Online registration has never been easier!
victoria.ca/recreation
Welcome to Your Active Living Guide

On behalf of the City of Victoria Recreation team, thank you for your support and participation in recreation programs offered within the municipality. We are pleased to offer a diverse range of activities to assist residents with their health and wellness goals. In addition, we have a few special programs being offered this year that I would like to highlight.

In recent years, you may have observed the City’s increased focus on protecting and expanding the number of trees on public and private property because of the numerous benefits trees provide. For 2020, the City has joined other international cities in the United Nations “Trees in Cities Challenge”. The objective of this program is to promote climate action in urban centres by setting a tree-planting target and encouraging community participation in reaching the goal. We have set a goal of planting 5,000 trees over the year, with at least 500 of these being planted in parks and boulevards. We are looking for support from residents and local groups to plant the remaining 4,500 trees. To this end, we have set up a number of resources to assist residents, including opportunities to learn about tree selection and care as well as an interactive online tracker where you can upload information about the trees you plant. We are also able to accept donations to our tree replacement reserve for future planting on City land, if you are unable to plant your own tree. Please join us and make a tree planting pledge this year. For more information, please visit our web page at www.victoria.ca/treesincities and follow #TreesInCitiesChallenge on social media.

This year we have another opportunity to cheer on Team Canada when the Tokyo 2020 Olympic and Paralympic Games take place this summer. As you may know, Greater Victoria is home to many national sport organizations and high performance athletes. In 2019, the City was chosen by Canada Skateboard to host qualifying events at Vic West Park, and from June 23–28 we will be welcoming Canada Basketball and five other nations for the men’s basketball Olympic Qualifier tournament at Save-On-Foods Memorial Centre. Along with preparing for action inside the arena, event organizers are currently developing the program for a community festival that will take place in public venues around the region during the month of June.

In closing, I would like to affirm our commitment to providing quality programs and services that meet the needs of our community. If you have any questions, concerns or suggestions for future programs please don’t hesitate to let one of our capable staff members know.

Best wishes for an active and healthy year,

Thomas Soulliere
Director,
Parks, Recreation and Facilities
Our Goal
The City of Victoria and the Community Centre Network’s main goal is to provide a safe and enjoyable atmosphere for all patrons. Staff go through criminal record checks and receive training in Child Protection Policies. We provide a high level of service by having well-trained staff and an effective ratio of instructors to participants for all programs.

Your Personal Information: The personal information you provide during the registration process is collected and used under the authority of the Freedom of Information and Protection Privacy Act. The information is used only for the purpose of administering recreation and cultural programs, informing you of our services and benefits, and for statistical purposes. If you have questions about the collection, use or disclosure of your personal information, please contact Crystal Pool and Fitness Centre at 250.361.0732.

How to Use This Guide
The diagram below provides a breakdown of how programs and courses are listed in the Active Living Guide. All information you need to know for registration, location, dates, cost and course numbers is highlighted in the sample below.

<table>
<thead>
<tr>
<th>program area</th>
<th>HEALTH &amp; WELLNESS</th>
</tr>
</thead>
<tbody>
<tr>
<td>course name</td>
<td>Nordic Walking</td>
</tr>
<tr>
<td>course description</td>
<td>Learn this popular new way to fitness and improved balance. Strengthens core muscles as you walk, involves all major muscle groups and reduces stress on joints. A pair of specialized poles is provided, and class goes outside rain or shine so dress accordingly.</td>
</tr>
<tr>
<td>location</td>
<td>Fairfield New Horizons</td>
</tr>
<tr>
<td>day</td>
<td>dates</td>
</tr>
<tr>
<td>Mon</td>
<td>Sep 17–Oct 12</td>
</tr>
<tr>
<td>Wed</td>
<td>Sep 19–Oct 14</td>
</tr>
<tr>
<td>Thu</td>
<td>Sep 20–Oct 15</td>
</tr>
<tr>
<td>Thu, Thrusdays only</td>
<td>six classes for $40</td>
</tr>
<tr>
<td>Wed, Fri</td>
<td>Wednesdays and Fridays</td>
</tr>
<tr>
<td>Mon–Fri</td>
<td>Monday thru Friday</td>
</tr>
</tbody>
</table>

How To Register
For Crystal Pool and Fitness Centre programs:
- Online at victoria.ca/recreation
- By phone at 250.361.0732
- In person at 2275 Quadra St.

For Community Centre programs:
- See page 4 for Community Centre contact information
- Contact Community Centre where program is offered

Register online for Crystal Pool and Fitness Centre programs 24/7 at victoria.ca/recreation

Refund Policy:
If you wish to withdraw from a program it must be done before the second class for a prorated refund or credits to be issued. After the second class, refunds or credits will only be issued for illness supported by a doctor's note or compassionate reasons. One or two day programs and weekly camps require 72 hours notice before program start to request a refund or credit. Please note: Some aquatic leadership, outdoor recreation and bus trip programs are non-refundable. All credits will expire 12 months from the date of issue.
**Accessibility and Inclusion**

The City of Victoria is located on the homelands of the Songhees and Esquimalt People.

The City of Victoria is committed to providing accessible, inclusive, and meaningful recreation opportunities for everyone. This commitment is reflected through our programs and services, which aim to eliminate barriers and create a welcoming environment for all.

**SUPPORT RESOURCES**

The City supports residents with access to programs through a variety of services at our recreation facilities.

**Leisure Involvement for Everyone (L.I.F.E.)**
The LIFE program is designed to ensure recreation opportunities are affordable for all residents. The L.I.F.E. program includes 2 years of unlimited access to City of Victoria recreation facilities including the Crystal Pool and Fitness Centre and Save-On-Foods Memorial Centre as well as 52 annual visits to other municipal centres around the region. In addition credits are provided for discounts toward programs and services. For more information, please visit: victoria.ca/lifeprogram.

**City of Victoria Campership Program**
The Victoria Campership Fund provides financial assistance to families with children aged 4–14, who wish to participate in a week-long camp program. Applications are available at Crystal Pool and Fitness Centre and at victoria.ca/pool.

**Canadian Tire Jumpstart Program**
Jumpstart offers programs intended to enrich the lives of kids in need by assisting with registration costs for sport programs. Families with children aged 4–18 interested in sport, dance, or other organized physical activities, may be eligible. For more information, please visit: jumpstart.canadiantire.ca.

**KidSport**
KidSport Victoria is part of a national network of community based volunteer groups whose goal is to ensure that kids in financial need have access to the positive experience of sport and physical activity. Sport and physical activity provides a life-long opportunity for self-expression, goal setting, dedication, positive thinking and increased self-confidence for kids. For more information, please visit: kidsportcanada.ca.

**Integration Services**
The City of Victoria is dedicated to providing equal opportunities to participate in recreation to people with disabilities and offers personalized assistance through two services:

- **Leisure Assistance Program:** Volunteer assistance for individuals living with disabilities in recreation programs (Ratio 1:1).
- **Camp Inclusion Service:** Specialized staff assistance for children and teens with disabilities in week-long summer camp programs (Ratio 1:1).

For more information, please visit: victoria.ca/accessibility or call 250.361.0732

**Supported Child Development Program**
The Supported Child Development Program provides consultation, staffing supports, and staff training. In partnership with Island Health, staff can provide 1:1 assistance for children who require extra support to participate in summer camp programs. For more information, please visit: islandhealth.ca.

**Aboriginal Supported Child Development Program**
The ASCD provides services for children who require extra support and was created with Aboriginal cultural values, beliefs, and traditions in mind. ASCD is open to children from birth to 12 years of age, who have Aboriginal Ancestry, living on Traditional Land or in urban settings on South Vancouver Island. To access services call 250.384.3211.

**Inclusive Swimming Lessons**
The City welcomes swimmers of all abilities. Individuals with special accommodations have several options available including group lessons, adapted lessons, private lessons, and premium private lessons. One swimming instructor has experience with sign language, and many instructors have specialty training through the Canucks Autism Network. For more information contact Aquatic Programmer Caroline Marchand cmarchand@victoria.ca or 250.361.0714.

**ADDITIONAL RESOURCES**

**Permission to Administer Medication**
If a child requires medication to be administered during camp/program hours, staff are prepared to provide accommodations. A Permission to Administer Medication form will be required and can be found online at victoria.ca/poolforms.

**Allergies**
Please identify allergies on your registration profile and through the registration process for each program. The form for anaphylactic allergies can be found at victoria.ca/poolforms. Please submit information a minimum of one week prior to program start. A program leader will contact you. Please ask our reception team to connect you with a Recreation Programmer if you have any questions or concerns about participating in a program.

**Environmental Sensitivity**
The City recognizes that scented products can cause adverse reactions for some people. To keep the air healthy for everyone, consideration is given to scent sensitivity in the use of cleaning and disinfection products. Patrons are also encouraged to refrain from using scented products while in the building.

**Crystal Pool and Fitness Centre Accessible Amenities**

- 3 accessible parking spaces
- Power operated entrance doors and change room doors
- Lifts on staircases to change rooms and fitness centre
- Aquatic lift with access to leisure pool, main pool, and hot tub
- Accessible change room including shower with seat
- Accessible change stalls in change rooms
- Grab bars in change rooms and showers
- Accessible fitness equipment

To view photos of accessible amenities, please see the Leisure Access Victoria App (LAVA): rivlava.ca

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Please view photos of accessible amenities. For more information, please visit: kidsportcanada.ca, victoria.ca/lifeprogram.
Community Centres

How to Register for Community Centre Programs
To register for a Community Centre program, contact the individual Centre where your course is offered.

1. Crystal Pool and Fitness Centre
   2275 Quadra Street, Victoria, V8T 4C4
   T 250.361.0732
   victoria.ca/recreation

2. Save-On-Foods Memorial Centre Arena
   1925 Blanshard St, Victoria, BC V8T 4J2
   T 250.361.0711
   victoria.ca/recreation

3. Burnside Gorge Community Centre
   471 Cecelia Road, Victoria, V8T 4T4
   T 250.388.5251 F 250.388.5269
   burnsidgeorge.ca

4. Cook Street Village Activity Centre
   1–380 Cook Street, Victoria, V8V 3X7
   T 250.384.6542
   cookstreetvillageactivitycentre.com

5. Fairfield Community Place
   1330 Fairfield Road, Victoria, V8S 5J1
   T 250.382.4604 F 250.382.4613
   fairfieldcommunity.ca

6. Fernwood Community Centre
   1240 Gladstone Avenue, Victoria, V8T 1G6
   T 250.381.1552 F 250.381.1509
   fernwoodnrg.ca

7. James Bay Community School Centre
   140 Oswego Street, Victoria, V8V 2B1
   T 250.389.1470 F 250.383.7152
   jamesbaycentre.ca

8. James Bay New Horizons Activity Centre
   234 Menzies Street, Victoria, V8V 2G7
   T 250.386.3035 F 250.386.3045
   jamesbaynewhorizons.ca

9. Oaklands Community Centre and Neighbourhood House
   2827 Belmont Avenue, Victoria, V8R 4B2
   T 250.370.9101 F 250.370.9102
   oaklands.life

10. Quadra Village Community Centre and Neighbourhood Gym
    901 Kings Road, Victoria, V8T 1W5
    T 250.388.7696 F 250.388.7607
    quadravillagecc.com

11. Victoria West Community Centre
    521 Craigflower Road, Victoria, V9A 6Z5
    T 250.590.8922
    victoriawest.ca

12. Silver Threads Centre
    New location:
    902 Caledonia Avenue, Victoria, V8T 1E8
    T 250.388.4268
    silverthreads.ca
EARTH DAY: Urban Forest Health and Climate Change
April 22, 2020 marks 50 years of Earth Day and 2020's theme is Climate Action! Trees are critically important in mitigating effects of climate change, as they provide a wide range of benefits, from positive mental health impacts to environmental attributes such as regulating temperature, improving air quality, mitigating stormwater runoff, and providing wildlife habitat. However, climate change puts urban forests at risk – extreme weather events, long-term temperature changes, droughts, new diseases and invasive species can damage or kill trees. Discuss the benefits of trees and the intersection with climate change adaptation, partake in planting trees with us and learn about proper tree selection, care and maintenance. This event is outdoors, please dress for the weather. Washrooms are available on site. Public transit and cycling are encouraged, as parking is limited. Registration is mandatory.

Instructor: City of Victoria Arborist
Stadacona Park (south entrance) Free
Public Tour and Planting
14764 Wed Apr 22 4–5 p.m.
14769 Wed Apr 22 5–6 p.m.
School Group Tours
One hour school group tours will be offered from 1 p.m.–3 p.m. Please contact urbanforest@victoria.ca to book.

National Pollinator Week: June 15–21
National Pollinator Week is an international celebration of the valuable ecosystem services provided by bees, birds, butterflies, bats and beetles. Disturbances such as habitat loss, climate change, and application of agricultural pesticides contribute greatly to diminishing populations and disrupting ecological interactions. Supporting pollinator habitats is crucial to their survival and trees play an enormous role in pollinator health. Learn about pollinators and their habitats at various community garden tours happening across Victoria during Pollinator Week. Register to receive a list of Free Pollinator Week Events happening from June 15–21 in community gardens and parks across the city. For more information visit victoria.ca/pollinators.

Tree Tour on Wheels
City of Victoria, Community Trees Matter, Greater Victoria Cycling Coalition
Jump on your bike and cruise with us passed tree-lined boulevards and Garry Oak meadows on this interactive cycle tour of Victoria’s urban forest. Trees provide great benefits such as clean air, wildlife habitat, reducing energy demand and connection to nature. Learn about tree identification, tree health and other fascinating elements of trees in our city on this 8 km bike tour led by a City of Victoria Arborist. This event is outdoors, please dress for the weather. This event is in partnership with the Greater Victoria Cycling Coalition and Community Trees Matter Network.

Instructor: City of Victoria Arborist
Beacon Hill Park Free
(by the putting green across from the Children’s Farm)
14771 Sat May 23 10 a.m.–12:30 p.m.
Tour length is 10 km

Tree Care & Summer Pruning in Banfield Orchard
Join us for a Trees in Cities Challenge workshop lead by a City of Victoria Arborist and the Vic West Food Security Collective. Learn how to give a new tree the best chance to survive and thrive! The workshop will include topics such as choosing the right tree for the space, proper planting techniques, establishment needs for healthy and long-lived trees, and preventative pruning techniques. Outdoor demonstrations will be provided on tree planting, and tree establishment care (including preventative pruning). Fruit tree pruning in the community orchard will also be included. Please bring appropriate outdoor clothing for the outdoor workshop demonstrations.

Instructor: City of Victoria Arborist and Vic West Food Security Collective
Vic West Banfield Community Orchard Free
14781 Sat Jul 11 10 a.m.–1 p.m.
COMMUNITY SPECIAL EVENTS

12th Annual Fernwood Bites
Fernwood Bites is a food and drink tasting fundraiser. This event celebrates the talent and creativity of our local chefs, microbreweries, wineries, and distilleries. Fernwood Bites features live music and a silent auction. The funds raised help to support the work of Fernwood NRG. This is an event for 19+. For ticket information, visit fernwoodnrng.ca/events-directory/fernwood-bites/.
Fernwood Square $75/ticket
Sun Jun 21 5:30–8 p.m.

25th Annual FernFest
FernFest is Fernwood’s annual neighbourhood music and arts festival. This celebration features live local music and entertainment, artisan market, BBQ, kids’ activities, seniors’ tea, pancake breakfast, Kidical Mass bike parade and beer garden. If you are interested in volunteering, please email volunteer@fernwoodnrng.ca. For more information about the event, visit fernwoodnrng.ca/events-directory/fernfest/.
Fernwood Square Free
Fri Jun 19 5–10 p.m. (beer garden and music only)
Sat Jun 20 9 a.m.–10 p.m.

Bridge Tournament
Everyone welcome. WIN A CASH PRIZE for 1st place, 2nd place, Consolation Prize and random draw. Purchase your tournament ticket at reception.
Instructor: Steve Konarzewski
Cook Street Village Activity Centre $5
Thu Apr 23 1–3:30 p.m.

Clothing Swap
Come shop for free every 4th Saturday of the month! Bring your clean, gently used items to exchange for new duds, or come empty handed and fill up a bag! For all sizes, from babies to adult. Clothing will only be accepted during the event, remaining items will be donated.
Fairfield Community Place Free
Sat Apr 25 10 a.m.–1 p.m.
Sat May 23 10 a.m.–1 p.m.
Sat Jun 27 10 a.m.–1 p.m.
Sat Jul 25 10 a.m.–1 p.m.
Sat Aug 22 10 a.m.–1 p.m.

Community Dinner and Games Night
Come join us for a community centered evening the last Sunday of the month except July, August, and December. Meet your neighbours, share a meal, and have a laugh while playing cards and board games. All ages welcome.
Oaklands Community Centre By donation
Sun Apr 26 4:30–6:30 p.m.
Sun May 31 4:30–6:30 p.m.
Sun Jun 21 4:30–6:30 p.m.
Sun Sep 27 4:30–6:30 p.m.

Cook Street Village Block Party
It’s going to be a fun day. Come down to Cook Street Village and check out the live music, shops, restaurants and our Centre of course. Our Centre will be selling handcrafted items this year, as well as the popular delicious pies from years past! Our street will be closed to traffic. We look forward to meeting you!
Program offered in partnership with Cook Street Village Business Association
Cook Street Village Activity Centre Free
Sun May 24 10 a.m.–5 p.m.

Easter Eggstravaganza
Join us for this affordable, family fun event to celebrate Easter and spring time! Enjoy arts and crafts, a sing along and an outdoor hunt for eggs. Bring your friends and family! Event is by registration only, so register early to get in on this holiday family tradition.
Oaklands Community Centre $8 per child
Sat Apr 11 10 a.m.–12 p.m.

Ice Cream Social
Bring your family and friends for a fun summer treat. We will have all sorts of toppings to create your perfect sundae. All ages will love this event! Everyone welcome!
Cook Street Village Activity Centre $3 Members, $5 General Public $3 Child/Youth
Fri Jul 10 1:30–2:30 p.m.
Fri Jul 24 1:30–2:30 p.m.
Fri Aug 7 1:30–2:30 p.m.
Fri Aug 28 1:30–2:30 p.m.

Line Dance Party
A wide mix of music will be played from Country to Modern Pop. If it’s got a beat we’ll dance to it – everyone is encouraged to come enjoy the music and try a step or two-step! We encourage you to purchase your ticket in advance.
Cook Street Village Activity Centre $5 Members, $7 General Public $3.50 Child/Youth
Mon Jul 27 10:45 a.m.–12 p.m.

Multicultural Festival
Enjoy the cultural diversity of our city. We will celebrate with music and dance from various cultures in our community. There will be lots of good food to eat. Everyone welcome. Food costs not included. We are always on the lookout for cultural connections – please connect with our Program Manager, programmer@csvac.ca
Cook Street Village Activity Centre By donation
Sat May 2 11 a.m.–2 p.m.
Oaklands Street Party & Neighbourhood Garage Sale Day
“Oaklandians” this is your day to host a garage sale at your home. Held in conjunction with the Oaklands Street Party at Haultain Corners, the Oaklands Neighbourhood Garage Sale Day is a perfect time to come on down to the Oaklands neighbourhood to scour for deals and enjoy the surrounding festivities. No early birds please. Contact events@oaklandsca.com to register your house on the map.

Oaklands Neighbourhood Free
Sun May 10 9 a.m.–4 p.m.

Oaklands Sunset Market
The Oaklands Sunset Market is a weekly outdoor farmers’ market that runs every Wednesday in July and August offering local fresh food, live music, community events, beer garden, and a chance to meet your neighbours. The Market is hosted at the Oaklands Community Centre at 1-2827 Belmont Avenue.

Oaklands Community Centre Free
Wed Jul 8–Aug 2 4:30–8:30 p.m.

Pancake Breakfast
Bring your friends and family! Everyone welcome! Come and enjoy a pancake breakfast with sausage and fresh fruit! Tickets available until Tuesday, August 4.

Cook Street Village Activity Centre $5
Wed Aug 5 10 a.m.–12 p.m.

Quadra Village Day
Quadra Village Day is an exciting, annual celebration with the purpose of building community and celebrating our thriving neighbourhood. Come out and meet your neighbours at this entirely free, family-friendly event. Food and fun for everyone! Location: Kings Road between Quadra and Dowler. For more information, or to get involved, email volunteer@quadrajvillagecc.com

Spring Book & Puzzle Sale
We will be accepting donations of gently used soft cover books and puzzles for our Spring Book & Puzzle Sale from April 1–15. April 15–30 pick up a new to you book/puzzle at the sale.

Cook Street Village Activity Centre Prices as marked
Mon–Sat Apr 1–Apr 30 9 a.m.–4 p.m.

Selkirk Waterfront Festival
This fun-filled multicultural family event offers something for everyone. Enjoy exciting activities in the Family FUN Zone, world cuisine in the international food court, and unique arts and crafts in our colourful street market. There will also be live music and dancing! Come join us for some great entertainment and activities! For more information call Burnside Gorge Community Centre at 250.388.5251.

Selkirk Green Park Free
Sun May 24 11 a.m.–5 p.m.

Summer BBQ for Families
Join us for a delicious BBQ and salad served out on our patio. Lawn chairs and blankets recommended as seating is limited. Suggested donation of $2 per family.

Burnside Gorge Community Centre
Thu Jul 9, 16, 23 and Aug 6, 13, 20 Dinner: 5–6 p.m.

Summer Book & Puzzle Sale
We will be accepting donations of gently used soft cover books and puzzles for our Summer Book & Puzzle Sale from July 2–15. July 15–31, pick up a new to you book/puzzle at the sale. Outside as weather permits, with more inside Cook Street Village Activity Centre. Daily except Sundays.

Cook Street Village Activity Centre Prices as marked
Mon–Sat Jul 2–Jul 31 9 a.m.–4 p.m.

Summer Market at Cook Street Village Activity Centre
Come enjoy the evening sun and shop our summer market. This is our inaugural year so you never know what you may find! If you are a local vendor please connect with us to reserve a spot! 250.384.6542. Early Bird registration until May 31: $25/Members, $30/General Public, if space available after May 31: $30/Members, $35/General Public.

Cook Street Village Activity Centre Free
Wed Jul 15 4–7:30 p.m.

Victoria Lawn Bowling Club – Spring Open House
Victoria Lawn Bowling Club invites you to attend an Open House Saturday, April 18 or Sunday, April 19 from 1–3 p.m. in beautiful Beacon Hill Park. We’re located on the east side of the park on Nursery Road near Cook Street. Come and enjoy our sports! Try Lawn Bowling or Croquet. Free introductory coaching is available. To protect our greens, please wear flat bottom shoes. We welcome adults of all ages. See our website victorialbc.com for more details.

Victoria Lawn Bowling Club
Sat–Sun Apr 18–19 1–3 p.m.
Admission Rates and General Information

<table>
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<tr>
<th>Admission</th>
<th>Single</th>
<th>10 punch</th>
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<th>3 Month</th>
<th>Silver Annual</th>
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<tr>
<td>Adult (18–59)</td>
<td>$5.90</td>
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<td>Senior (60 plus)*</td>
<td>$4.65</td>
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<td>$47.40</td>
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<td>Youth (13–17)</td>
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<td>Child (6–12)**</td>
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<td>Preschool (0–5)</td>
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<td>Family***</td>
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<td>Corporate Wellness (5 or more employees)</td>
<td>N/A</td>
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Greater Victoria Regional Pass $492 (including GST) includes access to all municipal recreation centres in Greater Victoria.

**Note:** Drop-in admissions and all passes and punch cards have tax included in fee. All programs will have applicable taxes added at the time of purchase. Registered programs for children 14 years and under will continue to be exempt from GST.

*Post-secondary students with proof of registration will pay this fee.
**Children 6 years of age and younger must be accompanied into the pool (at arms reach at all times) by an adult (16 years or older).  
***Family: 2 adults and up to 3 children/youth, or 1 adult and up to 4 children/youth.

Monthly payment plans are available for annual passes. A $25 fee will apply to all cancelled annual passes.

**CRYSTAL POOL PASSES:** Full access to the pool, weight room and cardio areas and access to any of our drop-in fitness and aquafit classes.

<table>
<thead>
<tr>
<th>GOLD</th>
<th>SILVER</th>
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</thead>
<tbody>
<tr>
<td>All hours of operation</td>
<td>Mon–Fri: 9 a.m.–4 p.m. and 7–11 p.m.</td>
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<tr>
<td></td>
<td>Sat and Sun: all hours of operation</td>
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**Spring Facility Hours: April 1 – June 30, 2020**
Monday – Thursday 5:30 a.m.–11 p.m. (last entry at 10:30 p.m.)
Friday 5:30 a.m.–10 p.m. (last entry at 9:30 p.m.)
Saturday 6 a.m.–6 p.m. (last entry at 5:30 p.m.)
Sunday 8:30 a.m.–6 p.m. (last entry at 5:30 p.m.)

**Summer Facility Hours: July 2 – August 30, 2020**
Monday – Thursday 5:30 a.m.–11 p.m. (last entry at 10:30 p.m.)
Friday 5:30 a.m.–10 p.m. (last entry at 9:30 p.m.)
Saturday 6 a.m.–4 p.m. (last entry at 3:30 p.m.)
Sunday 8:30 a.m.–4 p.m. (last entry at 3:30 p.m.)

**Statutory Holiday Hours**
Friday, April 10 Closed
Monday, April 13 10 a.m.–4 p.m.
Monday, May 18 Closed
Wednesday, July 1 Closed
Monday, August 3 Closed
MY GREAT Neighbourhood GRANTS

Have you got a great idea to improve your neighbourhood?

Contact us!

Spring Intake
March 1 – April 15

More info: victoria.ca/neighbourhoodgrants
CRYSTAL POOL SWIMMING LESSONS ARE INCLUSIVE OF ALL ABILITIES! IF A PERSON WITH A DISABILITY WANTS TO TAKE PART IN SWIMMING LESSONS WE HAVE MULTIPLE OPTIONS AVAILABLE:

**Group Lessons**
All our Red Cross Swimming group lessons are inclusive. If your child has a disability, but can function well in a group we encourage registration in regular Red Cross lessons. Please give the Aquatic Programmer a call at 250.361.0714 after registration. Having a heads up on the participant's disability allows our team to put support tools / strategies in place before lessons begin so that your child has a great experience right from the start! If your child needs extra support, but wants to stay in group lessons we will work with you to find the best option.

**Adapted Aquatics Swim Lessons**
Adapted Aquatics classes are specifically for children / youth with disabilities who struggle in our regular Red Cross Swim Program. Our Adapted Aquatics instructors work with caregivers in the water to help children learn to swim and be water safe. This class requires a caregiver to be available in the water during lessons. A participant information form will be sent out in advance to gather information on the swimmer so that we can tailor a plan for their needs.

**Block Private Lessons**
If the swimmer will do best with one-to-one support, we recommend private lessons. Private lessons can be tailored to the needs of the individual. The 1:1 ratio ensures the swimmer is the sole focus of the instructor, so this option is best if the participant does not understand water safety or just needs that extra bit of attention. Participants register for the entire set of swim lessons and receive a discounted rate.

**Premium Private Lessons**
For those who can't commit to a set of swimming lessons, need the flexibility of cancelling with 24 hours’ notice for a full refund, or just want to see if swimming is a fit then premium privates are a great option. You can book 1 or more lessons at a time through the Aquatic Programmer (250.361.0714).

**Did you know?**
- Crystal Pool has a full set of visual aids and can incorporate things like visual schedules, first-then boards, choice boards, and countdown strips into lessons.
- One of the swimming instructors on staff studies sign language at UVic and is able to use a combination of ASL and picture symbols to teach people who are deaf/hard of hearing.
- Many Crystal Pool instructors have done training with the Canucks Autism Network on strategies for including children with Autism in community recreation.

We are committed to providing access to swimmers of all abilities.
If you have any questions or just need some help deciding on the right fit for lessons please call Aquatic Programmer Caroline Marchand at 250.361.0714.
Leisure
At this time space is available in the main pool for leisure activities. Specified Adult Leisure swims are for adults (16yrs+) only.

Everyone Welcome Swim
At this time we have something for everyone! Ride the waterslide, shoot some hoops, relax in the sauna or steam room, play in the small pools, or swim lengths. Diving boards are available on weekends.

Family Swim
This is an ideal time for the family to get together and enjoy the shallow end of the main pool, basketball net, and the tots pools. The rectangle tots pool may be shared with programs during lesson and club times. One adult must accompany children in the water.

Parent & Tot
Children (5yrs and under) are welcome in tots pools when accompanied by an adult.

Clubs
During this time clubs will be using up to 8 lanes in the main pool. Lanes that are not in use by clubs may be available for public swimming.

