



# TEEN PROGRAMS

## Aquatics

### Bronze Medallion

This award teaches an understanding of the lifesaving principles embodied in the four components of water rescue education - judgment, knowledge, skill and fitness. Rescuers learn tows and carries, and defense and release methods in preparation for challenging rescues of increased risk involving conscious and unconscious victims of various types. Lifesavers develop stroke efficiency and endurance in a timed swim. Prerequisites: Bronze Star or 13 years of age. (Manual included)

#### JDF BOARDROOM/JDF POOL

Sa 1:00-5:30pm Mar 20-Apr 24 \$142/5 56183

### Bronze Cross

This award is designed for lifesavers who want the challenge of more advanced training including an introduction to safe supervision in aquatic facilities. Bronze Cross is a prerequisite for all advanced Lifesaving Society training programs including National Lifeguard and Instructor certifications. Prerequisites: Bronze Medallion.

#### JDF BOARDROOM/JDF POOL

Sa 1:00-5:30pm May 01-Jun 05 \$142/5 56184

### Assistant Water Safety Instructor

This certification course is a prerequisite to the Red Cross Water Safety Instructor Course. The course covers the foundation of instructional skills including teaching methods, learning styles, physical principles, progressions, communication, safety supervision and feedback. Candidates are evaluated through individual study assignments, as well as during an additional 8 hours of assistant teaching.

#### JDF BOARDROOM/JDF POOL

Sa 1:00-5:00pm Jan 09-Feb 27 \$269/8 56181

## Water Safety Instructor

The Water Safety Instructor Course develops instructional ability by focusing on how to effectively plan and teach the Red Cross Swim continuum. Topics include instructional emergency response skills and stroke development, drills, and corrective strategies. Candidates apply their teaching skills and knowledge during 12 hours of practical teaching experience.

#### JDF BOARDROOM/JDF POOL

F	5:00-9:30 pm	Mar 05		
Sa	9:00-5:00 pm	Mar 06		
M-Sa	9:00-5:00 pm	Mar 08-13	\$259/8	56182

## Camps

### Funky Fashion Camp 13 YRS & UP

Unlock your creative power and gain the skills to create your own 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 12:30-4:00pm Mar 08-Mar 12 \$155/5 57129

### Creative Camp for Teens 12-15 YRS

Is creativity your thing? This half day camp will focus on stretching your imagination by exploring all kinds of art forms and techniques. A perfect camp for creative teens.

#### JDF PROGRAM ROOM 160

M-F 12:00- 4:00pm Mar 08-Mar 12 \$105/5 57745

## Greater Victoria Advanced Aquatic Assistance Program

Are you over the age of 13 and looking for financial assistance to become a lifeguard or swim instructor? The Aquatic Assistance Program can help!

Contact your local pool or download an application form at :

[www.fitinfitness.ca](http://www.fitinfitness.ca)





**NEW**

**TEEN  
DROP-IN  
HOURS**

**Jan 13 – Apr 28**

**Wednesdays  
3:30-5:30pm**

We are excited to offer a new teen drop in time.

**at Centennial  
Centre**

**Dance Camp 13YRS & UP**

This camp is designed to introduce you to a variety of dance styles; from Hip Hop to Ballet to Modern. Join our instructor for a fun-filled week where you will learn a new style each day.

INSTRUCTOR: Melissa Ross

SHORELINE MIDDLE SCHOOL

M-F 1:00-4:00pm Mar 08-Mar 12 \$105/5 57755



**Dance**

**Salsa for Teens 13 YRS & UP**

Get ready to move your body and shake your hips! Have fun learning the basic steps, turns and styling of salsa. Dance with confidence as you combine your new moves with current music. You'll leave the class wanting to dance! Perfect for total beginners or those with a little dance experience.

INSTRUCTOR: Javier Monsalve

CENTENNIAL CENTRE OAK ROOM

Th 4:00-5:00pm Jan 21-Feb 25 \$52/6 57756  
Th 4:00-5:00pm Mar 18-Apr 22 \$52/6 57757

**Hip Hop for Teens 12 YRS & UP**

Join our skilled instructor for this edgy, fun and funky class. Learn great moves and routines; while getting a good work out. Prepare to learn and laugh a lot.

