



# SCHOOL AGE PROGRAMS

## Aquatics

*See page 12 for swimming lessons!*

### Bronze Star

This award is the pre-Bronze Medallion training standard and excellent preparation for success in Bronze Medallion. In Bronze Star, participants develop problem solving and decision making skills as individuals and in partners. They learn CPR and develop Water Smart confidence and the lifesaving skills needed to be their own personal lifeguard.

Sa 4:00-5:00pm Jan 16-Mar 06 \$113/8 56186

### NEW! Synchro For Fun

Let Pacific Sport Synchro Victoria show you how it's done! This program gives you the opportunity to complete levels in Synchro Canada's Star Program and to develop a routine to perform at the end of the session. Students must be comfortable in deep water and able to swim one length of the pool.

Th 6:00-7:00 pm Jan 14-Mar 04 \$81/8 56539  
 Th 6:00-7:00 pm Mar 18-May 06 \$81/8 56540  
 Th 6:00-7:00 pm May 13-Jun 24 \$70/7 56541

## Camps For Pro-D Days

### Exploration, Evidence & Experiments

6-10 YRS

Are you ready to become a science investigator? Get your detective hats on and find the answers to many of your scientific questions. We'll explore some mysteries of science and test our predictions about electricity, pressure, temperature, and more!

INSTRUCTOR: Laura Christensen

JDF SPINNAKER ROOM

F 9:00-4:00pm Feb 19 \$25/1 58431

### Creative Cats

6-10 YRS

Get the creative juices flowing with collaborative and individual projects, including different kinds of art, creative writing and poetry, and even a bit of drama! Go home feeling totally inspired. Bring your swimsuit so we can cool off in the pool at the end of our day!

INSTRUCTOR: Laura Christensen

JDF LOWER CLUBHOUSE

Th 9:00-4:00pm Mar 04 \$25/1 58433

## Super Sneaky Spies

6-10 YRS

Do you have what it takes to be an undercover agent? Sign-up for this one-day intensive training session! Learn to create and decode secret messages, follow clues, create clever disguises, and more!

After all that undercover, we'll be ready for some underwater, so bring your swimsuit for the pool!

INSTRUCTOR: Laura Christensen

JDF CLUBHOUSE - UPPER

Th 9:00-4:00pm Apr 15 \$25/1 58445

## Camps For Spring Break

### Around the World Activities and Art

6-10 YRS

Read hieroglyphic messages and work together to cross the Nile river in Egypt, adapt to the cold in the arctic, test your origami skills in Japan, and hula your way through Hawaiian Islands in this action-packed week of adventure. The best part? The only luggage you'll need each day will be your swimsuit and lunch!

INSTRUCTOR: Laura Christensen

JDF SPINNAKER ROOM

M-F 9:00-4:00pm Mar 08-Mar 12 \$125/5 58432

### NEW! Fairy Princess Camp

6-9 YRS

Calling all little Sleeping Beauties, Tinker Bells, Snow White's, and Cinderella's! Join us in this very special princess and fairy camp, where you will make your own tiara, wand, fairy dust, princess story book and much more enchanting activities! We will have a special honorary fairy princess graduation ceremony on the last day.

INSTRUCTOR: Jennifer Buxbaum

CENTENNIAL CENTRE OAK ROOM

M-F 10:15-12:15pm Mar 8-12 \$95/5 57128



**NEW**

### Pajama Jam! 5-8 Years

Join us for a fun night of games, crafts, snacks and movies at Centennial Centre!

Our leaders will be sure to entertain while you enjoy a night out!

INSTRUCTOR: Chris Dziadyk

CENTENNIAL CENTRE  
YOUTH ROOM

\$20/1

Saturdays

6:30-10 PM Jan 23 57192

6:30-10 PM Feb 13 57193

6:30-10 PM Mar 20 57194

6:30-10 PM Apr 24 57195

## Cooking Wizard Camp 7-12 YRS

Attention all junior chefs! Learn new dishes, desserts appetizers and more while learning fundamental skills in the centennial centre kitchen, math and measurements, organization, reading and direction, important nutritional facts, and centennial centre kitchen safety. Each student will create their own recipe book to take home on the last day of camp.

INSTRUCTOR: Jennifer Buxbaum

**CENTENNIAL CENTRE KITCHEN/SPRUCE**

M-F 1:00-4:00pm Mar 8-12 \$130/5 57127

## CompuSplash 8-13 YRS

Calling all Kids! Would you like to learn how to use your computer better? To put projects together using PowerPoint, photos and graphics, surf the Internet and even design basic web pages with animation? 5 time swim pass also included.

INSTRUCTOR: Dave Basset

**JDF BOARDROOM**

Tu-F 9:00-12:00pm Mar 09-Mar 12 \$109/4 57652

## Funky Fashion Camp 9-12 YRS

Unlock your creative power and gain the skills to create your unique image this spring break. In this week long course you will design, illustrate, draft and drape patterns, construct, and finally show your original pieces in a fashion show directed by you! You will also receive a 20% discount card from Gala Fabrics. Supplies except fabric included.

INSTRUCTOR: Shannen Kennedy

**CENTENNIAL CENTRE YOUTH ROOM**

M-F 9:00-12:00pm Mar 8-12 \$146/5 57050

## Spring Break Sports Action Camp 6-12 YRS

See page 36 for description.

