

**Boys & Girls Club**  
www.bgcvic.org

**Victoria Childcare Resources & Referral**  
250-382-7000

**Esquimalt Military Family Resource Centre**  
(24hr Info) 250-363-2640

**Girl Guides/Sparks/Brownies**  
1-800-565-8111

**Goldstream Co-op Preschool**  
250-474-3011

**Goldstream Food Bank Society**  
250-474-4443

**Goldstream Masonic Hall Association**  
679 Goldstream Ave

**Goldstream Neighbourhood House**  
prairie-cfa@home.com

**Goldstream Toastmasters**  
goldstream.freetoasthost.org

**Highland Heritage Park Society**  
250-652-1466

**Island Adult Development Association**  
www.ldpride.net

**Intermunicipal Advisory Committee on Disability**  
250-478-5541

**Juan de Fuca Kinsmen Club**  
Ron Kerr 250-388-8813

**Juan de Fuca 55+ Activity Centre**  
250-474-8618

**Juan de Fuca Power Squadron**  
www.jdfsqadron.ca

**Kinnettes Club of Juan de Fuca**  
President 250-474-4437

**Knights of Columbus**  
www.kofcvictoria.bc.ca

**Langford Lake Area Protection Society**  
250-474-4470

**Luxton Pro Rodeo/Luxton Fair**  
www.members.shaw.ca/luxton-rodeo

**Langford Women's Institute**  
250-478-1900

**Metchosin Community House**  
250-478-5155

**Metchosin Community Hall**  
250-478-6424

**Metchosin Farmers Institute**  
250-478-2759

**Metchosin Preschool**  
250-478-9241

**Navy League Cadets**  
admhrhfalls@shaw.ca

**Pacific Centre Family Services**  
250-478-8357

**Rotary Club of Colwood**  
www.colwoodrotary.org

**Royal Canadian Air Cadets 848 Squadron**  
moldowan.m@cadets.net

**Royal Canadian Sea Cadets**  
dube.rah@cadets.net

**Royal Canadian Legion #91**  
Prince Edward 478-1828

**Scouts Canada**  
www.victoria.cascadia.scouts.ca

**Sooke & West Shore Child Care Resource and Referral**  
250-642-5152

**West Shore Lions Club**  
westshorebc.lionwap.org

**Vancouver Island Safety Council**  
www.visafetycouncil.com

**Victoria Tetra Society**  
250-474-5939

**Volunteer Victoria**  
250-386-2269

**Welcome Wagon**  
1-866-518-7287

**West Shore Chamber of Commerce**  
www.westshore.bc.ca

**Capital Families Association**  
250-391-4324 www.capfamilies.org

**Worklink Employment Society**  
250-478-9525

## ARTS

**Four Seasons Musical Theatre**  
250-478-0329

**Frontier Twirlers Squaredance**  
250-477-3943

**Juan de Fuca Arts & Crafts Guild**  
juandefucaartsandcraftsguild.com

**Juan de Fuca Community Orchestra**  
camilla\_@hotmail.com

**Scottish Country Dancing**  
250-474-1018

**Sweet Adelines International**  
250-656-0302

**Metchosin Garden Club**  
250-294-4345

**View Royal Garden Club**  
250-727-0076

**West Shore Arts Council**  
250-478-2286

## SPORTS

### ARCHERY

**Victoria Bowman Association**  
250-474-4909

### BASEBALL

**Westshore Baseball Association**  
250-474-3356

**Sports Traders Masters SloPitch**  
250-478-2727

**Triangle Athletic Association**  
250-391-4585

**View Royal Fastball Association**  
250-479-3221

**West Shore Mixed Slo-Pitch League**  
250-383-0180

**Langford Fastball Association**  
www.langfordfastball.ca

### CURLING

**Juan de Fuca Curling Club**  
www.juandefucacurlingclub.ca

### CYCLING & BMX

**Greater Victoria Velodrome Association**  
www.gvva.bc.ca

**Greater Victoria BMX Assoc.**  
www.victoriabmx.com

**Westshore BMX Association**  
www.westshorebmx.com

### DISC GOLF

**Island Disc Golf Society**  
www.islanddiscgolf.com

### EQUESTRIAN

**Metchosin Equestrian Society**  
www.mesmetchosin.org

### FOOTBALL

**Greater Victoria Football Association**  
250-385-2222

