drop in cancelled February 24, March 10, 24.

SPENCER SCHOOL GYM

W 8:00-10:00pm Jan 06-Apr 07 See drop in fees

Drop in Indoor Soccer

Drop in and play some pick up indoor soccer. A great way to get some fitness while meeting new players and having fun. Drop in cancelled March 8.

MILLSTREAM SCHOOL GYM

M 8:00-10:00pm Jan 04-Mar 29 See drop in fees

Drop in Volleyball

We provide the nets and balls; you provide the sets and spikes! All levels welcome. Drop in cancelled March 10 and 23.

SPENCER SCHOOL GYM

Tu 8:00-10:00pm Jan 05-Apr 06 See drop in fees

Golf - Ladies Only Beginner

This program is for ladies who have never played golf or beginner golfers and will cover the basics of putting, chipping, full swing, rules and etiquette. The first 4 classes are held at the GBC Golf Academy at Olympic View Golf Course and the final class is a playing lesson at Juan de Fuca Golf Course.

INSTRUCTOR: Lori Randle

OLYMPIC VIEW GOLF COURSE

W	5:30-6:30pm	Mar 24-Apr 21	\$130/5	57678
F	5:30-6:30pm	Mar 26-Apr 23	\$130/5	57679
Th	6:45-7:45pm	Apr 15-May 13	\$130/5	57680
W	5:30-6:30pm	Apr 28-May 26	\$130/5	57681
F	5:30-6:30pm	Apr 30-May 28	\$130/5	57692

Golf-Ladies Only Intermediate

A program for graduates of the beginner class or golfers with experience and covers putting, chipping, pitching/sand, full swing and course management. The first four classes are held at GBC Golf Academy at Olympic View Golf Course and the last class is a playing lesson at Juan de Fuca Golf Course.

INSTRUCTOR: Lori Randle

OLYMPIC VIEW GOLF COURSE

Th	5:30-6:30pm	Mar 25-Apr 22	\$130/5	57693
W	6:45-7:45pm	Apr 14-May 12	\$130/5	57694
F	6:45-7:45pm	Apr 16-May 14	\$130/5	57695
Th	5:30-6:30pm	Apr 29-May 27	\$130/5	57696

JUAN DE FUCA SOCIAL CLUB

These weekly dances are geared towards people with disabilities. Each week refreshments (soft drinks, juice, cookies and coffee) are on sale. Caregivers, we ask that you do not drop off your client at the door and leave them on their own. Music ranges from rock'n'roll to country. Buy a pass, or drop-in for \$2.50 a person, per night. Please Social Club will return January 6th, 2010.

INSTRUCTORS: Helen & Dan Walkom and Lindsay Kemble

JDF GALLEON ROOM

Wednesdays 7:00-8:30pm Jan 06-Apr 28

Cost for Drop In: \$2.50 an Evening

Social Club Pass: \$38.25/17 Night Punch Card

GENERAL DROP IN FEES	
SINGLE	
Adult (19 – 54 YRS)	5.65
Senior (55+ YRS)	4.10
Student (13 – 18 YRS)	4.10
Child Minding	2.00