**LOCATION TO BE DETERMINED**

M-F 9:00-3:30pm Mar 08-Mar 12 \$150/5 57629

## Golf - Junior Spring Break Camp 7-16 YRS

See page 36 for description.

**OLYMPIC VIEW GOLF COURSE**

M-F 10:00-12:00pm Mar 08-Mar 12 \$165/5 57594

M-F 1:00-3:00pm Mar 08-Mar 12 \$165/5 57595



## Arts & Crafts

### Parent & Child Pottery 6 YRS + PARENT

A fun family activity on a Saturday morning! Parents and children ages 6 years and up will try out hand building, modeling and construction, and throwing on the potter's wheel during this six week course. All finished pieces will be fired to complete the course, and leave you with some great creations.

INSTRUCTOR: Esther Drone

**BEAR MT. ARENA – PROGRAM ROOM 160**

Sa 11:00-12:30pm Jan 09-Jan 30 \$104/4 57660

Sa 11:00-12:30pm Feb 06-Feb 27 \$104/4 57661

Sa 11:00-12:30pm Mar 20-Apr 17 \$104/4 57662

### Pottery for Youth 8-12 YRS

Fun with mud! Hand building, modeling and construction will be introduced during this fun and creative pottery course. Students will experience the challenge of throwing on the potter's wheel. All finished pieces will be fired to complete this well rounded program. Price includes a \$20 non-refundable material fee.

INSTRUCTOR: Esther Drone

**BEAR MT. ARENA – PROGRAM ROOM 160**

Sa 9:30-11:00am Jan 16-Feb 20 \$103/6 57832

Sa 9:30-11:00am Mar 13-Apr 24 \$103/6 57833

### Quillows for Kids 6-12 YRS

In only 2 hours you'll create a cool quilt that doubles as a pillow! This fun class is a great way to find out if you are interested in learning to sew. You will have an opportunity to work on both a serger and a sewing machine. Please pick up your pattern and fabric kit at the cloth castle.

INSTRUCTOR: Bonnie Benischek

**CLOTH CASTLE**

Th 4:00-6:00pm Jan 28 \$30/1 57121

Th 4:00-6:00pm Mar 25 \$30/1 57122

### Fun Sew 6-12 YRS

A fun, innovative way to learn to sew! Learn to work with ribbing, elastic, seam finishes and more. Choose your own project from eight different garments. Sewing machines are provided, and level 2 patterns are available for those who have previously taken a fun sew class. Please pick up your pattern and fabric kit at the cloth castle.

INSTRUCTOR: Bonnie Benischek

**CLOTH CASTLE**

W 4:00-6:00pm Feb 03-Feb 24 \$76/4 57119

W 4:00-6:00pm Apr 07-Apr 28 \$76/4 57120

**Valentine Surprise 7-10 YRS**

Girls can come and make their Valentine something nice. Let's share some treats and design and make heart cutout cards and stamped cards too. We will also create a unique gift bag just for giving to that someone special.

**JDF KIDS COVE**

Su 10:30-12:00pm Feb 14 \$27/1 57688

**NEW! Bookworks 7-12 YRS**

This workshop will teach you how to make your very own books. Learn a variety techniques which will transform a regular piece of paper into a book by simply folding and cutting. Everything from accordion books to pop-up books, you will leave this class with your very own hardcover keepsake.

INSTRUCTOR: Jessica Hepting

**CENTENNIAL CENTRE SPRUCE ROOM**

Th	4:00-6:00pm	Jan 28	\$30/1	57056
Th	4:00-6:00pm	Feb 18	\$30/1	57057
Th	4:00-6:00pm	Apr 08	\$30/1	57058

**NEW! Weekend Designer Workshop 7-12 YRS**

Looking for something new and unique to express you and your style? Tired of the same old handbags, bracelets and headbands? Here is your chance to design and create your very own accessory-chic piece. You will also receive a 20%discount card from Gala Fabrics.

INSTRUCTOR: Shannen Kennedy

**CENTENNIAL CENTRE YOUTH ROOM**

Sa	9:00-12:00pm	Feb 27	\$45/1	57229
Sa	9:00-12:00pm	Apr 24	\$45/1	57230

**NEW! April Foolin' 5-10 YRS**

Tricks and jokes will abound at this crazy event! Come play goofy games, learn ridiculous riddles, and be prepared to laugh yourself silly! Wear your most outrageous outfit and get ready to do some foolin'!

INSTRUCTOR: Laura Christensen

**JDF KIDS COTTAGE**

Th 4:30-5:30pm Apr 01 \$17/1 57707

**Building Block Toys 7-12 YRS**

JdF and VicLUG bring you a building bricks course. Learn building techniques and use sets from the creator line which focus on basic bricks such as slopes, plates, beams and the occasional door or window. Participants are shown basic model ideas and then copy the building ideas using the provided sets. Each child take home a basic kit.

INSTRUCTOR: Joseph Williams

**JDF KIDS COTTAGE**

Sa	2:00-4:00pm	Feb 20	\$34/1	57683
Sa	2:00-4:00pm	Mar 27	\$34/1	57684

**NEW! Evening of Mixed Media 7-12 YRS**

This introductory class will expose students to a wide variety of media such as charcoal, paint, watercolours, pastels, pen and ink and beyond! Participants will gain experience with a variety of materials while developing basic technical skills.