School Lessons
During this time school groups will be using the tots pools and up to 2 lanes in the main pool for swim lessons and free time.

Lessons
During this time Crystal Pool Community Lessons will have reserved space in the main pool and in the tots rectangle pool. Participants registered in swim lessons may practice or play on the same day they are registered in the shallow end of the main pool or the triangle pool during lesson times. Children must be accompanied in the water by one paying adult ($2 admission).

Notes:
At all swim times we provide adult leisure access to the sauna, steam room, and hot tub.
Tots pools (warm children’s pools) are closed to children between 1–3:30 p.m. Monday–Thursday. Families are welcome in the main pool leisure space during this time.

Looking for Length Swimming?

<table>
<thead>
<tr>
<th>Lengths</th>
<th>Everyone Welcome Swim</th>
<th>Lengths &amp; Clubs</th>
</tr>
</thead>
<tbody>
<tr>
<td>A minimum of 3 lanes will be available for public length swimming during this time.</td>
<td>A minimum of 2 lanes will be available for public length swimming during this time.</td>
<td>Many lanes may be in use by swim clubs, however, a minimum of 2 lanes will be available for public length swimming during this time.</td>
</tr>
</tbody>
</table>

Spring/Summer 2020 Special Events

<table>
<thead>
<tr>
<th>Event</th>
<th>Date</th>
<th>Details</th>
</tr>
</thead>
<tbody>
<tr>
<td>SD 62 Pro-D Day Fun Swim</td>
<td>March 15</td>
<td>No school today? Join us for the added Fun Swim 1–3:30 p.m.</td>
</tr>
<tr>
<td>Easter Spectacular Swim</td>
<td>April 13</td>
<td>We are open 10 a.m.– 4 p.m. on Easter Monday! Join us for lengths and family swim from 10 a.m.– 1 p.m. During this time, we will have an underwater Easter Egg hunt where children can collect eggs and turn them in for a prize! If your morning is busy with at home activities come join us for Everyone Welcome Swim 1–4 p.m.</td>
</tr>
<tr>
<td>Water Wipe-Out (9–16 yrs)</td>
<td>May 1, 7:30 – 9:30 p.m.</td>
<td>An epic night filled with obstacle courses, water challenges (including our giant WIBIT inflatable), live DJ, prizes and more! This event is FREE.</td>
</tr>
<tr>
<td>Mother’s Day Swim</td>
<td>May 10</td>
<td>Moms swim for free on their special day from 1–3:30 p.m.</td>
</tr>
<tr>
<td>National Lifejacket Day</td>
<td>May 14</td>
<td>Pools all over Canada will join in this nationwide event to educate the public on the importance of lifejackets and water safety. Special activities, swim to survive challenge, and information on lifejackets will be provided during family swim 3:30 – 5:30 p.m.</td>
</tr>
<tr>
<td>School’s Out for Summer WIBIT Swim</td>
<td>June 19</td>
<td>Trade in your pencils and books for fun at the pool! Extra special WIBIT Fun Swim from 1–3:30 p.m. to kick off the summer.</td>
</tr>
<tr>
<td>Father’s Day Swim</td>
<td>June 21</td>
<td>Dads swim for free with their families from 1 – 3:30 p.m.</td>
</tr>
<tr>
<td>National Drowning Prevention Week</td>
<td>July 19–24</td>
<td>During Everyone Welcome Swim 1–3:30 p.m., join our Fun Leader who will lead the public in games and activities about drowning prevention and water safety. Children and adults of all ages are encouraged to participate.</td>
</tr>
<tr>
<td>WIBIT Weekends</td>
<td>Balance, run, climb and slide on our GIANT WIBIT inflatable! The WIBIT will be out: Spring: The last Saturday and Sunday of each month from 1:15 – 3 p.m. Summer: Every Wednesday from 1:15 – 3 p.m. Please note that during WIBIT swims, the diving boards are not available.</td>
<td></td>
</tr>
</tbody>
</table>
## SPRING PUBLIC DROP-IN SWIM SCHEDULE (APRIL 1 – JUNE 30, 2020)

<table>
<thead>
<tr>
<th>MONDAY</th>
<th>TUESDAY</th>
<th>WEDNESDAY</th>
<th>THURSDAY</th>
<th>FRIDAY</th>
<th>SATURDAY</th>
<th>SUNDAY</th>
</tr>
</thead>
<tbody>
<tr>
<td>50M Lengths and Adult Leisure (Clubs 6–9 a.m.)</td>
<td>50M Lengths and Adult Leisure (Clubs 6–9 a.m.)</td>
<td>50M Lengths and Adult Leisure (Clubs 6–9 a.m.)</td>
<td>50M Lengths and Adult Leisure (Clubs 6–9 a.m.)</td>
<td>50M Lengths and Adult Leisure (Clubs 6–9 a.m.)</td>
<td>50M Lengths and Adult Leisure and Clubs</td>
<td>Available for Rentals</td>
</tr>
<tr>
<td>5:30 – 9 a.m.</td>
<td>5:30 – 9 a.m.</td>
<td>5:30 – 9 a.m.</td>
<td>5:30 – 9 a.m.</td>
<td>5:30 – 9 a.m.</td>
<td>6 – 9 a.m.</td>
<td>6:30 – 8:30 a.m.</td>
</tr>
<tr>
<td>9 – 11 a.m.</td>
<td>9 – 11 a.m.</td>
<td>9 – 11 a.m.</td>
<td>9 – 11 a.m.</td>
<td>9 – 11 a.m.</td>
<td>8:30 – 11 a.m.</td>
<td></td>
</tr>
<tr>
<td>50M Lengths and Leisure and Parent &amp; Tot Quiet Swim – No Music</td>
<td>50M Lengths and Leisure and Parent &amp; Tot Quiet Swim – No Music</td>
<td>50M Lengths and Leisure and Parent &amp; Tot Quiet Swim – No Music</td>
<td>50M Lengths and Leisure and Parent &amp; Tot Quiet Swim – No Music</td>
<td>50M Lengths and Leisure and Parent &amp; Tot Quiet Swim – No Music</td>
<td>11 a.m. – 1 p.m.</td>
<td>50M Lengths &amp; Clubs and Family</td>
</tr>
<tr>
<td>11 a.m. – 1 p.m.</td>
<td>11 a.m. – 1 p.m.</td>
<td>11 a.m. – 1 p.m.</td>
<td>11 a.m. – 1 p.m.</td>
<td>11 a.m. – 1 p.m.</td>
<td>11 a.m. – 1 p.m.</td>
<td>11 a.m. – 1 p.m.</td>
</tr>
<tr>
<td>50M Lengths and Leisure Tot pools closed to children</td>
<td>50M Lengths and Leisure Tot pools closed to children</td>
<td>50M Lengths and Leisure Tot pools closed to children</td>
<td>50M Lengths and Leisure Tot pools closed to children</td>
<td>25M Everyone Welcome Swim</td>
<td>1 – 3:30 p.m.</td>
<td>25M Everyone Welcome Swim</td>
</tr>
<tr>
<td>1 – 3:30 p.m.</td>
<td>1 – 3:30 p.m.</td>
<td>1 – 3:30 p.m.</td>
<td>1 – 3:30 p.m.</td>
<td>1 – 3:30 p.m.</td>
<td>1 – 4 p.m.</td>
<td>25M Everyone Welcome Swim</td>
</tr>
<tr>
<td>3:30 – 5 p.m.</td>
<td>3:30 – 5 p.m.</td>
<td>3:30 – 5 p.m.</td>
<td>3:30 – 5 p.m.</td>
<td>3:30 – 7 p.m.</td>
<td>3:30 – 6 p.m.</td>
<td>3:30 – 6 p.m.</td>
</tr>
<tr>
<td>5 – 7 p.m.</td>
<td>5:30 – 7:30 p.m.</td>
<td>5 – 7 p.m.</td>
<td>5:30 – 7:30 p.m.</td>
<td>5 – 7 p.m.</td>
<td></td>
<td></td>
</tr>
<tr>
<td>25M Everyone Welcome Swim and Clubs</td>
<td>Clubs and Adult Leisure</td>
<td>25M Everyone Welcome Swim and Clubs</td>
<td>Clubs and Adult Leisure</td>
<td>25M Everyone Welcome Swim and Clubs</td>
<td>Available for Rentals at 6:30 p.m.</td>
<td>Available for Rentals at 6:30 p.m.</td>
</tr>
<tr>
<td>Youth $1/Adult $2 7 – 9 p.m.</td>
<td>7:30 – 9 p.m.</td>
<td>7:30 – 9 p.m.</td>
<td>7 – 9 p.m.</td>
<td>7 – 8:30 p.m.</td>
<td></td>
<td></td>
</tr>
<tr>
<td>50M Lengths and Adult Leisure</td>
<td>50M Lengths and Adult Leisure</td>
<td>50M Lengths and Adult Leisure</td>
<td>50M Lengths and Adult Leisure</td>
<td>Everyone Welcome Swim</td>
<td></td>
<td></td>
</tr>
<tr>
<td>9 – 11 p.m. $2</td>
<td>9:30 – 11 p.m. $2</td>
<td>9:30 – 11 p.m. $2</td>
<td>9:30 – 11 p.m. $2</td>
<td>8:30 – 10 p.m. $2</td>
<td></td>
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</tr>
</tbody>
</table>

**Please Note:** Lifeguards may require up to 15 minutes to change the lane rope configuration at the beginning and end of each swim. Last entry into the facility is 30 minutes prior to closing; all patrons must exit facility within 30 minutes after closing. Patrons must be out of the change rooms 20 minutes after closing. Lifeguards will enter the change rooms and do a safety sweep at that time.
### Pool Schedule

#### Summer Public Drop-in Swim Schedule (July 2 – August 30, 2020)

<table>
<thead>
<tr>
<th></th>
<th>Monday</th>
<th>Tuesday</th>
<th>Wednesday</th>
<th>Thursday</th>
<th>Friday</th>
<th>Saturday</th>
<th>Sunday</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>50M Lengths and Adult Leisure</strong> (Clubs 6–9 a.m.)</td>
<td>5:30–9 a.m.</td>
<td>5:30–9 a.m.</td>
<td>5:30–9 a.m.</td>
<td>5:30–9 a.m.</td>
<td>5:30–9 a.m.</td>
<td>6–9 a.m.</td>
<td>Available for Rentals</td>
</tr>
<tr>
<td></td>
<td><strong>25M Lengths &amp; Clubs and Lessons</strong> (Clubs 10–11 a.m.)</td>
<td>9–11 a.m.</td>
<td>9–11 a.m.</td>
<td>9–11 a.m.</td>
<td>9–11 a.m.</td>
<td>9–11 a.m.</td>
<td>8:30–11 a.m.</td>
</tr>
<tr>
<td></td>
<td><strong>25M Lengths and Leisure and Late Night</strong></td>
<td>9–11 a.m.</td>
<td>9–11 a.m.</td>
<td>9–11 a.m.</td>
<td>9–11 a.m.</td>
<td>9–11 a.m.</td>
<td>8:30–11 a.m.</td>
</tr>
<tr>
<td><strong>25M Everyone Welcome Swim</strong> and Clubs</td>
<td>1–4 p.m.</td>
<td>1–4 p.m.</td>
<td>1–4 p.m.</td>
<td>1–4 p.m.</td>
<td>1–4 p.m.</td>
<td>1–4 p.m.</td>
<td>1–4 p.m.</td>
</tr>
<tr>
<td><strong>25M Lengths and Clubs</strong> and Lessons</td>
<td>3:30–5 p.m.</td>
<td>Lessons and Clubs</td>
<td>3:30–5 p.m.</td>
<td>Lessons and Clubs</td>
<td>3:30–5 p.m.</td>
<td>Lessons and Clubs</td>
<td>Available for Rentals at 4:30 p.m.</td>
</tr>
<tr>
<td><strong>25M Everyone Welcome Swim</strong> and Clubs</td>
<td>7–9 p.m.</td>
<td>Clubs and Adult Leisure</td>
<td>7–9 p.m.</td>
<td>Clubs and Adult Leisure</td>
<td>7–9 p.m.</td>
<td>Clubs and Adult Leisure</td>
<td>Available for Rentals at 4:30 p.m.</td>
</tr>
<tr>
<td><strong>50M Lengths and Adult Leisure</strong></td>
<td>9–11 a.m.</td>
<td>9–11 a.m.</td>
<td>9–11 a.m.</td>
<td>9–11 a.m.</td>
<td>8:30–10 p.m.</td>
<td>8:30–10 p.m.</td>
<td>8:30–10 p.m.</td>
</tr>
</tbody>
</table>

**Please Note:** Lifeguards may require up to 15 minutes to change the lane rope configuration at the beginning and end of each swim. Last entry into the facility is 30 minutes prior to closing; all patrons must exit facility within 30 minutes after closing. Patrons must be out of the change rooms 20 minutes after closing. Lifeguards will enter the change rooms and do a safety sweep at that time.
### SPRING 2020 LESSONS – WEEKDAYS

<table>
<thead>
<tr>
<th>COST</th>
<th>Monday (p.m.)</th>
<th>Tuesday (p.m.)</th>
<th>Wednesday (p.m.)</th>
<th>Thursday (p.m.)</th>
<th>Friday (p.m.)</th>
</tr>
</thead>
<tbody>
<tr>
<td>30 Minute Lessons</td>
<td>3:30 p.m. 4:30 p.m.</td>
<td>5:30 p.m. 6 p.m.</td>
<td>7 p.m.</td>
<td>3:30 p.m. 4:30 p.m.</td>
<td>5:30 p.m. 6 p.m.</td>
</tr>
<tr>
<td>$5.25/lesson</td>
<td>April 6 – June 22</td>
<td>April 7 – June 23</td>
<td>April 8 – June 24</td>
<td>April 9 – June 25</td>
<td>April 17 – June 26</td>
</tr>
<tr>
<td>45 Minute Lessons</td>
<td>3:30 p.m. 4:30 p.m.</td>
<td>5:30 p.m. 6:30 p.m.</td>
<td>4:30 p.m. 5 p.m.</td>
<td>6:30 p.m. 7 p.m.</td>
<td>5 p.m. 6:30 p.m.</td>
</tr>
<tr>
<td>$6.25/lesson</td>
<td>10 Lessons</td>
<td>12 Lessons</td>
<td>12 Lessons</td>
<td>12 Lessons</td>
<td>11 Lessons</td>
</tr>
<tr>
<td>GST will be added</td>
<td>(No class April 13,</td>
<td>(No class April 13,</td>
<td>(No class April 13,</td>
<td>(No class April 13,</td>
<td></td>
</tr>
<tr>
<td>to all Adult/Senior classes.</td>
<td>May 18)</td>
<td>May 18)</td>
<td>May 18)</td>
<td>May 18)</td>
<td></td>
</tr>
</tbody>
</table>

#### 30 Minute Classes

- **Starfish**
  - 3:30 p.m. 4:30 p.m. 5:30 p.m.
- **Duck**
  - 3:30 p.m. 4:30 p.m. 5:30 p.m.
- **Sea Turtle**
  - X X X X X
- **Sea Otter**
  - X X X X X X X X
- **Salamander**
  - X X X X X X X X
- **Sunfish**
  - X X X X X
- **Crocodile**
  - X X X
- **Whale**
  - X X
- **SK 1**
  - X X X X X
- **SK 2**
  - X X X X X X X X
- **SK 3**
  - X X X X X X
- **SK 4**
  - X X X X
- **SK 5 & 6**
  - 4–4:45 5:30–6:15
- **SK 7 & 8**
  - 6:15–7
- **SK 9 & 10**
  - 7–7:45
- **Beginner**
  - 7–7:45
- **Intermediate**
  - 7–7:45
- **Advanced**
  - 7–7:45

#### 45 Minute Classes

- **Block Private Lessons Available**
  - X X X X2 X X X X2 X X X X3 X2 X X X X2 X2 X2 X2 X2

---

### Red Cross Swim

#### Parented Programs (4–36 months)

**Crystal Pool** offers flexible lessons for infants. Register for one of our Starfish or Duck classes and come to that level any day or time that we offer it throughout that lesson set. You will receive an updated lesson schedule on the first week of lessons. We understand that your schedule sometimes changes, so come for a class when it works best for you!

**Starfish (4–12 months)**
This level is an orientation to water for babies and their parent/caregiver. Babies experience buoyancy and movement through songs and play in the water and parent/caregivers learn basic first aid and age-specific water safety.

**Duck (12–24 months)**
Toddlers learn how to use floating objects for support and explore different water movements through games, songs and active water play. The parent/caregiver also learns age-specific water safety.

**Sea Turtle (24–36 months)**
In this transition level, parents participate in the first 4 classes while swimmers gradually transition to being on their own with an instructor. Swimmers learn through fun games and songs how to kick with a buoyant object and how to perform basic floats, glides and kicks. Please note that we do not offer flexible lessons for Sea Turtle.

---

### Preschool (3–6 years)

**Sea Otter**
Using games and activities, swimmers learn to open their eyes under water, further develop basic floats and glides, and swim one metre. They also learn age-appropriate water safety skills. All skills are assisted by the instructor.

**Salamander**
Swimmers enter this level when they have successfully completed Sea Otter. Using games and activities, swimmers learn to float and glide and front swim on their own! They will also learn how to use a Personal Flotation Device (PFD) and to swim only when an adult is present.
## SPRING 2020 LESSONS – WEEKENDS

### COST
- **30 Minute Lessons**: $5.25/lesson
- **45 Minute Lessons**: $6.25/lesson

**GST will be added to all Adult/Senior classes.**

<table>
<thead>
<tr>
<th>9 a.m.</th>
<th>9:30 a.m.</th>
<th>10 a.m.</th>
<th>10:30 a.m.</th>
<th>11 a.m.</th>
<th>3:30 p.m.</th>
<th>4 p.m.</th>
<th>4:30 p.m.</th>
<th>5 p.m.</th>
<th>10 a.m.</th>
<th>10:30 a.m.</th>
<th>11 a.m.</th>
<th>11:30 a.m.</th>
<th>3:30 p.m.</th>
<th>4 p.m.</th>
<th>4:30 p.m.</th>
<th>5 p.m.</th>
<th>5:30 p.m.</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>9 a.m.</strong></td>
<td><strong>9:30 a.m.</strong></td>
<td><strong>10 a.m.</strong></td>
<td><strong>10:30 a.m.</strong></td>
<td><strong>11 a.m.</strong></td>
<td><strong>3:30 p.m.</strong></td>
<td><strong>4 p.m.</strong></td>
<td><strong>4:30 p.m.</strong></td>
<td><strong>5 p.m.</strong></td>
<td><strong>10 a.m.</strong></td>
<td><strong>10:30 a.m.</strong></td>
<td><strong>11 a.m.</strong></td>
<td><strong>11:30 a.m.</strong></td>
<td><strong>3:30 p.m.</strong></td>
<td><strong>4 p.m.</strong></td>
<td><strong>4:30 p.m.</strong></td>
<td><strong>5 p.m.</strong></td>
<td><strong>5:30 p.m.</strong></td>
</tr>
<tr>
<td>Starfish</td>
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<tr>
<td>Duck</td>
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<tr>
<td>Sea Turtle</td>
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<tr>
<td>Sea Otter</td>
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<tr>
<td>Salamander</td>
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<tr>
<td>Sunfish</td>
<td>X</td>
<td>X</td>
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<tr>
<td>Crocodile</td>
<td>X</td>
<td>X</td>
<td>X</td>
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<tr>
<td>Whale</td>
<td>X</td>
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### Schedule
- **Saturday (a.m.)**: April 4 – June 20
  - 10 Lessons
  - (No class April 11, May 16)
- **Saturday (p.m.)**: April 4 – June 20
  - 10 Lessons
  - (No class April 11, May 16)
- **Sunday (a.m.)**: April 5 – June 21
  - 10 Lessons
  - (No class April 12, May 17)
- **Sunday (p.m.)**: April 5 – June 21
  - 10 Lessons
  - (No class April 12, May 17)

### Level Descriptions

#### Sunfish
Swimmers enter this level when they have successfully completed Salamander. Using games and activities, swimmers learn to side glide, and increase the distance on their glides and swims. Safety skills include deep-water skills!

#### Crocodile
Swimmers enter this level when they have successfully completed Sunfish. Through games and other fun activities, swimmers learn to dolphin kick and increase their swimming distance to 10 metres. Safety skills include recognizing when a swimmer needs help.

#### Whale
Swimmers enter this level when they have successfully completed Crocodile. Through fun activities, swimmers work on developing their flutter kick and perform a distance swim of 15 metres. Safety skills include identifying safe swimming areas, throwing assists and sitting dives.
### Summer – Swimming Lessons

**COST**
- **30 Minute Lessons** $5.25/lesson
- **45 Minute Lessons** $6.25/lesson

GST will be added to all Adult/Senior classes.

#### SUMMER 2020 LESSONS

<table>
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<tr>
<th></th>
<th>Monday – Friday (a.m.)</th>
<th>Monday (p.m.)</th>
<th>Tuesday (p.m.)</th>
<th>Wednesday (p.m.)</th>
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<tr>
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<td>Set 1: July 6 – 17 (10 Lessons)</td>
<td>July 6 – August 24 (7 Lessons: No class August 3)</td>
<td>July 7 – August 25 (8 Lessons)</td>
<td>July 8 – August 26 (8 Lessons)</td>
<td>July 9 – August 27 (8 Lessons)</td>
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**Block Private Lessons Available**
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Swim Kids (6–13 years)

**Kids 1**
Swimmers receive an orientation to water and the pool area and work on submersion, floating, gliding and kicking all on their own. Distance Swim 5 metres.

**Kids 2**
Swimmers work on propulsion skills to move through the water and to remain at the surface. Swimmers learn deep-water activities and proper use of a Personal Flotation Device (PFD). Distance Swim 10 metres.

**Kids 3**
Swimmers learn a front glide/side glide combo to prepare them for front crawl. They are introduced to diving and learn how to make wise choices about where and when to swim. Distance Swim 15 metres.

**Kids 4**
Swimmer learn front crawl and back swim with shoulder roll. Swimmers work on kneeling dives, surface support and understanding their own limits in the water. Distance Swim 25 metres.

**Kids 5**
This level introduces the back crawl, sculling skills, whip kick on the back, stride dives and treading water. An introduction to safe boating skills is also included. Distance Swim 50 metres.

**Kids 6**
Swimmers refine front crawl with a focus on hand entry, a back crawl with a focus on arm positions and body roll. They also learn elementary backstroke and tread water for 90 seconds. Distance Swim 75 metres.

**Kids 7**
This level builds skills in front and back crawl and elementary back stroke. Swimmers learn whip kick on their front, reach assists, stride entry, and airway/breathing obstructions. Distance Swim 150 metres.

**Kids 8**
Swimmers are introduced to breast stroke and feet-first surface dives. Swimmers learn rescue breathing, shallow dives and how to survive an unexpected fall into water. Distance Swim 300 metres.

**Kids 9**
Swimmers refine their front crawl, back crawl, elementary back stroke and breast stroke. They also learn about wise choices, peer influences and self-rescue from ice. Distance Swim 400 metres.

**Kids 10**
This level is a final assessment of the strokes for technique and distance. Swimmers learn about sun safety, rescue of others from ice, and head-first and feet-first surface dives. Distance Swim 500 metres.

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**WATER WIPE-OUT**

Slip, Slide and Splash your way through our epic water-based obstacle challenges at Crystal Pool and Fitness Centre. Featuring a live DJ, a prize wheel and 7 awesome challenge stations. Free drop-in admission for youth ages 9 – 16 yrs.

**Friday, May 1 • 7:30–9:30 p.m.**
Private Lessons

For those looking to accelerate progress through swim levels, or get one-on-one attention for a certain skill, private lessons are just the thing you need! Crystal Pool offers two options for private lessons:

1. Block Private Lessons
   Book the same day/time with a consistent instructor for all the weeks in a lesson set. Check out our lesson grid on pg. 14–16. All available Block Private options are marked with an X at the bottom of our swim lesson grid. Please note you must register for all the dates in the lesson set to qualify for the Block Private rate.
   - 30 Min $19 per lesson
   - 45 Min $28 per lesson

To register call Crystal Pool Reception: 250.361.0732

2. Premium Private Lessons
   For flexibility in the number of lessons, a specific time, or favourite instructor we can help you with Premium Private lessons. Our Aquatic Programmer will work with you to find a day/time that works for you. Premium Privates can also be cancelled with 24 hours’ notice for a full refund.
   - 30 Min $29 per lesson
   - 45 Min $39 per lesson

To register call the Aquatic Programmer 250.361.0714

Add a second or third swimmer to your Block or Premium Private lesson for only $2 per 30-minute lesson or $2.50 per 45 minute lesson!

Please note to get the most value out of your private lesson we recommend that all swimmers be in the same level.

CHILD/TEEN

Adapted Aquatics (3–13yrs)

An affordable alternative for children with unique physical or education needs who struggle in our regular Red Cross Swim Program. Our Adapted Aquatics Instructors work with caregivers in the water to help children learn to swim and be water-safe. A ratio of 1 instructor to 3 children (max) allows the lessons to be tailored to the needs and goals of each child.

Crystal Pool and Fitness Centre
14236 Thu Apr 3–Jun 25 4–4:45 p.m. 12/$75
14237 Thu Jul 9–Aug 7 4–4:45 p.m. 8/$50

NEW Lifeguard School (12yrs+)

This program is the perfect bridge between swim lessons and lifeguard courses. Youth will not only prepare for their bronze courses, but will be exposed to first aid and lifesaving skills, as well as participate in a variety of lifesaving sports. This is a great opportunity to get a taste of what the lifeguarding world is all about. No previous experience is necessary.

Crystal Pool and Fitness Centre
14244 Tue Thu Apr 7–May 14 4–5:45 p.m. 12/$120
14245 Tue Thu May 19–Jun 25 4–5:45 p.m. 12/$120
14246 Tue Thu Jul 7–Jul 20 4–5:45 p.m. 8/$80
14247 Tue Thu Aug 4–Aug 27 4–5:30 p.m. 8/$80

NEW Youth Swim & Sport (12yrs+)

Are you looking to work on endurance and fitness, and get exposure to water sports? This program will help youth develop swim workouts, work on technique to improve strokes, and expose them to a variety of water sports. This is perfect for any swimmer looking to continue training in a non-competitive atmosphere, while maintaining conditioning and fitness in the water.

Crystal Pool and Fitness Centre
14248 Mon Jul 6–Aug 24 5:30–6:30 p.m. 7/$70
14249 Wed Jul 8–Aug 24 5:30–6:30 p.m. 8/$80
14250 Fri Jul 10–Aug 28 5:30–6:30 p.m. 8/$80

Tyee Swim Club

Registration for Tyee programs must be done by phone 250.361.0732, or in person (at the front desk of Crystal Pool) as swimmers receive a discount when registering for multiple days.

Tyee Jr. Wavemakers (3–5yrs)

Practice 1–3x/week
1x week $10.75/class, 2x week $10/class, 3x week $9.25/class

Focuses on foundational swimming skills and physical literacy skills in the water. Skills include body position, flutter and dolphin kick, streamline position, breath control and having fun and making friends in the water! Swimmers entering Jr. Wavemakers must be comfortable away from their caregiver for 45 mins and be willing to put their face in the water to participate in the group.

Crystal Pool and Fitness Centre
Spring
14452 Mon Apr 6–Jun 22 4:30–5:15 p.m.
14453 Wed Apr 8–Jun 24 4:30–5:15 p.m.
14454 Fri Apr 17–Jun 26 4:30–5:15 p.m.

Summer
14455 Tue Jul 7–Aug 4 4:30–5:15 p.m.
14456 Thu Jul 9–Aug 6 4:30–5:15 p.m.

Tyee Wavemakers (5–7yrs)

Practice 1–3x/week
1x week $10.75/class, 2x week $10/class, 3x week $9.25/class

Focuses on foundational swimming skills and physical literacy skills in the water. Skills include flutter and dolphin kick on all sides, streamline position and breath control.

Swimmers entering Wavemakers must be able to swim 5M unassisted in the big pool and perform flutter kick on their front and back.

Crystal Pool and Fitness Centre
Spring
14457 Mon Apr 6–Jun 22 4:30–5:15 p.m.
14458 Wed Apr 8–Jun 24 4:30–5:15 p.m.
14459 Fri Apr 17–Jun 26 4:30–5:15 p.m.