CENTENNIAL CENTRE OAK ROOM

M 6:00-7:00pm Jan 11-Feb 15 \$52/6 57748  
M 6:00-7:00pm Feb 22-Mar 29 \$52/6 57749  
M 6:00-7:00pm Apr 12-May 17 \$52/6 57752

SHORELINE MIDDLE SCHOOL

Sa 10:00-11:00am Jan 16-Feb 20 \$52/6 57753  
Sa 10:00-11:00am Feb 27-Mar 27 \$43/5 57754

**Jazz/Ballet Combo 12 YRS & UP**

Enjoy the fast paced moves of jazz as well as the balance and grace of ballet. This combo class is perfect for those wanting to experience the joy of dancing in a fun and friendly environment.

INSTRUCTOR: Laura Christensen

CENTENNIAL CENTRE OAK ROOM

Tu 4:00-5:00pm Jan 12-Feb 16 \$52/6 57746

**Jazz/Funk 12 YRS & UP**

This high-energy style of dance combines jazz technique with hip-hop moves and is a great introduction to dance. Experienced or not, come dance to songs by your favourite artists in this fun and funky class!

INSTRUCTOR: Laura Christensen

CENTENNIAL CENTRE OAK ROOM

Tu 5:15-6:15pm Jan 12-Feb 16 \$52/6 57747

**Arts & Crafts**

**Awesome Accessory Workshop 13-16 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 12:00-3:00pm Mar 06 \$35/1 57231  
Sa 12:00-3:00pm Apr 10 \$35/1 57232

**Bag Ladies 13 YRS & UP**

Do you have a desire to be trendy and save the environment? If so, this class is for you! In this one day workshop, you will learn how to design and create your own funky hand bag. Supplies will be provided so all you need to do is show up!

INSTRUCTOR: Shannen Kennedy

CENTENNIAL CENTRE YOUTH ROOM

Sa 10:00-4:00pm Jan 30 \$70/1 57769  
Sa 10:00-4:00pm Mar 27 \$70/1 57770

SHORELINE MIDDLE SCHOOL

Tu/Th 6:00-9:00pm Feb 23-Feb 25 \$70/2 57771  
Tu/Th 6:00-9:00pm Apr 20-Apr 22 \$70/2 57772

**Intro to Knitting 13 YRS & UP**

Have you ever wanted to learn to knit but didn't think you could? Well, we know you can! Join our instructor and learn the basics. Create something funky for yourself or someone else in just one session. Needles and yarn will be provided as well as a step by step hand out.

CENTENNIAL CENTRE YOUTH ROOM

Th 6:00-9:00pm Jan 21 \$23/1 57698

**Jewelry Making for Teens 12-15 YRS**

Do you have the desire to create your own jewelry? If you do, this class is right for you! Learn how to design, create and construct your own jewelry. We will teach you how to add flare to your already unique look.

CENTENNIAL CENTRE YOUTH ROOM

M 3:30-5:00pm Jan 25-Feb 08 \$29/3 57687

**Pajama 101****12-15 YRS**

Pajamas are one of the life's greatest pleasures. Join our instructor and learn the art of pajama making. No sewing experience necessary. Supplies included.

INSTRUCTOR: Shannen Kennedy

**CENTENNIAL CENTRE SPRUCE ROOM**

Th	12:00-4:00pm	Mar 04	\$32/1	57701
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**SHORELINE MIDDLE SCHOOL**

Tu/Th	6:00-8:00pm	Feb 16-Feb 18	\$32/2	57699
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Tu/Th	6:00-8:00pm	Apr 13-Apr 15	\$32/2	57700
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**Teen Pottery****13 YRS & UP**

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

**JDF PROGRAM ROOM 160**

M	4:00-5:30pm	Jan 25-Mar 01	\$105/6	57782
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M	4:00-5:30pm	Mar 08-Apr 19	\$105/6	57783
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**Cooking****Around the World****13 YRS & UP**

Join us as we explore flavors of the world. This three week course will give you an opportunity to sample dishes from several different countries such as Lebanon and Poland.