INSTRUCTOR: Jessica Hepting

**CENTENNIAL CENTRE SPRUCE ROOM**

Th	6:30-8:30pm	Jan 28	\$30/1	57059
Th	6:30-8:30pm	Feb 18	\$30/1	57060
Th	6:30-8:30pm	Apr 08	\$30/1	57061

**NEW! Weekend of Emily Carr 7-12 YRS**

Learn about Victoria's very own most famous artist and the many techniques she used to create art inspired by her own surroundings. This weekend workshop will explore outdoor sketching, painting and the basic hand building of pottery.

INSTRUCTOR: Jessica Hepting

**CENTENNIAL CENTRE SPRUCE ROOM**

Sa/Su	10:30-12:30pm	Jan 30-Jan 31	\$60/2	57051
Sa/Su	10:30-12:30pm	Feb 20-Feb 21	\$60/2	57052
Sa/Su	10:30-12:30pm	Apr 17-Apr 18	\$60/2	57053

**NEW! Printmaking Series 7-12 YRS**

Join our talented and creative instructor as we explore the art of printmaking. We will complete a variety of projects including relief prints, monoprints, collagraph prints and more.

INSTRUCTOR: Jessica Hepting

**CENTENNIAL CENTRE SPRUCE ROOM**

W	4:30-6:30pm	Jan 20-Feb 17	\$95/5	57055
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**NEW! Pop Art Series 7-12 YRS**

Learn about 'The Greats' including Andy Warhol and Roy Lichtenstein in the history of Pop Art and create personalized art projects inspired by their styles.

INSTRUCTOR: Jessica Hepting

**CENTENNIAL CENTRE SPRUCE ROOM**

Tu/Th	4:30-6:30pm	Mar 16-Mar 25	\$80/4	57062
Tu/Th	4:30-6:30pm	Apr 20-Apr 29	\$80/4	57063

**Spa for a Day 9-12 YRS**

Come and find out the secrets of the famous Cleopatra. Learn how to make your own luxurious milk bathes, bath bombs and bath salts. Learn how to you can treat yourself to affordable bath products and discover the beautifying benefits of each one.

INSTRUCTOR: Lindsay Kemble

**JDF GLLANGCOLME ROOM**

Su	10:30-12:00pm	Feb 21	\$29/1	57830
Su	10:30-12:00pm	Mar 28	\$29/1	57831



**NEW**

**Beyond the Bell Licensed Care**

**OPEN HOUSE**  
at Centennial Centre  
In the  
**YOUTH ROOM**

**February 9th**  
5:00-7:00 PM

# LICENSED CARE 6-12 YEARS

**2 AMAZING LOCATIONS!** January 4, 2009 to June 29, 2010

Separate registration required for full day care on PRO-D days, Winter Break and Spring Break

## JUAN DE FUCA LICENSED AFTER SCHOOL CARE & DAY CAMP

### Afterschool Care at Juan de Fuca Recreation Centre

Monday to Friday January 4 – June 29, 2010 3:00-5:30pm \$16/day

Join us for our quality licensed out-of-school care for your child. Daily activities include arts and crafts, sports, cooperative games, field trips, swimming, skating and theme days. Transportation is provided to West Shore Parks and Recreation Centre from your child's school. You can sign up your child for full or part weeks. Daily healthy snack and drinks provided.

**PICK UP FROM:** Sangster, Wishart, Colwood, David Cameron, Savory, Ruth King, John Stubbs, Crystal View, Millstream and Lakewood.

**New this year pick up at Eagle View Elementary!**

### Winter Break, Spring Break & Pro-D Day Camps at JDF

Time to get out of the house on a day or week off. Let your imagination run wild with action packed crafts, games, swimming, skating field trips and more! This full day licensed program is great for working parents or those who need a day without the kids around the holidays. Bring a lunch, swimsuit, towel, skates/helmet and dress for outside activity. We will have so much fun!

#### Pro-D Days \$34/a day

JDF LOUNGE / GALLEON ROOM

F 8:00-5:30pm Feb 19 55572  
Th 8:00-5:30pm Mar 04 55578  
Th 8:00-5:30pm Apr 15 55579

#### Winter Break \$34/a day

JDF GALLEON ROOM

M 8:00-5:30pm Dec 21 55581  
Tu 8:00-5:30pm Dec 22 55580  
W 8:00-5:30pm Dec 23 55582  
M 8:00-5:30pm Dec 28 55583  
Tu 8:00-5:30pm Dec 29 55584  
W 8:00-5:30pm Dec 30 55793

#### Spring Break \$34/a day

JDF GALLEON ROOM

M 8:00-5:30pm Mar 08 55599  
Tu 8:00-5:30pm Mar 09 55600  
W 8:00-5:30pm Mar 10 55601  
Th 8:00-5:30pm Mar 11 55602  
F 8:00-5:30pm Mar 12 55603

