

# PRESCHOOL PROGRAMS

## Camps For Spring Break

### Squiggles and Giggles Spring Break Camp **3-5 YRS**

Little campers come and spend your Spring Break having tons of fun with us! Each day will have a different theme: Nature Nuts, Bugs and Butterflies, Dreams and Fairy tales, Creative Cooking and Ooey Goopy Stuff. There will be lots of crafts, games, stories, songs, kindergym and new friends too.

#### JDF KIDS COTTAGE

M-F	9:00-11:30am	Mar 08-Mar 12	\$95/5	57544
M-F	12:00-2:30pm	Mar 08-Mar 12	\$95/5	57545

### **NEW!** Mystical Magic Morning Camp **3-5 YRS**

Mermaids, unicorns, wizards and fire-breathing dragons galore. An enchanted preschool spring break camp that will be sure to transport your little one to far away fairy lands and adventures through mystical arts, crafts, music, games, outside play and songs.

INSTRUCTOR: Lindsay Kemble

#### CENTENNIAL CENTRE ARBUTUS ROOM

M-F	9:00-12:00pm	Mar 8-Mar 12	\$105/5	57111
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### **NEW!** Science & Safari Spring Breakers **3-5 YRS**

Welcome all little Einsteins' and safari explorers! Preschoolers will create their very own map and passport in our new safari themed preschool room at the beginning of the week and find clues using scientific experiments to solve clues leading up to Friday's mystery surprise. Themed crafts, songs, stories and outdoor play each day!

INSTRUCTOR: Lindsay Kemble

#### CENTENNIAL CENTRE ARBUTUS ROOM

M-F	12:30-3:30pm	Mar 8-Mar 12	\$105/5	57112
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## Family Events

Fun new programs geared to families to come out and play together. Registration is per family. Recommended ages for the activities are listed with each program but everyone is welcome.

### **NEW!** Family Yoga **3 YRS & UP**

A fun way to stay in shape and enjoy special time with your family. Learn to stretch and relax, feel healthy, strong and balanced together. Games and music will be inter-weaved through the class as well.

INSTRUCTOR: Nicole Lakas

#### CENTENNIAL CENTRE OAK ROOM

W	1:00-2:00pm	Jan 13-Feb 24	\$69/7	58262
W	1:00-2:00pm	Mar 3-Apr 28	\$79/8	58263

### **NEW!** Sleeping Bag Movie **FAMILY**

Bundle up the whole family in sleeping bags and pj's for an indoor movie. We'll play a kid-friendly film and provide popcorn and a hot chocolate, plus an activity; all you need to do is get cozy!

#### JDF LOUNGE

F	6:30-8:30pm	Jan 08	\$15/1	57656
F	6:30-8:30pm	Mar 19	\$15/1	57657
F	6:30-8:30pm	Apr 30	\$15/1	57658

### **NEW!** Winter Warm-Up **3-7 YRS**

You won't need your mittens for this morning of wintery activities, crafts and games. We'll even warm up your insides with hot drinks and snacks! Come find out why winter is the coolest season of them all!

#### JDF GALLEON ROOM

Su	10:00-12:00pm	Jan 24	\$26/Family	58066
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### **NEW!** Olympic Kids **5-10 YRS**

Celebrate the 2010 Winter Games with an afternoon of family fun! Find your inner Olympian to complete crafts and activities, participate in our Olympic events, and even earn an Olympic medal.

#### JDF GALLEON ROOM

Sa	1:00-3:00pm	Feb 13	\$26/Family	57644
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**NEW! Hearts & Valentines** **3-7 YRS**

Roses are red, violets are blue; at this Valentines' day party, we sure hope to see you! Wear your heart on your sleeve and join us for Valentines stories and activities, lovely crafts and songs!

**JDF KIDS COTTAGE**

Su 10:30-12:00pm Feb 14 \$19/family 57497

**Lucky Leprechauns** **3-7 YRS**

A little lucky time full of crafts, games, songs and stories. Make new friends while we decorate our very own lucky four leaf clover, hat and special song.

**JDF KIDS COTTAGE**

Su 10:30-12:00pm Mar 14 \$19/Family 57498

**Bunny Hop** **2-5 YRS**

Get hopping with Juan de Fuca ! We will have face painting, balloons, crafts stations, games and a castle to help you and your child bounce into the Easter spirit. The big white bunny will stop by for a visit and make a special delivery too!

**JDF LOUNGE**

Th 10:30-12:00pm Apr 01 \$19/Family 57596

**NEW! Spring Shop & Swap** **FAMILY**

Give your family some motivation for your spring cleaning. Register for a table at our mega garage sale-style event, and turn your sorting and purging into a day of exciting sales and swaps! Or, just come to peruse the tables and maybe you'll find yourself a treasure or two!

\$2 Admission and \$10 Table Fee

**JDF GALLEON ROOM**

Sa 2:00-4:00pm Apr 17 57651

**Arts & Crafts**

**NEW! My First Movin' & Groovin Art Class** **18 M-2 YRS**

Dive into our first art and movement class. Explore finger paint, tissue paper, feathers, glitter and more! You and your little one will be introduced to group games, dancing, storytelling and sing a longs. Each week explore themes such as zoo, ocean and space. A fun learning experience for you and your child.