**Spartans Canadian Football Association**  
www.spartansfootball.ca

### HOCKEY & RINGETTE

**Juan de Fuca Minor Hockey**  
www.jdfminorhockey.com

**Len Barrie Hockey College**  
Registration 250-478-1053

**Victoria Salmon Kings ECHL**  
250-220-7889

**Victoria Grizzlies BCHL**  
250-385-1555

**Flyers Hockey Club**  
250-893-1476

**Greater Victoria Ringette Association**  
victoriaringette@gmail.com

### LACROSSE

**Juan de Fuca Lacrosse Association**  
www.jdfllacrosse.com

**Victoria Shamrocks**  
www.victoriashamrocks.ca

**Victoria Junior 'A' Shamrocks**  
www.jrshamrocks.com

### LAWN BOWLS

**Juan de Fuca Lawn Bowls Club**  
250-478-7447

### MOTOCROSS

**Westshore Motocross Association**  
250-893-9547

### NETBALL

**Netball Victoria**  
250-474-1223

### SKATEBOARDING

**Wescom Skateboard Society**  
mynameislocalcat@hotmail.com

### SKATING

**Juan de Fuca Skating Club**  
juandefucasc@shaw.ca  
250-479-6534

### SOCCER

**Juan de Fuca Football Club & Oldtimers**  
250-478-8882

**Juan de Fuca Soccer Association**  
250-474-6334

### SWIMMING

**Juan de Fuca Coho Swim Club**  
479-3909

**Greater Victoria Aquatics Society**  
250-474-7602  
swimmykids@shaw.ca

### RUNNING & WALKING

**JdF Running Club**  
vchura@shaw.ca

**JdF Hearts in Motion Walking Club**  
250-478-8384

### WRESTLING

**Victoria Commonwealth Wrestling**  
250-384-9459

**If your organization's contact info needs updating please contact Kathryn at (250) 478-8384 EXT 2202 communications@jdfrecreation.com**

# WEST SHORE PARKS & RECREATION SOCIETY

Comprised of elected and appointed representatives from the West Shore communities, the Society is responsible for the overall management and operation of all amenities and services on West Shore Parks & Recreation properties. The Society meets at 7 PM on the second Thursday of each month (with the exception of August). All meetings are open to the public. The Society invites comments or suggestions from the public at the beginning of each meeting.

## STAFF CONTACTS

### ADMINISTRATION:

				OFFICE
Administrator	Linda Barnes	250-474-8607	lbarnes@jdfrecreation.com	JDF
Administrative Secretary	Lore Cumberbatch	250-474-8610	lcumberbatch@jdfrecreation.com	JDF
Human Resources Advisor	Brian Merryweather	250-474-8623 HR FAX: 250-478-8363	bmerryweather@jdfrecreation.com	JDF
Manager of Finance & Administration	Cameron Reid	250-474-8605	creid@jdfrecreation.com	JDF
Administrative Coordinator	Corey Burtini	250-474-8612	cburtini@jdfrecreation.com	JDF

### RECREATION:

Manager of Recreation	Cindy O'Regan	250-474-8655	coregan@jdfrecreation.com	JDF
Community Sports Coordinator	Karen Frost	250-474-8606	kfrost@jdfrecreation.com	JDF
Community Recreation	Alex Matthew	250-474-8619	amatthew@jdfrecreation.com	JDF
Aquatics Coordinator	Kristy MacKinnon	250-474-8616	kmackinnon@jdfrecreation.com	JDF
Aquatics Programmer	Chris McGregor	250-474-8680	cmcgregor@jdfrecreation.com	JDF
Fitness/Wellness Coordinator	Denise Foster	250-474-8694	dfoster@jdfrecreation.com	JDF
Fitness/Wellness Programmer	Kristy Webster	250-474-8617	rehab@jdfrecreation.com	JDF
Community Development Coordinator	Bobbi Neal	250-474-5825	bneal@jdfrecreation.com	CEN
Community Development Teen Programmer	Amy Cooper	250-474-2847	acooper@jdfrecreation.com	CEN
Community Development Programmer	Ashley Kelbough	250-474-5826	akelbough@jdfrecreation.com	CEN
Arena & Food Services Coordinator	Maegan Thompson	250-474-8604	mthompson@jdfrecreation.com	BEAR
Arena Programmer	Rob Wilson	250-474-8601	rwilson@jdfrecreation.com	JDF