Summer
14460 Tue Jul 7–Aug 4 4:30–5:15 p.m.
14461 Thu Jul 9–Aug 6 4:30–5:15 p.m.
**Tyee Swim Skills (5–9yrs)**

Practice 1–3x/week

1x week $17.50/class, 2x week $12.75/class,
3x week $9.75/class

Tyee Swim Skills (TSS) builds on the basic skills taught in Wavemakers and teaches swimmers the 4 strokes (Butterfly, Backstroke, Breaststroke, and Freestyle). Endurance is developed by swimming lengths with a technical focus. Swimmers are encouraged to attend within-club swim meets to get a glimpse of competitive swimming, and to develop an enjoyment of racing.

**Crystal Pool and Fitness Centre**

**Spring**

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No class April 13, May 18

14475 Tue Apr 7–Jun 23 4:20–5:30 p.m.
14476 Wed Apr 8–Jun 24 4:20–5:30 p.m.
14477 Thu Apr 9–Jun 25 4:20–5:30 p.m.
14478 Fri Apr 17–Jun 26 4:20–5:30 p.m.

**Summer**

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</table>

14480 Thu Jul 9–Aug 6 4:20–5:30 p.m.

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**Tyee Freshmen (8–12yrs)**

Practice 2–3x/week

2x week $12.75/class, 3x week $10/class

The last level in the Tyee pre-competitive program, Tyee Freshmen get swimmers ready for swimming at a competitive level by continuing to build endurance and technique in all 4 strokes. The focus in this group is to refine the foundations of competitive swimming. Other swimming skills that are introduced at this level include reading a pace clock, dives, relay starts, and legal turns in the 4 strokes. Racing within-club meets is encouraged.

**Crystal Pool and Fitness Centre**

**Spring**

<table>
<thead>
<tr>
<th>Class</th>
<th>Days</th>
<th>Date</th>
<th>Time</th>
</tr>
</thead>
<tbody>
<tr>
<td>14467</td>
<td>Mon</td>
<td>Apr 6–Jun 22</td>
<td>4:20–5:30 p.m.</td>
</tr>
</tbody>
</table>

No class April 13, May 18

14468 Tue Apr 7–Jun 23 4:20–5:30 p.m.
14469 Wed Apr 8–Jun 24 4:20–5:30 p.m.
14470 Thu Apr 9–Jun 25 4:20–5:30 p.m.
14471 Fri Apr 17–Jun 26 4:20–5:30 p.m.

**Summer**

<table>
<thead>
<tr>
<th>Class</th>
<th>Days</th>
<th>Date</th>
<th>Time</th>
</tr>
</thead>
<tbody>
<tr>
<td>14472</td>
<td>Tue</td>
<td>Jul 7–Aug 4</td>
<td>4:20–5:30 p.m.</td>
</tr>
</tbody>
</table>

14473 Thu Jul 9–Aug 6 4:20–5:30 p.m.

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**Tyee Youth Swim & Fitness (11–17yrs)**

Practice 1–3x/week

1x week $15.75/class, 2x week $11.50/class,
3x week $8.75/class

Tyee Youth Swim and Fitness is perfect for youth who have completed our pre-competitive levels or Red Cross lessons but don’t want to be competitive. These practices are designed to continue building your fitness while working on stroke technique.

**Crystal Pool and Fitness Centre**

**Spring**

<table>
<thead>
<tr>
<th>Class</th>
<th>Days</th>
<th>Date</th>
<th>Time</th>
</tr>
</thead>
<tbody>
<tr>
<td>14462</td>
<td>Mon</td>
<td>Apr 6–Jun 22</td>
<td>5:30–7 p.m.</td>
</tr>
</tbody>
</table>

No class April 13, May 18

14463 Wed Apr 8–Jun 24 5:30–7 p.m.
14464 Fri Apr 17–Jun 26 5:30–7 p.m.

**Summer**

<table>
<thead>
<tr>
<th>Class</th>
<th>Days</th>
<th>Date</th>
<th>Time</th>
</tr>
</thead>
<tbody>
<tr>
<td>14465</td>
<td>Tue</td>
<td>Jul 7–Aug 4</td>
<td>5:30–7 p.m.</td>
</tr>
</tbody>
</table>

14466 Thu Jul 9–Aug 6 5:30–7 p.m.

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**LEADERSHIP & TRAINING**

**First Aid Courses**

**Standard First Aid & CPRC**

This 2 day course includes adult, child, infant CPR, and choking procedures as well as emergency scene management, dealing with shock, spinal injuries, heart attack, angina, stroke, bleeding, broken bones, seizures, heat-related illness, hypothermia, allergic reactions, poisons and burns.

**Crystal Pool and Fitness Centre**

<table>
<thead>
<tr>
<th>Class</th>
<th>Days</th>
<th>Date</th>
<th>Time</th>
</tr>
</thead>
<tbody>
<tr>
<td>14281</td>
<td>Sat–Sun</td>
<td>Apr 18–Apr 19</td>
<td>9 a.m.–5:30 p.m.</td>
</tr>
<tr>
<td>14282</td>
<td>Sat–Sun</td>
<td>Aug 8–Aug 9</td>
<td>9 a.m.–5:30 p.m.</td>
</tr>
</tbody>
</table>

**Standard First Aid & CPR (Recert)**

Refresh your Standard First Aid, CPR-C and AED skills in this re-certification course. Information covered includes adult, child, infant CPR and choking procedures as well as emergency scene management, dealing with shock, spinal injuries, heart attack, angina, stroke, bleeding, broken bones, seizures, heat-related illness, hypothermia, allergic reactions, poisons and burns.

<table>
<thead>
<tr>
<th>Class</th>
<th>Days</th>
<th>Date</th>
<th>Time</th>
</tr>
</thead>
<tbody>
<tr>
<td>14285</td>
<td>Sun</td>
<td>Jun 14</td>
<td>9 a.m.–5:30 p.m.</td>
</tr>
</tbody>
</table>
Lifeguard Courses

National Lifeguard (NL) Precert/Recert
Recertify your lifeguard award at this clinic. Bring NL and CPR wallet cards to first class. 100% attendance is required.

Crystal Pool and Fitness Centre  2/$95
14264  Fri  Jun 5  5–9 p.m.
        Sat  Jun 6  1–5 p.m.

Bronze Medallion & CPR ‘B’
Gain an understanding of the lifesaving principles — judgement, knowledge, skill and fitness. Learn techniques for challenging rescues involving conscious and unconscious victims of various types. Develop stroke efficiency and endurance in a 500M timed swim.
Prerequisite: Bronze Star OR 13 years. Canadian Lifesaving Manual is an extra $40 (required).

Crystal Pool and Fitness Centre  5/$145
14265  Mon–Fri  Jul 13–Jul 17  1–5 p.m.

Bronze Cross & CPR ‘C’
Develop proficiency at performing patient assessments, managing aquatic spinal injuries and preventing loss of life in a variety of aquatic emergencies, while building endurance and fitness training skills. Prerequisite: Bronze Medallion.

Crystal Pool and Fitness Centre  5/$145
14266  Mon–Fri  Aug 10–Aug 14  1–5 p.m.

National Lifeguard (NL) Full Course (16+yrs)
This certification is required for lifeguard employment in aquatic facilities. Learn how to prevent, recognize and respond to aquatic related accidents and injuries. Focus includes leadership, communication, teamwork, and physical fitness. Includes manual.

Crystal Pool and Fitness Centre  6/$320
14283  Mon–Fri  Aug 17–Aug 21  9 a.m.–5:30 p.m.
        Sat  Aug 22  9 a.m.–4 p.m.

Swim Instructor Courses

Water Safety Instructor (WSI) Recert
Recertify your instructing award at this clinic. In this recert, you will be updated on hot topics within the Red Cross, and re-tested on your instructor emergency response skills, and strokes. You will also be provided with fresh new ideas that can be applied to your lessons.

Crystal Pool and Fitness Centre  $95
14263  Sat  Jun 13  1–6 p.m.

Water Safety Instructor (WSI) Full Course (15+yrs)
Do you want to teach Red Cross Swimming Lessons? Take the complete Water Safety Instructor (WSI) course to become a fully certified Red Cross WSI! This certification is required for swim instructor employment in aquatic facilities. Course includes a stroke screen, an online learning package, and practical experience teaching children’s swim lessons. Everything you need to become a Red Cross WSI is included in this program, including the 8-hour teaching experience component required by the Red Cross. Prerequisites: Completion of Swim Kids 10 is recommended. Emergency First Aid or higher is required.

Crystal Pool and Fitness Centre
Part 1
14288  Sun  Jun 28  9 a.m.–5 p.m.  1/$225

Part 2
14289  Mon–Fri  Jul 20–Jul 24  9 a.m.–5:30 p.m.  5/$200

Contact Caroline Marchand at 250.361.0714 for an application form.

Want to join our team at the Crystal Pool?
Lifeguard/Instructor Position

• = Instructor Courses
+ = Lifeguard Courses
Recommended Course Order:
+ Bronze Star (Optional)
+ Standard First Aid
+ Bronze Medallion
+ Water Safety Instructor
+ Bronze Cross
+ National Lifeguard: Pool Option

Check out victoria.ca for current job postings!

Check page 19 for First Aid course info!

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 Caroline Marchand at 250.361.0714 for an application form.
AQUATIC FITNESS, THERAPY & SPORT

Baby & Me Aquafit
Socialize, play, and get fit! This program includes a Baby & Me Aquafit class and some valuable swim/water safety skills for your little one. Babies are incorporated into the work out in this interactive fitness class, run by one of our specialty aquafit instructors. NOTE: please register the adult for the class not the baby.

Crystal Pool and Fitness Centre
14248 Tue Apr 7–May 12 3:15–4 p.m. 6/$57
14249 Tue May 12–Jun 16 3:15–4 p.m. 6/$57
14250 Tue Jul 7–Jul 28 3:30–4:15 p.m. 4/$38
14251 Tue Aug 4–Aug 25 3:30–4:15 p.m. 4/$38

Aqua Zumba
Aqua Zumba is a low-impact, high-energy aquatic dance party. Toning every muscle using water as resistance, you get a full body invigorating workout that is fun and easy to follow. Drop-in option available if the class is not at full capacity ($16/class).

Crystal Pool and Fitness Centre
14252 Wed Apr 8–May 13 6:30–7:30 p.m. 6/$57
14253 Wed May 20–Jun 24 6:30–7:30 p.m. 6/$57

Indoor Kayaking
If you are looking for a safe environment to test out your new kayak or your new moves, or if you just want a chance to get on the water despite the weather, try indoor kayaking at Crystal Pool. Enjoy paddling around in our warm 50M pool with lifeguard supervision. No equipment or coaching provided, PFD and pre-registration are required.

Crystal Pool and Fitness Centre
14243 Sun Apr 5 6:30–8 p.m.
14244 Sun May 3 6:30–8 p.m.
14245 Sun Jun 7 6:30–8 p.m.

Victoria Crystal Silver Streaks Swim Club (18 yrs+)
Join a group that loves swimming and an overall feeling of well being. We offer coached swim sessions with opportunities to laugh and socialize. We can meet the needs of all swimmers from those looking to stay fit and improve their swimming skills to those looking to compete in masters swimming competitions, triathlons, or the BC Seniors Games. For more information contact Val Nevile Carter at 250.477.0410.

Swims are on Monday, Wednesday and Friday from 10–11 a.m.

Crystal Pool and Fitness Centre
4778 Mon/Wed/Fri Sep 30–Aug 28 10–11 a.m.
Exclusion dates: April 10, 13, May 18, July 1, August 3.

Pam Liebich of Pro-Motion
Exercise rehabilitation and pain management programs for back pain, pre and post-surgery, injuries from a motor vehicle accident, arthritis and other chronic conditions. Aquatherapy and land based programs are available. Programs will focus on core stability, stretching, balance training and education specific to your condition.

Initial Assessment: $47.62 Per Session: $63
Three Sessions: $168
Contact: Pam Liebich at 250.888.5530 or promotionrehabservices@gmail.com for more information.

Aqua Personal Trainer: Nooshin Hatam
Nooshin has been certified as a BCRPA personal trainer since 2011. She has always been an advocate of health & wellness via fitness training. Whether your goal is to start a new program to lose unwanted body fat or enhance your existing program, she can help you achieve your goals safely and effectively.

Training Philosophy: Moderation and balance are the key words to be used in all aspects of life to improve your body, mind, and soul. A healthy and fit body needs proper nutrition, physical exercise and a positive attitude. Add to that, the right amount of rest and a stress free mind and you can have a healthy, active and productive life.

"Your SUCCESS is her GOAL". You will never regret a workout with Nooshin!!

Instructor Highlight: Aqua Zumba Celine Hall
Music has always been a large part of my life both in dance and playing instruments. Being physically active has also been important to me. For motivation, I incorporate dance (Ballroom, Cab Jazz, Pop Culture, Latin) into my exercise routine. Latin dance is my favourite because the music inspires me. ZUMBA® adds perfect balance to my life. I am licensed to teach all Zumba® specialties i.e. Zumba®, Zumba® Gold, Aqua Zumba®, Strong by Zumba®, Zumba® Step, Zumba® Toning, Zumba® Kids, and Zumbini® for kids 0 – 3 years and their parent(s).

I’ve been a ZUMBA® instructor since October 2010 and love to share the joy that ZUMBA® brings with others. My classes are jam packed with both beginners and rock stars dancing to the exotic rhythms that Zumba Fitness® offers. I am committed to helping people stay invigorated and motivated through their fitness journey.

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### SPRING/SUMMER DROP-IN AQUAFIT SCHEDULE (APRIL 1 – AUGUST 30, 2020)

<table>
<thead>
<tr>
<th>Aqualite – MILD</th>
<th>MONDAY</th>
<th>TUESDAY</th>
<th>WEDNESDAY</th>
<th>THURSDAY</th>
<th>FRIDAY</th>
<th>SATURDAY</th>
</tr>
</thead>
<tbody>
<tr>
<td>A complete cardio, strength, endurance and flexibility shallow water workout with zero impact</td>
<td>9:05–10 a.m.</td>
<td>9:05–10 a.m.</td>
<td>9:05–10 a.m.</td>
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<table>
<thead>
<tr>
<th>Deep H2O Aquafit – MODERATE</th>
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<th></th>
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<th></th>
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</tr>
</thead>
<tbody>
<tr>
<td>A deep water zero impact workout using a flotation belt.</td>
<td>9:05–10 a.m.</td>
<td></td>
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<td></td>
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</tbody>
</table>

<table>
<thead>
<tr>
<th>Shallow H2O Aquafit – MODERATE</th>
<th>MONDAY</th>
<th>TUESDAY</th>
<th>WEDNESDAY</th>
<th>THURSDAY</th>
<th>FRIDAY</th>
<th>SATURDAY</th>
</tr>
</thead>
<tbody>
<tr>
<td>A cardio and strength workout that uses water resistance to stretch and tone.</td>
<td>10:05–11 a.m.</td>
<td>10:05–11 a.m.</td>
<td>10:05–11 a.m.</td>
<td>10:05–11 a.m.</td>
<td>11:05 a.m.–12 p.m.</td>
<td></td>
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</tbody>
</table>

<table>
<thead>
<tr>
<th>Aqualite – MILD</th>
<th>MONDAY</th>
<th>TUESDAY</th>
<th>WEDNESDAY</th>
<th>THURSDAY</th>
<th>FRIDAY</th>
<th>SATURDAY</th>
</tr>
</thead>
<tbody>
<tr>
<td>A complete cardio, strength, endurance and flexibility shallow water workout with zero impact</td>
<td>11:05 a.m.–12 p.m.</td>
<td>11:05 a.m.–12 p.m.</td>
<td>11:05 a.m.–12 p.m.</td>
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</table>

<table>
<thead>
<tr>
<th>Shallow Cardio Blast – INTENSE</th>
<th>MONDAY</th>
<th>TUESDAY</th>
<th>WEDNESDAY</th>
<th>THURSDAY</th>
<th>FRIDAY</th>
<th>SATURDAY</th>
</tr>
</thead>
<tbody>
<tr>
<td>A challenging class that focuses on high energy cardio moves.</td>
<td>5:30–6:30 p.m.</td>
<td>5:30–6:30 p.m.</td>
<td>5:30–6:30 p.m.</td>
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<td></td>
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</tbody>
</table>

### REGISTERED PROGRAMS

<table>
<thead>
<tr>
<th>Program</th>
<th>MONDAY</th>
<th>TUESDAY</th>
<th>WEDNESDAY</th>
<th>THURSDAY</th>
<th>FRIDAY</th>
<th>SATURDAY</th>
</tr>
</thead>
<tbody>
<tr>
<td>Aqua Zumba</td>
<td></td>
<td></td>
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<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Low-impact, high-energy aquatic dance party</td>
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</tbody>
</table>

| Baby & Me                     |        | Spring 3:15 – 4 p.m. |         |          |        |          |
| This program includes an aquafit class and some valuable swim/water safety skills for your little one. |        | Summer 3:30–4:15 |         |          |        |          |

| Silver Streaks Swim Club      |        |         |           |          |        |          |
| Coached swim sessions for swimmers 18 yrs+ | 10 – 11 a.m. | 10 – 11 a.m. | 10 – 11 a.m. |          |        |          |

### Which classes are right for you?

**MILD**
Perfect for seniors and those living with arthritis, fibromyalgia or other joint/tissue conditions. Also great for those looking for exercise during pregnancy or for recovering from injury.

**MODERATE**
You set your own pace. Instructors will provide options to increase difficulty and intensity for those that are looking for a little bit extra.

**INTENSE**
For those looking to quickly improve cardiovascular and muscular fitness. These classes are designed to get your heart rate up.

### PRIVATE & SEMI-PRIVATE Programs: You pick the dates, times, and number of sessions that work for you.

**Aqua Fitness Orientation**
Prepares you for success in any Aquafit class; whether you’re new to the water or want to improve your Aquafit workouts. Discuss your fitness goals, class options and intensities and learn how to move more effectively in the water to optimize your workout.

30 minutes $29; 45 minutes $39

**Aqua Personal Training**
Catered to your individual needs. Our Aqua Personal Trainer works with you to develop positive fitness practices, creating a customized training package based on your goals. The low- to no-impact environment and resistance of the water give you all the benefits of a personal training program while being safe and effective on the body.

First Session: 90 minutes (includes 30 minute Aqua Fitness Orientation) $73

Single Session: 60 minutes $40

**Aqua Corporate or Group Training**
Build your own Aqua Fitness classes and increase teamwork and health. With 5 or more colleagues or friends, we will build a program of classes suited to your needs on a day that works for your organization or group.

$50 for 5 participants, $8 for each additional participant
## GROUP FITNESS SPRING/SUMMER (APRIL 1 – AUGUST 30, 2020)

<table>
<thead>
<tr>
<th>MONDAY</th>
<th>TUESDAY</th>
<th>WEDNESDAY</th>
<th>THURSDAY</th>
<th>FRIDAY</th>
<th>SATURDAY</th>
</tr>
</thead>
<tbody>
<tr>
<td>Abs Attack (Moderate)</td>
<td>Stretch &amp; Strength (Mild)</td>
<td>Abs Attack (Moderate)</td>
<td>Stretch &amp; Strength (Mild)</td>
<td></td>
<td></td>
</tr>
<tr>
<td>8:45–9:15 a.m.</td>
<td>8:45–9:15 a.m.</td>
<td>8:45–9:15 a.m.</td>
<td>8:45–9:15 a.m.</td>
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<td></td>
</tr>
<tr>
<td>Hi/Lo Combo (Moderate)</td>
<td>Body Sculpt (Moderate)</td>
<td>Hi/Lo Combo (Moderate)</td>
<td>Body Sculpt (Moderate)</td>
<td></td>
<td></td>
</tr>
<tr>
<td>9:15–10:15 a.m.</td>
<td>9:15–10:15 a.m.</td>
<td>9:15–10:15 a.m.</td>
<td>9:15–10:15 a.m.</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Boot Camp (Intense)</td>
<td>Flow Yoga (Mild)</td>
<td>Boot Camp (Intense)</td>
<td>Boot Camp (Intense)</td>
<td></td>
<td></td>
</tr>
<tr>
<td>12–12:50 p.m.</td>
<td>12–12:50 p.m.</td>
<td>12–12:50 p.m.</td>
<td>12–12:50 p.m.</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Body Sculpt (Moderate)</td>
<td>Butt, Legs &amp; Tummy (Moderate)</td>
<td>Spintervals (Intense)</td>
<td>HIIT (Intense)</td>
<td>Metabolic Training Plus</td>
<td>Zumba Cardio Dance (Women Only)</td>
</tr>
<tr>
<td>5:30–6:30 p.m.</td>
<td>5:30–6:30 p.m.</td>
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<td>5:30–6:30 p.m.</td>
<td>5–6 p.m.</td>
</tr>
<tr>
<td>Body Conditioning (Intense)</td>
<td>Athletic Conditioning</td>
<td>Boot Camp (Intense)</td>
<td>Strength Conditioning (Intense)</td>
<td>Body Sculpt (Women Only)</td>
<td>No class July – August</td>
</tr>
<tr>
<td>6:30–7:30 p.m.</td>
<td>6:30–7:30 p.m.</td>
<td>6:30–7:30 p.m.</td>
<td>6:30–7:30 p.m.</td>
<td>(Moderate) 6–7 p.m.</td>
<td></td>
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</tbody>
</table>

### FITNESS PROGRAM DESCRIPTIONS

**Abs Attack**
30 minutes of abdominal work, core strengthening and flexibility.

**Athletic Conditioning**
A challenging class that uses complex compound movements and a variety of training techniques.

**Body Sculpt**
Tone your muscles and shape your body in this strength and cardio building class.

**Boot Camp**
An intense workout designed to improve strength, stability and agility.

**Butt, Legs & Tummy (BLT)**
A class focusing on the lower body and abdominals.

**Hi/Lo Combo**
Energetic cardio style class with hi/lo combos to enhance fat burning and cardiovascular efficiency.

**Metabolic Training Plus**
Super intense to get a sweat on and your heart pounding. Bring water and a towel!

**Flow Yoga**
The practice of moving with our breath continuously and mindfully. This is a gentle yet dynamic class suited for all levels that focuses on strength, core, balance and breath.

**Stretch & Strength**
Improve your strength and flexibility in this 30 minute class. Great for your joints!

**Strength Conditioning**
Weight train in a class? You bet! Strength and power exercises that focus on building muscle and size.

**HIIT**
Increase your strength endurance with high intensity interval training. This sweaty high-rep low-load workout has many health benefits.

**Zumba/Cardio Dance (Women Only)**
High energy dance workout for core strengthening and flexibility.

### Child Minding
Enjoy the many activities the Crystal Pool and Fitness Centre has to offer while your little one receives quality childcare with crafts, creative play, painting and more.

**Monday to Friday**
9 a.m.–12 p.m.
$3/hour or $27/10 hours

### Which classes are right for you?

<table>
<thead>
<tr>
<th>Which classes are right for you?</th>
<th>MILD</th>
<th>MODERATE</th>
<th>INTENSE</th>
</tr>
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<tr>
<td>Perfect for seniors and those living with arthritis, fibromyalgia or other joint/tissue conditions. Also great for those looking for exercise during pregnancy or for recovering from injury.</td>
<td>You set your own pace. Instructors will provide options to increase difficulty and intensity for those that are looking for a little bit extra.</td>
<td>For those looking to quickly improve cardiovascular and muscular fitness. These classes are designed to get your heart rate up.</td>
<td></td>
</tr>
</tbody>
</table>

### FITNESS CENTRE

The fitness centre is available to those 16 years and older. If you are 13–15 years, you may use the equipment during supervised times or when accompanied by a parent or guardian, or on your own once you have completed a Teen Weightroom Orientation.

For more information call 250.361.0732.
Personal Training offers unique custom designed fitness programs for weight loss, fat loss, general fitness, bodybuilding, sport specific training and overall body transformation. Book a session with one of our trainers and get the body you’ve always wanted.

**Chris Woeller**

Chris is a BCRPA Weight Training Instructor and Personal Trainer. He brings a positive attitude, great energy, and lots of knowledge to each training session. Committed to helping clients pursue their goals, Chris believes exercise should be fun and integrated into our everyday lives.

**Michelle Carpenter, BSc, SFL, 5th Dan World Taekwondo**

Michelle Carpenter is the co-owner of MIJO Sport, a martial arts and fitness company that blends the philosophies of high performance training with functional fitness. Michelle has been active in the Fitness Industry for over 15 years, is a 5th Dan WT Taekwondo Master, holds her Bachelor of Science degree and competed internationally as a middleweight Taekwondo fighter for over a decade. She is an active personal trainer, SFL, bootcamp instructor, boxing fitness instructor and trains aspiring police officers. Michelle uses a blended sport science, traditional martial arts and sport combat approach for her classes allowing her clientele to experience a thorough and well balanced workout.

**Nooshin Hatam**

Nooshin has been certified as a BCRPA personal trainer since 2011. She has always been an advocate of health and wellness via fitness training. Whether your goal is to start a new program to lose unwanted body fat or enhance your existing program, she can help you achieve your goals safely and effectively.

Training Philosophy: Moderation and balance are the key words to be used in all aspects of life to improve your body, mind, and soul. A healthy and fit body needs proper nutrition, physical exercise and a positive attitude. Add to that, the right amount of rest and a stress free mind and you can have a healthy, active and productive life. “Your SUCCESS is her GOAL”. You will never regret a workout with Nooshin!

**PERSONAL TRAINING**

**Single Session**

- **1st Time Client Package** ............... **$65**
  (90 min session)
- 3 sessions..........................**$129**
- 4 sessions..........................**$160**
- 5 sessions..........................**$188**
- 10 sessions.........................**$350**
- Partner Training (2 people) .......**$70**

**Fitness Orientation Options**

- **Fitness Orientation** ..................................................**$25**
- **Semi-Private Fitness Orientation (2 people)** ...........**$40**
- **Greater Victoria Teen Weight Room Orientation** ........**$15**

**Pam Liebich of Pro-Motion**

Exercise rehabilitation and pain management programs for back pain, pre and post-surgery, injuries from a motor vehicle accident, arthritis and other chronic conditions. Aquatherapy and land based programs are available. Programs will focus on core stability, stretching, balance training and education specific to your condition.

**Rehabilitation Services**

- **Rates:**
  - Initial assessment **$47.62**
  - Per session **$63**
  - Three sessions **$168**

Contact: Pam Liebich at 250.888.5530 or promotionrehabservices@gmail.com for more information.

**Danielle Van Schaick**

1 Hour Nutrition Consultation with registered dietitian, Danielle Van Schaick of Dani Health: Dietitian & Nutrition Services. Individualized dietary advice and recommendations based on your health goals and concerns. The one hour meeting includes diet review, calorie and macronutrient recommendations, education, questions and answers.

**Nutrition Consultation**

**$99/1 hour**

Nutrition Consultation
Registration has never been easier!

Register online: victoria.ca/recreation

Spring/Summer Registration opens Monday, March 2
Summer Camps

**PRO-D DAY CAMPS**

**Oaklands Non-Instructional Days – Licensed (5–10yrs)**
Swimming, skating, Playzone, hockey, parks and special guests are just a few of the adventures we plan for our Pro-D day camps. Our experienced and playful team make it their priority to provide your child with the best day off school yet! Primary camp for 5–7yrs and Intermediate camp for 8–10yrs.

**Oaklands Community Centre**
Fri May 15 7:30 a.m.–5:30 p.m.

**Perfect Pro-D Day Camp (6–12yrs)**
We have the perfect Pro-D day planned for you! We play games in the morning, order pizza for lunch, and swim in the afternoon! We will have tons of fun at the Crystal Pool and Fitness Centre.

**Crystal Pool and Fitness Centre Lower Auditorium**
14458 Fri May 15 8:30 a.m.–4:30 p.m.

**DAY CAMPS**

**Crystal Pool Before & After Care (6–12yrs)**
Registration and fees for before and after camp care are separate. Registration is weekly and cannot be pro-rated. Camp is located at the Crystal Pool and Fitness Centre. Runs every week for the full summer.

Before Care Mon–Fri 8–9 a.m. $5/28 or 4/$32
After Care Mon–Fri 4–5 p.m. $5/28 or 4/$32
No care July 1

**Beacon Hill Adventurers (6–8yrs)**
Join us for an action-packed Beacon Hill Adventure! Based in beautiful Beacon Hill Park, campers will explore and learn in the natural environment. Visit the petting zoo, zipline in the Cook Street Park, and play under the watering can. It’s all a part of the adventure! Camp meets at Beacon Hill Children’s Playground.