INSTRUCTOR: Laura Shepherd

**CENTENNIAL CENTRE ARBUTUS ROOM**

Tu 11:00-12:00pm Jan 12-Feb 23 \$56/7 57214

Tu 11:00-12:00pm Mar 2-Apr 27 \$64/8 58443

**Messin' & Playin'** **2-4 YRS**

It isn't fun unless you are getting mucky! Use your hands to make a rainbow of creations using finger paints, gluing, glitter, shaving cream and more. We then move to the gym for 30 minutes of Kindergym activities. Parent duty day may be required.

INSTRUCTOR: Lindsay Kemble

**JDF KIDS COVE**

Tu 10:45-12:15pm Jan 05-Feb 23 \$64/8 57554

Tu 10:45-12:15pm Mar 02-Apr 27 \$64/8 57555

**Hip Hop Art & More!** **4-6 YRS**

Join us for an hour of crafts, songs and stories in our preschool room. We will incorporate our crafts into our hip hop dancing for the last half hour in our dance room. Learn, laugh and meet new friends!

INSTRUCTOR: Laura Christensen

**CENTENNIAL CENTRE ARBUTUS ROOM**

Su 9:00-10:30am Mar 28 \$25/1 57159

**NEW! Preschool Picassos!** **3-5 YRS**

Come express and explore your creative side! Experiment with paint, textures, patterns, shapes, games, music and much more. All you need is your imagination! 30 min of Kindergym included.

INSTRUCTOR: Angie Anderson

**JDF GALLEON ROOM**

Th 10:45-12:15pm Jan 07-Feb 25 \$64/8 57663

Th 10:45-12:15pm Mar 04-Apr 29 \$64/8 57664

**Fun With Kites** **3-5 YRS**

Fly with us ... every child will get to assemble their very own kite, paint it, decorate it, fly it at the park, and take it home to show their family. Your kids will love them and be able to fly them for years to come.

**JDF KIDS COTTAGE**

Sa 2:00-3:30pm Mar 13 \$28/1 57507

Sa 2:00-3:30pm Apr 10 \$28/1 57508

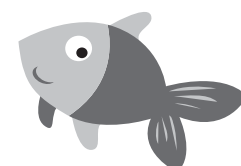
**NEW! Eggs-straordinaire Decorating Fun** **3-5 YRS**

Calling all little aspiring egg decorators! We will design and decorate eggs, make our very own bunny basket, masks and mini duckies and chicks. Themed songs and stories complete our class.

INSTRUCTOR: Lindsay Kemble

**CENTENNIAL CENTRE ARBUTUS ROOM**

Sa 9:00-10:30am Mar 27 \$19/1 58271



## Cooking

### Cookie Monsters **3-5 YRS**

'C' is for cookie and we are going to make lots! All of the little bakers will get to measure, pour, stir and mix all sorts of ingredients together to make as many batches of cookies we can Arts, crafts, songs and cookies... what could be more fun! Bring home your very own recipe book too!

#### JDF KIDS COTTAGE

Su	10:30-12:00pm	Apr 11	\$24/1	57496
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### NEW! Chefs in Wonderland **3-5 YRS**

Dora and Deigo's favorite trail mix to Rainbow Bright's colourful smoothies! Each class will start with a short story to inspire us to bake and cook themed goodies from our story in a safe and fun environment. After we have cooked up a storm, we head back to our new preschool room to create a themed page from our cooking adventures, sing songs and gym time too!

INSTRUCTOR: Laura Shepherd

#### CENTENNIAL CENTRE ARBUTUS ROOM/KITCHEN

Tu	9:00-10:30am	Jan 12-Feb 23	\$63/7	57235
Tu	9:00-10:30am	Mar 02-Apr 27	\$72/8	57236

### NEW! Mini Master Chefs **3-5 YRS**

Join Lindsay in the kitchen in a safe and fun introductory cooking class for preschoolers. We will learn how to measure and prepare ingredients and make our very own recipe book and chef apron. Splashes of songs and stories will be interweaved throughout class.

INSTRUCTOR:Lindsay Kemble

#### CENTENNIAL CENTRE ARBUTUS ROOM/KITCHEN

Sa	10:00-12:00pm	Apr 17	\$29/1	57164
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## Dance

### Tots in Tights **2-3 YRS**

Tug up your tights! This intro to dance for the very young will help develop body awareness and coordination through dance basics and creative movement. This is a parent participation program.

#### CENTENNIAL CENTRE OAK ROOM

INSTRUCTOR: Dana Fry

W	9:45-10:15am	Jan 13-Feb 24	\$41/7	57071
W	9:45-10:15am	Mar 03-Apr 28	\$46/8	57076
W	10:15-10:45am	Jan 13-Feb 24	\$41/7	57072
W	10:15-10:45am	Mar 03-Apr 28	\$46/8	57077
Th	10:15-10:45am	Jan 14-Feb 25	\$41/7	57073
Th	10:15-10:45am	Mar 04-Apr 29	\$46/8	57078

INSTRUCTOR: Laura Shepherd

Sa	9:00-9:30am	Jan 09-Feb 27	\$46/8	57074
Sa	9:00-9:30am	Mar 06-Apr 24	\$35/6	57079
Sa	9:30-10:00am	Jan 09-Feb 27	\$46/8	57075
Sa	9:30-10:00am	Mar 06-Apr 24	\$35/6	57080

## Tappin' Ballerinas

Tights and Taps! This combo class begins with an intro to ballet basics building coordination and imagination. The second part of the class focuses on the rhythms of tap and making some noise. Tap or hard-soled party shoes required.