### SERVICES:

Food Services Supervisor	Andrea Bomhof	250-474-8609	abomhof@jdfrecreation.com	JDF
Facility Bookings	Joan Awalt	250-474-8611	bookings@jdfrecreation.com	JDF

### OPERATIONS:

Manager of Operations	Wade Davies	250-474-8602	wdavies@jdfrecreation.com	JDF
Parks Supervisor	Bryan Wood	250-478-3133	bwood@jdfrecreation.com	JDF
Maintenance Supervisor	Ron Dietrich	250-474-8615	rdietrich@jdfrecreation.com	JDF

\*OFFICE LOCATED AT: JDF - Juan De Fuca Recreation Centre

BEAR — Bear Mountain Arena

CEN — Centennial Centre



**SITE MAP OF JUAN DE FUCA RECREATION CENTRE** 1767 ISLAND HIGHWAY

**1. ADMINISTRATION & JDF ARENA**

- 1A. CURLING RINK
- 1B. PLAYROOM
- 1C. LOOKOUT LOUNGE
- 1D. GALLEON ROOM
- 1E. KID'S COVE
- 1F. JDF ICE ARENA
- 1G. SPINNAKER ROOM
- 1H. GLLANGCOLME ROOM
- 1I. BOARDROOM
- 1H. ADMINISTRATION

**2. RECEPTION & POOL**

- 2A. SWIMMING POOL
- 2B. WEIGHT ROOM

**3. 55+ ACTIVITY CENTRE**

**4. KIDS COTTAGE**

**5. KINSMEN FIELDHOUSE**

- 5A. GOLF PRO SHOP

**6. BEAR MOUNTAIN ARENA**

- 6A. POTTERY ROOM

**7. CLUBHOUSE**

- 7A. LOWER CLUBHOUSE
- 7B. UPPER CLUBHOUSE

**8. BMX TRACK**

**9. LOWER PARK CONCESSION**

**10. LOWER PARK WASHROOMS**

**11. ROTARY PICNIC SHELTER**

**12. VELODROME**

**13. LACROSSE BOX**

**14. PARKS BUILDING**

**15. ROTARY PLAYGROUND**

**16. LAWN BOWLING GREENS**

**17. PLAYING FIELDS**

**18. GOLF COURSE**

**19. TENNIS COURTS**

**20. BEACH VOLLEYBALL COURTS**

**21. BASKETBALL COURTS**

**22. ADULT BASEBALL DIAMOND**

**23. YOUTH BASEBALL DIAMONDS**

**24. WildPlay West Shore Victoria**

## January to April Programs:

Registration for all programs starts on December 9th at 6 AM

If the course that you would like to register for has already started, you may still be able to register in person or call Juan de Fuca Recreation Centre at (250) 478-8384.

Fees payable at time of registration. Unless otherwise noted.

**PLEASE NOTE:**  
GST is not included in course costs.

## Registration begins December 9th at 6:00 am

### There are 3 ways to register

#### 1. Online



##### 24 Hours A Day 7 Days A Week

It's quick, easy, secure and takes just a few minutes and it can be done without leaving your home and you receive immediate confirmation of your registration, [www.jdfrecreation.com](http://www.jdfrecreation.com)

##### Important Information

If you are new to online registration? Call 250-478-8384 to get your PIN number.

#### 2. In Person



##### During JdF Recreation Centre Hours

**M-F 6 AM–10 PM SAT/SUN 7 AM–8:30 PM HOLIDAYS 11 AM–5 PM**

Drop by Juan de Fuca Recreation Centre reception desk and register for your classes in person. Our wonderful front desk staff will help you register for programs.

##### Important Information

Registrations are processed from office opening to 1/2 hr prior to closing.

#### 3. By Phone



##### During JdF Recreation Centre Hours

**M-F 6 AM–10 PM SAT/SUN 7 AM–8:30 PM HOLIDAYS 11 AM–5 PM**

Call 478-8384 press 0 to speak to reception about registering for programs. Have your credit card ready, VISA or Mastercard accepted.