Register at Crystal Pool and Fitness Centre

**Week 1: Jurassic Explorers**
14371 Mon–Fri Jun 29–Jul 3 9 a.m.–4 p.m. 4/$96
No class July 1

**Week 2: Explore the Galaxy**
14346 Mon–Fri Jul 6–Jul 10 9 a.m.–4 p.m. 5/$120

**Week 3: Superheroes**
14373 Mon–Fri Jul 13–Jul 17 9 a.m.–4 p.m. 5/$120

**Week 4: Mighty Builders**
14341 Mon–Fri Jul 20–Jul 24 9 a.m.–4 p.m. 5/$120

**Week 5: Magic and Spells**
14324 Mon–Fri Jul 27–Jul 31 9 a.m.–4 p.m. 5/$120

**Week 6: Icky & Sticky**
14353 Tue–Fri Aug 4–Aug 7 9 a.m.–4 p.m. 4/$96

**Week 7: A Pirates Life**
14333 Mon–Fri Aug 10–Aug 14 9 a.m.–4 p.m. 5/$120

**Week 8: Around the World**
14355 Mon–Fri Aug 17–Aug 21 9 a.m.–4 p.m. 5/$120

**Week 9: Into the Jungle**
14364 Mon–Fri Aug 24–Aug 28 9 a.m.–4 p.m. 5/$120

**Week 10: Mad Science**
14386 Mon–Thu Aug 31–Sep 3 9 a.m.–4 p.m. 4/$96

**Camptastic! (5–12yrs)**
Believing in Kids: Bringing in the Fun! Affordable, exciting, and creative activities and outings in a safe, supportive and engaging environment! There will be arts and crafts, games, sports and recreation as well as special out trips in and around Victoria! Call 250.388.7696 or email camp@quadrivillagecc.com to register or for further details!

**Quadra Village Community Centre**
Before Care 8:30–9:30 a.m. $20 per camp week
Week 1 Mon–Fri Jun 29–Jul 3 9:30 a.m.–4:30 p.m. $80
Closed July 1

**Week 2**
Mon–Fri Jul 6–Jul 10 9:30 a.m.–4:30 p.m. $95

**Week 3**
Mon–Fri Jul 13–Jul 17 9:30 a.m.–4:30 p.m. $95

**Week 4**
Mon–Fri Jul 20–Jul 24 9:30 a.m.–4:30 p.m. $95

**Week 5**
Mon–Fri Jul 27–Jul 31 9:30 a.m.–4:30 p.m. $95

**Week 6**
Tue–Fri Aug 4–Aug 7 9:30 a.m.–4:30 p.m. $80

**Week 7**
Mon–Fri Aug 10–Aug 14 9:30 a.m.–4:30 p.m. $95

**Week 8**
Mon–Fri Aug 17–Aug 21 9:30 a.m.–4:30 p.m. $95

**Week 9**
Mon–Fri Aug 24–Aug 28 9:30 a.m.–4:30 p.m. $95

**Jetin’ Extreme (10–12yrs)**
Looking for some thrilling adventure this summer? Jump on the Jetin’ Extreme Bus and explore new, exciting locations all around Victoria. There is no other camp like Jetin’ Extreme – each week is a new adventure! Get ready to go skimboarding, rock climbing, dragon boating, and much more!

**Crystal Pool and Fitness Centre**

**Week 1: Trampoline Park, Dragon Boating & Hiking**
14310 Mon–Fri Jun 29–Jul 3 9 a.m.–4 p.m. 4/$180
No class July 1

**Week 2:**
Bouldering, IMAX, and Beach BBQ
14308 Mon–Fri Jul 6–Jul 10 9 a.m.–4 p.m. 5/$225

**Week 3:**
Lazer Tag, Wave Pool & Rollerblading
14311 Mon–Fri Jul 13–Jul 17 9 a.m.–4 p.m. 5/$225

**Week 4:**
Bowling, Beach Adventures & Ninja Gym
14319 Mon–Fri Jul 20–Jul 24 9 a.m.–4 p.m. 5/$225

**Week 5:**
Trampoline Park, Bubble Soccer & Dragon Boating
14321 Mon–Fri Jul 27–Jul 31 9 a.m.–4 p.m. 5/$225

**Week 6:**
Go Karting, Batting Cages & Minigolf
14312 Tue–Fri Aug 4–Aug 7 9 a.m.–4 p.m. 4/$180

**Week 7:**
Stand Up Paddling, Trampoline Park & Geocaching
14317 Mon–Fri Aug 10–Aug 14 9 a.m.–4 p.m. 5/$225

**Week 8:**
Paintball, Fort Rodd Hill & Wave Pool
14320 Mon–Fri Aug 17–Aug 21 9 a.m.–4 p.m. 5/$225

**Week 9:**
Motocross, Bubble Soccer & Surprise!
14316 Mon–Fri Aug 24–Aug 28 9 a.m.–4 p.m. 5/$225

**Week 10:**
Arcade, Water Park & Skim Boarding
14421 Mon–Fri Aug 31–Sep 4 9 a.m.–4 p.m. 5/$225
<table>
<thead>
<tr>
<th>CAMPS</th>
<th>AGES</th>
<th>DAYS</th>
<th>TIME</th>
<th>WEEK</th>
<th>LOCATION</th>
<th>FEE</th>
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</thead>
<tbody>
<tr>
<td><strong>Preschool Camps</strong></td>
<td></td>
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<tr>
<td>Beacon Hill Nature Explorers</td>
<td>4–6 yrs</td>
<td>M–F/T–F</td>
<td>9 a.m.–12 p.m.</td>
<td>Weekly starting Jun 29</td>
<td>Crystal Pool/Beacon Hill Park</td>
<td>$195/$225</td>
</tr>
<tr>
<td>Growing Young Farmers</td>
<td>4–6 yrs</td>
<td>M–F</td>
<td>9 a.m.–12 p.m.</td>
<td>Jun 6–10, 20–24</td>
<td>Government House</td>
<td>$120</td>
</tr>
<tr>
<td>Kids Play &amp; Swim at Crystal Pool</td>
<td>3–5 yrs</td>
<td>M–F</td>
<td>1:30–3:30 p.m.</td>
<td>Weekly Jun 29–Aug 28</td>
<td>Crystal Pool &amp; Fitness Centre</td>
<td>$48/$60</td>
</tr>
<tr>
<td>Richardson Multisport Half Day Camp</td>
<td>3–5 yrs</td>
<td>M–F</td>
<td>9 a.m.–12 p.m. and 1–4 p.m.*</td>
<td>Jul 6–10, 20–24</td>
<td>Crystal Pool &amp; Fitness Centre</td>
<td>$118</td>
</tr>
<tr>
<td><strong>School Aged Camps</strong></td>
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<tr>
<td>Beacon Hill Adventurers</td>
<td>6–8 yrs</td>
<td>M–F/T–F</td>
<td>9 a.m.–4 p.m.</td>
<td>Weekly starting Jun 29</td>
<td>Crystal Pool/Beacon Hill Park</td>
<td>$96/$120</td>
</tr>
<tr>
<td>Eli Pasquale B-Ball Camp</td>
<td>8–14 yrs</td>
<td>M–F</td>
<td>9 a.m.–4 p.m.</td>
<td>Extended care available</td>
<td>Crystal Pool &amp; Fitness Centre</td>
<td>$230</td>
</tr>
<tr>
<td>Eli Pasquale Half Day B-Ball Camp</td>
<td>6–9 yrs/ 10–14 yrs</td>
<td>M–F</td>
<td>9 a.m.–12 p.m.</td>
<td>Jul 13–17, Aug 17–21</td>
<td>Crystal Pool &amp; Fitness Centre</td>
<td>$142</td>
</tr>
<tr>
<td>Engineering for Kids – new theme every week</td>
<td>7–11 yrs/ 8–12 yrs</td>
<td>M–F/T-F</td>
<td>9 a.m.–p.m.</td>
<td>Extended care available</td>
<td>Weekly starting Jul 13–Aug 28</td>
<td>$265/$215</td>
</tr>
<tr>
<td>Engineering for Kids Half Day Camp</td>
<td>5.5–7 yrs</td>
<td>M–F</td>
<td>9 a.m.–12 p.m. or 1–4 p.m.</td>
<td>Aug 17–21, 24–28</td>
<td>Crystal Pool &amp; Fitness Centre</td>
<td>$150</td>
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<tr>
<td>Explorers Intro Kayak &amp; Outrigger Paddle</td>
<td>9–14 yrs</td>
<td>M–F</td>
<td>8:30 a.m.–12:30 p.m./8:30 a.m.–4 p.m.*</td>
<td>Weekly starting Jun 29–Aug 28/Jun 29 &amp; Aug. 4.*</td>
<td>Offsite Program</td>
<td>$195/$225</td>
</tr>
<tr>
<td>Growing Young Farmers</td>
<td>7–9 yrs</td>
<td>M–F</td>
<td>9 a.m.–4 p.m.</td>
<td>Aug 10–14, 17–21</td>
<td>Government House</td>
<td>$235</td>
</tr>
<tr>
<td>Horseback Riding</td>
<td>6–12/12 yrs</td>
<td>M–F</td>
<td>9 a.m.–1 p.m. or 9 a.m.–4 p.m.</td>
<td>July 6–10, 13–17, 20–24</td>
<td>Offsite Program</td>
<td>$367/$604</td>
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<tr>
<td>Intro to Kayaking</td>
<td>8–12 yrs</td>
<td>M–F</td>
<td>9 a.m.–3 p.m.</td>
<td>Jul 6–10, 13–17</td>
<td>Offsite Program</td>
<td>$309</td>
</tr>
<tr>
<td>Jetin’ Extreme</td>
<td>10–12 yrs</td>
<td>M–F/T–F</td>
<td>9 a.m.–4 p.m.</td>
<td>Extended care available</td>
<td>Weekly starting Jun 29</td>
<td>$180/$225</td>
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<tr>
<td>Kayaking Essentials</td>
<td>8–12 yrs</td>
<td>M–F</td>
<td>9 a.m.–3 p.m.</td>
<td>Aug 10–14</td>
<td>Offsite Program</td>
<td>$309</td>
</tr>
<tr>
<td>Richardson Multisport Camp</td>
<td>6–10 yrs</td>
<td>M–F</td>
<td>9 a.m.–4 p.m.</td>
<td>Extended care available</td>
<td>Crystal Pool &amp; Fitness Centre</td>
<td>$236</td>
</tr>
<tr>
<td>Richardson Multisport Half Day Camp</td>
<td>6–10 yrs</td>
<td>M–F</td>
<td>1–4 p.m.</td>
<td>Jul 6–10, Aug 10–14</td>
<td>Crystal Pool &amp; Fitness Centre</td>
<td>$118</td>
</tr>
<tr>
<td>Sail – Opti Advanced</td>
<td>7–10 yrs</td>
<td>M–F</td>
<td>9 a.m.–4 p.m.</td>
<td>Weekly starting Jun 29</td>
<td>Offsite Program</td>
<td>$345</td>
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<tr>
<td>Sail – Opti Basic</td>
<td>7–10 yrs</td>
<td>M–F</td>
<td>9 a.m.–12 p.m. or 1–4 p.m.</td>
<td>Jun 29–Jul 13, 13–17, 27–31, Aug 10–14, 24–Sept 4</td>
<td>Offsite Program</td>
<td>$345</td>
</tr>
<tr>
<td>Shredder Skateboard Camp</td>
<td>8–12 yrs</td>
<td>M–F</td>
<td>9 a.m.–12 p.m.</td>
<td>July 6–10, Aug 10–14</td>
<td>Vic West Skate Park</td>
<td>$95</td>
</tr>
<tr>
<td>Skate and Swim Camp</td>
<td>8–12 yrs</td>
<td>M–F</td>
<td>9 a.m.–4 p.m.</td>
<td>Jul 27–31, Aug 24–28</td>
<td>Vic West Skate Park</td>
<td>$160</td>
</tr>
<tr>
<td>SKAM Drama Camps</td>
<td>6–8 yrs/ 8–12 yrs</td>
<td>M–F/T-F</td>
<td>9 a.m.–4 p.m.</td>
<td>Weekly starting Jul 13–Aug 28</td>
<td>Offsite Program</td>
<td>$120/$150</td>
</tr>
<tr>
<td>Soccetron Half Day Camp</td>
<td>6–8 yrs/ 10–14 yrs</td>
<td>M–F</td>
<td>9 a.m.–12 p.m.</td>
<td>June 29–Jul 3, Aug 17–21</td>
<td>Crystal Pool &amp; Fitness Centre</td>
<td>$124/$142</td>
</tr>
<tr>
<td>Soccetron Summer Camp</td>
<td>7–14 yrs</td>
<td>M–F</td>
<td>9 a.m.–4 p.m.</td>
<td>Extended care available</td>
<td>Crystal Pool &amp; Fitness Centre</td>
<td>$200/$230</td>
</tr>
<tr>
<td>Swim Inn Splash Camp</td>
<td>6–8 yrs</td>
<td>M–F</td>
<td>9 a.m.–4 p.m.</td>
<td>Extended care available</td>
<td>Crystal Pool &amp; Fitness Centre</td>
<td>$148/$185</td>
</tr>
<tr>
<td>Tennis and Swim Camp</td>
<td>8–12 yrs</td>
<td>M–F</td>
<td>9 a.m.–4 p.m.</td>
<td>Extended care available</td>
<td>Crystal Pool &amp; Fitness Centre</td>
<td>$189</td>
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<tr>
<td>Victoria Playground Program</td>
<td>6–12 yrs</td>
<td>M–F</td>
<td>9 a.m.–4 p.m.</td>
<td>Extended care available</td>
<td>Crystal Pool &amp; Fitness Centre</td>
<td>$96/$120</td>
</tr>
<tr>
<td>World Cup Soccer Girls Only Camp</td>
<td>6–12 yrs</td>
<td>M–F</td>
<td>9 a.m.–12 p.m.</td>
<td>Jul 13–17</td>
<td>Finlayson Turf Field</td>
<td>$130</td>
</tr>
<tr>
<td>World Cup Soccer Half Day Camp</td>
<td>6–12 yrs</td>
<td>M–F</td>
<td>1–4 p.m.</td>
<td>Jul 13–17</td>
<td>Finlayson Turf Field</td>
<td>$130</td>
</tr>
<tr>
<td><strong>Teen Camps</strong></td>
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</tr>
<tr>
<td>Camouflage Camp</td>
<td>10–14 yrs</td>
<td>M–F</td>
<td>9 a.m.–4 p.m.</td>
<td>Extended care available</td>
<td>Crystal Pool &amp; Fitness Centre</td>
<td>$132/$165</td>
</tr>
<tr>
<td>Eli Pasquale B-Ball Camp</td>
<td>8–14 yrs</td>
<td>M–F</td>
<td>9 a.m.–4 p.m.</td>
<td>Extended care available</td>
<td>Crystal Pool &amp; Fitness Centre</td>
<td>$230</td>
</tr>
<tr>
<td>Eli Pasquale Half Day B-Ball Camp</td>
<td>10–14 yrs</td>
<td>M–F</td>
<td>9 a.m.–12 p.m.</td>
<td>Jul 13–17, Aug 17–21</td>
<td>Crystal Pool &amp; Fitness Centre</td>
<td>$142</td>
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<tr>
<td>Learn 2 Lead</td>
<td>13–15 yrs</td>
<td>M–F</td>
<td>9:30 a.m.–3:30 p.m.</td>
<td>Jul 20–24</td>
<td>Crystal Pool &amp; Fitness Centre</td>
<td>$115</td>
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<tr>
<td>Soccetron Summer Camp</td>
<td>7–14 yrs</td>
<td>T–F/M–F</td>
<td>9 a.m.–4 p.m.</td>
<td>Extended care available</td>
<td>Crystal Pool &amp; Fitness Centre</td>
<td>$200/$230</td>
</tr>
<tr>
<td>Sooke Surf and Westcoast Camping</td>
<td>11–14 yrs</td>
<td>M–Th</td>
<td>All Day</td>
<td>Jul 13–16</td>
<td>Offsite Program</td>
<td>$284</td>
</tr>
<tr>
<td>Tofino Surfing and Westcoast Camping</td>
<td>11–14 yrs</td>
<td>M–Th</td>
<td>All Day</td>
<td>Aug 10–13</td>
<td>Offsite Program</td>
<td>$284</td>
</tr>
</tbody>
</table>
Victoria Playground Program
The Victoria Playground Program provides a safe, high quality camp experience at an affordable price based out of Central Park. These camps include plenty of crafts, games and free play along with our trips to local parks and swimming at the Crystal Pool and Fitness Centre. Make some new friends and great memories over your summer holidays!

Crystal Pool and Fitness Centre
Week 1: Land of the Lost
14315 Mon–Fri Jun 29–Jul 3 9 a.m.–4 p.m. 4/$96
No class July 1
Week 2: Across the Universe
14318 Mon–Fri Jul 6–Jul 10 9 a.m.–4 p.m. 5/$120
Week 3: Avengers Assemble
14306 Mon–Fri Jul 13–Jul 17 9 a.m.–4 p.m. 5/$120
Week 4: Pokemon Trainers
14313 Mon–Fri Jul 20–Jul 24 9 a.m.–4 p.m. 5/$120
Week 5: Academy of Magic
14309 Mon–Fri Jul 27–Jul 31 9 a.m.–4 p.m. 5/$120
Week 6: Ooey and Gooey
14307 Tue–Fri Aug 4–Aug 7 9 a.m.–4 p.m. 4/$96
Week 7: Treasure Hunter
14314 Mon–Fri Aug 10–Aug 14 9 a.m.–4 p.m. 5/$120
Week 8: Around the Globe
14323 Mon–Fri Aug 17–Aug 21 9 a.m.–4 p.m. 5/$120
Week 9: Mighty and Wild
14322 Mon–Fri Aug 24–Aug 28 9 a.m.–4 p.m. 5/$120
Week 10: Summer Celebration
14433 Mon–Fri Aug 31–Sep 4 9 a.m.–4 p.m. 5/$120

Victoria West Summer Camps (5–11yrs)
Come join us for a week of fun, activities, crafts, games, and adventure in Vic West. Different themes and activities each week. Call for details: 250.590.8922

Program offered by Victoria West Community Association
Victoria West Community Centre
Mon–Fri Jun 29–Jul 3 9 a.m.–4 p.m. 4/$140
No class July 1
Mon–Fri Jul 6–Jul 10 9 a.m.–4 p.m. 5/$175
Mon–Fri Jul 13–Jul 17 9 a.m.–4 p.m. 5/$175
Mon–Fri Jul 20–Jul 24 9 a.m.–4 p.m. 5/$175
Mon–Fri Jul 27–Jul 31 9 a.m.–4 p.m. 5/$175
Tue–Fri Aug 4–Aug 7 9 a.m.–4 p.m. 4/$140
Mon–Fri Aug 10–Aug 14 9 a.m.–4 p.m. 5/$175
Mon–Fri Aug 17–Aug 21 9 a.m.–4 p.m. 5/$175
Mon–Fri Aug 24–Aug 28 9 a.m.–4 p.m. 5/$175

LICENCED CARE CAMPS
Burnside Fun ’N Sun Camp (5–11yrs)
Enjoy summer activities and great field trips in a safe, licensed facility where children are treated as individuals. Every week will include a combination of arts and crafts, sports and outdoor activities, and trips to a variety of places across Victoria. Join us as one of our Lil’ Explorers (K–2) or Sun Seekers (3–5) for one week or all eight!

Burnside Gorge Community Centre
Mon–Fri Jun 29–Jul 3 7:30 a.m.–5:30 p.m. 4/$140
No class July 1
Mon–Fri Jul 6–Jul 10 7:30 a.m.–5:30 p.m. 5/$175
Mon–Fri Jul 13–Jul 17 7:30 a.m.–5:30 p.m. 5/$175
Mon–Fri Jul 20–Jul 24 7:30 a.m.–5:30 p.m. 5/$175
Mon–Fri Jul 27–Jul 31 7:30 a.m.–5:30 p.m. 5/$175
Tue–Fri Aug 4–Aug 7 7:30 a.m.–5:30 p.m. 4/$140
Mon–Fri Aug 10–Aug 14 7:30 a.m.–5:30 p.m. 5/$175
Mon–Fri Aug 17–Aug 21 7:30 a.m.–5:30 p.m. 5/$175

Camp Oaklands – Licensed (5–10yrs)
Each themed week of camp is developed by our innovative staff incorporating children’s interests in games, crafts, and out trips to local attractions, parks and beaches. Fees include a daily snack, activity admissions, and transportation. Government subsidies welcome and must be in place before the first day of camp. Please call 250.370.9101 to register. Hot lunch available at extra cost.

Week 1: Land of the Lost
Mon–Fri Jun 29–Jul 3 7:30 a.m.–5:30 p.m. 5/$225
4 day weeks 4/$180
Drop-in (subject to availability) 1/$50

Oaklands Community Centre
5–10yrs (7:30 a.m.–5:30 p.m.)
Ant-Extravaganza! Mon–Fri Jun 29–Jul 3
No class July 1
Parks and Beaches Mon–Fri Jul 6–10
Mucking in the Mud Mon–Fri Jul 13–17
Super Kids Mon–Fri Jul 20–24
Dancing Days Mon–Fri Jul 27–31
Great Big Sea Tue–Fri Aug 4–7
Bookworms Mon–Fri Aug 10–14
Water Waves Mon–Fri Aug 17–21
Baking Bonanza Mon–Fri Aug 24–28

8–10yrs (7:30 a.m.–5:30 p.m. *)
Cooking for Kids Mon–Fri Jun 29–Jul 3
No class July 1
A Samplin’ of Sports Mon–Fri Jul 6–10
Happy Holidays! Mon–Fri Jul 20–24
Cooking for Kids II Tue–Fri Aug 4–7
Amazing Race Mon–Fri Aug 17–21

*Includes swimming at Crystal Pool on Tuesday and Thursday afternoons
**Fairfield Community**

**Summer Camps (5*-12yrs)**

*Must have completed kindergarten*

Join us each week for non-stop action and fun. We will be enjoying different themed activities, out trips and guests each week. Our camps are child-focused and activities are driven by the children and their interests. The goal of each week of camp is to facilitate exciting experiential learning and make meaningful connections within our community through projects, give-back opportunities and teachable moments. Of course there are also plenty of opportunities to be silly, get messy and chill out with friends!

Weekly beginning July 6 and ending the week of August 24

Fairfield Community Place  $195/week
Mon–Fri  Jul 6–Aug 28  8 a.m.–5:30 p.m.

**James Bay Community Centre**

**Summer Adventures (5–12yrs)**

Enroll your child in just one or all of our 8 weeks!
Each week will include theme based games, crafts, and activities. For a young child the go will go on at least three out trips each week using our passenger van, public transit, and on their own two feet! We have an AMAZING time exploring our beautiful city and immersing your child in safe, dynamic, and high energy programming. We always have lots going on everyday, with many transitions, so please keep this in mind when thinking of your kiddo’s needs! If your child has one-on-one support in the classroom, please contact us directly. Registration for Summer Adventures starts Monday, April 6, 2020.

Please note: Registration is done in person, please come to the Centre desk. Call 250.389.1470 or email osc@jamesbaycentre.ca for more details. Please note we are closed on stat holidays and Friday, August 28.

James Bay Community Centre

Week 1: The Great Outdoors
Mon–Fri  Jun 29–Jul 3  7:30 a.m.–5:25 p.m.  4/$126
No class on July 1

Week 2: Capture the Curiosity
Mon–Fri  Jul 6–10  7:30 a.m.–5:25 p.m.  5/$155

Week 3: Under the Sea
Mon–Fri  Jul 13–17  7:30 a.m.–5:25 p.m.  5/$155

Week 4: Splish Splash Water Bash
Mon–Fri  Jul 20–24  7:30 a.m.–5:25 p.m.  5/$155

Week 5: Movin’ ‘n Groovin’
Mon–Fri  Jul 27–Jul 31  7:30 a.m.–5:25 p.m.  5/$155

Week 6: No Theme Week!
Tue–Fri  Aug 4–7  7:30 a.m.–5:25 p.m.  4/$126

Week 7: Where the Wild Things Are
Mon–Fri  Aug 10–14  7:30 a.m.–5:25 p.m.  5/$155

Week 8: Art Attack!
Mon–Fri  Aug 17–21  7:30 a.m.–5:25 p.m.  5/$155

**Out and About Summer Camp – Licensed (8–10yrs)**

Each week provides an opportunity for children to engage with the outdoors and their community. This program isn't housed in a room. It's housed in forests, beaches, and parks. It's adventure and new learning opportunities every day. Fees include a daily snack, activity admissions, and transportation. Government subsidies welcome and must be in place before the first day of camp.

5 day weeks  5/$300
Drop-in (subject to availability)  1/$65

7:30 a.m.–5:30 p.m.

Oaklands Community Centre
Out and About Week 1  Mon–Fri  Jul 13–17
Out and About Week 2  Mon–Fri  Jul 27–31
Out and About Week 3  Mon–Fri  Aug 10–14
Out and About Week 4  Mon–Fri  Aug 24–28

**OUTDOOR CAMPS**

**Beacon Hill Nature Explorers (4–6yrs)**

A nature packed first-time camp experience for children held in beautiful Beacon Hill Park where children can explore and enjoy outdoor creative play and learning opportunities every day. Fees include a daily snack, activity admissions, and transportation. This program isn't housed in a room. It's housed in forests, beaches, and parks. It's adventure and new learning opportunities every day. Fees include a daily snack, activity admissions, and transportation. Government subsidies welcome and must be in place before the first day of camp.

Register at Crystal Pool and Fitness Centre

Beacon Hill Park Playground Area
14874  Mon–Fri  Jun 29–Jul 3  9 a.m.–12 p.m.  4/$72
No class July 1
14875  Mon–Fri  Jul 6–Jul 10  9 a.m.–12 p.m.  5/$90
14876  Mon–Fri  Jul 13–Jul 17  9 a.m.–12 p.m.  5/$90
14878  Mon–Fri  Jul 20–Jul 24  9 a.m.–12 p.m.  5/$90
14879  Mon–Fri  Jul 27–Jul 31  9 a.m.–12 p.m.  5/$90
14880  Tue–Fri  Aug 4–Aug 7  9 a.m.–12 p.m.  4/$72
14881  Mon–Fri  Aug 10–Aug 14  9 a.m.–12 p.m.  5/$90
14882  Mon–Fri  Aug 17–Aug 21  9 a.m.–12 p.m.  5/$90
14883  Mon–Fri  Aug 24–Aug 28  9 a.m.–12 p.m.  5/$90

**Earth Sciences (7–11yrs)**

Experience the beautiful ecology surrounding us! Get involved in activities and adventure that will connect you to the natural environment. Enjoy science experiments, co-operative games and plenty of outdoor adventures including a trip to Wild Play and kayaking. Participants will have the opportunity to visit the ocean, marshes or wetlands and participate in a variety of activities so you can discover the magnificent BC Coast.

Program offered by Eco Quest Adventures

Crystal Pool and Fitness Centre

Out and About Week 8
14279  Mon–Fri  Jul 13–Jul 17  9 a.m.–3 p.m.  5/$269
14519  Mon–Fri  Jul 27–Jul 31  9 a.m.–3 p.m.  5/$269
14521  Tue–Fri  Aug 4–Aug 7  9 a.m.–3 p.m.  4/$215

**Explorers Intro to Kayak & Outrigger (9–14yrs)**

No experience necessary! Learn the basics of water safety and correct stroke technique while having FUN with cooperative on-water games and activities. Paddlers learn the basics in stable boats and move to more challenging boats as their skills develop.

Program offered by Victoria Youth Paddling Club

Crystal Pool and Fitness Centre

Outsite Program
Mon–Fri  Weekly  8:30 a.m.–12:30 p.m.  4/$195 or 5/$225
14437  Mon–Fri  Jun 29–Jul 3  8:30 a.m.–4 p.m.  4/$295
No class July 1
14275  Tue–Fri  Aug 4–Aug 7  8:30 a.m.–4 p.m.  4/$295

**Growing Young Farmers**

Join the organic educators at Government House where we will learn about where our food comes from. Meet some chickens, look at different kinds of seeds, and taste some food you have never tasted before! We will play games, do crafts, and dig for worms. Come and get your hands dirty and become a young farmer!

Crystal Pool and Fitness Centre/ Government House

4–6yrs
14413  Mon–Fri  Jul 6–Jul 10  9 a.m.–12 p.m.  5/$120
14411  Mon–Fri  Jul 13–Jul 17  9 a.m.–12 p.m.  5/$120
14410  Mon–Fri  Jul 20–Jul 24  9 a.m.–12 p.m.  5/$120

7–9yrs
14412  Mon–Fri  Aug 10–Aug 14  9 a.m.–4 p.m.  5/$235
14410  Mon–Fri  Aug 17–Aug 21  9 a.m.–4 p.m.  5/$235

**Horseback Riding (6–12yrs)**

Interested in learning how to horseback ride or would you like to refresh your skills? Learn to ride on safe, experienced school horses with qualified instructors. Learn horsemanship, safety around horses and the basics of riding in an indoor and outdoor riding facility. Please wear boots with a heel, bike helmet and dress in layers. Boots and helmets are available to loan.