#### CENTENNIAL CENTRE OAK ROOM

INSTRUCTOR:Dana Fry

#### 2-3 YRS (Parent Participation Required)

Th	9:45-10:15am	Jan 14-Feb 25	\$41/7	57092
Th	9:45-10:15am	Mar 04-Apr 29	\$46/8	57093

INSTRUCTOR:Laura Shepherd

#### 3.5-4 YRS

Sa	10:00-10:45am	Jan 09-Feb 27	\$59/8	57090
Sa	10:00-10:45am	Mar 06-Apr 24	\$44/6	57091

### Ballet & Jazz Combo **3-5 YRS**

Can't decide on ballet or jazz? on ballet or jazz? Why not both! Each day we will learn the primary techniques of ballet and jazz. This fun introductory class will help your preschooler develop basic poise and posture of a ballerina along with the funky, upbeat style of jazz!

INSTRUCTOR: Dana Fry

#### CENTENNIAL CENTRE OAK ROOM

W	10:45-11:30am	Jan 13-Feb 24	\$52/7	57084
W	10:45-11:30am	Mar 03-Apr 28	\$59/8	57087
Th	9:00-9:45am	Jan 14-Feb 25	\$52/7	57085
Th	9:00-9:45am	Mar 04-Apr 29	\$59/8	57088
Th	10:45-11:30am	Jan 14-Feb 25	\$52/7	57086
Th	10:45-11:30am	Mar 04-Apr 29	\$59/8	57089

### Ballet, Jazz and Crafts **3-5 YRS**

Create and twirl in this creative movement dance class where we will focus on poise, rhythm and imagination. Each day will start with a special craft that will be incorporated into our dancing. Crafts, imagination and dance! What could be more fun!

#### CENTENNIAL CENTRE OAK ROOM

INSTRUCTOR: Dana Fry

Th	12:00-1:00pm	Jan 14-Feb 25	\$66/7	57095
Th	12:00-1:00pm	Mar 04-Apr 29	\$75/8	57097

INSTRUCTOR: Laura Shepherd

Sa	10:45-11:45am	Jan 09-Feb 27	\$75/8	57096
Sa	10:45-11:45am	Mar 06-Apr 24	\$57/6	57098

### NEW! Tap & Jazz **3-5 YRS**

Tip, tap, tippity-tap, and all that Jazz! This introductory class provides your child with an opportunity to try both styles of dance in a fun and encouraging class setting. Little or no previous experience necessary.

INSTRUCTOR: Dana Fry

#### CENTENNIAL CENTRE OAK ROOM

W	9:00-9:45am	Jan 13-Feb 24	\$52/7	57081
W	9:00-9:45am	Mar 03-Apr 28	\$59/8	57082

## NEW

### Workout While You Wait!

#### A class for parents!

Is your little one registered in Wednesday

Tap & Jazz, Ballet & Jazz Combo class at Centennial Centre? Come workout while you wait! Class is located next door to the dance room with a certified instructor focusing on yoga/pilates fusion workout.

#### CENTENNIAL CENTRE SPRUCE ROOM

Convenient times.

9:00-9:45am  
10:45-11:30am

For registration info please see page 21.

**NEW! Workout While You Wait!  
A Class for Parents!**

Is your little one registered into the Wednesday, Tap & Jazz Or Ballet/jazz Combo class at Centennial Centre? Come work out while you wait! Class will be located next door to the dance room with a certified instructor focusing on a yoga/pilates fusion workout.

INSTRUCTOR: Nicole Lakas

**CENTENNIAL CENTRE SPRUCE ROOM**

W	9:00-9:45am	Jan 13-Feb 24	\$45/7	58274
W	10:45-11:30am	Jan 13-Feb 24	\$45/7	58277
W	9:00-9:45am	Mar 03-Apr 28	\$51/8	58278
W	10:45-11:30am	Mar 03-Apr 28	\$51/8	58281

**Hip Hop & Funk - Boys Only! 3-5 YRS**

This fun and energetic beginner class is for boys who express an interest in dance. We will listen to all the latest music, learn cool new hip hop and funk moves and meet new friends too!

INSTRUCTOR: Laura Shepherd

**CENTENNIAL CENTRE OAK ROOM**

W	12:15-12:45pm	Jan 13-Feb 24	\$41/7	57107
W	12:15-12:45pm	Mar 03-Apr 28	\$46/8	57108

**Hip Hop and Funk 3-5 YRS**

Come join a funky dance class filled with the latest popular dance steps and music. This class is for those with little or no dance background. Prepare to learn and laugh a lot!

INSTRUCTOR: Laura Shepherd

**CENTENNIAL CENTRE OAK ROOM**

W	11:45-12:15pm	Jan 13-Feb 24	\$41/7	57101
W	11:45-12:15pm	Mar 03-Apr 28	\$46/8	57104
Sa	1:30-2:00pm	Jan 09-Feb 27	\$46/8	57102
Sa	1:30-2:00pm	Mar 06-Apr 24	\$35/6	57105
Sa	2:00-2:30pm	Jan 09-Feb 27	\$46/8	57103
Sa	2:00-2:30pm	Mar 06-Apr 24	\$35/6	57106

# THE 10 MONTH PRESCHOOL EXPERIENCE

## September 2009 to June 2010

Juan de Fuca Recreation centre invites three and four year old preschoolers and their families to join our dynamic preschool. We offer a fun and exciting program that runs September 2009 to June 2010. Our nurturing, safe, high quality preschool is designed to meet the social, emotional, intellectual and physical needs of children aged 3-5. Our bright, spacious classrooms are designed for varied activities for art, storytelling, dramatic play, music and more. We are equipped with a great selection of creative toys, books, puzzles and are supplies. Children have the use of the Rotary Play Park, kindergym room, skating rink, library and enjoy a variety of off site field trips. There are still spots for January-June in our current program.