##### Important Information

Registrations are processed from office opening to 1/2 hr prior to closing.

### Refund Policy Programs

#### If you cancel ...

Full credits or refunds will be processed by contacting reception 478-8384 a minimum of three days prior to program start date (supply costs are non-refundable). Under medical or emergency circumstances, prorated refunds may be granted at the discretion of the program coordinator. Documentation may be required. **Some exceptions may apply and are listed on your receipt.**

Credits are good for one year from date issued. For refunds, payments made by Visa or MasterCard are credited to your account. All other refunds are made by cheque (please allow two weeks for processing).

#### If we cancel ...

Full credits or refunds will be issued when West Shore Parks & Recreation cancels a program or for those not meeting your schedule due to a change in day/location. Every effort is made to cancel courses in a timely manner. (3 days prior to course start date) Credits are good for one year from date issued.

#### NSF cheques ...

A \$25 fee will be charged for all NSF cheques.

### Refund Policy Passes

**Your pass is non-transferable! Exchanges or transfer of passes will not be granted.**

#### Forgot or Lost Your Pass?

Keep your pass safe! Notify us immediately if your card is lost or stolen; there is a \$5 replacement fee.

#### Pass Refunds/Cancellations:

**Will be granted under these circumstances:**

**Medical:** must be accompanied by a doctor's note. A \$25 fee is applied to cancellation of plans.

**Relocation:** to a community outside of Greater Victoria. A \$25 fee is applied to all cancellation of plans. A refund will be processed once the card holder completes a refund request form. Refunds will be pro-rated from the date of request, the refund will be processed within 30 days to the pass holders relocated address.

#### Additional Information:

Occasionally a facility may be unavailable due to special events, holidays and maintenance closures. In these cases the pass holder will not be credited. In addition, memberships will not be placed on hold due to vacation or personal circumstances.

# Greater Victoria Public Library *Juan de Fuca Branch*



**Greater Victoria Public Library**  
Juan de Fuca Branch  
1759 Island Hwy

**Phone:**  
250-391-0653

**Renewals:**  
250-413-0362

**www.gvpl.ca**

**Branch Head:**  
Andrea Brimmell

## LIBRARY HOURS:

**Mon, Fri, Sat**  
10:00 AM – 6:00 PM  
**Tuesday - Thursday**  
10:00 AM – 9:00 PM  
**Sundays**  
CLOSED  
*Starting in January*

Use your **LIBRARY CARD** at any Greater Victoria Public Library branch, and at the Central Library downtown.

Our **WEBSITE** **www.gvpl.ca** allows you to access our catalogue & electronic databases remotely from home, renew items and see our new additions list. Sign up for e-mail notification of holds or overdues.

## ADULT GENERAL INTEREST

Registration begins January 5, for more information on any of our programs call 250-391-0653.

### Syrian Sands: Ruins and Revelations on the Road to Damascus

**Tuesday, January 26 7:00-8:30 pm**  
Join Georgina Henderson in an armchair archaeological expedition to Syria. Explore the ancient site of Palmyra, tramp through the Crusader castle of Krak des Chevaliers, marvel at the waterwheels of Hama, see spiral fluted columns at Apama, and ramble through Damascus, where the ancient and modern worlds co-exist.

### Wild About Polar Bears!

**Tuesday, February 9 7:00-8:00 pm**  
Diane Brown has travelled to Churchill, Manitoba and Svalbard, Norway to see and photograph polar bears in the wild. Diane will share slides and tell us about bears both in the wild and in zoos: What they eat, how they hunt, how they care for their young, where they live, and -- most important -- what the effects of Global Warming are on population.

### Living Your Life Free of Pain, Anxiety and Fatigue

**Thursday, February 25 7:00-8:30 pm**  
David Greenshields will introduce us to an innovative, holistic approach to working with conditions such as chronic fatigue syndrome, fibromyalgia, irritable bowel syndrome, anxiety, insomnia, migraines and depression. David holds an MA and is a Registered Social Worker. He lived for many years with chronic fatigue syndrome before applying this learning to his own life.