Program offered by Westside Stables

Crystal Pool and Fitness Centre

Outsite Program
14273  Mon–Fri  Jul 6–Jul 10  9 a.m.–4 p.m.
14443  Mon–Fri  Jul 6–Jul 10  9 a.m.–1 p.m.
14447  Mon–Fri  Jul 13–Jul 17  9 a.m.–4 p.m.
14274  Mon–Fri  Jul 13–Jul 17  9 a.m.–1 p.m.
14448  Mon–Fri  Aug 10–Aug 14  9 a.m.–4 p.m.
14269  Mon–Fri  Aug 10–Aug 14  9 a.m.–1 p.m.
14449  Mon–Fri  Aug 17–Aug 21  9 a.m.–1 p.m.
14268  Mon–Fri  Aug 17–Aug 21  9 a.m.–4 p.m.
**Sailing Programs**

Register before April 30, 2020 and receive a 10% discount on sailing camps.

**Intro to Kayaking (8–12yrs)**

Strap on your PFD and paddle your way to becoming a kayaking pro! This camp is great for first timers and those looking to develop more skills. Explore different locations on the water while learning safety, terminology, tips and tricks! Gain a greater understanding of the basic strokes, navigation (without a cellphone), ocean tides and currents. Required safety equipment, kayaks and transportation included.  

*Program offered by Eco Quest Adventures*

Crystal Pool and Fitness Centre  
5/$309

**Offsite Programs**

- 14277 Mon–Fri Jul 6–Jul 10  9 a.m.–3 p.m.
- 14522 Mon–Fri Jul 13–Jul 17  9 a.m.–3 p.m.

**Kayaking Essentials**

The next step after successfully completing the “Introduction to Kayaking Camp”. Kayakers will continue to build on their skills including advanced paddling, safety, rescue and trip planning, while exploring new locations on the water. Each day will be more challenging. Campers are required to bring a basic wetsuit, however all required safety equipment, kayaks and transportation are included.  

*Program offered by EcoQuest Adventures*

Crystal Pool and Fitness Centre  
5/$309

**Offsite Programs**

- 14787 Mon–Fri Aug 10–Aug 14  9 a.m.–3 p.m.

**Sail – Opti Basic (7–10yrs)**

CANSail accredited introduction to Optimist sailing, this program introduces children to sailing in a fun environment. With two sailors per boat, children work on the basics of sailing in a comfortable and enjoyable atmosphere.  

*Program offered by Royal Victoria Yacht Club*

Crystal Pool and Fitness Centre  
5/$345

**Offsite Programs**

- 14450 Mon–Fri Jun 29–Jul 3  9 a.m.–12 p.m.
- 14123 Mon–Fri Jun 29–Jul 3  1–4 p.m.
- 14122 Mon–Fri Jul 13–Jul 17  9 a.m.–12 p.m.
- 14124 Mon–Fri Jul 13–Jul 17  1–4 p.m.
- 14128 Mon–Fri Jul 27–Jul 31  9 a.m.–12 p.m.
- 14125 Mon–Fri Jul 27–Jul 31  1–4 p.m.
- 14131 Mon–Fri Aug 10–Aug 14  9 a.m.–12 p.m.
- 14133 Mon–Fri Aug 10–Aug 14  1–4 p.m.
- 14572 Mon–Fri Aug 24–Sep 4  9 a.m.–12 p.m.
- 14573 Mon–Fri Aug 24–Sep 4  1–4 p.m.

**Sail – Opti Advanced (under 11yrs)**  
(Pre-req: Opti Basic)

This CANSail accredited advanced Optimist sailing course teaches sailors to sail by themselves. Young sailors continue to develop basic sailing skills learned in Opti Basic as well as introduce more advanced skills with increased independence. CANSail 2 material.  

*Program offered by Royal Victoria Yacht Club*

Crystal Pool and Fitness Centre  
5/$345

**Offsite Programs**

- 14140 Mon–Fri Jun 29–Jul 3  9 a.m.–4 p.m.
- 14142 Mon–Fri Jul 6–Jul 10  9 a.m.–4 p.m.
- 14144 Mon–Fri Jul 13–Jul 17  9 a.m.–4 p.m.
- 14145 Mon–Fri Jul 20–Jul 24  9 a.m.–4 p.m.
- 14150 Mon–Fri Jul 27–Jul 31  9 a.m.–4 p.m.
- 14574 Mon–Fri Aug 3–Aug 7  9 a.m.–4 p.m.
- 14146 Mon–Fri Aug 10–Aug 14  9 a.m.–4 p.m.
- 14147 Mon–Fri Aug 17–Aug 21  9 a.m.–4 p.m.
- 14149 Mon–Fri Aug 24–Aug 28  9 a.m.–4 p.m.
- 14575 Mon–Fri Aug 31–Sep 4  9 a.m.–4 p.m.

**Sail – Opti Fast (under 11yrs)**  
(Pre-req: Opti Adv)

CANSail accredited course which uses games to integrate advanced Opti sailing skills with a focus on developing confidence in breeze. Learn how to sail fast in a team environment! CANSail 3 material.  

*Program offered by Royal Victoria Yacht Club*

Crystal Pool and Fitness Centre  
5/$345

**Offsite Programs**

- 14158 Mon–Fri Jun 29–Jul 3  9 a.m.–4 p.m.
- 14151 Mon–Fri Jul 6–Jul 10  9 a.m.–4 p.m.
- 14155 Mon–Fri Jul 27–Jul 31  9 a.m.–4 p.m.
- 14157 Mon–Fri Aug 31–Sep 4  9 a.m.–4 p.m.

**Sail – Opti Fast (under 11yrs)**  
(Pre-req: Opti Adv)

CANSail accredited course which uses games to integrate advanced Opti sailing skills with a focus on developing confidence in breeze. Learn how to sail fast in a team environment! CANSail 3 material.  

*Program offered by Royal Victoria Yacht Club*

Crystal Pool and Fitness Centre  
5/$345

**Offsite Programs**

- 14158 Mon–Fri Jun 29–Jul 3  9 a.m.–4 p.m.
- 14151 Mon–Fri Jul 6–Jul 10  9 a.m.–4 p.m.
- 14155 Mon–Fri Jul 27–Jul 31  9 a.m.–4 p.m.
- 14157 Mon–Fri Aug 31–Sep 4  9 a.m.–4 p.m.
Sail – CANSail Basic (11–18yrs)
Basic Sailing course for new sailors or those with limited sailing experience. Sailors will learn the fundamentals and be introduced to the sport of sailing. The course includes safety, crewing, steering, and seamanship. Sailors also learn basic physical literacy through activities and games. CANSail 1 & 2 material.

Program offered by Royal Victoria Yacht Club

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| **Sail – CANSail Advanced (11–18yrs)** | Sailors build on existing skills in all types of conditions and to a higher level of proficiency. Through on-water games and activities sailors are introduced to concepts such as right of way, reading wind and waves, as well as many other skills. Pre-Req: CanSail Basic or Opti Fast. CANSail 3 & 4 material.

Program offered by Royal Victoria Yacht Club

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**Week 2: Claymation Movie Production (9–12yrs)**
Make your own clay characters come to life, just like Shaun the Sheep! Participants will work with a partner to build their own clay characters, sets and props; develop their own script; shoot their movie scenes; and then learn to edit and add sounds and special effects to complete the whole project. Don’t worry parents, there will be plenty of time devoted to outdoor games and activities!

**Byte Camp HQ (2201 Chambers Street)** 5/$325
14388 Mon–Fri Jul 6–Jul 10 9 a.m.—4 p.m.

**Week 3: Introduction to Coding (9–12yrs)**
Discover how much fun it is to build your own game! Students will be introduced to basic coding skills with easy to use drag-and-drop software, and get to use those skills to make their very own games. Students will also learn how to create their own 2D vector artwork to make characters and levels that are entirely their own. The final project is a game that you can take home on USB or proudly share with friends online.

**Byte Camp HQ (2201 Chambers Street)** 5/$325
14389 Mon–Fri Jul 13–Jul 17 9 a.m.—4 p.m.

**Week 4: 2D Animation on Tablet (9–12yrs)**
Turn your drawing skills into awesome animation skills on our tablets! We’ll show you how to make beautiful animations as wild as your imagination. Participants will learn to storyboard and use some advanced animation skills to make their characters really come alive on the screen. Principles like Squash and Stretch, Anticipation and Exaggeration will be introduced in fun lessons and students will produce their own animated short films by the end of the week.

**Byte Camp HQ (2201 Chambers Street)** 5/$325
14390 Mon–Fri Jul 20–Jul 24 9 a.m.—4 p.m.

**Week 5: 2D Video Game Design (11–14yrs)**
Learn how to build an HTML5 game from the ground up using awesome free tools. This is a coding camp, so be prepared to challenge yourself and learn some new skills. Time will be spent learning how to create advanced 2D vector artwork and animated character sprites to make your game look great. The final project is a game you can take home on USB or proudly share with friends online. Some coding experience or Byte Camps’ Introduction to Coding is recommended as a prerequisite.

**Byte Camp HQ (2201 Chambers Street)** 5/$325
14391 Mon–Fri Jul 27–Jul 31 9 a.m.—4 p.m.

**NEW Week 6: Introduction to Coding Level 2 (9–12yrs)**
Level-Up your coding and artwork skills in this fun and challenging camp. Students will take on advanced character movements and level design to make characters, levels and gameplay that are entirely unique. The final project is a game that you can take home on USB or proudly share with friends online. Previous coding experience in Scratch or Byte Camps’ Introduction to Coding is recommended as a prerequisite.

**Byte Camp HQ (2201 Chambers Street)** 4/$280
14392 Tue–Fri Aug 4–Aug 7 9 a.m.—4 p.m.

**SPECIAL INTEREST CAMPS**

**Byte Camps**
Byte Camp is all about changing the way that kids interact with technology to make them more creative, more productive and more confident. We call what we teach Creative Technology and we are passionate about sharing these skills with youth. Held at Byte Camp Headquarters – 2201 Chambers Street (behind George Jay School).

**Week 1: 3D Animation (11–14yrs)**
Dreaming of a career with PIXAR? Ever wonder how those awesome 3D animated movies like Shrek, Toy Story and Frozen are made? Spend the week learning how by modelling, animating and telling your own stories in 3D. You’ll use Blender, a wonderful (and free!) 3D software, to design characters that jump off the screen and then make them come alive by adding voices, soundtracks and completing your own animated short film. Final projects are usually group projects with each student contributing a character and a scene.

**Byte Camp HQ (2201 Chambers Street)** 4/$280
14387 Mon–Fri Jun 29–Jul 3 9 a.m.—4 p.m.
No class July 1
Week 7: 3D Printing and Design (11–14yrs)
See a 3D printer print out YOUR designs! Come and learn how to design in 3D using different techniques and software. The final project is a design you invent yourself to solve a problem, or just some fancy artwork you dream up. Printed projects go home with the kids of course!
Byte Camp's 3D Animation Course or other 3D modelling experience is a recommended prerequisite.

Byte Camp HQ (2201 Chambers Street) 5/$325
14393  Mon–Fri Aug 10–Aug 14 9 a.m.–4 p.m.

Week 8: 3D Video Game Design (11–14yrs)
Create your own 3D Video Game! Invent your own digital worlds levels, adventures and quests using Blender, a great (and free) 3D Game Engine. Students will learn to make their own custom controls and gameplay using Blender’s unique Logic Bricks design interface. Instructors will lead students through exercises to introduce the most important 3D game design skills in the early part of the week and then support students on their own projects for the second half. The final project is a game you can take home on USB. Byte Camp's 3D Animation course is a prerequisite.

Byte Camp HQ (2201 Chambers Street) 5/$325
14394  Mon–Fri Aug 17–Aug 21 9 a.m.–4 p.m.

Week 9: Introduction to Coding (9–12yrs)
Discover how much fun it is to build your own game! Students will be introduced to basic coding skills with easy to use drag-and-drop software, and get to use those skills to make their very own games. Students will also learn how to create their own 2D vector artwork to make characters and levels that are entirely their own. The final project is a game that you can take home on USB or proudly share with friends online.

Byte Camp HQ (2201 Chambers Street) 5/$325
14873  Mon–Fri Aug 24–Aug 28 9 a.m.–12 p.m.

Creative Yogis (5–8yrs)
Join us for a week full of creative movement, mindful crafts, and tons of peaceful fun! Learn different yoga postures through song, stories, and games. No experience necessary, this is a safe space where the differences in our bodies and our abilities are explored and celebrated.

Instructor: Leaf Kapasi, certified Kids Yoga instructor and Mindful Educator
Oaklands Community Centre
Full Day
Mon–Fri Aug 10–Aug 14 9:30 a.m.–4 p.m. 5/$175
Half Day
Mon–Fri Aug 10–Aug 14 9:30 a.m.–12:30 p.m. 5/$100

Engineering for Kids
Kids are introduced to science, technology, engineering, and math (S.T.E.M.) education through engaging classes, workshops and camps that focus on fun, hands-on learning projects and activities. We inspire kids to build on their natural curiosity while developing their skills in collaboration, creativity, critical-thinking and problem-solving!

Week 3: Harry Potter (7–11yrs)
Explore the science and engineering behind Harry Potter and Hogwarts. Make your own unique wand, recreate Harry's glasses with our 3D Pens, brew potions and conduct experiments, play a muggle-friendly version of quidditch, and more!

Crystal Pool and Fitness Centre
5/$265
14863  Mon–Fri Jul 13–Jul 17 9 a.m.–4 p.m.

Week 4: Minecraft Galactic Crafting (8–12yrs)
In our virtual world of Minecraft using our laptops, travel to space and take on aerospace and civil engineering challenges including designing and building a self-sustaining habitat on the moon with your team. Even if you’ve been to this camp before, you’ll still find the missions fun and challenging! Time spent off-screen will include hands-on building activities, outdoor fun, games and a trip to the pool.

Crystal Pool and Fitness Centre
5/$265
14864  Mon–Fri Jul 20–Jul 24 9 a.m.–4 p.m.
Week 5: Minecraft Redstone (8–12yrs)
Using Redstone, Minecraft’s version of electrical circuitry, test your ingenuity and problem-solving skills as you navigate through challenges in our virtual Minecraft worlds using our laptops. Learn teamwork and how to manage resources like real-life engineers. Even if you’ve been to this camp before, you’ll still find the daily missions fun and challenging! Time spent off-screen will include hands-on building activities, outdoor fun, games, and a trip to the pool.

Crystal Pool and Fitness Centre 5/$265
14865 Mon–Fri Jul 27–Jul 31 9 a.m.–4 p.m.

Week 6: Robo Olympics (8–12yrs)
We’re celebrating the 2020 Olympics, robotics-style! Learn how to build, program and control LEGO Mindstorm EV3 robots and sphero robots. Teams will compete in Olympic events like the 100-metre dash, ball throw, wrestling, and more.

Crystal Pool and Fitness Centre 4/$215
14866 Tue–Fri Aug 4–Aug 7 9 a.m.–4 p.m.

Week 7: Junior Robotics Half Day (5.5–7yrs)
A great introduction to the world of robotics and coding! First we’ll explore how the Ozobot robot can move and follow our colour coded line drawings. Then we’ll learn how to program the Ozobot using basic block coding on our tablets. Every day will be a new challenge and adventure with our tiny robots!

Crystal Pool and Fitness Centre 5/$150
14867 Mon–Fri Aug 17–Aug 21 9 a.m.–12 p.m.

Week 8: The Great Outdoors Half Day (5.5–7yrs)
Pack your bags and lace up your hiking boots; this week we’re engineering designs for exploring the great outdoors! Build a tent, create a survival kit, design and test waterproof clothing, and more! Join us for fun and adventure where everyone goes home a happy camper!

Crystal Pool and Fitness Centre 5/$150
14868 Mon–Fri Aug 17–Aug 21 1–4 p.m.

Week 8: Junior Robotics and The Great Outdoors Full Day (5.5–7yrs)
Register for both of our half day camps for a full day of fun! Campers will have one hour of supervised lunch and play time between camps.

Crystal Pool and Fitness Centre 5/$265
14869 Mon–Fri Aug 17–Aug 21 9 a.m.–4 p.m.

Week 9: LEGO and K’Nex Building Challenge Half Day (5.5–7yrs)
We have LEGO! We have K’Nex! Just bring your enthusiasm and imagination and get ready to brainstorm, design and build. We’ll work together to come up with some truly cool and creative solutions to our fun, real-world engineering challenges.

Crystal Pool and Fitness Centre 5/$150
14870 Mon–Fri Aug 24–Aug 28 9 a.m.–12 p.m.

Week 9: Under Construction Half Day (5.5–7yrs)
Put on your hard hats and get ready to build! In this camp, we’ll explore the engineering behind objects that you see every day: houses, skyscrapers, roads, tunnels, and even cranes. No job is too tough for our junior engineers!

Crystal Pool and Fitness Centre 5/$150
14871 Mon–Fri Aug 24–Aug 28 1–4 p.m.

Week 9: LEGO, K’Nex and Under Construction Full Day (5.5–7yrs)
Register for both of our half day camps for a full day of fun! Campers will have one hour of supervised lunch and play time between camps.

Crystal Pool and Fitness Centre 5/$265
14872 Mon–Fri Aug 24–Aug 28 9 a.m.–4 p.m.

Kidpreneur Camp (8–12yrs)
This fun and engaging camp offers an introduction to the world of entrepreneurship. Learn the essentials of starting your own business including product, marketing, customer service, pricing, booth set-up, and more from established, local vendors. All camp participants will be invited to attend the Oaklands Sunset Market Kids Vendor Day on July 29.

Oaklands Community Centre 5/$125
Mon–Fri Jul 13–Jul 17 9:30 a.m.–12:30 p.m.

Little Diggers (5–10yrs)
Join us for a week of gardening, nature crafts, out trips, and more! We’ll learn about farming, growing plants and seeds, nutrition and composting. Get your hands dirty and take home some practical gardening skills in this fun and active camp.

Oaklands Community Centre 5/$175
Mon–Fri Aug 24–Aug 28 9:30 a.m.–4 p.m.

Mad Science: Eureka Engineer (6–10yrs)
Children learn about many discoveries that became part of our everyday life. They will try their hand at experiments and discover how things work, from cars, planes and boats to rockets and computers. They will follow in the footsteps of some of the most celebrated engineers.

Program offered by Mad Science Vancouver Island

Victoria West Community Centre
Mon–Fri Aug 10–Aug 14 9 a.m.–3 p.m. 5/$265
Half Day
Mon–Fri Aug 10–Aug 14 9 a.m.–12 p.m. 5/$125

Mad Science: Nature Survival (6–10yrs)
Children will learn the basics of orienteering with a map and compass and learn the basics of first aid. They will find out about wilderness hazards such as terrain, weather and wild animals, and how to make a junior survival kit.

Program offered by Mad Science Vancouver Island

Victoria West Community Centre
Mon–Fri Jul 27–Jul 31 9 a.m.–3 p.m. 5/$265
Half Day
Mon–Fri Jul 27–Jul 31 9 a.m.–12 p.m. 5/$125
Mad Science: Science Agent 007 (6–10yrs)
Through hands-on experiments, campers will search for connections to discover new ideas and learn the science behind criminology. They become science detectives and find out how everyday objects can provide information to solve a crime.

Program offered by Mad Science Vancouver Island
Victoria West Community Centre
Mon–Fri Aug 17–Aug 21 9 a.m.–3 p.m. 5/$240
Half Day Mon–Fri Aug 17–Aug 21 9 a.m.–12 p.m. 5/$125

Mad Science: Space – To the Moon & Beyond (6–10yrs)
Space exploration-oriented camp where we will also explore the Moon Landing and lessons learned.

Program offered by Mad Science Vancouver Island
Victoria West Community Centre
Mon–Fri Jul 13–Jul 17 9 a.m.–3 p.m. 5/$255
Half Day Mon–Fri Jul 13–Jul 17 9 a.m.–12 p.m. 5/$125

SKAM School of Performing Arts
SKAM’s philosophy to encourage youth and adults to explore their creativity goes hand-in-hand with Kate Rubin’s viewpoint of theatrical learning. SKAM Studios create a homey and safe environment for students and professionals alike.

Drama Camps (6–8yrs)
Our full day summer camp is led by a professional teaching artist and gives these young students the opportunity to learn dramatic skill sets in a fun and supportive environment. Working with all kinds of story making, students will be encouraged to develop their expressive skills and confidence culminating in a talent show for their peers and parents. Light snacks provided and play breaks are built into the day which can include a trip to some local parks and outdoor play time.

Skam Satellite Studio (849 Fort Street)
14856 Mon–Fri Jul 13–Jul 17 9 a.m.–4 p.m. 5/$150
14857 Mon–Fri Jul 20–Jul 24 9 a.m.–4 p.m. 5/$150
14858 Mon–Fri Jul 27–Jul 31 9 a.m.–4 p.m. 5/$150
14859 Tue–Fri Aug 4–Aug 7 9 a.m.–4 p.m. 4/$120
14860 Mon–Fri Aug 10–Aug 14 9 a.m.–4 p.m. 5/$150
14861 Mon–Fri Aug 17–Aug 21 9 a.m.–4 p.m. 5/$150
14862 Mon–Fri Aug 24–Aug 28 9 a.m.–4 p.m. 5/$150

Theatre SKAM Before & After Care (9–12yrs)
Registration and fees for before and after camp care are separate. Registration is weekly and cannot be pro-rated.

Young Writer’s Summer Camp with Story Studio (11–13yrs)
Do you dream about writing your own story, but aren’t sure where to start? Do you have a bunch of ideas stashed away and are looking for a way to pull it all together? Story Studio can help! During this half-day camp you will learn about developing characters, building effective plot structure, creating vibrant settings and more. Over the course of the week, we will work towards an individual, finished short story. Participants will receive their own bound and illustrated book with their original story inside.

Oaklands Community Centre 5/$225
Mon–Fri Jul 27–Jul 31 9:30 a.m.–12:30 p.m.

Youth Transit Passes
Now Available At City Hall
Youth, their parents and/or guardians can provide proof of age and residency in the municipality of Victoria at City Hall to pick up their transit pass each month.
This new program allows youth aged 18 and under unlimited rides on BC Transit bus and handyDART services.
**SPORTS CAMPS**

**Active Explorers Camp (3–5yrs)**
PISE leaders will engage your children in guided free play, structured games and active stories that develop movement skills like running, jumping and throwing! Build skills and confidence that lead to a lifetime of sport and physical activity! Bring water and healthy snacks to stay energized.

Program offered by Pacific Institute for Sports Excellence (PISE)

Victoria West Community Centre 5/$99
Mon–Fri Aug 24–Aug 28 9:30 a.m.–12 p.m.

**Eli Pasquale Basketball Camps (6–14yrs)**
This summer’s campers have the choice of a half day camp or a full day camp with a swim. Improve your 1-on-1 skills and develop offensive and defensive skills for 2-on-2, 3-on-3 and 5-on-5 team play. Join us for a fantastic week!

Crystal Pool and Fitness Centre/Basketball Court
Full Day (3–14yrs)
14214 Mon–Fri Jul 13–Jul 17 9 a.m.–4 p.m. 5/$230
14215 Mon–Fri Aug 17–Aug 21 9 a.m.–4 p.m. 5/$230

Half Day (6–9yrs)
14220 Mon–Fri Jul 13–Jul 17 9 a.m.–12 p.m. 5/$142
14209 Mon–Fri Aug 17–Aug 21 9 a.m.–12 p.m. 5/$142

Half Day (10–14yrs)
14211 Mon–Fri Jul 13–Jul 17 9 a.m.–12 p.m. 5/$142
14212 Mon–Fri Aug 17–Aug 21 9 a.m.–12 p.m. 5/$142

**Kids Play and Swim (3–5yrs)**
A first-time camp experience for our young campers! Play, learn and swim with our fun leaders at Crystal Pool. Children will play outside, create art, sing songs and go swimming. Children must be fully potty trained to attend.

Crystal Pool and Fitness Centre/Bretonet Room
14248 Mon–Fri Jun 29–Jul 3 1:30–3:30 p.m. 4/$48
No class July 1
14243 Mon–Fri Jun 6–Jul 10 1:30–3:30 p.m. 5/$60
14245 Mon–Fri Jul 13–Jul 17 1:30–3:30 p.m. 5/$60
14246 Mon–Fri Jul 20–Jul 24 1:30–3:30 p.m. 5/$60
14247 Mon–Fri Jul 27–Aug 1 1:30–3:30 p.m. 5/$60
14427 Tue–Fri Aug 4–Aug 7 1:30–3:30 p.m. 4/$60
14354 Mon–Fri Aug 10–Aug 14 1:30–3:30 p.m. 5/$60
14355 Mon–Fri Aug 17–Aug 21 1:30–3:30 p.m. 5/$60
14453 Mon–Fri Aug 24–Aug 28 1:30–3:30 p.m. 5/$60

**Physical Literacy Basics (4–6yrs)**
Calling all active kids! Join us for a week of learning fundamental movement skills including running, throwing, catching, jumping, and balancing in a safe, fun, and positive environment. Activities and games are designed to encourage active play and develop agility, balance, and coordination.

Oaklands Community Centre 5/$75
Mon–Fri Jul 13–Jul 17 1–4 p.m.
Mon–Fri Jul 27–Jul 31 1–4 p.m.

**Richardson Sport Multisport Camp – Half Day (3–10yrs)**
This camp is designed to give children a positive first interaction with 10 sports. Children will acquire skills in hockey, tennis, soccer, volleyball, baseball, rugby, lacrosse, golf, basketball and football. Skills are taught in a safe, structured environment that focuses on building self-esteem. Our NCCP Instructors will teach through games and activities designed to explore agility, timing, balance, movement, hand/eye coordination, and skill development tailored to individual skill levels.

Crystal Pool and Fitness Centre/ Central Park Soccer Field
3–5yrs
14202 Mon–Fri Jul 6–Jul 10 9 a.m.–12 p.m.
14233 Mon–Fri Jul 20–Jul 24 9 a.m.–12 p.m.
14688 Mon–Fri Jul 20–Jul 24 1–4 p.m.
14203 Mon–Fri Aug 10–Aug 14 9 a.m.–12 p.m.

6–10yrs
14687 Mon–Fri Jul 6–Jul 10 1–4 p.m.
14689 Mon–Fri Aug 10–Aug 14 1–4 p.m.

**Richardson Sport Multisport Camp (6–10yrs)**
This camp is designed to give children a positive first interaction with 10 sports. Children will acquire skills in hockey, tennis, soccer, volleyball, baseball, rugby, lacrosse, golf, basketball and football. Skills are taught in a safe, structured environment that focuses on building self-esteem. Our NCCP Instructors will teach through games and activities designed to explore agility, timing, balance, movement, hand/eye coordination, and skill development tailored to individual skill levels. Campers swim at Crystal Pool on Fridays.

Crystal Pool and Fitness Centre/ Central Park Soccer Field
5/$118
14226 Mon–Fri Jul 6–Jul 10 9 a.m.–4 p.m.
14225 Mon–Fri Aug 10–Aug 14 9 a.m.–4 p.m.

**Shredder Half Day Skateboard Camp**
Become fully shreddered in this half day skate camp meant for beginner and novice skateboarders alike. This camp includes individual assessment, demonstrations, tricks, and one-on-one instruction from our experienced skate park hosts. Helmets are mandatory and additional safety gear recommended. Don’t miss out on this awesome opportunity – learn to skateboard this summer!

Crystal Pool and Fitness Centre/ Vic West Skate Park
5/$95
14372 Mon–Fri Jul 6–Jul 10 9 a.m.–12 p.m.
14430 Mon–Fri Aug 10–Aug 14 9 a.m.–12 p.m.

**Summer Camps**

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*Victoria West Community Centre* 5/$99
Mon–Fri Aug 24–Aug 28 9:30 a.m.–12 p.m.