INSTRUCTOR: Lindsay Kemble

**CENTENNIAL CENTRE KITCHEN**

M	6:30-8:30pm	Apr 12-Apr 26	\$50/3	57800
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**Chocolate Making for Teens 11-14 YRS**

Looking for a sweet gift to give to that special someone. Look no further. Working with chocolate requires some skills and knowledge that you will acquire in this course. Participant will take home their share of chocolates, so be sure to bring a container.

INSTRUCTOR: Lindsay Kemble

**CENTENNIAL CENTRE KITCHEN**

F	6:30-8:30pm	Feb 12	\$19/1	57809
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**Cookie Creations****11-14 YRS**

Cookies, cookies and more cookies ... You will enjoy an evening of socializing, baking and of course, eating. Recipe book and supplies included.

INSTRUCTOR: Lindsay Kemble

**CENTENNIAL CENTRE KITCHEN ROOM**

Tu	6:30-8:30pm	Feb 16-Mar 02	\$39/3	57759
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**Creative Cakes****12-15 YRS**

In this class you will learn to turn a basic cake into a fabulous one. The only limit will be your imagination.

**CENTENNIAL CENTRE KITCHEN**

W	6:30-8:30pm	Feb 10	\$19/1	57808
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W	6:30-8:30pm	Apr 21	\$19/1	57807
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**Easy Italian****12-15 YRS**

If you love pizza and pasta, this class is for you! Discover how to create delicious Italian meals using all your favourite ingredients.

INSTRUCTOR: Lindsay Kemble

**CENTENNIAL CENTRE KITCHEN ROOM**

F	6:30-8:30pm	Jan 29	\$19/1	57799
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**Leadership****Babysitter's Course****11 YRS & UP**

A certified Red Cross program for prospective babysitters! This comprehensive course will include the basics of babysitting, safety procedures and activities for young children, steps to handle emergencies and more. Please bring a note pad and pen to class.

**SHORELINE MIDDLE SCHOOL**

W	3:30-6:00pm	Jan 27-Feb 10	\$49/3	57775
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**CENTENNIAL CENTRE SPRUCE ROOM**

Th	9:00-4:30pm	Feb 25	\$49/1	57776
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**JDF BOARDROOM**

Th	9:00-4:30pm	Mar 04	\$49/1	57777
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**CENTENNIAL CENTRE YOUTH ROOM**

Tu/Th	6:00-9:00pm	Mar 23-Mar 25	\$49/2	57779
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Sa	9:00-4:30pm	Apr 17	\$49/1	57778
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**Emergency First Aid for Teens****14 YRS & UP**

Red Cross Emergency First Aid teaches participants how to think, react and improvise when dealing with life threatening emergencies. This course includes detailed information and interactive demonstrations on how to respond to airway, breathing and circulation emergencies for adults, children and infants. Course includes CPR-C certification; manual is included in course cost.

**CENTENNIAL CENTRE SPRUCE ROOM**

Tu	9:00-4:00pm	Mar 09	\$85/1	57781
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**Food Safe for Teens****14 YRS & UP**

Who needs Food safe? Food Service Industry employees who work in British Columbia and the Yukon Territory. The Food safe program was developed to help food handlers prevent food borne illness. This food hygiene course is for level entry food workers or volunteers who prepare food for the public. It explains correct food handling procedures that reduce the risk of food borne illness and includes safe work habits in the food industry. Participants receive a workbook and a Ministry of Health course certificate.

**CENTENNIAL CENTRE SPRUCE ROOM**

W	9:00-5:00pm	Mar 10	\$80/1	57780
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**Centennial Centre**

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

## Fitness/Wellness

### Afterschool Yoga **13 YRS & UP**

Need a break from school? Feeling stressed? We can help! Join us after school as we open, unwind and release tension and stress from the body and mind with this therapeutic class.