## COMPUTER PROGRAMS:

### Email for Beginners

Monday, January 25 10:30-12:00 pm

### Email for Beginners: The Next Step

Monday, February 15 10:30-12:00 pm

### Introduction to Computers: Part I

Tuesday, February 2 2:30-4:00 pm

### Introduction to Computers: Part II

Tuesday, February 16 2:30-4:00 pm

### Introduction to Searching the Internet

Monday, March 1 10:30-12:00 pm

### Goggle at Google

Tuesday, March 2 2:30-4:00 pm

## CHILDREN'S PROGRAMS:

**Phone to register @ 250-391-0653**

Registration begins January 5.

### Drop-in Baby Time January 12 – March 2

Tuesdays, 10:30–11:00 am

### Drop-in Toddler Time January 14 – March 4

Thursdays, 10:30–11:00 am

### Drop-in Family Storytime Jan 15 – March 26

Fridays, 10:30–11:00 am

### Leaping Leprechauns 3-5 Years

**Tuesday March 16, 10:30-11:30**

Wear green and celebrate St. Patrick's day with green themed stories, rhymes, songs, a craft and a four leaf clover hunt will all be part of the fun.

### Pajama Storytime Children & Families

**Wednesday, January 27, 6:30-7:30**

Put on your pjs and come cuddle up for some bedtime stories and fun at the library. Don't forget your favourite stuffy!

### Salmon Kings Program

**Wednesday, January 10, 3:30-4:30**

Join us for a fun-filled visit from a Salmon Kings player and Marty the Mascot! Enjoy stories, ask questions, and find out about hockey books.

### Creative Writing

**with Robin Stevenson 13-18 Years**

**Saturday, February 6, 3:00-5:00**

If you love to write and want to develop your skills? Join author Robin Stevenson and discover ways of using your own experience to bring fiction to life.

### Friends Forever 5-12 Years

**Saturday, January 30 10:30-11:30 pm**

Celebrating Canada's Family Literacy Day as local storyteller Faye Mogensen shares funny stories and a song. Younger siblings welcome with a caregiver.

### Story Club 6-8 Years

**Tuesdays Jan 26, Feb 23, Mar 30 3:30-4:30 PM**

Listen to stories, talk about your favourite books, and enjoy fun activities. Snacks included!

### Diary of a Wimpy Kid 8-12 Years

**Tuesday, March 9, 2:30-3:30**

Do you love Diary of a Wimpy Kid books by Jeff Kinney? Join us for "wimpy kid" fun, games, & trivia.

## KIDS MOVIES @ THE LIBRARY

Open to all ages. Registration begins January 1

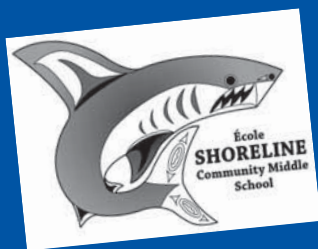
### Finding Nemo (Rated: G)

Friday, March 12 2:00 pm

### The Incredibles (Rating: G)

Saturday, February 19 2:00 pm

Visit the Juan de Fuca Branch at 1759 Island Highway, Victoria BC



# École SHORELINE Community Middle School

2750 Shoreline Drive – just off of the Old Island Highway, next to the Portage Inlet.



#### Contact Information:

**Dianne Dennis**  
Program Manager  
[ddennis@sd61.bc.ca](mailto:ddennis@sd61.bc.ca)

**Elaine Abbott**  
Community School  
Secretary  
[eabbott@sd61.bc.ca](mailto:eabbott@sd61.bc.ca)

**TELEPHONE:**  
250-386-8367

Call us today for  
information or  
registration

**VISIT:**  
[www.scssd61bc.ca](http://www.scssd61bc.ca)

**WE OFFER** certificate training in Computers, Business & Employment and First Aid, as well as programs in Arts and Crafts, General Interest, Fitness, Wellness and Drop-in Community Sports.

**A CAP SITE** Shoreline is a CAP site which means free computer and internet access are available to the public from 10 am to 8 pm, Monday – Friday and most Saturday mornings from 9 AM until NOON. Please call ahead to confirm machine availability.

**REMEMBER** that you must hold **Pleasure Craft Operator's Competency (PCOC) Certificate IN ORDER TO DRIVE** any kind of motorized water craft. It is the **LAW!** Get it done now – before this year's boating season is upon us!