*Crystal Pool and Fitness Centre/Basketball Court*
Full Day (6–14yrs)
14214 Mon–Fri Jul 13–Jul 17 9 a.m.–4 p.m. 5/$230
14215 Mon–Fri Aug 17–Aug 21 9 a.m.–4 p.m. 5/$230

Half Day (6–9yrs)
14220 Mon–Fri Jul 13–Jul 17 9 a.m.–12 p.m. 5/$142
14209 Mon–Fri Aug 17–Aug 21 9 a.m.–12 p.m. 5/$142

Half Day (10–14yrs)
14201 Mon–Fri Jul 13–Jul 17 9 a.m.–12 p.m. 5/$142
14218 Mon–Fri Aug 17–Aug 21 9 a.m.–12 p.m. 5/$142

*Crystal Pool and Fitness Centre/Bretonet Room*
14248 Mon–Fri Jun 29–Jul 3 1:30–3:30 p.m. 4/$48

*Crystal Pool and Fitness Centre/ Central Park Soccer Field*
3–5yrs
14202 Mon–Fri Jul 6–Jul 10 9 a.m.–12 p.m.
14233 Mon–Fri Jul 20–Jul 24 9 a.m.–12 p.m.
14688 Mon–Fri Jul 20–Jul 24 1–4 p.m.
14203 Mon–Fri Aug 10–Aug 14 9 a.m.–12 p.m.
6–10yrs
14687 Mon–Fri Jul 6–Jul 10 1–4 p.m.
14689 Mon–Fri Aug 10–Aug 14 1–4 p.m.

*Crystal Pool and Fitness Centre/ Central Park Soccer Field*
5/$118
14226 Mon–Fri Jul 6–Jul 10 9 a.m.–4 p.m.
14225 Mon–Fri Aug 10–Aug 14 9 a.m.–4 p.m.

*Crystal Pool and Fitness Centre/ Central Park Soccer Field*
5/$236
14248 Mon–Fri Jul 6–Jul 10 9 a.m.–4 p.m.
14226 Mon–Fri Jul 20–Jul 24 9 a.m.–4 p.m.
14225 Mon–Fri Aug 10–Aug 14 9 a.m.–4 p.m.

*Crystal Pool and Fitness Centre/ Vic West Skate Park*
5/$95
14372 Mon–Fri Jul 6–Jul 10 9 a.m.–12 p.m.
14430 Mon–Fri Aug 10–Aug 14 9 a.m.–12 p.m.
Skate & Swim Camp (8–12yrs)
Become fully shrededucated in this full day skate camp meant for beginner and novice skateboarders alike. This camp includes half day of lessons and half day of swimming at Crystal Pool and Fitness Centre! Lessons include individual assessment, demonstrations, tricks, and one-on-one instruction from our experienced skate park hosts. Helmets are mandatory and additional safety gear recommended. Don’t miss out on this awesome opportunity – learn to skateboard this summer!

Crystal Pool and Fitness Centre/ Vic West Skate Park
14213 Mon–Fri Jun 29–Jul 3  9:30–10:30 a.m.  4/$74
14206 Mon–Fri Aug 17–Aug 21  9:30–10:30 a.m.  5/$89

Swim ’n Splash (6–9yrs)
Get a leg up on your swimming certification with this fun combination camp! Get all the fun of day camp, with a daily one hour swimming lesson from our qualified swimming instructors. This camp includes games, crafts, and exclusive access to our giant green water slide!

Crystal Pool and Fitness Centre
14367 Mon–Fri Jun 29–Jul 3  9 a.m.–4 p.m.  4/$148

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Swim & Tennis Camp (8–12yrs)
Have you ever wanted to serve like Serena or swing like Federer? This is the tennis camp for you! Develop tennis skills in a fun camp environment. Through a variety of tennis games and activities, campers will learn the fundamentals of tennis including: forehand, backhand and serving. Camp will also include some awesome time in the pool!

Crystal Pool and Fitness Centre/ Central Park Tennis Court
14200 Mon–Fri Jul 6–Jul 10  9 a.m.–4 p.m.  5/$189
14212 Mon–Fri Jul 27–Jul 31  9 a.m.–4 p.m.  5/$189
14211 Mon–Fri Aug 10–Aug 14  9 a.m.–4 p.m.  5/$189
14376 Mon–Fri Aug 24–Aug 28  9 a.m.–4 p.m.  5/$189

Soccertron Camps (6–14yrs)
Soccertron is a community soccer program that is in its 39th year of serving Vancouver Island. Our program provides children with the opportunity to develop their skills in a safe and fun environment. Soccercron staff are a team of dedicated individuals that work together to make a positive difference in improving individual skills, fostering sportsmanship, and promoting social responsibility.

Crystal Pool and Fitness Centre/ Central Park Soccer Field
3–4yrs
14213 Mon–Fri Jun 29–Jul 3  9:30–10:30 a.m.  4/$74
No class July 1
14206 Mon–Fri Aug 17–Aug 21  9:30–10:30 a.m.  5/$89
4–5yrs
14219 Mon–Fri Aug 17–Aug 21  10:45–11:45 a.m.  5/$89

TEEN CAMPS

Camp Survivor (10–15yrs)
An action-packed adventure camp that takes you outdoors for rock climbing, ziplining, motocross, swimming and more! If you are looking for a summer full of adventure and fun, this is the camp for you! Register early, as spaces are limited.

Burnside Gorge Community Centre
Mon–Fri Jun 29–Jul 3  9 a.m.–4 p.m.  4/$140
No class July 1
14231 Mon–Fri Jul 6–Jul 10  9 a.m.–4 p.m.  5/$175
14201 Mon–Fri Jul 13–Jul 17  9 a.m.–4 p.m.  5/$175
14202 Mon–Fri Jul 20–Jul 24  9 a.m.–4 p.m.  5/$175
14362 Tue–Fri Aug 4–Aug 7  9 a.m.–4 p.m.  4/$140
14358 Mon–Fri Aug 10–Aug 14  9 a.m.–4 p.m.  5/$175
14432 Mon–Fri Aug 17–Aug 21  9 a.m.–4 p.m.  5/$175

World Cup Soccer Girls Only Camp (6–12yrs)
The focus of this soccer camp will be fun while learning the skills of soccer. Girls will gain confidence and learn teamwork while developing movement and soccer skills including dribbling, passing, shooting and mini games and a lot of fun! This camp runs rain or shine so bring appropriate clothing.

Crystal Pool and Fitness Centre/ Finlayson Turf Field
14232 Mon–Fri Jul 13–Jul 17  9 a.m.–12 p.m.  5/$130

World Cup Soccer Half Day Camp (6–12yrs)
Brett Hylop and Steph Steiner from World Cup Soccer offer an exciting week of soccer. Each day at camp will develop fundamental movement skills, soccer specific skills such as dribbling, passing, shooting and mini games and a lot of fun! Campers will also learn cooperation and teamwork. Camp runs rain or shine.

Crystal Pool and Fitness Centre/ Finlayson Turf Field
14231 Mon–Fri Jul 13–Jul 17  1:30–4:30 p.m.  5/$130

Sooke Zipline and Westcoast Camping
These amazing camping adventures will make some of the summer’s best memories. Catch a thrill ziplining through Sooke’s Adrenaline Park and explore one of the West Coast’s most beautiful beaches camping for two nights along the Juan de Fuca Strait. Never camped before? Don’t have a tent? No problem, we provide the tents and most meals! This trip is perfect for both beginners and seasoned campers.

Crystal Pool and Fitness Centre
14352 Mon–Thu Jul 13–Jul 16  9 a.m.–4 p.m.  4/$284
Tofino Surfing and Westcoast Camping
These amazing camping adventures will make some of the summer’s best memories. Catch a wave surfing in beautiful Tofino and explore the rugged west coast beaches camping for two nights in Ucluelet. Never camped before? Don’t have a tent? No problem, we supply the tents and most meals! This trip is perfect for both beginners and seasoned campers.

Crystal Pool and Fitness Centre
4/$284
14336 Mon–Thu Aug 10–Aug 13 9 a.m.–4 p.m.

Teen Camouflage Camp
(10–14yrs)
Come join our awesome teen camps! Meet new friends while participating in exciting strategy games. Run through the forest playing manhunt, work on nerf blasting, and get some fun time in the pool! Put down the video game controller and come play in real life!

Crystal Pool and Fitness Centre

Storm Trooper Training
The Galactic Empire is looking for new recruits to strengthen its ranks and they want you! Get off the couch and play awesome strategy based games with your friends. Build your own marshmallow blaster rifle and run drills to improve your accuracy. Watch out for ambushes from Rebel Scum and Jedi Knights!

14369 Mon–Fri Jul 6–Jul 10 9 a.m.–4 p.m. 5/$165

Urban Jungle
Come chill with us as we explore the best downtown Victoria has to offer. We’ll hit up the Arcade, Escape Rooms, Lazer City and the Board Game Cafe along with other iconic alleys and squares. During the afternoons we’ll keep cool at the Crystal Pool and local ice cream shops!

15002 Mon–Fri Jun 29–Jul 3 9 a.m.–4 p.m. 4/$132
No class July 1
14332 Mon–Fri Jul 27–Jul 31 9 a.m.–4 p.m. 5/$165

Rise of the Zombies
Survival is the name of the game as you prepare to defend yourself from the Zombie hordes. Bring your Nerf Blasters, Walky Talkies and Fort Building skills as we run all sorts of strategy games and training simulations in preparation for your final stand on Friday.

14351 Mon–Fri Aug 17–Aug 21 9 a.m.–4 p.m. 5/$165

Infinity Stones
Help us gather all 6 Infinity Stones and keep them safe from the Chitauri and Outlanders. We’ll explore the Marvel Universe characters and play lots of strategy games and visit Victoria’s own observatory. Don’t forget your Nerf blasters, shields, hammers and other props. Get off the couch and come get active with us!

14330 Mon–Fri Aug 24–Aug 28 9 a.m.–4 p.m. 5/$165

Summer Leadership Programs
Are you a teen 13–18 years looking for an exciting summer job? Set yourself up for success by taking part in one of our youth leadership programs and learn all the basics of what makes a great summer camp counsellor!

Learn 2 Lead (13–15 yrs)
Learn 2 Lead is the place to start if you’re interested in becoming a summer camp counsellor! This program will teach you the 5 pillars of leading games and introduce you to the basics of group communication and working as a team. Completion of this program will also increase your chances of being hired as a Youth Leader in Training in future years! Manual and certification included.

Crystal Pool and Fitness Centre
4/$132
14349 Mon–Fri Jul 20–Jul 24 9:30 a.m.–3:30 p.m. 5/$115

Youth Leaders in Training – Internship (14–18 yrs)
The Youth Leaders in Training program helps youth build employment readiness skills through a 4-week mentored placement at one of the various summer camps in Victoria. Successful applicants will complete two weeks of in-depth training and receive a $500 honorarium upon completion of their placement. Previous leadership training and experience is an asset. Apply with resume and cover letter by June 12 to Crystal Pool and Fitness Centre.

Email: rlance@victoria.ca
Phone: 250.361.0706
Training Weeks: June 29–July 10
## ARTS (CREATIVE, PERFORMING & CULTURAL)

### Art in the Park
Looking for a fun, family-friendly activity? Come join us for a relaxed, hands-on arts and crafts class. In this drop-in program, families are welcome to join in on creating fun and imaginative arts and crafts projects, and of course get a little messy in the process! All ages welcome. Parent participation required.

**Oaklands Community Centre**  
Drop-in $5  
| Thu | Jul 2–Aug 27 | 4–5 p.m. |

### Creative Dance (3–5yrs)
Experience high energy rhythm and dance with MoonDance Dynamic Arts School! Movements are influenced by jazz, African, Indian and Latin rhythms. Dancers will also explore percussion, song and role play while experimenting with their own movements.

*Program offered by MoonDance Dynamic Arts School*

**James Bay Community Centre**  
| Wed | Apr 1–Apr 29 | 2–2:30 p.m. | $45  
| Wed | May 6–Jun 17 | 2–2:30 p.m. | $44  

**Oaklands Community Centre**  
| Tue | Apr 7–May 12 | 11:15–11:45 a.m. | $45  
| Tue | May 19–Jun 23 | 11:15–11:45 a.m. | $44  

### Drumming for Tots (2–4yrs)
Calling all parents and their tots to the drum circle! In this rhythmic-based music class, tots will learn to express themselves through rhythm and music, using various percussion tools like buckets, sticks, hand drums, shakers, tambourines, and full drum kit.

*Program offered by Community Drums*

**Oaklands Community Centre**  
| Fri | Apr 17–Jun 12 | 10–10:45 a.m. | $96  
| No class May 15 |

### Fun for Little Ones (2–5yrs)
Enjoy singing, movement, reading and fun with your little ones. The program encourages child development through singing, movement, stories and bonding between child and caregiver. Caregiver participation is required.

**Burnside Gorge Community Centre**  
Free, Drop-in  
| Tue | Mar 31–Aug 18 | 9:30–10:15 a.m.  
| No class April 7 |

### Fun in French for Preschoolers
Introduce your child to the French language through stories, songs, and games. The Alliance Française de Victoria is pleased to offer introductory French courses for children, taught by an experienced French language instructor. Courses focus on introducing the French language in a fun environment, and will help to prepare your child for future French language learning, such as French immersion. Parent/caregiver participation required.

*Program offered by The Alliance Française de Victoria*

**Oaklands Community Centre**  
6/$50  12/$80  
| Thu | Apr 2–May 7 | 9–9:45 a.m.  
| Thu | May 14–Jun 18 | 9–9:45 a.m.  

### Mini Ballet (4–5yrs)
A fun dance class designed to foster imagination, coordination, a sense of performance, and a love of movement and music. Each term young dancers will explore a theme while learning the foundations of ballet.

**Oaklands Community Centre**  
8/$72  
| Sat | Apr 18–Jun 13 | 9:45–10:15 a.m.  
| No class May 16 |

### Movement & Music (1–3yrs)
An introduction to music and dance through familiar songs and free play. Props and instruments will be used to foster a sense of rhythm and enjoyment of music. Movement through space will be explored throughout the term, creating a solid foundation for young dancers. Parent participation required.

**Oaklands Community Centre**  
8/$72  
| Sat | Apr 18–Jun 13 | 9:15–9:45 a.m.  
| No class May 16 |

### Music and Your Animal Friends (1–5yrs)
Join us in celebrating the joy of music! This class introduces children to musical concepts and skills in a fun-filled and encouraging environment. Children create music together and discover their own unique musical interests through participation, imagination and teamwork.

*Program offered by Victoria Conservatory of Music*

**Victoria West Community Centre**  
12/$78  
| Wed | Apr 1–Jun 17 | 9–9:30 a.m. |

### Parent & Child Drop-in Art (1–5yrs)
Join us for an introduction to art techniques, tools and materials. The focus of this class is to experience creating art together. Enjoy a sensory exploration into the colourful world of art! All supplies included. Please dress in clothes you can get messy in!

**Oaklands Community Centre**  
Drop-in $10 per group  
| Tue | Apr 7–Jun 23 | 9:30–10:30 a.m.  
| Wed | Apr 1–Jun 24 | 11 a.m.–12 p.m. |
Preschool Piano (3–5yrs)
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.

Crystal Pool and Fitness Centre Lower Auditorium 5/$65
14004 Sat  Apr 4–May 9  3–3:30 p.m.
No class April 11
14007 Sat  May 16–Jun 13  3–3:30 p.m.

Pretend Together (4–6yrs)
Magic! Adventure! Exploration! Connect with your little one through teacher-led, child-driven, collaborative, imaginative play. Each dynamic session is based on a new story to jump into and experience together. Parent participation required.

Instructor: Emily Holden
Victoria West Community Centre
Mon  Apr 6–May 4  10:45–11:15 a.m.  4/$24
No class April 13
Mon  May 25–Jun 22  10:45–11:15 a.m.  5/$30

Spanish for Children (3–5yrs)
It is the best Spanish Program for children. This course is designed to begin to learn Spanish through games, conversations, and didactic material. Your child plays while learning vocabulary and expressions, and feels good about Spanish culture. Spanish is one of the best ways to develop skills such as pronunciation and rolling of the “r’s”. I am a native Spanish teacher. Bienvenidos a la clase de Español!

Instructor: Pilar Rodriguez
Victoria West Community Centre
Sat  Apr 4–May 9  10:30–11:15 a.m.  5/$50
No class April 11
Sat  May 23–Jun 27  10:30–11:15 a.m.  6/$60

Spanish Imersion Music Class
Learn Spanish through music, movement and play! Children and parents/caregivers will love this interactive and fun-filled musical bonding time. There will be songs, dance, games, puppets, stories and instrument making. Vamos a tocar musica! Sibling discount available for registered families.

Instructor: Laura Deviato
James Bay Community Centre 6/$42, Drop-in $8
0–2yrs
Wed  Apr 1–May 6  1–1:30 p.m.
3–5yrs
Wed  Apr 1–May 6  1:30–2 p.m.

Tiny Toes Ballet
An introductory dance class for the first-time tiny dancer. Learn rhythm, coordination, balance, jumping, skipping, basic ballet positions and movements.

Crystal Pool and Fitness Centre Lower Auditorium 5/$45
3–4yrs
14002 Sun  Apr 19–May 17  9:30–10 a.m.
14001 Sun  May 24–Jun 21  9:30–10 a.m.
4–5yrs
14000 Sun  Apr 19–May 17  10–10:30 a.m.
14009 Sun  May 24–Jun 21  10–10:30 a.m.

Toddler Arts and Crafts (2–5yrs)
Explore your creative side! Each week features a different craft designed with the preschooler in mind. Smocks and soap provided. Creative activities can be messy, so please dress children appropriately. Caregiver participation is required.

Burnside Gorge Community Centre Drop-in $1 per family and daycare child
Wed  Apr 1–Aug 19  9:30–10:30 a.m.
No class April 8, July 1

Tot & Me Dance (1.5–3yrs)
Enjoy creative play and dance with your 1.5–3 year olds. MoonDance Dynamic Arts School will provide a fun, interactive series of classes in a welcoming atmosphere. Caregiver participation required.

Program offered by MoonDance Dynamic Arts School
Oaklands Community Centre 6/$54
Tue  Apr 7–May 12  10:45–11:15 a.m.
Tue  May 19–Jun 23  10:45–11:15 a.m.

Wee Pretend Together (2–3yrs)
Bring your little one for an immersive story telling experience as we stretch our imaginations and get downright silly! Join drama facilitator Emily Holden in this exciting class of adventure. Caregiver participation required.

Instructor: Emily Holden
Victoria West Community Centre
Mon  Apr 6–May 4  10–10:30 a.m.  4/$24
No class April 13
Mon  May 25–Jun 22  10–10:30 a.m.  5/$30

DAYCARE
Camas (3–5yrs)
Full day childcare program that follows a learning through play philosophy. We are inspired by nature and thrive to spend a large part of our day out exploring the beaches, forests and green spaces in our community. Our fees include snacks and Friday hot lunch.

Fairfield Community Place $935/month
Mon–Fri  Ongoing  7:30 a.m.–5:30 p.m.

Five Points Preschool (3–5yrs)
Using the Learning Through Play curriculum, we encourage the children to explore, discover, create, socialize and have fun. Facilitating problem solving skills, offering choices within a framework and getting comfortable in a group setting are important to us.

Fairfield Community Place $200/month
Mon, Wed, Fri  Apr 1–Jun 24  9 a.m.–12 p.m.

For more information:
Phone: 250.590.8922
Email: littlesteps@victoriawest.ca
**James Bay Preschool (3–5yrs)**

James Bay Community Preschool operates a 10 month preschool program for children aged 3–5. Our ECE and ECEA certified staff provide a play based program that is engaging, educational, and fun. Preschool staff plan and facilitate learning opportunities based on the interests and experiences of the children using an Emergent Curriculum approach. Our outdoor spaces and easy access to local parks and beaches give children ample opportunity to engage with our natural environment. Please note, children must be 3 or older and toilet trained on their first day of preschool.

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<tr>
<th>James Bay Community Centre</th>
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<tr>
<td>Tue, Thu</td>
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<tr>
<td>9:15–11:45 a.m.</td>
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<td>$110/month</td>
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<td>Mon, Wed, Fri</td>
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<td>9:15–11:45 a.m.</td>
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<td>$155/month</td>
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<td>Mon, Fri</td>
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<td>9:15–11:45 a.m.</td>
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<td>$252.50/month</td>
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**Little Acorn Care Centre – Licensed (2.5–5yrs)**

Entrust your little ones to our fully qualified Early Childhood Educators (ECEs). At Little Acorn Care Centre, we offer either theme-based or emergent curriculums within a full day preschool program for children ages 2.5–5 years. We accept subsidies available through the Ministry of Children and Family. For more information contact us at 250.370.9101 ext. 6 or littleacorn@oaklandsca.com

**Moss Rock Preschool (3–5yrs)**

Moss Rock Preschool is an urban, nature-based learning through play program where children can connect with the natural world and each other. We believe it is in relationships that learning happens. Our focus is on exploration-based learning, where the curriculum evolves from the groups thinking and play.

**Fairfield Community Place**

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<td>Mon–Fri</td>
<td>Apr 1–Jun 24</td>
<td>9 a.m.–1 p.m.</td>
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**DROP-IN & PLAY GROUPS**

**Dad’s Group (0–6yrs)**

Welcome all Dads and your children under 6 to a new program designed just for you! We offer a friendly atmosphere to learn together with other Dads to follow your child’s lead in play. Learn about your role in your developing child’s life, discuss parenting successes and challenges with fellow Dads, and enjoy free time, play, coffee, and snacks with your little one.

**Family Music Time (0–5yrs)**

A time to explore music, rhythm, song and play with instruments led by our music educator.

**Family Resource Program (0–5yrs)**

A drop-in interactive group for parents and children to have fun, bond and interact through crafts, circle time, and play. This program also provides opportunities for role modeling and in-the-moment learning around positive parenting, child safety and development, all while promoting secure parent-child relationships. Please visit fernwoodnrg.ca for the monthly schedule.

**Registration has never been easier!**

Register online: victoria.ca/recreation
Family Talk – Laugh, Learn and Lunch (0–5yrs)
Join the FGCA staff as we explore the challenges and joys of parenting young children over lunch. Programming will include a shared snack and group discussions as well as a shared lunch. Limited onsite childminding available. Please call 250.382.4604 for program details.

Fun in French for Preschoolers
Introduce your child to the French language through stories, songs, and games. The Alliance Française de Victoria is pleased to offer introductory French courses for children, taught by an experienced French language instructor. Courses focus on introducing the French language in a fun environment, and will help to prepare your child for future French language learning, such as French immersion. Parent/caregiver participation required.

Program offered by Alliance Française de Victoria

Oaklands Community Centre
Quarterly Classes:
Thu Apr 2–May 7 9–9:45 a.m.
Thu May 14–Jun 18 9–9:45 a.m.

Fairfield Community Place
Free (donations welcome)
Thu Apr 2–Jun 25 9–11:30 a.m.

Kindergym (0–5yrs)
Children 0–5 years, their parents and caregivers are invited to join in an atmosphere of activity and play. Come enjoy our ride-on toys, tricycles, cars and trucks, large motor development toys, climbers and teeter totters. Parents and caregivers are welcome to relax and get to know other neighbourhood families while your children play. Coffee and tea for grown-ups, snack for everyone!

Fairfield Community Place
Drop-in $2
Mon Apr 6–May 22 9:15–10:45 a.m.
No class April 13, May 18

James Bay Community Centre
Drop-in $2
Sat Apr 11–May 16 9:30–11:30 a.m.

Quadra Village Neighborhood Gym
Drop-in $1
Tues, Thurs Ongoing 9:30–11:30 a.m.

Oaklands Outdoor Playgroup (0–5yrs)
Join us at Oaklands Park on Mondays and Thursdays in July and August as our playgroup hits the great outdoors! Enjoy free play, snack, crafts, and circle time. Snack provided. No playgroup on statutory holidays.

Oaklands Park
Suggested donation $3
Mon, Thu Jul 2–Aug 31 9:30–11:30 a.m.

Parent & Baby Group (0–9months)
This group is for parents and babies up to 9 months. Join our experienced facilitator to discuss topics including nutrition, health, baby growth and development, family health and wellness, and the joys and challenges of parenthood. Childcare provided for older children. Meet other families in your community in this warm, relaxed group. For more information or to register, please call 250.370.9101 ext. 2. Group held at Oaklands Chapel, 2736 Fernwood Road.

Oaklands Community Centre
Drop-in, By donation
Tue Apr 21–Jun 9 9:30–11:30 a.m.

Parent & Tot Playgroup (0–5yrs)
This is an opportunity for young children and their caregivers to meet and play in an informal atmosphere with other children, toys, and books. Nutritious snack provided. Groups may not meet on school holidays and Pro-D days. Check website for possible program closures.

Burnside Gorge Community Centre
Free, Drop-in
Mon, Tue, Wed Mar 30–Aug 19 10:15 a.m.–12 p.m.
Thu Apr 2–Jun 18 5:30–6:30 p.m.

Due to closures and stat holidays, visit burnsidegorge.ca for up to date schedule.

Fairfield Community Place
Free (donations welcome)
Tue, Thu Apr 7–Jun 25 9–11 a.m.

Playgroup (0–5yrs)
Children 0–5 years, parents and caregivers are invited to join in creativity and play. Enjoy our children’s books, play kitchen, toy trucks, small motor development toys, and simple crafts. Get to know other neighbourhood families while your children play. Coffee and tea for grown-ups, snack for everyone!

Quadra Village Community Centre
Drop-in, By donation
Mon, Wed Jan 6–Jun 17 9:30–11:30 a.m.
No class March 16, 18, 23, 25

Saturday Parents and Tot Drop-In (0–5yrs)
Children 0–5 years, parents and caregivers are invited to join in creativity and play. Enjoy our children’s books, play kitchen, toy trucks, small motor development toys, and simple crafts. Get to know other neighbourhood families while your children play. Coffee and tea for grown-ups, snack for everyone!

Quadra Village Community Centre
Drop-in, By donation
Sat Ongoing 10 a.m.–12 p.m.

The Parent-Child Mother Goose Program®
The Parent-Child Mother Goose Program® is a group experience for parents and their babies and young toddlers. The registered program introduces adults and children to the pleasure and power of using rhymes, songs, and stories together. Parents gain skills and confidence which can enable them to create positive family patterns during their children’s crucial early years. Children benefit from enjoyable, healthy early experiences with language and communication. Snack provided. Registered program, call to register at 250.381.1552 ext 116.
Tiny Tykes – Drop-In Playgroup
(0–5yrs)
Our playgroup’s large toy collection, activity tables and circle time with instruments serve as a stepping stone to prepare your children for preschool and daycare. Coffee, tea and snack provided. There is no playgroup on Wednesdays, holidays, Pro-D days or school breaks. Maximum four children per one adult.

Oaklands Community Centre  $3 Suggested donation
Mon, Tue, Thu, Fri Mar 30–Jun 25 9:30–11:30 a.m.

Wiggles and Giggles (2–4yrs)
Join us for active play in the Burnside Activity Centre. Get the wiggles out with this interactive program that includes games, movement, and fun! The program includes organized games, dance, movement, and free play. Best suited for ages 2–4 years; all children under 5 years are welcome. Caregiver participation is required.

Burnside Gorge Community Centre  Free, Drop-in
Mon Mar 30–Jun 15 9:30–10:15 a.m.
No class April 6, 13, May 18

Physical Literacy (1–3yrs)
This program will encourage children to develop the fundamental movement skills including running, jumping, throwing, catching, balancing, and kicking required for playing sports and remaining active for life. Through structured and unstructured play, we will provide a safe, fun, and positive environment to gain new skills. As children learn and explore new movements, instructors will adapt activities to help each child reach their full potential. Parent participation required.

Oaklands Community Centre  $18
Thu Apr 9–May 14 4:30–5:15 p.m.
Thu May 21–Jun 25 4:30–5:15 p.m.
Thu Jul 2–Aug 6 4:30–5:15 p.m.
Thu Aug 13–Sep 17 4:30–5:15 p.m.

Richardson Sports: Wee Sports – Multisport (16m–2yrs)
Leaving competition on the sidelines, this program uses connections to your child’s world to teach sports. NCCP Certified instructors will use games, songs and positive reinforcement, to ensure that your child experiences the joy of learning 10 sports in a comfortable sporty environment.

Crystal Pool and Fitness Centre/Central Park Soccer Field
14293  Sat Apr 4–Jun 20 9–9:45 a.m.  10/$140
No class April 11, May 16
14402  Sat Jun 27–Aug 29 9–9:45 a.m.  9/$126
No class August 1

Victoria West Community Centre 10/$160
Sat Apr 4–Jun 20 9–9:45 a.m.
No class April 11, May 16

Richardson Sports: Parent and Child – Multisport (2–3yrs)
This 10 sport program will introduce your child to the foundational movement skills they need to be familiar with hockey, baseball, soccer, volleyball, baseball, rugby, lacrosse, golf, basketball and football. Leaving competition on the sidelines, our NCCP certified coaches use connections to your child’s world to teach sports and will help you find strategies to teach skills in a fun way using games, songs and positive reinforcement.