#### NEW! Eagle View 2<sup>nd</sup> Week Spring Break \$34/a day

JDF LOWER CLUBHOUSE

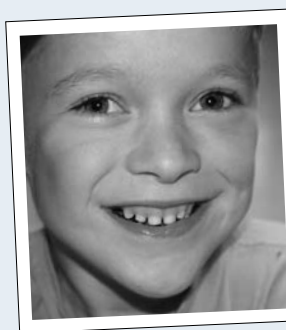
M 8:00-5:30pm Mar 15 58434  
Tu 8:00-5:30pm Mar 16 58435  
W 8:00-5:30pm Mar 17 58436  
Th 8:00-5:30pm Mar 18 58437  
F 8:00-5:30pm Mar 19 58438

## BEYOND THE BELL LICENSED PRO-D DAYS & CAMPS at CENTENNIAL CENTRE

### Winter Break, Spring Break & Pro-D Day Camps at Centennial Centre

Looking for something fun to do on a Pro-D Day or over the winter and spring breaks? Join us for jammed-packed days of games, swimming, skating, science, music, art, cooking, crafts and more. Please bring a lunch, snack and dress for the weather of the day.

**Pro-D Days, Winter, and Spring camps are available for all West Shore Schools. Space is limited so register early online, by phone, or in person!**



### Open House February 9th

5-7 PM

At Centennial Centre  
in the Youth Room

Check out our new afterschool care facilities at Centennial Centre. Enjoy snacks, talk to instructors, and find out more!

#### Pro-D Days \$34/a day

CENTENNIAL CENTRE YOUTH ROOM

F 8:00-5:30pm Feb 19 57039  
Th 8:00-5:30pm Mar 04 57040  
Th 8:00-5:30pm Apr 15 57041

#### Winter Break \$34/a day

CENTENNIAL CENTRE YOUTH ROOM

M 8:00-5:30pm Dec 21 56965  
Tu 8:00-5:30pm Dec 22 56966  
W 8:00-5:30pm Dec 23 56967  
M 8:00-5:30pm Dec 28 56968  
Tu 8:00-5:30pm Dec 29 56969  
W 8:00-5:30pm Dec 30 56970

#### Spring Break \$34/a day

CENTENNIAL CENTRE YOUTH ROOM

M 8:00-5:30pm Mar 08 56971  
Tu 8:00-5:30pm Mar 09 56972  
W 8:00-5:30pm Mar 10 56973  
Th 8:00-5:30pm Mar 11 56974  
F 8:00-5:30pm Mar 12 56975

**Spots still available!**

## Cooking

### Chocolate Making 6-9 YRS

Indulge yourself in a hands-on chocolate making workshop designed for the inquisitive and creative chocoholic. We will make a variety of chocolate treats to eat and take home too.

INSTRUCTOR: Lindsay Kemble

#### JDF KIDS COTTAGE

Su	1:30-3:00pm	Mar 28	\$27/1	57689
Su	1:30-3:00pm	Apr 11	\$27/1	57690

### NEW! Valentine's Chocolate & Card Making 6-12 YRS

Melt, mix, mold and decorate! This creative mini workshop will cover everything from chocolate lollipops and flavour-filled soft goodies to beautifully crafted embellishments and embossing homemade card techniques. Participants will decorate and wrap their treats and cards to take home and give to that special someone.

INSTRUCTOR: Lindsay Kemble

#### CENTENNIAL CENTRE ARBUTUS ROOM

##### 6-8 YRS

Sa	12:00-2:00pm	Feb 13	\$30/1	57125
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##### 9-12 YRS

Sa	2:30-4:30pm	Feb 13	\$30/1	57126
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### Cupcake Creations 7-10 YRS

Bake, design and decorate delicious works of art. In this beginner workshop class, we will experiment with different fillings, frostings, embellishments and more. Come explore, create and indulge in the yummy world of cupcakes!

INSTRUCTOR: Lindsay Kemble

#### CENTENNIAL CENTRE KITCHEN/SPRUCE

Sa	12:00-2:30pm	Mar 27	\$28/1	57123
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### NEW! Global Kids Cuisine 8-12 YRS

In this four week cooking class participants will learn to create simple Italian, Mexican, Japanese, and Indian cuisine. A fun way to introduce your child to new and exciting foods and cooking techniques.

#### CENTENNIAL CENTRE YOUTH ROOM/KITCHEN

Su	2:00-4:00pm	Apr 11-May 02	\$75/4	58388
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### NEW! Easy Snacks & Smoothies 7-12 YRS

Berries, granola, honey and more. Why not make a yummy concoction you would adore? Look no further! Lindsay will help you make a healthy and most importantly, fabulous tasting snacks and smoothies. Prepare to be armed with awesome recipes you can easily create at home.

INSTRUCTOR: Lindsay Kemble

#### CENTENNIAL CENTRE YOUTH ROOM

Sa	11:00-1:00pm	Jan 16	\$30/1	57161
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## Dance

### Hip Hop & Funk 6-12 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!

#### CENTENNIAL CENTRE OAK ROOM

##### 6-8 YRS

INSTRUCTOR: Laura Shepherd

Sa	2:30-3:15pm	Jan 09-Feb 27	\$59/8	57065
Sa	2:30-3:15pm	Mar 06-Apr 24	\$44/6	57066

##### 9-12 YRS

INSTRUCTOR: Melissa Ross

M	5:15-6:00pm	Jan 11-Feb 15	\$44/6	57109
M	5:15-6:00pm	Feb 22-Apr 26	\$59/8	57110

### NEW! Hip Hop & Funk - Level 2 6-8 YRS

The next steps in Hip Hop & Funk! This class is for those who enjoyed their previous dance experience and wish to learn more choreography and steps.