*(Schedules/instructors subject to change).*

**\*Please note the program will be pro-rated for the participants starting in January.**



Not sure what preschool to enroll your child in for September 2010?  
**Join us for our Preschool Open House**  
**Wednesday, March 31**  
**5:30-7 PM**  
**In The Kids Cottage and The Playroom**

**Preschool 3 Year Old Program**

**PLAYROOM**

W/F	9:00-11:30am	Jan 6-Jun 18	PR*	53084
W/F	12:30-3:00pm	Jan 6-Jun 18	PR*	53083

**KIDS COTTAGE**

Tu/Th	9:00-11:30am	Jan 5-Jun 17	PR*	53085
Tu/Th	12:30-3:00pm	Jan 5-Jun 17	PR*	53082

**Preschool 4 Year Old Program**

**PLAYROOM**

Tu/Th	12:30-3:00am	Jan 5-Jun 17	PR*	53091
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**There are still spots available for January in our current program.**

## Learning Lots

### ABC Club 3-5 YRS

Learning made fun!!! A creative program emphasizing the joy of learning through group play, positive social skills and teamwork. Weekly themes will be explored by using letters, numbers, shapes, and colours. Gym time included too!

INSTRUCTOR: Angie Anderson

#### JDF GALLEON ROOM

M	11:15-1:15pm	Jan 04-Apr 26	\$210/15	57487
Th	12:30-2:30pm	Jan 07-Feb 25	\$112/8	57579
Th	12:30-2:30pm	Mar 04-Apr 29	\$112/8	57580

### Introduction to Preschool 3-5 YRS

Bring your child to this rewarding preschool experience. Your child will have a lot of fun each class with music, arts and crafts, drama, gym time, games and lots more. Gym time included too!

#### JDF PLAYROOM

M	9:00-11:00am	Jan 04-Apr 26	\$210/15	57486
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### Spanish Play & Learn 4-5 YRS

Play when you learn, sing and dance with Marita! This is a great opportunity for your preschooler to learn Spanish in a fun and inviting environment. We will make crafts, sing songs, and read stories while learning a second language. Class ends with a special graduation ceremony.

INSTRUCTOR: Marita Flores

#### JDF SPINNAKER ROOM

W	9:30-10:30am	Jan 06-Feb 24	\$80/8	57577
W	9:30-10:30am	Mar 03-Apr 28	\$80/8	57578

## Music

### Music Together - Drum Song Collection Birth-5 YRS



Music Together is an internationally recognized early childhood music and movement program for children from birth to five

and their parent/caregivers. Through a combination of adult participation, improvisation, music immersion and playful activities, your child's natural music development is supported and nurtured - Come PLAY with Music!

*\$135/first child fee includes curriculum materials (2 CD's & songbook, resource guide for new families). Siblings \$85. Siblings 9 months and under as of Jan 19th attend free. For program/contact information visit:*

[www.musictogethervictoria.com](http://www.musictogethervictoria.com)

Music Together Art & Logo design ©1992-2009

#### CENTENNIAL CENTRE OAK ROOM

Tu	9:15-10:00am	Jan 12-Mar 30	\$135/10	57047
Tu	10:15-11:00am	Jan 12-Mar 30	\$135/10	57048
Tu	11:15-12:00pm	Jan 12-Mar 30	\$135/10	57049

### Get Ready to Rock Baby Rock 6 M-2.5 YRS

Come alive with the sounds of music! These programs focus on rhythm instruments such as drums, castanets, maracas, tambourines and bells combined with creative movement props like puppets, scarves, ribbons and beanbags. Great introduction to the world of music. For more information please call Pam at PJ Music 474-4455.

INSTRUCTOR: PJ Music Studio

#### JDF SPINNAKER ROOM

M	9:30-10:00am	Jan 04-Feb 22	\$72/8	57513
M	9:30-10:00am	Mar 01-Apr 26	\$63/7	57514
Th	9:30-10:00am	Jan 07-Feb 25	\$72/8	57509
Th	9:30-10:00am	Mar 04-Apr 29	\$72/8	57510
Sa	9:00-9:30am	Jan 09-Feb 27	\$72/8	57511
Sa	9:00-9:30am	Mar 06-May 01	\$72/8	57512

### Get Ready to Rock - Tot Rock 2-5 YRS

Come alive with the sounds of music! These programs focus on rhythm instruments such as drums, castanets, maracas, tambourines and bells combined with creative movement props like puppets, scarves, ribbons and beanbags. Great introduction to the world of music. For more information please call Pam at PJ Music 474-4455.

INSTRUCTOR: PJ Music Studio

#### JDF SPINNAKER ROOM

M	10:00-10:30am	Jan 04-Feb 22	\$72/8	57533
M	10:00-10:30am	Mar 01-Apr 26	\$63/7	57534
Th	10:00-10:30am	Jan 07-Feb 25	\$72/8	57529
Th	10:00-10:30am	Mar 04-Apr 29	\$72/8	57530
Sa	9:30-10:00am	Jan 09-Feb 27	\$72/8	57531
Sa	9:30-10:00am	Mar 06-May 01	\$72/8	57532

### Preschool Piano 2-5 YRS

Make your child's first piano lessons fun. A creative class for parent and child. Children will learn to find notes and play a song by the end of the course. They will also be taught to read music, play by ear and compose their own songs. Parent participation recommended.