Crystal Pool and Fitness Centre/Central Park Soccer Field
14294  Sat Apr 4–Jun 20 9:45–10:30 a.m.  10/$140
No class April 11, May 16
14403  Sat Jun 27–Aug 29 9:45–10:30 a.m.  9/$126
No class August 1

Fairfield Community Place 10/$160
Tue Apr 9–Jun 11 9:45–10:30 a.m.

Richardson Sports: Parent and My Parent (2–3yrs)
This 10 sport program will introduce your little one to the skills they need to be familiar with. Leaving competition on the sidelines, this program uses connections to your child’s world to teach sports. Coaches will help find strategies to teach your child basic sport skills in a fun way.

Victoria West Community Centre 10/$160
Sat Apr 4–Jun 20 9:45–10:30 a.m.
No class April 11, May 16

Richardson Sports: Parent and Child T–Ball (2–3yrs)
This T–Ball program introduces you and your child to fundamental baseball skills, such as throwing, catching, batting and more, and covers a basic introduction to the rules of the game. Instructors will use games, songs and positive reinforcement, to ensure that your child experiences the joy of playing baseball.

Crystal Pool and Fitness Centre/Central Park 6/$84
14419  Mon Apr 6–May 25 4:30–5:15 p.m.
No class April 13, May 18
14420  Mon Jun 1–Jul 6 4:30–5:15 p.m.
14422  Mon Jul 13–Aug 24 4:30–5:15 p.m.
No class August 3

Create Your Own Birthday Party
Need a great space for your child’s next party? Celebrate the event at our place! Rent out the Quadra Village Neighbourhood Gym along with our Kindergym equipment or hold it at the centre in a bright, comfortable room with a playground outside, lots of free parking, weekend availability and toddler-friendly games, books and toys. Additional kitchen use available. Call 250.388.7696 for cost and availability.

Quadra Village Community Centre/Quadra Village Neighbourhood Gym
Richardson Sports: Me and My Coach (3–5yrs)
Classes introduce your child to foundational movement skills they need to be familiar with hockey, tennis, baseball, soccer, volleyball, baseball, rugby, lacrosse, golf, basketball and football. Leaving competition on the sidelines, this program uses connections to your child’s world to teach sports. The coaches will help you find strategies to teach your child basic sport skills in a fun way.

Fairfield Community Place
Tue Apr 9–Jun 11  10:30–11:30 a.m.
Victoria West Community Centre
Sat Apr 4–Jun 20  10:30–11:30 a.m.
No class April 11, May 16

Richardson Sports: Me and My Coach – T-Ball (3–5yrs)
This T-Ball program introduces you and your child to fundamental baseball skills, such as throwing, catching, batting and more, and covers a basic introduction to the rules of the game. Instructors will use games, songs and positive reinforcement, to ensure that your child experiences the joy of playing baseball.

Crystal Pool and Fitness Centre/Central Park
6/$90
14233 Mon Apr 6–May 25  5:15–6:15 p.m.
No class April 13, May 18
14243 Mon Jun 1–Jul 6  5:15–6:15 p.m.
14253 Mon Jul 13–Aug 24  5:15–6:15 p.m.
No class August 3

Richardson Sports: Me and My Coach – Multisport (4–6yrs)
This 10 sport program will introduce your budding athlete to the foundational movement skills they need to be familiar with hockey, baseball, soccer, volleyball, baseball, rugby, lacrosse, golf, basketball and football. Leaving competition on the sidelines, our NCCP certified coaches use connections to your child's world to teach sports and will help you find strategies to teach skills in a fun way using games, songs and positive reinforcement.

Crystal Pool and Fitness Centre/Central Park Soccer Field
8/$70
14347 Sat Apr 18–Jun 13  9–9:45 a.m.
No class May 16

World Cup Soccer (3–4yrs)
Lead by the professional coaches from World Cup Soccer, children will learn fundamental movement skills important for all activities while introducing basic soccer skills such as running with the ball, dribbling, passing and shooting. Emphasis will be on FUN!

Crystal Pool and Fitness Centre/Finlayson Soccer Field
8/$70
14342 Thu Apr 16–Jun 4  2:45–3:30 p.m.
14343 Thu May 20–Jun 24  9:15–10 a.m.
14344 Thu Jul 8–Aug 26  9:15–10 a.m.
14345 Fri May 29–Jul 3  11:15 a.m.–12 p.m.
14346 Fri Jul 10–Aug 28  11:15 a.m.–12 p.m.
14347 Sat Apr 18–Jun 13  9–9:45 a.m.

World Cup Tot Soccer (3–5yrs)
Have a ball learning fundamental movements and basic soccer skills through exciting games. Parent participation required.

Instructor: Coach Steph
Program offered by World Cup Soccer
James Bay Community Centre
8/$70
14348 Thu Apr 16–Jun 4  2:45–3:30 p.m.

Zumbini® (0–4yrs)
Created by Zumba®, the Zumbini® program is for children ages 0–4. It combines music, dance and educational tools for 45 minutes of can’t-stop, won’t-stop bonding, learning, and fun! The class also includes a CD, songbook, and a plush toy.

Instructor: Cheryl Groulx
Victoria West Community Centre
6/$90
14349 Wed Apr 8–May 13  9:15–10 a.m.
14350 Fri Apr 17–May 22  11:15 a.m.–12 p.m.
14351 Wed May 20–Jun 24  9:15–10 a.m.
14352 Fri May 29–Jul 3  11:15 a.m.–12 p.m.
14353 Wed Jul 8–Aug 26  9:15–10 a.m.
14354 Fri Jul 10–Aug 28  11:15 a.m.–12 p.m.
14355 Fri May 29–Jul 3  11:15 a.m.–12 p.m.

Toddler & Me Yoga (1.5–3yrs)
This class is for adults and toddlers to move together! Join Leaf for 45 minutes of creative movement, stretching, balancing, twisting, and bending. We’ll explore connection, body awareness, self-regulation, kindness, and bonding between adult and child.

Instructor: Leaf Kapasi, certified Kids Yoga instructor and Mindful Educator
Oaklands Community Centre
4/$36
Thu May 7–May 28  10–10:45 a.m.
Thu Jun 4–Jun 25  10–10:45 a.m.

Child Minding
Enjoy the many activities the Crystal Pool and Fitness Centre has to offer while your little one receives quality childcare with crafts, creative play, painting and more.

Monday to Friday
9 a.m.–12 p.m.
$3/hour or $27/10 hours

Victoria West Community Centre
250.361.0732
victoria.ca/recreation
ARTS (CREATIVE, PERFORMING & CULTURAL)

 Acting and Creation (9–12yrs)
“Eat your Words” This is a class for drama students who are keen, focused, and ready to take the next level of theatrical schooling. Students will continue to expand and develop basic theatrical skills in movement, voice, acting techniques, and improvisation. They will also work on observation skills, team-building and performance skills, to perform their creative work at the end of the term.

 Theatre SKAM HQ
 1030 North Park Street
 Thu  Apr 2–Jun 18  4:30–6 p.m.

 Beginner Ballet (6–10yrs)
This class explores the very beginnings of ballet technique like posture, turnout, and natural coordination in movements like spinning, walking, running and jumping as they relate to ballet. A great first class to test the waters of ballet!

 Instructor: Ashley Evans
 Crystal Pool and Fitness Centre
 14503  Sun  Apr 19–May 17  10:30–11:15 a.m.
 14510  Sun  May 24–Jun 21  10:30–11:15 a.m.

 Cartoons Classes with Gareth Gaudin (8–12yrs)
Gareth started cartooning as a five year old who discovered comic books in 1978. He grew up to own a comic book shop and to draw comic books for a living. He has taught cartooning classes for the past 20 years at such venues as The Art Gallery of Greater Victoria, The Royal British Columbia Museum, The Robert Bateman Centre, Poppet Creative, The YMCA, and in his own cartooning school at Legends Comics’ Back Room Studio. Join him for these fun sessions where he’ll show his techniques and tricks to creating interesting cartoons, comic strips, and comic books. No experience required.

 Instructor: Gareth Gaudin
 Oaklands Neighbourhood House
 6/$120  Drop-in $25
 Tue  Apr 14–May 19  6–7 p.m.
 Tue  May 26–Jun 30  6–7 p.m.

 Creative Ballet & Jazz (5–7yrs)
A high energy class that will explore foundational ballet steps, as well as introductory jazz dance. Using a combination of classical ballet and popular music, students will have fun while cultivating a sense of musicality and the foundations of classical dance.

 Oaklands Community Centre
 8/$72
 Sat  Apr 18–Jun 13  10:15–11 a.m.
 No class May 16

 Creative Dance (5–7yrs)
Experience high energy rhythm and dance with Moondance Arts. Movements are influenced by jazz, African, Indian and Latin rhythms. Dancers will also explore percussion, song and role play while experimenting with their own movements.

 Instructor: Nikka Snow
 James Bay Community Centre
 Wed  Apr 1–Apr 29  2:30–3 p.m.  5/$45
 Wed  May 6–Jun 17  2:30–3 p.m.  6/$54

 Get this Show on the Road: Filmmaking (8–12yrs)
Young aspiring filmmakers will have the opportunity to learn the basics of on-camera acting work and how to shoot film sequences. Students will learn about both sides of the camera and what it takes to act in and shoot a scene, commercials, and short films. At the end of the term, there will be a screening of the students’ short film.

 849 Fort Street
 12/$329
 Tue  Mar 31–Jun 16  4–5:30 p.m.

 Guitar for Kids (8–13yrs)
Guitar instruction in a fun class setting. No prior knowledge or experience in music is required. Learn basic chords, tuning methods, single string playing, reading, and finger strengthening exercises that will give kids the tools to play simple songs. Music book is an additional $15 payable at first class.

 Instructor: Alberto Ubach
 James Bay Community Centre
 8/$75
 Mon  Apr 20–Jun 15  4–4:45 p.m.
 No class May 18

 Improv for Kids (8–12yrs)
A six-week workshop dedicated to learning the basics of improvised theatre. Working together to focus and learn the elements of a basic story, how to build a unique character, and creating a vast and diverse environment all through the power of using your imagination, playing theatre games, and saying “yes, and!”

 Oaklands Neighbourhood House
 6/$54
 Wed  Apr 22–May 27  6–7 p.m.

 Intro to Drawing for Parents and Youth (10+yrs)
This class is an introduction to drawing approaches and techniques. Students will draw a variety of projects from basic shapes to copying photographs, learning principles of drawing including proportion, focal points, value and light, and more. Some supplies may be provided for experimentation purposes. The instructor will provide a supply list by email before the first class.*

 Instructor: Regina Elizondo
 Oaklands Neighbourhood House
 6/$90 per pair or $50/child
 Thu  Apr 23–May 28  6–7 p.m.
*Parents and youth will complete projects as individual learners. Youth welcome to participate on their own.
Lucky Ducks: Story Building (7–10yrs)
Story Building classes help build confidence, expression, and collaborative skills. The emphasis of the class is on dramatic play, but a part of the session will focus on rehearsing a simple performance. This performance will be presented at the end of the session for a small in-studio audience. Attendance and punctuality are important for consistency.

Theatre SKAM HQ  12/$189
1030 North Park Street
Wed   Apr 1–Jun 17     4–5 p.m.

Monkey Business: Acting & Story Building (5–8yrs)
These classes help build confidence, expression, and collaboration skills. Our story building class features drama games, creative movement, storytelling, and dramatic role-play. Young actors will explore character with the Teaching Artist who joins the performance as narrator and ‘teacher in role’. Students develop dramatic skills and expression, imagination, creative thinking, and the ability to cooperate with others.

Theatre SKAM HQ  12/$189
1030 North Park Street
Tue  Mar 31–Jun 16     4–5 p.m.

Piano for Kids! (6–12yrs)
A creative, fun, approach to learning about music and the keyboard while developing good technique, rhythm and basic note reading and composing skills. Each class is tailored to the needs of different age groups. You do not need a piano at home to participate. Lesson is semi-private.

Crystal Pool and Fitness Centre  5/$65
Lower Auditorium
14056 Sat  Apr 4–May 9   3:30–4 p.m.
No class April 11
14055 Sat  May 16–Jun 13 3:30–4 p.m.

Relaxtion Through Zentagles (9–13yrs)
Join me on this journey to learn how to relax and focus through zentangles. Zentangles are created with repetitive patterns and are meant to be abstract. They encourage mindfulness, intuitive thinking and empowerment by proving that you too can make beautiful art without any previous experience. Supplies included.

Instructor: Jessie Beauvilliers
James Bay Community Centre  4/$45
Mon  Apr 20–May 11     6–7 p.m.

Sink Your Teeth Into It: Scene Study (12–17yrs)
Students will learn the essential steps and process to approach any scene or monologue. Collaborate with others to bring characters to life. This is a great class for teens who are looking to develop their audition and performance skills using published plays. Final performances will happen in a theatre with sound and lights.

Theatre SKAM HQ  12/$289
1030 North Park Street
Thu  Apr 2–Jun 18     6–7:30 p.m.

Wing It!: Improvisation (9–12yrs)
In this class, students will learn the basic skills of improvisational theatre through games and simple scene work. Skills include: how to give and receive ideas from their scene partner, the basics of character work, problem solving and learning how to tell simple stories while working together. Students will perform a final improv showcase with lights and sound.

Theatre SKAM HQ  10/$239
1030 North Park Street
Mon  Mar 30–Jun 15     4–5:30 p.m.
No class April 13, May 18

Waiting in the Wings: Stagecraft (12+yrs)
Stagecraft is a chance to explore the behind-the-scenes world of theatre. Learn about sets, lights, sound, makeup, and costumes from professional artists and guest speakers who work in the professional theatre community. All crafting supplies will be provided at the studio. Final costume, set, lighting, and sound projects will be showcased at the end of term.

849 Fort Street  12/$329
Tue  Mar 31–Jun 16     5:30–7 p.m.

Free Youth Transit Passes Now Available at City Hall
Youth, their parents and/or guardians can provide proof of age and residency in the municipality of Victoria at City Hall to pick up their transit pass each month.

This new program allows youth aged 18 and under unlimited rides on BC Transit bus and handyDART services.

DROP-IN PROGRAMS

Chill Zone (9–14yrs)
Youth can join us to have monitored screen time, read books/comics, watch movies, make crafts, and play field games! Everyone will have the opportunity to participate in whatever activities speak to them from our Youth Space’s many amenities. Contact us at 250.382.4604 for more information.

Fairfield Community Place  Suggested Donation $2
Thu, Fri  Apr 2–Jun 25    3–5:30 p.m.
Not open on Pro-D days and holidays

Cliffside Youth Drop-In (8–16yrs)
Bring your friends or meet new ones at the Cliffside Youth Centre. Activities include pool, air hockey, and foosball. Watch movies on a big screen in our unique theatre or join us on an out trip to places around town. For more information on the Youth Drop-in nights contact Jaz Young, Youth Recreation Coordinator, 250.388.5251.

Burnside Gorge Community Centre  Free, Drop-in
Thu  Apr 2–Aug 27     5:30–8 p.m.

FlipOut Fridays (9–14yrs)
Dodgeball, baking, outdoor games, swimming and movie nights are just a few of the activities you can expect for your FlipOut Friday nights. We provide a fun, safe and welcoming environment for youth to participate in their favourite activities and try new ones. For a schedule, check out our website or follow us on Facebook @ FlipOut Friday. No FlipOut on stat holidays or school breaks.

Oaklands Community Centre  Drop-in $5
Fri  Apr 3–Jun 19     6:30–9 p.m.

Youth Drop-In Centre (10–18yrs)
Bored? Need a place to hang out with friends? Meet up @Quadra Village Community Youth Drop-In Centre. We provide a fun, safe and welcoming environment by offering a variety of activities, including a large TV, playstation 3, outdoor basketball, computer access, pool table and lounge to meet the needs of youth in our community. For more details email tara@quadravillagecc.com.

Quadra Village Community Centre  Free, Drop-in
Thu, Fri  Ongoing     5–8 p.m.
**FOR HOME LEARNERS**

**SKAM School of Performing Arts** offers classes to Home Learners. Funding is available through many organizations including Self Design, Heartwood, and more.

**Acting & Story Building for Home Learners (5–8yrs)**

“Monkey Business” These classes help build confidence, expression, and collaboration skills. Our story building class features drama games, creative movement, storytelling, and dramatic role-play. Young actors will explore character with the Teaching Artist who joins the performance as narrator and ‘teacher in role’. Students develop dramatic skills and expression, imagination, creative thinking, and the ability to cooperate with others.

Crystal Pool and Fitness Centre  
10/$159  
Mon  Mar 30–Jun 15  1–2 p.m.

No class April 13, May 18.

**Acting & Story Building for Home Learners (7–10yrs)**

“Lucky Ducks!” Story Building classes help build confidence, expression, and collaborative skills. The emphasis of the class is on dramatic play, but a part of the session will focus on rehearsing a simple performance. This performance will be presented at the end of the session for a small in-studio audience. Attendance and punctuality are important for consistency.

Crystal Pool and Fitness Centre  
12/$189  
Tue  Mar 31–Jun 16  10:30–11:30 a.m.

**Collaborative Playwriting for Home Learners (9–12yrs)**

“Have a lot on your mind?” This next level class provides an opportunity for students who are ready for an in-depth immersion into playwriting. The Teaching Artist will work to meet each student’s level of ability in reading, writing, creating, and performing. Entrance into this class requires a readiness and maturity on the part of the student for this kind of focus and collective group effort.

Crystal Pool and Fitness Centre  
12/$288  
Wed  Apr 1–Jun 17  11 a.m.–12:30 p.m.

**Filmmaking for Home Learners (8–12yrs)**

“Get this show on the road!” Young aspiring filmmakers will have the opportunity to learn the basics of on-camera acting work and how to shoot film sequences. Students will learn about both sides of the camera and what it takes to act in and shoot a scene, commercials, and short films. At the end of the term, there will be a screening of the students’ short film.

Theatre SKAM HQ  
12/$329  
(1030 North Park Street)  
Tue  Mar 31–Jun 16  12:30–2 p.m.

**LEARN FOR LIFE**

**American Sign Language for Kids (8–13yrs)**

An introduction to the basic building blocks of American Sign Language. In the class, kids will learn the 26 letters of the alphabet and simple works using colourful illustrations, signed video, and games for a totally immersive learning experience.

Oaklands Neighbourhood House  
4/$40  
Wed  Apr 8–Apr 29  6–7 p.m.

**Engineering For Kids: Junior Robotics (6–8yrs)**

A great introduction to the world of robotics and coding! First, we’ll explore how the Ozobot robot can move and follow our colour coded line drawings. Then we’ll learn how to program the Ozobot using basic block coding on our tablets. Every day will be a new challenge and adventure with our tiny robots!

Crystal Pool and Fitness Centre  
6/$120  
14514 Thu  May 7–Jun 11  4–5 p.m.

**Engineering For Kids: Minecraft (8–12yrs)**

Calling all Minecrafters! Using our laptops, visit our virtual Minecraft EDU worlds and take on real-world engineering challenges that will test your creativity, critical thinking and team collaborations skills. Basic keyboarding and mouse skills required. No Minecraft experience needed.

Crystal Pool and Fitness Centre  
6/$130  
14511 Thu  May 7–Jun 11  5:30–7 p.m.

**French for Kids**

Striking a balance between fun and serious, this program offers rigorous academic objectives while entertaining children with games and diverse activities. Led by an experienced instructor from a French-speaking country, the program is designed to facilitate participation and confidence in all aspects of the language.

Offered by the Alliance Française de Victoria

Oaklands Neighbourhood House  
6/$60 or 12/$100  
Tue  Apr 14–May 19  6–7 p.m.
Tue  May 26–Jun 30  6–7 p.m.
Tue  Jul 7–Aug 11  6–7 p.m.
Tue  Aug 18–Sep 22  6–7 p.m.

**Home Alone (9–12yrs)**

A program that teaches children to be more confident and capable, should they find themselves home alone. Topics include safety in the home, stranger awareness, fire prevention, internet safety and injury prevention.

Crystal Pool and Fitness  
1/$30  
Centre Brereton Room  
14518 Mon  Apr 6  5:30–8 p.m.
14520 Mon  May 25  5:30–8 p.m.

Oaklands Neighbourhood House  
1/$25  
Mon  Jun 15  6–8 p.m.
Mon  Aug 10  6–8 p.m.
Red Cross Babysitters Course
(11–15yrs)
A certified Red Cross program for prospective babysitters! This fun, educational and interactive course will include: basics of babysitting, safety procedures, and activities for young children, steps to handle emergencies and more. The course, refreshed and revised, now has a greater emphasis on First Aid skills. The Canadian Red Cross Babysitting course covers everything from managing difficult behaviours to essential content on leadership and professional conduct as a babysitter. Babysitting promises to deepen and enhance the responsibility that older youth feel when caring for younger children. This updated curriculum, complete with new science, also provides improved learning when it comes to giving the appropriate care in the event of an emergency. Please bring a lunch, note pad, and pen to class.

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<thead>
<tr>
<th>Location</th>
<th>Fee</th>
<th>Schedule</th>
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</thead>
<tbody>
<tr>
<td>Crystal Pool and Fitness Centre</td>
<td>$50</td>
<td>Sat Apr 4, 9 a.m.–4 p.m.</td>
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<tr>
<td></td>
<td></td>
<td>Sat May 23, 9 a.m.–4 p.m.</td>
</tr>
<tr>
<td>Oaklands Community Centre</td>
<td>$50</td>
<td>Fri May 15, 9 a.m.–4 p.m.</td>
</tr>
</tbody>
</table>

Spanish for Youth (11–15yrs)
Introduction to Spanish. Learning a second or new language increases cultural awareness, empathy, and helps broaden future careers. This 5 week course will focus on learning the basics including greetings, questions, and grammar with a small focus on the Hispanic culture and celebrations. The instructor, Regina Elizondo, is a Spanish teacher at Royal Bay Secondary School; she is from Mexico and loves to share about her culture and experiences. Regina teaches using the Teaching Proficiency through Reading and Storytelling (TPRS) method; this method focuses on learning through listening and speaking comprehension, rather than translating and memorization. The students will be immersed in the language from the first class. Drawings, pictures, videos, and charades will be used as translating resources rather than the English language. Regina developed this course with the intention of providing young minds with the ability to test out a new language in a fun and comprehensive way. The course’s main goal is to provide the students with enough basic vocabulary to establish confidence to join future courses and develop greater fluency.

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<thead>
<tr>
<th>Location</th>
<th>Fee</th>
<th>Schedule</th>
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<tbody>
<tr>
<td>Oaklands Neighbourhood House</td>
<td>$550</td>
<td>Mon, Thu Jul 6–Aug 10, 6–7 p.m.</td>
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<td>No class Aug 3</td>
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</table>

The Food Kart is for HIRE!
The Food Kart is now up and running! We are available for special events such as school events, family reunions, community gatherings, workplace parties/BBQ’s, birthday parties, grand openings and other special occasions.

For more information visit our website at quadravillagecc.com and/or contact Tara Skobel at tara@quadravillagecc.com or by calling 250.388.7696 ext 224.

KidSport Victoria celebrates 20 years!
2020 marks KidSport Greater Victoria’s 20th year, helping local kids in need off the sideline and into the action. With over 12,500 Victoria and area children assisted, and nearly $3,000,000 in sports grants distributed, KidSport and all of Victoria have a lot to celebrate!

For more information please visit www.kidsportvictoria.ca

So ALL Kids Can Play!
**Young Writers Workshop with Story Studio (11–13yrs)**

Are you a young writer looking to take the next step with your stories? During seven one-hour sessions, participants will learn about plot structure, compelling characters, and other essentials for crafting fiction. Learn from Story Studio staff and experienced visiting local authors and illustrators. Participants will receive their own bound and illustrated book with their original story inside.

**Oaklands Neighbourhood House**

Mon Apr 20–Jun 8
6–7 p.m.
No class May 18

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**OUTDOOR RECREATION**

**Learn to Fish (5–15yrs)**

Join the Freshwater Fisheries Society of BC for this two hour session where you’ll learn the basics of freshwater fishing. Fishing rods are provided and each session includes time spent fishing on Elk Lake. Parent supervision mandatory. Suggested donation of $5 per participant to be collected at Elk Lake.

**Crystal Pool and Fitness Centre**

Suggested donation $5

<table>
<thead>
<tr>
<th>Offsite Programs</th>
<th>13966 Sat May 23</th>
<th>13967 Sat Jun 13</th>
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<tbody>
<tr>
<td></td>
<td>10 a.m.–12 p.m.</td>
<td>10 a.m.–12 p.m.</td>
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</table>

**Multisport Junior Paddling Program (11–18yrs)**

This paddling program will focus on teamwork, and the fundamentals of paddling through exposure to various paddling sports including kayaking, dragon boating, SUP, and outrigger canoe. Guided by enthusiastic and qualified staff, this program will engage youth in a fun, safe, and supportive learning environment.

*Program offered by Fairway Gorge Paddling Club*

**Crystal Pool and Fitness Centre**

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<thead>
<tr>
<th>14280 Wed, Sat Apr 1–Aug 26</th>
<th>$210</th>
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<tbody>
<tr>
<td>14290 Wed, Sat May 23–Aug 26</td>
<td>4–5:30 p.m.</td>
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**Play in the Park**

Bring the whole family for an afternoon of crafts, stories, games, and snack in the beautiful outdoors! Join us on Tuesdays evenings in July and August at Oswald Park to enjoy some fun in the sun, get active, and connect with your neighbours. Activity options provided for children of all ages. Please note there is no washroom access available on site.

**Oaklands Community Centre (Oswald Park)**

Free, Drop-in

| Tue Jul 7–Aug 25 | 4–5:30 p.m. |

**Wild About Nature (5–10yrs)**

This outdoor program explores the parks and green spaces in Oaklands and the Greater Victoria area. Join us in the great outdoors to learn about the natural world through active, hands-on activities like hiking, playing nature games, crafts, fort-building, and more. Spending time outside helps kids build confidence and creativity, teaches responsibility, and benefits physical and mental health. Snack included. No program on school closures or early dismissal days.

**Oaklands Community Centre**

26/$225 Drop in $10

| Tue, Wed Mar 31–Jun 24 | 3–5 p.m. |

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**RACQUET SPORTS**

**KATS Tennis (Kids At Tennis Society)**

The Kids at Tennis Society provides free tennis lessons and equipment to families experiencing financial barriers (application required). Using the “progressive tennis” approach recommended by Tennis Canada, the KATS program uses smaller racquets, smaller courts, lower nets and low compression balls. This approach helps kids to develop confidence in their ability to hit the ball, learn quickly, and most of all, have fun playing the sport! Kids will be introduced to the fundamental skills which form the foundation for future development. Please contact your local community centre for application information and forms. Programs do not run on stat holidays.