INSTRUCTOR: Nicole Lakas

#### CENTENNIAL CENTRE OAK ROOM

M	4:00-5:00pm	Jan 18-Mar 08	\$60/8	57802
Tu	4:00-5:00pm	Mar 16-May 04	\$60/8	57803

### BFF Strength and Stretch **12-15 YRS**

It has been said that exercising with your friends can be much more motivating and fun. We have designed this course for you to work with your BFF in a structured, yet relaxed environment. Exercising has never been so fun!

INSTRUCTOR: Nicole Lakas

#### CENTENNIAL CENTRE YOUTH ROOM

Tu	3:45-4:45pm	Feb 02-Mar 02	\$35/5	57804
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### Girls on the Go **12-15 YRS**

A program for girls on the move! A variety of activities keyed to get the body moving. We'll incorporate aerobic workouts, team sports, and body toning in this well rounded program.

#### CENTENNIAL CENTRE OAK ROOM

W	3:45-4:45pm	Jan 20-Mar 03	\$42/7	57767
M	3:45-4:45pm	Mar 15-May 03	\$42/7	57768

\* NO CLASS Monday April 5

## Music

### Ukulele for Teens **11-14 YRS**

Do you have 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: Melissa Ross

#### CENTENNIAL CENTRE ARBUTUS ROOM

Tu	6:00-7:00pm	Mar 16-Apr 27	\$49/7	57798
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## Outdoors

### Mt. Washington Ski Trip **14-18 YRS**

Join us as we head up the mountain for an extreme teen out-trip. Transportation and supervision will be provided for teens 14-18 years interested in snow boarding or skiing for the first time or for experienced boarders who find transportation to be an obstacle. Registration deadline is one week prior to trip. Equipment rental \$20

#### CENTENNIAL CENTRE LOBBY

F	5:30am-6:30pm	Feb 19	\$89/1	57637
Th	5:30am-6:30pm	Mar 04	\$89/1	57638

### Paintballing **13 YRS & UP**

Use the bus ride out to nearby Stormin' Norman's to prepare yourself for the adrenaline rush to come!! You'll test your agility, accuracy, strategy, and your wits! Safety gear, equipment, paintballs, qualified officials, and lunch is all provided.

#### CENTENNIAL CENTRE LOBBY

M	12:00-4:30pm	Apr 19	\$65/1	57761
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### Surfs Up! **14-18 YRS**

Wanna be the next Kelly Slater? We'll help you get there. Join us as we learn to surf in Beautiful Tofino. This is an unique West Coast experience that shouldn't be missed. Cost includes transportation, food, lesson, gear and accommodations and of course, fun leaders.

#### JDF RECEPTION CENTENNIAL CENTRE LOBBY

W-F	7:00-11:00pm	Mar 10-Mar 12	\$300/3	57766
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WildPlay West Shore Victoria

### Monkido Adventure **13 YRS & UP**

You simply MUST try this activity! Join us as we explore and challenge this elevated obstacle course set in a Douglas fir forest and suspended between the trees at 10 to 50 ft off the ground! This is an adventure you don't want to miss.

INSTRUCTOR: WildPlay West Shore Victoria

#### JDF RECEPTION LOBBY

Th	1:00-4:00pm	Mar 04	\$49/7	57763
Th	1:00-4:00pm	Apr 15	\$49/7	57764

## Special Interest

### Lights, Camera, Action! **13-16 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 Fame, High School Musical, and Hairspray!

#### CENTENNIAL CENTRE OAK ROOM

W	5:30-6:30pm	Jan 13-Feb 24	\$49/7	57201
W	5:30-6:30pm	Mar 17-Apr 28	\$49/7	57202

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is located at  
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Goldstream Ave.