INSTRUCTOR: Laura Shepherd

#### CENTENNIAL CENTRE OAK ROOM

Sa	3:15-4:00pm	Jan 09-Feb 27	\$59/8	57067
Sa	3:15-4:00pm	Mar 06-Apr 24	\$44/6	57068

### NEW! Jazz 9-12 YRS

Dancers of all levels and abilities are welcome to join us in this new jazz class. We will learn isolations, extensions and progressive floor work while building flexibility, strength and technique.

INSTRUCTOR: Laura Shepherd

#### CENTENNIAL CENTRE OAK ROOM

Sa	4:00-5:00pm	Jan 09-Feb 27	\$69/8	57069
Sa	4:00-5:00pm	Mar 06-Apr 24	\$52/6	57070

### NEW! Strength and Stretch Workshop 8-12 YRS

Join Melissa in a class focused on stretching, strengthening, balancing, toning and lengthening to help keep your body strong and flexible for dance and everyday life. No dance experience necessary.

INSTRUCTOR: Melissa Ross

#### CENTENNIAL CENTRE OAK ROOM

M	7:15-8:15pm	Jan 11-Feb 15	\$52/6	57237
M	7:15-8:15pm	Feb 22-Apr 26	\$69/8	57238

**Centennial Centre**  
is located at  
2805 Carlow and  
the corner of  
Goldstream Ave.

## Drama

### NEW! Lights, Camera, Action! 7-12 YRS

Show off your theatrical side in this fun introduction to drama and musical theatre. We'll play drama games, work on some short plays, and learn songs and dances from your favorite new musicals, including High School Musical, Fame, and Hairspray!

INSTRUCTOR: Laura Christensen

#### CENTENNIAL CENTRE YOUTH ROOM

W	4:30-5:30pm	Jan 13-Feb 24	\$49/7	57199
W	4:30-5:30pm	Mar 17-Apr 28	\$49/7	57200

#### JDF SPINNAKER ROOM

M	4:30-5:30pm	Jan 11-Feb 22	\$49/7	58441
M	4:30-5:30pm	Mar 15-May 03	\$49/7	58442

### Spilt Milk Family Fun Entertainment Nights ALL AGES

Laughter is the best medicine! If you enjoy laughing then you are need to attend Spilt Milk Comedy Theatre's, interactive performance Family Night. The comedic styling's will have you chuckling out loud. Scenes are based on audience suggestions... so put on your thinking cap, dust off your ideas, turn your imagination and come on out to have some fun. All performances are family friendly guaranteed to make you laugh! Included is a swim after the show.

INSTRUCTOR: Scott Fidyk

#### CENTENNIAL CENTRE SPRUCE ROOM

Su	5:30-6:30pm	Jan 24	\$25/1	58233
Su	5:30-6:30pm	Mar 21	\$25/1	58234

#### JDF LOUNGE

F	5:30-6:30pm	Feb 12	\$25/1	58231
F	5:30-6:30pm	Apr 09	\$25/1	58232

### Spilt Milk One Month Teaser 5-16 YRS

Have fun, build confidence, learn drama. Character building, story building, understanding being in the movement. This one month teaser provides participants an overview of drama and how interactive performances are put together.

INSTRUCTOR: Scott Fidyk

#### 5-9 YRS

#### CENTENNIAL CENTRE OAK ROOM

F	4:00-5:30pm	Jan 15-Feb 05	\$40/4	58256
F	4:00-5:30pm	Mar 19-Apr 16	\$40/4	58257

#### JDF SPINNAKER ROOM

W	4:00-5:30pm	Jan 20-Feb 10	\$40/4	58252
W	4:00-5:30pm	Mar 24-Apr 14	\$40/4	58253

#### 10-16 YRS

#### CENTENNIAL CENTRE OAK ROOM

F	5:30-7:00pm	Jan 15-Feb 05	\$40/4	58258
F	5:30-7:00pm	Mar 19-Apr 16	\$40/4	58259

#### JDF SPINNAKER ROOM

W	5:30-7:00pm	Jan 20-Feb 10	\$40/4	58254
W	5:30-7:00pm	Mar 24-Apr 14	\$40/4	58255

## First Aid & Safety

### NEW! Never Bee Lost 5-7 YRS

This program is designed to teach children what to do if they become lost or separated from their parents in a public place. Children learn prevention and safe responses, and will be more prepared for the situation. Participants will engage in basic lessons on personal safety and form a basis upon which they can build as they grow older and take on more independence and responsibility.

INSTRUCTOR: Laura Christensen

#### JDF GLLANGCOLME ROOM

Sa	9:30-10:30am	Jan 16	\$15/1	57724
Sa	9:30-10:30am	Feb 20	\$15/1	57725
Sa	9:30-10:30am	Mar 20	\$15/1	57726
Sa	9:30-10:30am	Apr 24	\$15/1	57727

### NEW! Bully Proofing 7-11 YRS

In this preventative and proactive program, children learn how to "Bully Proof" themselves, by defining and identify bullying and cyberbullying, recognizing bullying in past, present, or future experiences, understand why bullying occurs, react to bullying if they are being bullied or if they witness a person being bullied and avoid being bullied.