INSTRUCTOR: PJ Music Studio

#### JDF SPINNAKER ROOM

M	10:00-10:30am	Jan 04-Feb 22	\$96/8	57538
M	10:30-11:00am	Mar 01-Apr 26	\$84/7	57539
Th	10:30-11:00am	Jan 07-Feb 25	\$96/8	58420
Th	10:30-11:00am	Mar 04-Apr 29	\$96/8	57541
F	10:30-11:00am	Jan 08-Feb 26	\$96/8	57621
F	10:30-11:00am	Mar 05-Apr 30	\$84/7	58423
Sa	10:00-10:30am	Jan 09-Feb 27	\$96/8	57536
Sa	10:00-10:30am	Mar 06-May 01	\$96/8	57537



## Musical Magic & Movement 2-5 YRS

Share a fun-filled time of musical activities, singing, dancing, playing rhythm instruments and more. An ideal approach to enjoying music for your preschooler. Creativity and structured movement get them on their way to appreciating music and song.

INSTRUCTOR: PJ Music Studio

### JDF SPINNAKER ROOM

F	11:00-11:30am	Jan 08-Feb 26	\$72/8	58424
F	11:00-11:30am	Mar 05-Apr 30	\$63/7	57620

## NEW! Music Makers 3-5 YRS

Come create and explore music with us! Preschoolers will make instruments using a variety of materials such as paper-maché, bells, recycled materials and beautiful paints and glitter. Circle time, songs and movement will complete our day using our new instruments!

### CENTENNIAL CENTRE ARBUTUS ROOM

Sa	10:30-12:00pm	Apr 10	\$19/1	57217
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## Social Playtime

### Rug Rats 8M-18M

A fun program that lets you and your little one meet new friends, sing simple songs, play games in a comfortable classroom. The last 30 minutes of the class you will enjoy free play on the kindergym equipment and group activities.

INSTRUCTOR: Angie Anderson

### JDF GLLANGCOLME/GALLEON ROOM

M	9:00-10:30am	Jan 04-Feb 22	\$64/8	57527
M	9:00-10:30am	Mar 01-Apr 26	\$56/7	57528

## Toddler's Social

This informal drop-in program provides an excellent opportunity for you and your child to explore music, storytelling, play activities, kindergym equipment, bouncy castle and circle time. Come and have some fun with us and your little one. Pick up our monthly calendar for all the activities and special events.

INSTRUCTOR: Angie Anderson

### JDF GALLEON ROOM

#### 1-2 YRS

Tu	9:45-10:45am	Jan 05-Apr 27		
F	9:45-10:45am	Jan 08-Apr 30		

#### 2.5-4 YRS

Tu	10:45-11:45am	Jan 05-Apr 27		
F	10:45-11:45am	Jan 08-Apr 30		

**COST:** \$4.25 Child & \$2.25 Sibling  
 \$38.25 Book of 10  
 \$20.25 Sibling Book of 10



## Terrific Toddlers 18 M-2 YRS

A special class for parents and toddlers to have some playtime together. We will have variety of toys, crafts, messy art, gym time, and sing songs too. Don't forget to bring your snack.

### JDF GLLANGCOLME

W	10:45-12:15pm	Jan 06-Feb 24	\$64/8	57630
W	10:45-12:15pm	Mar 03-Apr 28	\$64/8	57659

## Almost Two! 18 M-2 YRS

If you have already taken the Rug Rats and still looking for more then this class is for you! Join us for lots of simple fun through arts, crafts, songs and gym time activities. We created this program for those who are just about 2! Parent participation required.

### JDF GALLEON ROOM/KIDS COVE

F	9:00-10:30am	Jan 08-Feb 26	\$64/8	57597
F	9:00-10:30am	Mar 05-Apr 30	\$56/7	57598

## Busy Bees 2-3 YRS

Preschoolers come run, ride, and jump off your energy in this action packed class. Start in the gym and then it is back to the classroom for creative expression, songs, and stories. A parent duty day is required.

INSTRUCTOR: Lindsay Kemble

### JDF GALLEON ROOM/KIDS COVE

M	9:00-10:30am	Jan 04-Feb 22	\$64/8	57488
M	9:00-10:30am	Mar 01-Apr 26	\$56/7	57489

**NEW**

**Winter Warm Up!**  
**Sunday**  
**January 24th**

**10 AM – 12 Noon**

Come find out why winter is the coolest season of them all!

For info check out program information on this page.

### **Roaring Rascals 2-3 YRS**

Join us for an action packed morning of fun. Start off in the gym with bouncy balls and activities to enhance coordination, motor skills, flexibility and balance. Then it is back to the classroom to discover crafts, story time, circle time and more. A parent duty day is required.

INSTRUCTOR: Lindsay Kemble

#### **JDF GALLEON ROOM/KIDS COVE**

Tu	9:00-10:30am	Jan 05-Feb 23	\$64/8	57552
Tu	9:00-10:30am	Mar 02-Apr 27	\$64/8	57553

### **Action Adventure Club! 2-3 YRS**

Welcome all Dora and Diego fans. We will be in the classroom for playtime, puzzles, and Dora activities. Don't forget gym time for a 1/2 hour of action packed fun! Returning to the classroom for a craft, snack and Dora & Diego story.