## The Winter 2010 Program Guide

Our January to April brochure will be delivered December 30 and 31.

Online registration is available December 21st  
telephone registration begins January 4th

Program Guides are available at Recreation Centres, your local library branch, the Town of View Royal, Shoreline Community Middle School, and online. You can find us at 2750 Shoreline Drive.

**NIGHTS ALIVE** will resume Wednesday, January 20th from 6:30 – 8:30 pm for Middle School Aged students, and Thursday, January 21st from 8:00 – 9:30 pm for High School Aged students. **ALL COMMUNITY YOUTH ARE WELCOME!** This is a free, supervised, drop-in recreation program provided through funding by The Town of View Royal and Shoreline Community School Association.

Registration for **THE WEDNESDAY CLUB AFTER SCHOOL PROGRAM** is available by calling Dianne or Elaine at 250-386-8367. Space is limited but the fun is not! This program is made possible through partnership with The Boys and Girls Club of Greater Victoria, West Shore Parks and Recreation, funding by The Town of View Royal, The Municipality of Esquimalt and The Shoreline Community School Association.

Visit our website: [www.scssd61.bc.ca](http://www.scssd61.bc.ca) for course information.

# JdF 55+ Activity Centre

Partnership & cooperation between the 55 + Activity Centre & West Shore Parks & Recreation results in a very successful program for seniors.

Staffed almost entirely by volunteers and with approximately 1100 members, our centre offers social events such as dances, parties, barbecues, concerts and outings arranged on our own bus at a cost. We also offers exercise programs, cards, art courses, lapidary, woodwork, silver-smithing, crafts, ceramics, and dance, which help build healthy minds and bodies, and create a community of active, involved people 55 and older.

Coffee and muffins in the morning and light lunches from 11:30 am are available at a nominal charge.

Volunteers make it happen, and we are always happy to have you as a volunteer if want to join us!



Come & Join Us, Enjoy Our Activities, Volunteer Your Help. 250-474-8618

## JUAN DE FUCA LAWN BOWLS



Looking for a new challenge, for a competitive non-impact sport?

Check out the Juan de Fuca Lawn Bowls Club. Lawn Bowling is a competitive sport open to all levels (social, recreational, competitive and elite) and to all age levels. The only equipment required is a pair of flat soled shoes with no heels.

Lawn Bowling and curling are very similar except in lawn bowls the button or jack is a moveable object. Men and women compete equally so it is enjoyable for couples. Social and recreational open bowls are played with optional attendance. Schedule or league bowling is available for the competitively inclined. Our clubhouse hosts numerous socials, such as BBQ's and Pot Lucks.

Visit the Open House in late April (Dates TBA). Rules, etiquette and opportunities to play are discussed.

**For further information call:  
250-478-7447**



creating a better world  
programs for kids 5 +  
find a group near you!  
visit [www.scouts.ca](http://www.scouts.ca) or  
call 1-888-SCOUTSNOW

a world of adventure  
a world of friendship  
a world of fun



**L.I.F.E. assists individuals and families with low incomes to access recreation services and programs at all municipal recreation centres in Greater Victoria**

**Who Is Eligible?** The L.I.F.E. Program is designed for individuals and families in the West Shore who are working low income or on B.C. Benefits. To qualify, your combined gross household income must be at or below the Statistic Canada's Low Income thresholds for 2008. Post-secondary students are not eligible.

**How Do I Apply?** Applications available at Juan de Fuca Rec Centre and online ([www.jdfrecreation.com](http://www.jdfrecreation.com).) Complete one application per household and return it to Juan de Fuca Recreation Centre with proof of West Shore residency and with proof of income. (All adults in your family must come to the recreation centre)

**For information please call reception at  
Juan de Fuca Recreation Centre 250-478-8384**



*Even with a limited income,  
you can join in the fun!*

## **Disability + An Active Lifestyle = Improved Quality of Life**



People with disabilities are welcome to participate in all leisure services offered by your municipality. For individualized assistance in choosing programs and overcoming barriers to participation.

**Call RIV at 477-6314 today!**



PH: 250-477-6314 E-MAIL: [information@rivonline.org](mailto:information@rivonline.org) WEB: [www.rivonline.org](http://www.rivonline.org)  
4135 Lambrick Way, Victoria, BC V8N 5R3