INSTRUCTOR: Laura Christensen

#### JDF GLLANGCOLME ROOM

Sa	1:00-3:00pm	Jan 16	\$25/1	57719
Sa	1:00-3:00pm	Feb 20	\$25/1	57720
Sa	1:00-3:00pm	Mar 20	\$25/1	57721
Sa	1:00-3:00pm	Apr 24	\$25/1	57722

#### JDF KIDS COTTAGE

Th	4:00-6:00pm	Jan 14	\$25/1	57702
F	4:00-6:00pm	Mar 05	\$25/1	57703
F	4:00-6:00pm	Mar 26	\$25/1	57704
Th	4:00-6:00pm	Apr 08	\$25/1	57705

### NEW! Stranger Smarts 7-11 YRS

Learn to make safe choices when approached by strangers. Gain the knowledge and confidence to react safely in a variety of situations, and learn skills to understand, how to recognize and protect your personal safety zone, listening to their personal alarm, to focus on safe situations rather than places, the safety rule: Never go anywhere with anyone without asking first. Parents are asked to return to class for the final half hour so that students can demonstrate the valuable skills they have learned!

INSTRUCTOR: Laura Christensen

#### JDF GLLANGCOLME ROOM

Sa	10:45-12:45pm	Jan 16	\$25/1	57714
Sa	10:45-12:45pm	Feb 20	\$25/1	57715
Sa	10:45-12:45pm	Mar 20	\$25/1	57716
Sa	10:45-12:45pm	Apr 24	\$25/1	57717

#### JDF KIDS COTTAGE

F	4:00-6:00pm	Jan 15	\$25/1	57710
F	4:00-6:00pm	Feb 19	\$25/1	57711
F	4:00-6:00pm	Mar 19	\$25/1	57712
Tu	4:00-6:00pm	Apr 16	\$25/1	57713



**Centennial Centre**  
is located at  
2805 Carlow and  
the corner of  
Goldstream Ave.

## Home Alone

10 YRS & UP

Designed to educate children on staying safe at home alone, this workshop covers topics including home and fire safety, dealing with strangers, snack and meal preparation, emergency procedures and first aid. Please note that this course does not certify participants to baby sit other children.

INSTRUCTOR: Michelle McNall & Lindsay Kemble

### JDF GLLANGCOLME ROOM

Su	9:00-1:00pm	Jan 17	\$30/1	57828
Sa	9:00-1:00pm	Jan 30	\$30/1	57154
Sa	9:00-1:00pm	Feb 13	\$30/1	57155
Su	9:00-1:00pm	Feb 28	\$30/1	58428
Sa	9:00-1:00pm	Mar 06	\$30/1	57829
Sa	9:00-1:00pm	Mar 13	\$30/1	57826
Sa	9:00-1:00pm	Apr 10	\$30/1	57827

### CENTENNIAL CENTRE SPRUCE ROOM

F	4:30-8:30pm	Jan 29	\$30/1	57148
F	4:30-8:30pm	Feb 12	\$30/1	57149
F	4:30-8:30pm	Mar 05	\$30/1	57150
Su	11:00-3:00pm	Mar 28	\$30/1	57151
F	4:30-8:30pm	Apr 23	\$30/1	57153

## Language

### Spanish for Kids

Over 300 million people in the world speak Spanish. In this 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!

INSTRUCTOR: Marita Flores

### JDF GLLANGCOLME ROOM

#### 6-9 YRS

M	4:00-5:00pm	Jan 04-Feb 22	\$80/8	57812
M	4:00-5:00pm	Mar 01-Apr 26	\$70/7	57813

#### 10-12 YRS

M	5:00-6:00pm	Jan 04-Feb 22	\$80/8	57814
M	5:00-6:00pm	Mar 01-Apr 26	\$70/7	57815

## Music

### Piano, Me + Parent = 3

6+ YRS

Partner with your child and join us for Piano. Spend time together, learning and having fun! You will always have a partner to practice with.

INSTRUCTOR: Music Studio PJ

### JDF SPINNAKER ROOM

Tu	4:30-5:00pm	Jan 05-Feb 23	\$96/8	57816
Tu	4:30-5:00pm	Mar 02-Apr 27	\$96/8	57817

### Singing

7-10 YRS

We will focus on producing correct pitch, breathing and vocal exercise and finding the joy of singing.

INSTRUCTOR: Music Studio PJ

### JDF SPINNAKER ROOM

Tu	5:00-5:45pm	Jan 05-Feb 23	\$72/8	57818
Tu	5:00-5:45pm	Mar 02-Apr 27	\$72/8	57819

## Ukulele Basics

7-11 YRS

A short course designed for people with an interest in trying the ukulele with a focus on developing skills for self-accompaniment. Primarily folk music, although all types of music of interest to the class can be explored. No previous music experience required.