INSTRUCTOR: Angie Anderson

#### **JDF GALLEON ROOM/GLLANGCOME ROOM**

W	9:00-10:30am	Jan 06-Feb 24	\$64/8	57572
W	9:00-10:30am	Mar 03-Apr 28	\$64/8	57573
Th	9:00-10:30am	Jan 07-Feb 25	\$64/8	57574
Th	9:00-10:30am	Mar 04-Apr 29	\$64/8	57575

### **Kiddies Combo 2-3 YRS**

The class begins with a 30 minute gym time, which will provide children with activities to enhance their coordination, motor skills, flexibility, and balance. The remaining portion of the program will provide an opportunity to discover crafts, story time, circle time and more. A parent duty day is required.

INSTRUCTOR: Lindsay Kemble

#### **JDF GALLEON ROOM/KIDS COVE**

Th	9:00-10:30am	Jan 07-Feb 25	\$64/8	57588
Th	9:00-10:30am	Mar 04-Apr 29	\$64/8	57589

### **NEW! Jumpin Jelly Beans 2-4 YRS**

Join us for this action packed class that will be sure to get your jumping! We will do arts, crafts, songs, make believe and lots more. Don't forget to bring your jumping legs for the bouncy castle and games in the kindergym.

#### **JDF GALLEON ROOM**

Th	10:45-12:15pm	Jan 7 -Feb 25	\$64/8	57670
Th	10:45-12:15pm	Mar 4- Apr 29	\$64/8	58056

### **Ocean Explorers 2-4 YRS**

Explore a number of waterfront friends, including the seagull, crab, octopus, sharks, dolphins, fish, whales and even mermaids. Children will learn about this magical underwater world and create their own fun aquarium too. Come and play in the sea with us. 30 Minutes of kindergym included too.

INSTRUCTOR: Lindsay Kemble

#### **JDF GALLEON ROOM**

W	9:00-10:30am	Jan 06-Feb 24	\$64/8	57570
W	9:00-10:30am	Mar 03-Apr 28	\$64/8	57571



### **Inside, Outside, Upside Down 3-5 YRS**

Crafts and gym time all wrapped into one. There will be 45 minutes of exploring arts and crafts, music, seasonal themes, songs, and story time. This is followed by high energy gym time, running games, and dancing.

INSTRUCTOR: Lindsay Kemble

#### **JDF KIDS COVE**

M	10:45-12:15pm	Jan 04-Feb 22	\$64/8	57492
M	10:45-12:15pm	Mar 01-Apr 26	\$56/7	57494
F	10:45-12:15am	Jan 08-Feb 26	\$64/8	57495
F	10:45-12:15pm	Mar 05-Apr 30	\$56/7	57493

### **Tiny Tale Adventures 3-5 YRS**

Come join us for a high-flying fairy tale adventure. Each week we will explore a new fairy tale through games, songs, music and crafts! Angie will be sure to have your preschooler singing, learning, creating and most importantly having fun! Come imagine and play in the gym too!

INSTRUCTOR: Angie Anderson

#### **JDF KIDS COVE**

W	10:45-12:15pm	Jan 06-Feb 24	\$64/8	57622
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### **Wee Play 3-5 YRS**

A high energy class to enhance preparation for group play. Class begins in the JDF GALLEON ROOM with parachute games, circle ball, and climbing equipment. Following this it is off to the JDF KIDS COVE for crafts, songs and a story. A great way to prepare your child for Kindergarten

INSTRUCTOR: Lindsay Kemble

#### **JDF GALLEON ROOM**

F	9:00-10:30am	Jan 08-Feb 26	\$64/8	57603
F	9:00-10:30am	Mar 05-Apr 30	\$56/7	57604

## Little Spring Gardeners **3-5 YRS**

Come garden with us! Send your little ones to get dirty and learn all about the garden. We will start with seed and watch the magic as they grow. Leave with a uniquely painted pots, plants and more. We will sing songs, read stories, play in the gym, and get a little messy with crafts.

INSTRUCTOR: Angie Anderson

JDF KIDS COVE/GALLEON ROOM

W 10:45-12:15pm Mar 03-Apr 28 \$64/8 57576

## Special Interest

### NEW! Mini Astronauts **3-5 YRS**

Join us on a journey to the galaxy, milky way, planets and beyond. We will explore outer space through crafts, songs, science and games. Get ready for an astronomical time of space exploration!

INSTRUCTOR:Lindsay Kemble

CENTENNIAL CENTRE ARBUTUS ROOM

Sa 9:00-10:30am Jan 16 \$19/1 57130

### Little Einsteins **3-5 YRS**

Does your young scientist enjoy the world of science and wonder how things work? Then they'll have a lot of fun with hands on experiences mixing, mashing and brewing gooey, slippery, slimy, crazy concoctions and weird experiments. The wonder of science will unfold before our very eyes, so bring along your inquiring mind and sense of adventure.

JDF KIDS COTTAGE

Su 10:30-12:00pm Jan 17 \$19/1 57490

### NEW! Knights, Dragons & Princesses **3-5 YRS**

Join in a medieval party for brave knights and elegant princesses! Dress in your finest gowns and most noble finery. We'll enjoy majestic crafts and royal activities, but watch out for fire-breathing dragons!

INSTRUCTOR: Laura Christensen

JDF KIDS COTTAGE

Sa 10:30-12:00pm Jan 23 \$19/1 57655

### NEW! Mother Goose & Me **3-5 YRS**

Join Mary Contrary, Little Bo Peep and Humpty Dumpty as we explore weekly fairy tale themes through songs, crafts and circle time. Special enchanting ceremony last day of class!

