



JUAN DE FUCA GOLF COURSE

ABOUT THE COURSE

Total length 1136 Yards, pin will vary. Juan De Fuca's Par 3 nine hole course is an excellent course to sharpen your short game skills. The holes range in length from 79 yards to 170 yards. The beautiful fairways and greens are surrounded by seven water hazards providing the accomplished golfer an opportunity to sharpen their skills. If you're a beginner golfer or looking for a place to take the family without the pressure and frustration of a long regulation course this is the place for you. Beginners and families will have fun learning the game in a relaxed and friendly atmosphere. Play is on a first come first served basis with no tee times required.

Winter Mixed League

League runs October 1 to March 31, 2009

Golf at your own leisure!

Play 4 – 18 hole rounds (or the equivalent there of) to be eligible for monthly prizes and/or Play 16 – 18 hole rounds to be eligible for end of league prizes. Pro Shop Staff will update league statistics using the Calloway handicap system on a monthly basis.

Cost of \$35 includes monthly/end of season prizes and a wind up tournament and banquet. Fees for league rounds are the responsibility of each player

Please see Pro Shop Staff to register

Family Rates

Did you know that we have a family golf rate? 4 people (2 adults max) anytime for 9 holes. Bring your 4 to our Par 3 for some great family fun!

GOLF COURSE FEES		
	SUMMER April 1 - Sept 30	WINTER Oct 1 - Mar 31
Adult & Senior	12.75	9.25
Youth (8 – 16 YRS)	9.00	9.00
Family Max 4 - 2 Adults Anytime 9 holes.	40.00	35.00
Extra Round	9.25	

RENTALS		
Club Rentals	7.00	
Pull Cart	4.50	

Tournament Packages

Get your event on the right course . . . at JdF.

Whether it's a family reunion, a corporate tournament or a charity fund raiser, our friendly staff will assist you with all the details to ensure a spectacular event that meets your needs. The adjacent Kinsmen Fieldhouse provides a fabulous location for banquet facilities and our catering department will add the right flavor to your event.

9 holes Golf and BBQ Burger Buffet
\$25.25/person (minimum 36 golfers)

9 holes Golf and Salmon/Chicken/Steak Buffet
\$29.25/person (minimum 36 golfers)

Tournaments may be booked without catering for a minimum of 24 golfers. For availability and details call the Pro Shop at 250-474-8621

The Pro Shop

Browse the Juan de Fuca Pro Shop.

We strive to provide you with quality products a reasonable prices. Available is a wide section of men's and women's apparel, golf accessories and souvenirs.



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