INSTRUCTOR: Music Studio PJ

### JDF SPINNAKER ROOM

Sa	11:15-12:00pm	Jan 23-Feb 27	\$54/6	57665
Sa	11:15-12:00pm	Mar 06-Apr 17	\$54/6	57666

## Guitar Lessons

9-12 YRS

Guitar instruction in a fun class setting! No prior knowledge or experience necessary. Instruction will cover reading music, tuning methods, basic theories, single string playing and finger strengthening exercises that will give kids the tools to play simple songs from rock to classical.

INSTRUCTOR: Music Studio PJ

### JDF SPINNAKER ROOM

Sa	12:00-12:45pm	Jan 23-Feb 27	\$54/6	57667
Tu	5:45-6:45pm	Jan 05-Feb 23	\$72/8	57669
Sa	12:00-12:45pm	Mar 06-Apr 17	\$54/6	57671
Tu	5:45-6:45pm	Mar 02-Apr 27	\$72/8	57668

## Special Interest

### NEW! Enchanted Spa Day

6-9 YRS

You're in for a spa-tacular and relaxing enchanted session. Decorate your nails using the latest selection of polish, nail art and gems. Design and create your own hair accessory using all the latest gems and rhinestones worthy of an princess or fairy. We will also design our very own keepsake journal.

INSTRUCTOR: Michelle McNall

### CENTENNIAL CENTRE ARBUTUS ROOM

Su	9:00-11:00am	Mar 21	\$25/1	57160
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### NEW! Pajama Jam

5-8 YRS

Join us for a fun night of games, crafts, snacks and movies at Centennial Centre! Our leaders will be sure to entertain while you enjoy a night out!

INSTRUCTOR: Chris Dziadyk

### CENTENNIAL CENTRE YOUTH ROOM

Sa	6:30-10pm	Jan 23	\$20/1	57192
Sa	6:30-10pm	Feb 13	\$20/1	57193
Sa	6:30-10pm	Mar 20	\$20/1	57194
Sa	6:30-10pm	Apr 24	\$20/1	57195

### NEW! Catch the Spirit of the Winter Games

7-12 YRS

Join our guide as we learn about the history of the Olympic games, race through relays, design our own unique medals and flags and have fun inventing our new games and activities. Let's not forget taking part in the mini opening and closing ceremonies!

### CENTENNIAL CENTRE YOUTH ROOM

Sa	1:00-3:00pm	Jan 31	\$25/1	58389
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## Sports

### NEW! Beginner Riding **8-16 YRS**

An introduction to the wonderful and inspirational world of horses, in a safe, fun and fully supported environment. Whether you've never been around a horse, you've ridden a little bit, you're looking for a fun fitness alternative, or your just testing the water you will discover the companionship, beauty and excitement of the horse.

INSTRUCTOR: Janine Wittich

#### CHERRY LANE EQUINE - 5480 SOOKE RD

W 6:00-7:30pm Feb 10-Mar 24 \$250/6 58453

### NEW! Go Green Eco-Team **7-11 YRS**

Starting on Earth Day, this after school club gives kids a chance to explore the concept of environmental responsibility in a fun and collaborative way. Create you own nature crafts and participate in exciting nature-based games and activities.

INSTRUCTOR: Laura Christensen

#### JDF KIDS COTTAGE

Th 4:00-5:30pm Apr 22-May 06 \$30/3 57708

### Rhythmic Gymnastics **6-12 YRS**

Join our Rhythmic Gymnastics program, with coaching provided by Victoria Rhythmic Gymnastics. This fun class is designed for beginner to intermediate level rhythmic gymnasts. Develop coordination and poise as you experience the sport, which combines ballet, gymnastics, and a variety of apparatus into one rewarding activity!

INSTRUCTOR: Victoria Rhythmic Gymnastics

#### SHORELINE MIDDLE SCHOOL

Sa 10:00-11:00am Jan 23-Mar 06 \$66.50/7 57117

Sa 10:00-11:00am Apr 10-May 29 \$66.50/7 57118

### C.A.S.K Kids Karate **6-12 YRS**



Join our growing club of karate kids! At c.A.S.K karate we inspire our students to expand their abilities mentally, physically and emotionally. Students learn traditional Wado Karate-Do from experienced

instructors, including principles of self discipline, self defence, fitness and fun! Instructors are registered with Karate BC, and certified by Wado Karate Canada.

#### JDF GALLEON ROOM

Sa 9:00-10:00am Jan 09-Jan 30 \$48/4 57820

Sa 9:00-10:00am Feb 06-Feb 27 \$48/4 57821

Sa 9:00-10:00am Mar 06-Mar 27 \$36/3 57822

Sa 9:00-10:00am Apr 10-Apr 24 \$36/3 57823

### Aikido for Youth **8+ YRS**

Aikido practice develops discipline and physical dexterity that provides the child the basis to develop into a confident, disciplined and well mannered adult.

INSTRUCTOR: Rafael Oei

#### JDF SPINNAKER ROOM

M 5:30-6:30pm Jan 04-Feb 22 \$72/8 57810

M 5:30-6:30pm Mar 01-Apr 26 \$63/7 57811

### MMA KIDS **6-10 YRS**

MMA is a fun NEW class that teaches Mixed Martial Arts. It will provide the opportunity for kids to try Karate, Kickboxing , Jujitsu , Boxing and Self Defence as every class is different providing plenty of variety. No chance to get bored here!!! Kids work together from stretching to pad work improving on focus, confidence and fitness!!.