INSTRUCTOR: Lindsay Kemble

CENTENNIAL CENTRE ARBUTUS ROOM

Sa 9:00-10:30am Jan 30 \$19/1 57213

### NEW! Arctic Animals **3-5 YRS**

In the Arctic we have many animals that are unique to the north that we would like to explore, like polar bears, caribou, wolfs, arctic fox, seals, whales birds and walrus. We have stories to read, great pictures of the animals, interesting facts to share, and some fun activities to do.

JDF KIDS COTTAGE

Sa 10:30-12:00pm Jan 30 \$19/1 57606

### Lill' Sprouts **3-5 YRS**

Calling all preschool budding gardeners! We will explore the world of sun, seeds, plants and beyond through songs, stories and hands-on activities. Preschoolers will plant their own seeds and decorate pots to take home and nurture! Prepare to get a little messy and have a lot of fun!

INSTRUCTOR: Lindsay Kemble

CENTENNIAL CENTRE ARBUTUS ROOM

Sa 11:00-12:30pm Jan 30 \$19/1 57157



### Little Valentines! **3-5 YRS**

Attention all little love bugs! Join us for a special preschool Valentine's party filled with fun songs, stories, crafts and more. We'll make lots of new friends while we decorate sweet treats and create a Valentine's for someone special.

INSTRUCTOR: Lindsay Kemble

CENTENNIAL CENTRE ARBUTUS ROOM

Sa 10:00-11:30am Feb 13 \$19/1 57145

### Lucky Leprechauns **3-5 YRS**

A little lucky time full of crafts, games, songs and stories. Make new friends while we decorate our very own lucky four leaf clover, hat and special song.

CENTENNIAL CENTRE ARBUTUS ROOM

W 10:00-11:30am Mar 17 \$19 57146

**Action Adventures 3-5 YRS**

Dora the Explorer is designed to engage preschoolers in a play along adventure. Your kids will be introduced to animal sounds, movement, habitat, diet and family characteristics. Come join Dora, Diego and their band of animal friends for lot of fun and morning adventures.

INSTRUCTOR: Lindsay Kemble

**JDF KIDS COTTAGE**

Su 10:30-12:00pm Feb 21 \$19/1 57491

**NEW! Kitchen Chemistry 3-5 YRS**

Grab your apron and mix up some fun! We will make some crazy concoctions and silly fun recipes. Some of our creations will be edible, and some will not; all will be fun!

**JDF KIDS COTTAGE**

Sa 10:30-12:00pm Mar 06 \$19/1 57610



**NEW! Superhero for a Day 3-5 YRS**

Would you like to discover cool superhuman powers only Superman, Wonderwoman, Batman and Spiderman can do? Well, this is class is for you! We will design our very own cape, superpower and experiment with kryptonite and slime. Superhero graduation completes our afternoon.

INSTRUCTOR: Michelle McNall

**CENTENNIAL CENTRE ARBUTUS ROOM**

Su 11:30-1:00pm Mar 21 \$19/1 57147

**JDF KIDS COTTAGE**

Sa 12:00-1:30pm Apr 17 \$19/1 57615

**NEW! Teddy Bear, Teddy Bear Turn Around 3-5 YRS**

Put on your favourite dress and bring your special stuffed friend. We will have a tea party, sing fun songs, read nursery rhymes and have a fun morning together. A very-beary special teddy ceremony completes our day.

**JDF KIDS COTTAGE**

Sa 10:30-12:00pm Mar 27 \$19/1 57611

**NEW! Hello Spring 3-5 YRS**

Springtime fun for preschoolers! Fling off your winter coat and celebrate the refreshing new beginnings of spring! We will create some spring arts and crafts and go outside for some puddle stomping too. Come and smell the flowers.

**JDF KIDS COTTAGE**

Sa 10:30-12:00pm Mar 20 \$19/1 57607

**Princess Party 3-5 YRS**

Bring your favourite princess dress and come play games, and be a princess for a day. Crafts, games, and songs will keep you having fun!

INSTRUCTOR: Michelle McNall

**JDF KIDS COTTAGE**

Sa 10:00-11:30am Apr 17 \$19/1 57612

**NEW! Monster Madness 3-5 YRS**

Monsters can be scary, but creating your own is fun! We will sing monster songs, play games and build masks and decorate monster cookies only the cookie monster would approve of!

INSTRUCTOR: Michelle McNall

**CENTENNIAL CENTRE ARBUTUS ROOM**

Sa 9:30-11:00am Apr 24 \$19/1 57167

**Zoo Mania 3-5 YRS**

Monkeys, bears, lions, elephants, zebras and more! Our zoo mania guide will tour you through the zoo and explore different animals and mammals through crafts, songs and storytelling. Don't forget a half-hour of action packed gym time too!

INSTRUCTOR: Michelle McNall

**CENTENNIAL CENTRE ARBUTUS ROOM**

Sa 11:30- 1:00pm Apr 24 \$19/1 57168

**SPORTS**

**Mommy & Me Massage 0-2 YRS**

Just as an adult can benefit from positive touch, so can an infant. Let your baby experience the recognized benefits of therapeutic massage! Learn these valuable skills from Parveen Nirmal, Registered Massage Therapist.