**Bathing Beauties****11-14 YRS**

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

**CENTENNIAL CENTRE YOUTH ROOM**

Sa	1:00-3:00pm	Feb 06	\$21/1	57805
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**SHORELINE MIDDLE SCHOOL**

F	10:00-12:00pm	Apr 02	\$21/1	57806
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**Book Club****12-14 YRS**

What's better than curling up with a good book? Having a peer group to discuss it with afterwards. Join our book club and find out what all the talk is about. Book provided. Meet weekly to discuss details. Don't miss out on this opportunity.

**CENTENNIAL CENTRE YOUTH ROOM**

Su	11:00-12:00pm	Jan 10-Jan 31	\$19/4	57773
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Su	11:00-12:00pm	Mar 21-Apr 18	\$19/4	57774
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**Coffeehouse at CC****13 YRS & UP**

Drop-in coffee house for teens, located at Centennial Centre. Join us for an evening of coffee, treats, music and discussion. Cost is \$5, and can be paid upon arrival at CC or at the reception desk at Juan de Fuca Recreation Centre.

**CENTENNIAL CENTRE YOUTH ROOM**

Sa	7:00-10:00pm	Feb 06	\$5/1	57787
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Sa	7:00-10:00pm	Mar 20	\$5/1	57788
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Sa	7:00-10:00pm	Apr 17	\$5/1	57789
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**Go Green****12-15 YRS**

Do you care about the environment and want to make a difference but are not sure where to begin? You can start here. Join us for an interactive evening where we will go over ways to go GREEN. Bring your ideas to share and leave with new ones.

**CENTENNIAL CENTRE YOUTH ROOM**

F	6:00-9:00pm	Apr 23	\$5/1	57760
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**Sports****Aikido for Teens****13 YRS & UP**

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

INSTRUCTOR: Rafael Oei

**CENTENNIAL CENTRE SPRUCE ROOM**

Sa	9:30-11:00am	Feb 06-Mar 13	\$54/6	57794
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Sa	9:30-11:00am	Mar 27-May 01	\$45/5	57796
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**Fencing for Youth****Beginner****13 YRS & UP**

An experienced instructor will guide you through the ancient sport of fencing, including foil and epee type weapons. Participants in this Olympic sport learn basic footwork, simple attack & defense, and will develop skills including precision, coordination, and strategy. All equipment is provided.

INSTRUCTOR: Nan Sang Ho &amp; Victoria Fencing Club

**JDF SENIORS HALL**

Th	7:00-9:00pm	Jan 14-Feb 25	\$58/7	57792
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Th	7:00-9:00pm	Mar 18-Apr 29	\$58/7	57793
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**Continued Fencing****13YRS & UP**

Join Nan Sang Ho, from the Victoria Fencing Club for additional training time and sparring practice, using electronic scoring equipment. Participants must have previously completed the beginner program.

INSTRUCTOR: Nan Sang Ho &amp; Victoria Fencing Club

**JDF SENIORS HALL**

Th	7:00-10:00pm	Jan 14-Feb 25	\$58/7	57790
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Th	7:00-10:00pm	Mar 18-Apr 29	\$58/7	57791
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**Golf - Spring Break Camp****7-16 YRS**

In partnership with the GBC Golf Academy at Olympic View this camp provides instruction in a fun and safe environment. The CPGA instructors use an 8 to 1 ratio and separate golfers by age and skill. All aspects of the game are covered, putting, chipping, full swing with irons and woods, 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
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M - F	1:00-3:00pm	Mar 08-Mar 12	\$165/5	57595
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**PowerWest Skating****Spring Training 11-14 YRS**

Spring training on ice! Join experienced staff for a unique experience, emphasizing correct technical skating skills, covering stride development, agility, speed, balance, quickness and readiness through the effectiveness of EDGES. Puck time and a mini hockey game complete each session! Classes are limited to a skaters dozen (13)! Full hockey gear is required. Goalies please make sure to register in correct course.

INSTRUCTOR: Mena Westhaver

**JDF CURLING RINK****11-13 YRS**

Su	7:40-8:50pm	Apr 11-May 09	\$99/4	57879
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**14 YRS & UP**

Su	9:00-10:00pm	Apr 11-May 09	\$85/4	57880
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