INSTRUCTOR: Keri Scarr – Crusher Combat Sports

#### #149-2956 WESTSHORE PARKWAY

Tu 4:00-4:45pm Jan 12-Mar 02 \$72/8 ??

Tu 4:00-4:45pm Mar 16-May 04 \$72/8 ??

### Little NHL'ers **5-8 YRS**

He shoots ...he scores! Join our Little NHL'ers for an exciting fast paced game of floor hockey. Hockey enthusiasts can work on their skills, get plenty of exercise and have fun while playing games. All equipment is provided. Please bring your own helmet and eye protection.

#### MILLSTREAM SCHOOL GYM

##### 5 – 6 YRS

M 6:00-6:45pm Jan 11-Mar 29 \$66/11 57295

##### 7 – 8 YRS

M 6:45-7:30pm Jan 11-Mar 29 \$66/11 57296

### Floor Hockey **9-12 YRS**

One hour of fast paced fun. Young floor hockey fans can work on there skill, play lots of games, get plenty of exercise and have tons of fun. All equipment except helmets and eye protection provided.

#### SPENCER SCHOOL GYM

W 7:00-8:00pm Jan 06-Mar 03 \$48/8 57297

### Sportball **6-9 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

#### LAKEWOOD SCHOOL GYM

Th 7:00-8:00pm Jan 14-Mar 25 \$126/9 57303

Th 7:00-8:00pm Apr 01-Jun 24 \$154/11 57729

#### COLWOOD SCHOOL GYM

W 7:00-8:00pm Jan 13-Mar 31 \$140/10 57302

W 7:00-8:00pm Apr 07-Jun 23 \$168/12 57728



## Sportball Soccer

6-9 YRS

Sportball soccer programs are non-competitive; skill based and provides children with the opportunity to learn how to play soccer with the help of experienced coaches. Programs focus on the fundamental skills of soccer: throw-ins, kicking, dribbling and goalie skills. Children are taught to apply soccer skills successfully and confidently in soccer games. Cost includes jersey.

INSTRUCTOR: Sportball Staff

### COLWOOD SCHOOL GYM

Tu 7:00-8:00pm Jan 12-Mar 30 \$154/11 57743

### COLWOOD SCHOOL FIELD 1

Tu 7:00-8:00pm Apr 06-Jun 22 \$188/12\* 57744

\*Cost includes ball and jersey

## Sportball Camp

6-9 YRS

Join the Sportball team for a summer camp experience that your child will never forget! Children participate in the skills and games of seven different ball sports. Sports include: soccer, hockey, basketball, baseball, volleyball, tennis, and golf. Camps also incorporate arts and crafts, music, cooperative games, snack time and theme days.

INSTRUCTOR: Sportball Staff

### JDF LOWER CLUBHOUSE/FIELD 1

M - F 1:00-4:00pm Mar 08-Mar 12 \$119/5 57305

## Spring Break Sports

### Action Camp

6-12 YRS

This is for your sports enthusiast. Sports Action Camp will offer a combination of baseball, basketball, soccer, volleyball, road hockey, lacrosse, capture the flag and much more. For added fun a field trip is scheduled. Get in the action ... Sports Action!

### LOCATION TO BE DETERMINED

M - F 9:00-3:30pm Mar 08-Mar 12 \$150/5 57629

## Golf - Junior Spring Break Camp

7-16 YRS

A partnership with GBC Golf Academy at Olympic View this camp provides instruction in a fun, safe environment. The CPGA trained instructors use an 8:1 ratio and separate golfers by age and skill to ensure every student gets the most out of the camp. All aspects of the game are covered, putting, chipping, full swing with irons and woods, as well as safety and rules. Classes taught by 2007 PGA of BC Junior Promoter of the Year Jamie Heffernan

### OLYMPIC VIEW GOLF COURSE

M - F 10:00-12:00pm Mar 08-Mar 12 \$165/5 57594

M - F 1:00-3:00pm Mar 08-Mar 12 \$165/5 57595

## Eli Pasquale

### Basketball Skills

8-12 YRS

Introduction to the basic skills including dribbling, passing, lay ups, shooting and game play.

### JOHN STUBBS MIDDLE SCHOOL GYM

Th 6:30-7:30pm Jan 21-Feb 25 \$55/6 58071

## Team X Youth Tri Club

6-16 YRS

Get the FUNdamentals of the exciting, fast evolving sport of Triathlon. Development of skills in the three disciplines of triathlon: swimming, cycling and running, and will prepare athletes for racing with emphasis on the importance of safety, nutrition and goal setting while working hard toward a goal.

INSTRUCTOR:

Travis Chater - Team X Triathlon Club  
tchater@telus.net (250) 658-8186

### January 04-March 27

6-16 YRS

\$212

58368

MONDAY

3:30-5:00pm Bike/Run/Transitions

THURSDAY

3:30-4:30pm Swim

SATURDAY

6:00-7:30am Swim

8:00-9:00am Bike (10 yrs & under)

9:30-11:00am Bike (11 yrs & over)

"I've always dreamed of playing soccer with my friend Emily. Mom says its not a good time, maybe next year..."