INSTRUCTOR: Parveen Nirmal RMT

**JDF GLLANGCOLME ROOM**

M	10:45-11:45am	Jan 18-Jan 25	\$24/2	58448
M	10:45-11:45am	Feb 15-Feb 22	\$24/2	58449
M	10:45-11:45am	Mar 22-Mar 29	\$24/2	58450
M	10:45-11:45am	Apr 19-Apr 26	\$24/2	58451

## Rhythmic Kindergym

Combine dance, ballet, and gymnastics all into one with the use of hand held apparatus such as ribbon, hoop, ball, rope and scarves! Children will learn body movements and coordination through the use of music and hand held apparatus. Each class will involve some basic tumbling as well as some fun games and a chance to learn the basics of this wonderful sport. Participants in this level will also learn a routine to music throughout the week.

INSTRUCTOR: Victoria Rhythmic Gymnastics

### SHORELINE MIDDLE SCHOOL

#### 3-4 YRS

Sa	9:00-9:30am	Jan 23-Mar 06	\$40.60/7	57113
Sa	9:00-9:30am	Apr 10-May 29	\$40.60/7	57114

#### 4-5 YRS

Sa	9:30-10:00am	Jan 23-Mar 06	\$40.60/7	57115
Sa	9:30-10:00am	Apr 10-May 29	\$40.60/7	57116

## Junior Sportball 16 M – 2 YRS

Children and parents participate in sports, creative games, songs, rhymes, stories, bubble time and much more! Although these programs focus more on exploration, children will be introduced to a different sport each week (hockey, soccer, tennis, baseball, basketball, volleyball and golf). Parents are encouraged to participate with their child and challenge them according to their skill level.

INSTRUCTOR: Sportball Staff

Colwood School Gym

W	5:15-6:00pm	Jan 13-Mar 31	\$140/10	57298
W	5:15-6:00pm	Apr 07-Jun 23	\$168/12	57730

## Sportball 2-6 YRS

Sportball teaches children mentally and physically, helping them develop socially, through a curriculum designed to reinforce self-confidence, free of the pressure of competition. In a high-energy, fun filled curriculum, Sportball provides the basic concepts and skills behind seven popular sports: baseball, basketball, golf, hockey, soccer, tennis and volleyball. Programs focus on the development of balance, strength, coordination, stamina and timing.

INSTRUCTOR: Sportball Staff

### LAKWOOD SCHOOL GYM

#### 2 - 3 YRS

Th	5:15-6:00pm	Jan 14-Mar 25	\$126/9	57299
Th	5:15-6:00pm	Apr 01-Jun 24	\$154/11	57706

#### 4 – 6 YRS

Th	6:00-7:00pm	Jan 14-Mar 25	\$126/9	57301
Th	6:00-7:00pm	Apr 01-Jun 24	\$154/11	57723

### COLWOOD SCHOOL GYM

#### 3 – 5 YRS

W	6:00-7:00pm	Jan 13-Mar 31	\$140/10	57300
W	6:00-7:00pm	Apr 07-Jun 23	\$168/12	57718

## Sportball Camp 3-5 YRS

Join the Sportball team for a spring break experience that you will never forget! Participate in the skills and games of seven different ball sports, including: soccer, hockey, basketball, baseball, volleyball, tennis, and golf. Camps incorporate arts and crafts, music, cooperative games, snack time and theme days.

INSTRUCTOR: Sportball Staff

### JDF LOWER CLUBHOUSE/FIELD 1

M - F	9:00-12:00pm	Mar 08-Mar 12	\$119/5	57304
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## Sportball Soccer Preschool 2-6 YRS

Sportball soccer programs are noncompetitive; skills based and provide children with the opportunity to learn to play soccer with the help of experienced coaches. Programs focus on fundamental skills of soccer: throw-ins, kicking, dribbling and goalie skills. Children are taught to apply soccer skills successfully and confidently in soccer games.

INSTRUCTOR: Sportball Staff

### COLWOOD SCHOOL GYM

#### 2-3.5 YRS

Tu	5:15-6:00pm	Jan 12-Mar 30	\$154/11	57731
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#### 4-6 YRS

Tu	6:00-7:00pm	Jan 12-Mar 30	\$154/11	57732
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### COLWOOD SCHOOL FIELD #1

#### 2-3.5 YRS

Tu	5:15-6:00pm	Apr 06-Jun 22	\$188/12*	57733
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#### 4-6 YRS

Tu	6:00-7:00pm	Apr 06-Jun 22	\$188/12*	57734
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\*Cost includes ball and jersey

## Aikido for Preschoolers 3-5 YRS

Learn the basics of Aikido, a peaceful approach to self-defence that is grounded in respect, discipline, honour, and the spirit of harmony. Practice unarmed techniques, and the bokken and Jo. This is an on-going program based on the grading structure of Aikikai Hombu Dojo, Japan.

INSTRUCTOR: Rafael Oei

### JDF SPINNAKER ROOM

Th	11:00-11:30am	Jan 14-Mar 04	\$60/8	57591
Th	11:00-11:30am	Mar 18-May 06	\$60/8	57592

## Martial Tots 3-5 YRS

This class is designed to provide stranger awareness that includes a variety of Martial arts. Classes are always different giving the opportunity for young ones to experience the variety of Shotokan+Yoshukai karate, kickboxing, MMA, Boxing and Self Defense. Tots are taught with fun + games that assist with building their confidence while learning the respect of others.

INSTRUCTOR: Keri Scarr

### #149-2956 WESTSHORE PARKWAY

Tu	3:30-4:00pm	Jan 12-Mar 02	\$60/8	57562
Tu	3:30-4:00pm	Mar 16-May 04	\$60/8	57563
W	11:00-11:30am	Jan 13-Mar 03	\$60/8	57568
W	11:00-11:30am	Mar 17-May 05	\$60/8	57569