**Central Park Tennis Courts**

<table>
<thead>
<tr>
<th>14200 Mon Apr 1–May 25</th>
<th>4–5 p.m.</th>
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<tr>
<td>14201 Mon May 26–Jun 8</td>
<td>4–5 p.m.</td>
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<tr>
<th>14210 Mon Jul 9–Aug 30</th>
<th>4–5 p.m.</th>
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<tr>
<td>14222 Mon Sep 1–Oct 30</td>
<td>4–5 p.m.</td>
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<tr>
<td>14224 Wed Jul 1–Aug 8</td>
<td>4–5 p.m.</td>
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<tr>
<th>14225 Wed Sep 1–Oct 30</th>
<th>4–5 p.m.</th>
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<tr>
<td>14226 Fri Jul 1–Aug 30</td>
<td>4–5 p.m.</td>
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<tr>
<td>14227 Fri Sep 1–Oct 30</td>
<td>4–5 p.m.</td>
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**Banfield Park Tennis Courts**

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<thead>
<tr>
<th>14228 Mon Apr 1–May 25</th>
<th>5–6 p.m.</th>
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<tr>
<td>14230 Mon May 26–Jun 8</td>
<td>5–6 p.m.</td>
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<tr>
<th>14231 Mon Jul 9–Aug 30</th>
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<td>14233 Mon Sep 1–Oct 30</td>
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<tr>
<th>14234 Wed Jul 1–Aug 30</th>
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<td>14235 Wed Sep 1–Oct 30</td>
<td>5–6 p.m.</td>
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**Central Park Tennis Courts**

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<thead>
<tr>
<th>14238 Thu Apr 2–May 25</th>
<th>4–5 p.m.</th>
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<tbody>
<tr>
<td>14240 Mon Apr 6–May 25</td>
<td>4–5 p.m.</td>
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<thead>
<tr>
<th>14242 Mon Jun 1–Jul 20</th>
<th>5–6 p.m.</th>
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<tr>
<td>14244 Mon Jul 27–Sep 14</td>
<td>5–6 p.m.</td>
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<tr>
<th>14247 Mon Sep 21–Oct 14</th>
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<tr>
<td>14248 Mon Sep 28–Oct 14</td>
<td>5–6 p.m.</td>
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**Banfield Park Tennis Courts**

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<tr>
<th>14241 Mon Apr 6–May 25</th>
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<td>14243 Mon May 26–Jun 8</td>
<td>5–6 p.m.</td>
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<tr>
<th>14245 Mon Jul 9–Aug 30</th>
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<td>14246 Mon Sep 1–Oct 30</td>
<td>5–6 p.m.</td>
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<tr>
<th>14247 Mon Sep 21–Oct 14</th>
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<tbody>
<tr>
<td>14248 Mon Sep 28–Oct 14</td>
<td>5–6 p.m.</td>
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**BANFF**

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<thead>
<tr>
<th>14249 Mon Sep 7–Oct 30</th>
<th>5–6 p.m.</th>
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<tbody>
<tr>
<td>14250 Mon Sep 21–Oct 14</td>
<td>5–6 p.m.</td>
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**Victoria West Community Centre**

<table>
<thead>
<tr>
<th>14252 Wed Apr 1–May 27</th>
<th>4–5 p.m.</th>
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<tbody>
<tr>
<td>14253 Wed Jun 3–Jul 29</td>
<td>4–5 p.m.</td>
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<tr>
<th>14254 Wed Aug 5–Sep 30</th>
<th>4–5 p.m.</th>
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<tbody>
<tr>
<td>14255 Wed Sep 1–Oct 30</td>
<td>4–5 p.m.</td>
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<tr>
<th>14256 Wed Dec 29–Jan 20</th>
<th>4–5 p.m.</th>
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<tbody>
<tr>
<td>14257 Wed Feb 26–Mar 20</td>
<td>4–5 p.m.</td>
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**Outdoors**

**Ladies of Shred**

The 3rd annual Ladies of Shred Skateboarding event is held at Vic West Skate Park (250 Esquimalt Rd) and is open to all ages. This community-based event provides space for female empowerment and education while showcasing great skating! Enjoy vegan BBQ, prizes, and music. Trans-friendly and beginners welcome!

**Thursday, September 10 4 – 7 p.m.**

Questions? Call 250.361.0706
**SPORTS**

**Aikido for Kids (5–7yrs)**
An introduction to the principles and basic movements of the Art of Aikido and its values: cooperation, self-discipline, peaceful conflict resolution and fun. Our Aikido classes are now open for parents as well. You can register your child alone or register yourself too for some family fun.

*Instructor: Ming Woon, San Shukan Aikikai*

**Victoria West Community Centre**
9/$58.50

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<thead>
<tr>
<th>Mon</th>
<th>Apr 6–Jun 15</th>
<th>6–6:45 p.m.</th>
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<tr>
<td>No class</td>
<td>April 13, May 18</td>
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</table>

**Basketball (9–17yrs)**
Come to Oaklands Elementary School gym and practice your basketball skills. Equipment is provided; just bring a pair of non-marking shoes and some energy! No games on stat holidays or Pro-D days. Parents welcome to participate and food donations welcome.

**Oaklands Elementary School Gym**
Free

| Tue | Apr 7–Jun 16 | 4–5:30 p.m. |

**Floor Hockey (9–17yrs)**
Come to Oaklands Elementary School gym and practice your hockey skills off the ice. Equipment is provided; just bring a pair of non-marking shoes and some energy! No games on stat holidays or school breaks. Parents welcome to participate, and food donations welcome.

**Oaklands Elementary School Gym**
Free

| Fri | Apr 3–Jun 12 | 4:30–6 p.m. |

**Kids Karate (6–12yrs)**
Wado style training and instruction. A challenging and fun program that emphasizes physical fitness, self-confidence, discipline and self-defence skills. Register for the first six months as a beginner, then register through CASK Karate/Wado Canada for their advanced program.

*Program offered by Wado Canada*

**James Bay Community Centre**

<table>
<thead>
<tr>
<th>Tue, Thu</th>
<th>Apr 7–May 7</th>
<th>5:15–6 p.m.</th>
<th>10/$60</th>
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</thead>
<tbody>
<tr>
<td>Tue, Thu</td>
<td>May 12–Jun 18</td>
<td>5:15–6 p.m.</td>
<td>12/$72</td>
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</tbody>
</table>

**Outdoor Soccer**
Learn and explore the fundamentals of soccer through structured and unstructured play. We provide a safe, fun, and positive environment for children to develop fundamental movement skills and sport-specific techniques. Activities will be adapted to help each child reach their full potential.

**Oaklands Community Centre**
6/$36

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<tr>
<th>Thu</th>
<th>Apr 9–May 14</th>
<th>5:15–6 p.m.</th>
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<tr>
<td>Thu</td>
<td>May 21–Jun 25</td>
<td>5:15–6 p.m.</td>
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<tr>
<td>Thu</td>
<td>Jul 2–Aug 6</td>
<td>5:15–6 p.m.</td>
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<tr>
<td>Thu</td>
<td>Aug 13–Sep 17</td>
<td>5:15–6 p.m.</td>
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<tr>
<th>Thu</th>
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<tr>
<td>Thu</td>
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<tr>
<td>Thu</td>
<td>Jul 2–Aug 6</td>
<td>6–7 p.m.</td>
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<tr>
<td>Thu</td>
<td>Aug 13–Sep 17</td>
<td>6–7 p.m.</td>
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**Vic West Skateboard Competition (Vee Dub)**

The 17th annual Vee Dub Skate Comp will be held at the Vic West Skate Park (250 Esquimalt Rd) and is open to all levels of skateboarders. This event is sanctioned by Canada Skateboard as a National Points earning event and will take place on Saturday, June 13th. Spectators are welcome! Registration opens at 9 a.m.

**Saturday, June 13**

Questions? Call 250.361.0706

Registration on-site: Cash only
Physical Literacy (4–6yrs)
This program will encourage children to develop the fundamental movement skills including running, jumping, throwing, catching, balancing, and kicking required for playing sports and remaining active for life. Through structured and unstructured play, we will provide a safe, fun, and positive environment to gain new skills. As children learn and explore new movements, instructors will adapt activities help each child reach their full potential.

Oaklands Community Centre 8/$48
Sat Apr 18–Jun 13 9:45–10:30 a.m.
No class May 16
Mon Apr 20–Jun 15 11–11:45 a.m.
No class May 18
Mon Jul 4–Aug 29 9:45–10:30 a.m.
No class August 1

Physical Literacy (7–10yrs)
This program will encourage children to develop the fundamental movement skills including running, jumping, throwing, catching, balancing, and kicking required for playing sports and remaining active for life. Through structured and unstructured play, we will provide a safe, fun, and positive environment to gain new skills. As children learn and explore new movements, instructors will adapt activities help each child reach their full potential.

Oaklands Community Centre 8/$48
Sat Apr 18–Jun 13 10:30–11:30 a.m.
No class May 16
Sat Jul 4–Aug 29 10:30–11:30 a.m.
No class August 1

Richardson Sports: Baseball (6–9yrs)
This baseball program develops/introduces your child to fundamental baseball skills, such as throwing, catching, batting and more, and covers a basic introduction to the rules of the game. Instructors will use games, songs and positive reinforcement, to ensure that your child experiences the joy of playing baseball. Each child is required to bring their own glove.

Crystal Pool and Fitness Centre/ Central Park Soccer Field 6/$39
14256 Mon Apr 6–May 25 6:15–7:15 p.m.
No class April 13, May 18
14257 Mon Jun 1–Jul 6 6:15–7:15 p.m.
14258 Mon Jul 13–Aug 24 6:15–7:15 p.m.
No class August 3

World Cup Soccer (5–7yrs)
Lead by the professional coaches from World Cup Soccer, children will focus on fundamental movement skills, soccer skill development and teamwork with an emphasis on FUN!

Crystal Pool and Fitness Centre/ Finlayson Soccer Field 8/$70
14235 Sat Apr 18–Jun 13 9:45–10:30 a.m.
No class May 16

World Cup Soccer Spring League (7–12yrs)
For players looking to have fun while playing games! This program offers a format where instruction will be given while playing games and not drills. Teams will be changed weekly and balanced with players of similar age ranges. Each session will include tournament style round robin games and a fun play-off.

Topaz Park – Finlayson Soccer Field 8/$93
7–9yrs
14234 Sat Apr 18–Jun 13 9–10 a.m.
No class May 16
10–12yrs
14296 Sat Apr 18–Jun 13 10–11 a.m.
No class May 16

Yoga for Families (3–7yrs)
Enjoy this fun opportunity to play with your kids while learning poses and games that can be revisited in your day-to-day life. Learn how to engage your kids in yoga games, moving to music, breathing exercises, relaxation exercises and partner yoga. This is a parent participation class.

Oaklands Community Centre 8/$72 Drop-in $11
Sun Apr 19–Jun 14 10–10:45 a.m.
No class May 17

Yoga for Kids (8–12yrs)
Youth will be introduced to poses, sequences and breathing exercises that will help boost confidence, strengthen the body and improve posture. Participants will leave this class with a yoga toolbox to help manage stress and tension. This class will also explore partner yoga, meditation and yoga games!

Oaklands Community Centre 5/$20 Drop-in $5
Wed Apr 1–Apr 29 3:30–4:15 p.m.
Wed May 6–Jun 3 3:30–4:15 p.m.

Youth Karate (6–12yrs)
Our club philosophy is based on respect, discipline, self-confidence and excellence. We teach children to challenge themselves, set goals, and help them to attain these goals. Our club follows the Shito-Ryu system of karate. For more info call Rino at Victoria Renshikan Karate, 250.920.6797.

Program offered by Victoria Renshikan Karate
Victoria West Community Centre 5/$32.50
Fri Apr 17–May 15 5:15–6 p.m.
Fri May 22–Jun 19 5:15–6 p.m.

Youth Lawn Bowling with the Oak Bay Lawn Bowling Club (12–18yrs)
An introduction to lawn bowling, a sport of strategy that can be played as an individual or in teams of up to four. Learn the fundamentals of lawn bowls including techniques, strategies, rules, and etiquette from NCCP-certified coaches. All equipment is provided, please wear a pair of flat soled shoes. Held at Oak Bay Lawn Bowling Club, 2190 Harlow Drive.

Program offered by Oak Bay Lawn Bowling Club
Oaklands Community Centre 6/$60
Tue May 19–Jun 23 4:30–5:30 p.m.

YOUTH PROGRAMS

Boy's Group (9–13yrs)
Boys Group is for youth who identify as male or non-binary between the ages of 9–13. The program provides a safe and supportive environment while out in the community doing recreational activities. Boys Group provides the youth with a sense of belonging and nurtures their ability to make healthy choices as they develop into young adults.

For further details please email tara@quadralivigaccc.com

Quadra Village Community Centre Free
Sat Jan 11–Jun 27 12:30–2 p.m.
PHYSICAL LITERACY

PLAY Victoria
PLAY Group Victoria brings partners together to advance physical literacy in Greater Victoria.

Definition

Physical literacy is the motivation, confidence, physical competence, knowledge and understanding to value and take responsibility for engagement in physical activities for life.

- International Physical Literacy Association, May 2014

Physical literacy is the...

...to be active for life

Sport for Life

Competence

is the development of fundamental movement skills (e.g. run, wheel, jump, throw) in different environments (land, water, air, ice/snow).

Confidence

is developed in welcoming and inclusive environments that allow everyone to participate to their own abilities in a way that challenges them.

Motivation

is developed in program environments that are fun and exciting, have a purpose to develop skills, and facilitate knowledge about activities to value the importance of being active.

When we provide opportunities for our children to move and play from early ages, they gain movement skills.

As our kids practice movement skills, they gain the confidence to do those movements in different situations.

The more movements they can do, the more activities are available for them to take part in.

Fundamental movement skills like running, wheeling, jumping, throwing, catching, and many more are the building blocks to all movements.

As our kids do different movements and activities, they gain the confidence to participate in those activities.

If they have fun, positive experiences, they will be motivated to keep coming back and to try more activities.

physicalliteracy.ca
**ARTS**

**Acrylics (16+yrs)**
Starting with simple exercises, explore basic techniques such as brushwork, mixing colour, working with water, acrylic medium and extender to make washes, glazes and textures. Students will work towards making completed paintings in a variety of subject matter such as still life, landscape and working from photos. A $25 material fee is to be paid to instructor at the first class.

*Instructor: Alain Costaz*

**James Bay Community Centre**

**Wed** May 20–Jun 24 6:30–8:30 p.m.

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**Acrylics: The Basics and Beyond**
For beginner and more experiences artists alike, acrylics can be both exciting and fun! For those unfamiliar with its properties, Acrylics can be challenging as well! An experienced, professional painter of both acrylics and oils, Shelly Burke will take the mystery out of using acrylics. Through demos and personal, one-on-one instruction, artists of all levels will gain confidence by learning the fundamentals of painting with this versatile medium. For those more experienced, they may want to bring in their own favorite reference material, as opposed to the ones provided by the instructor. Supplies are not included. Please refer to jamesbaycentre.ca for supplies list or stop by the Centre desk.

*Instructor: Shelly Burke*

**James Bay Community Centre**

**Thu** Mar 26–May 13 6:30–9 p.m.

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**Adult Guitar – Beginner (16+yrs)**
Learn to play simple arrangements of popular songs through the reading of music and basic classical techniques. Music book is an additional $10 payable at class. Please bring your own guitar.

*Instructor: Alberto Ubach*

**James Bay Community Centre**

**Mon** Apr 20–Jun 15 5–5:45 p.m.

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**Adult Guitar – Intermediate (16+yrs)**
Learn to play simple arrangements of popular songs through the reading of music (both: standard music notation and TAB), and basic classical guitar techniques. Music book is an additional $10 payable at class. Please bring your own guitar.

*Instructor: Alberto Ubach*

**James Bay Community Centre**

**Mon** Apr 20–Jun 15 6–6:45 p.m.

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**Introduction to Bachata Dancing**
Bachata is a popular partner social dance that originated from the Dominican Republic. Learn basic footwork and body isolation techniques, fun patterns, and musicality so you could dance the night away. Under the spell of the music, feel the rhythm, the connection, have fun and lose yourself. Partner preferred but not required.

*Instructor: John de Pfyffer*

**James Bay Community Centre**

**Fri** Apr 3–May 1 5:30–6:30 p.m.

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**Beginner Night Club Waltz (16+yrs)**
Learn to dance to slow ballads with the most romantic dance on the planet. The ideal first dance for weddings.

*Instructor: John de Pfyffer*

**James Bay Community Centre**

**Fri** Apr 3–May 1 6:30–7:30 p.m.

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**Beginner Watercolour (16+yrs)**
Exploring basic techniques students will be guided in making paintings in a variety of subjects including still life landscape and working from photos. Hands on guidance in brushwork, colour mixing, washes and textures with demonstrations and one on one attention in a supportive atmosphere. Please pick up a class material list from the front desk upon registration.

*Instructor: Alain Costaz*

**James Bay Community Centre**

**Wed** May 20–Jun 13 6:30–8:30 p.m.

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**Beginner Watercolour Painting**
Enjoy watercolour painting in a group setting and develop beginner watercolour techniques. No previous experience required. We will focus on organic shapes and themes such as flowers, sunsets, trees, and others. The instructor will provide a supply list by email before the first class.

*Instructor: Regina Elizondo*

**Oaklands Neighbourhood House**

**Thu** Jun 11–Jul 23 7–8:15 p.m.

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**Intermediate Watercolour Painting**
Enjoy watercolour painting in a group setting and develop intermediate watercolour techniques. No previous experience required. We will focus on organic shapes and themes such as flowers, sunsets, trees, and others. The instructor will provide a supply list by email before the first class.

*Instructor: Regina Elizondo*

**Oaklands Neighbourhood House**

**Thu** Apr 23–Jun 4 7–8:15 p.m.

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**Intermediate West Coast Swing (16+yrs)**
West Coast Swing is the smooth form of Swing that is danced to everything from blues, country and hip hop to today’s top 40 pop and contemporary songs. It is one of the most useful and popular partner dances in Canada.

*Instructor: John de Pfyffer*

**James Bay Community Centre**

**Fri** Apr 3–May 1 5:30–6:30 p.m.

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**Introduction to Calligraphy**
Join @willa writes for an introduction to modern calligraphy! Calligraphy is a practice in mindfulness while also allowing for creative expression. You will learn all the basic strokes necessary to make art from words and begin to wield a dip pen and ink like a pro. This is a great workshop for DIY enthusiasts who want to add personalization to gifts and cards, folks who want to make their own wedding place cards and stationary, and people looking to get together with friends to learn a new skill. All supplies included.

**Oaklands Neighbourhood House**
4/$60
Wed Apr 8–Apr 29
6:30–8 p.m.

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**Introduction to Contemporary Dance (16+yrs)**
Connect mind and body through fluid dance movement in this beginner-friendly class. Contemporary dance combines elements of jazz, lyrical, modern, and ballet. Learn basic technique including rhythm and movement patterns set to a range of music genres.

**Oaklands Community Centre**
8/$80
Mon Apr 20–Jun 15
6–7 p.m.
No class May 18

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**Introduction to Kizomba Dancing**
Learn one of the most popular and fast-growing partner dances in Canada and the world. Kizomba is a slow and sensual dance from Angola. You will learn basic steps, musicality, many ways to create patterns, and connection which is the heart and soul of this dance. Watch out! You may become addicted to this dance. Partner required for this class.

**Oaklands Community Centre**
6/$100 per pair
Tue May 5–Jun 9
7–8 p.m.

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**Latin Dancing Bootcamp**
Are you curious about Latin dance? Do you want to try a beginner Salsa, Bachata, or Kizomba dance class to see if you like it? This workshop is a great entry point into Salsa, Bachata and Kizomba dancing for people new to dance. It’s a fun, beginner-friendly, non-intimidating, introductory workshop. This workshop provides an intensive and practical learning experience and you’ll meet new people and make new friends. Everyone is welcome, individual or couples. We will do partner rotations so everyone gets a chance to learn and dance.

**Oaklands Community Centre**
$30
Tue Apr 28
6–9:30 p.m.

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**Ukulele 101**
An introductory class for ukulele, or brush up on your uke chops! Appreciate the language of music on four strings. Learn chords, rhythms and melodies (and sing-a-long!) with community music instructor (and island ukulele festival host!) Nick Stecz. Must bring your own ukulele.

**Instructor: Nick Stecz**
Oaklands Community Centre
6/$60
Tue Apr 14–May 19
7:15–8:15 p.m.
Tue May 26–Jun 30
7:15–8:15 p.m.

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**Wellness Mandala for Women**
Each person’s optimal wellness reflects her own experiences, personality traits and emotional needs. Over the course of six weeks, you will learn how to create an individual Wellness Mandala and gain deep understanding of how each aspect impacts your well-being. Psychological strategies will shared to increase your awareness on how to improve areas that may have been neglected. This workshop will include art making and journal writing. No art experience necessary. All supplies will be provided.

**Instructor: Shahin Jones, RCC, Registered Art Therapist.**

**Oaklands Neighbourhood House**
6/$150
Mon Apr 27–Jun 8
7:15–9 p.m.
No class May 18

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**COMPUTERS**

**Android (Samsung, LG, etc.)**
Intro to your Android tablet (e.g. Samsung) or android smart phone (e.g. Samsung, LG) are discussed.

**Program offered by CompuDave Services**

**James Bay Community Centre**
1/$37
Thu Apr 23
6–7:30 p.m.
Thu Jun 11
6–7:30 p.m.

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**Android Tablets & Smartphones**
Any questions to do with your tablet (e.g. Samsung) or smart phone (e.g. LG, Samsung) are discussed.

**Program offered by CompuDave Services**

**Victoria West Community Centre**
1/$37
Sat May 2
9–10:30 a.m.
Thu Jul 2
6–7:30 p.m.

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**Apple TV & Netflix Workshop**
Any questions to do with your Shaw or Telus TV, and Netflix are discussed. Connecting your iPad/iPhone/Mac/PC to your TV wirelessly. Netflix, Airplay and other features explained.

**Program offered by CompuDave Services**

**James Bay Community Centre**
$37
Thu Apr 14
6–7:30 p.m.

**Victoria West Community Centre**
1/$37
Thu Apr 16
7:30–9 p.m.
Thu Jul 2
7:30–9 p.m.

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**Computer Access**
Free Computer Use during open hours.

**Fernwood Community Centre**
Mon–Thu Apr 1–Sep 1
9 a.m.–6 p.m.

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**Computers – Introduction**
Learn computer terms, basic word processing and email.

**Program offered by CompuDave Services**

**James Bay Community Centre**
2/$148
Tue, Thu May 12–May 14
6–9 p.m.
Email & Facebook Workshop
Any questions to do with your email (e.g. Windows Mail, Mac Mail, Google Mail, Yahoo Mail, Hotmail, Outlook) and Facebook are discussed.
Program offered by CompuDave Services
Victoria West Community Centre $37
Thu Apr 16 6–7:30 p.m.
Wed Jul 15 6–7:30 p.m.

iCloud
iCloud helps you access your files across iPhone, iPad, iPod, Mac, PC and the web. Learn great ways to share files with friends and family, and get peace of mind with backups and automatic syncing. Covers iCloud Photo Sharing, My Photo Stream, iTunes Match
Program offered by CompuDave Services
James Bay Community Centre $37
Sat Apr 25 10:30 a.m.–12 p.m.

Intro to iPad
Learn how to transfer songs to your iPad from Internet or CD, sync with your Mac or PC, playback options, basic operation.
Program offered by CompuDave Services
James Bay Community Centre $37
Sat Apr 11 9–10:30 a.m.
Thu Jun 18 6–7:30 p.m.
Victoria West Community Centre $37
Wed Apr 22 6–7:30 p.m.
Wed Jun 17 6–7:30 p.m.

Intro to Mac
An introduction to a safe and easy-to-use computer technology with the features that learn email, internet access, CD burning, photo and music, etc.
Program offered by CompuDave Services
James Bay Community Centre $74
Sat May 2 9 a.m.–12 p.m.

Intro to Siri
How to use voice for your Mac, your iPhone, your iPad, your Apple Air Pods, your Apple TV, your Home Pod, your CarPlay, etc. Learn dictation rules, how to email, message (text), play music, make a phone call, launch apps, navigate with Maps (GPS), make appointments on Calendar, translate to different languages, find gas stations, places to eat…all with voice. Great for mobile, and visually challenged people.
Program offered by CompuDave Services
James Bay Community Centre $37
Wed May 20 6 p.m.–7:30 p.m.
Victoria West Community Centre $37
Sat May 2 10:30 a.m.–12 p.m.

Intro to Mac
An introduction to a safe and easy-to-use computer technology with the features that learn email, internet access, CD burning, photo and music, etc.
Program offered by CompuDave Services
James Bay Community Centre $74
Sat May 23 9 a.m.–12 p.m.
iPad/iPhone & Android for Travellers
Discover great travelling, translating, touring, GPS and mapping apps for the iPad/iPhone/Android.

Program offered by CompuDave Services

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<th>Location</th>
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<td>Victoria West Community Centre</td>
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<td>6–7:30 p.m.</td>
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iPad/iPhone Photos, Music and Podcasts
Learn how to take and organize photos, how to transfer photos to and from iPad/iPhone, and understand photo apps that are practical. Learn how to transfer songs to your iPad/iPhone from Internet or CD, sync with your Mac or PC, playback options.

Program offered by CompuDave Services

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iPad/iPhone/Android Apps
Best free apps. Best paid apps. Practical and fun. List emailed to students.

Program offered by CompuDave Services

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iPhone Workshop
Find out how to transfer address books, calendars, photos and music (iTunes); learn how to text, browse the Internet, email, apps, change the setup.

Program offered by CompuDave Services

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<td>Victoria West Community Centre</td>
<td>Apr 22</td>
<td>7:30–9 p.m.</td>
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iTunes
Learn how to organize/add music, burn CDs, listen to radio.

Program offered by CompuDave Services

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<td>6–7:30 p.m.</td>
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Mac File Management
Learn how to organize your files and folders; learn backups and how to create shortcuts or aliases, rename and delete files, and understand different files types.

Program offered by CompuDave Services

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<th>Location</th>
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<tr>
<td>James Bay Community Centre</td>
<td>May 13</td>
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MS Excel (PC & Mac)
This standard spreadsheet will help get yourself back into the workforce, keeping track of your own investments and business bookkeeping.

Program offered by CompuDave Services

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<th>Location</th>
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<tr>
<td>James Bay Community Centre</td>
<td>May 19–May 21</td>
<td>6–9 p.m.</td>
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<td></td>
<td>Jun 13–Jun 20</td>
<td>9 a.m.–12 p.m.</td>
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MS Word (PC & Mac)
This standard word processor will help get yourself back into the workforce or just upgrade your professional skills.

Program offered by CompuDave Services

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<tr>
<th>Location</th>
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<tr>
<td>James Bay Community Centre</td>
<td>Apr 7–Apr 9</td>
<td>6–9 p.m.</td>
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<td>Jun 2–Jun 4</td>
<td>6–9 p.m.</td>
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Photos for Mac
Learn how to scan, organize, edit, email with different sizes, create cards, slideshows, books, calendars.

Program offered by CompuDave Services

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<td>7:30–9 p.m.</td>
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Photos for Windows
Learn how to find, manipulate, email, archive (store), share, print and organize photos on Windows.

Program offered by CompuDave Services

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<td>James Bay Community Centre</td>
<td>May 9</td>
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<td>May 25</td>
<td>7:30–9 p.m.</td>
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Social Media & File Sharing
Facebook, Twitter, Instagram, iCloud/Cloud, Dropbox, etc.

Program offered by CompuDave Services

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<tr>
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Windows File Management
Learn how to organize your files and folders. Learn backups and how to create shortcuts, rename and delete files, and understand different files types.

Program offered by CompuDave Services

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<td>9–10:30 a.m.</td>
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**DROP-IN PROGRAMS**

**James Bay Community Centre**

**Drop-In Programs**
No need to pre-register for these programs. A fun recreational opportunity for adults 16+ yrs.
All equipment is provided but feel free to bring your own!

- **Basketball** Drop-in $3.50
  - Mon, Thu
  - Apr 6–Jun 22
  - No drop-in April 13, May 18
  - 7–9 p.m.

- **Table Tennis** Drop-in $2.50
  - Mon, Fri
  - Apr 6–Jun 22
  - No drop-in April 13, May 18
  - 12:30–2:30 p.m.

- **Pickleball** Drop-in $2.50
  - Tue
  - Apr 7–Jun 23
  - No drop-in June 9
  - Thu
  - Apr 9–June 11
  - 1–4 p.m.
  - 9 a.m.–12 p.m.

- **Soccer** Drop-in $3.50
  - Wed
  - Apr 8–June 24
  - 7–9 p.m.

- **Badminton**
  Join our group of enthusiasts for an evening of co-ed badminton. Some rackets available and birdies provided. Call 250.382.4604 for more info.

- **Fairfield Community Place** Drop-in $4
  - Tue
  - Apr 7–Jun 16
  - 8–10 p.m.

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**Community Book Club**

Join us the first Tuesday of each month to meet others who enjoy reading, share ideas, have lively conversations and make new friends. Everyone welcome. Coffee and tea provided. Visit our website at oaklands.life for monthly book selection. No book club in July and August.

<table>
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<tr>
<th>Oaklands Neighbourhood House</th>
<th>Free</th>
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<tr>
<td>Tue</td>
<td>By donation</td>
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<td>Apr 7</td>
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**Drop-In Walking Group**

Meet at the Centre and enjoy a walk around the neighbourhood followed by coffee time in one of our local cafes. This is a participant facilitated group.

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<tr>
<th>James Bay Community Centre</th>
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<td>Wed</td>
<td>By donation</td>
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<td>Apr 8–Jun 24</td>
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**Fernwood Family Dinner**

Fernwood Family Dinner is an opportunity for families to come together and share a prepared meal, followed by a time to play and socialize together. The dinner will provide a healthy meal, ideas for easy meal preparation, access to food resources as well as a social time to bring families together for quality time while alleviating the pressure of meal preparation. Planned play activities will provide opportunities for one-one parent support. Dinner is at 5 p.m., family activities at 6 p.m.

<table>
<thead>
<tr>
<th>Fernwood Community Centre</th>
<th>By donation</th>
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<tr>
<td>Mon Jan 4–Jan 9</td>
<td>5–7 p.m.</td>
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**Regional May Pass**

**Available to purchase April 1, 2020**

**Drop-in to 14 Centres**

- Archie Browning Sports Centre
- Cedar Hill Recreation Centre
- Crystal Pool & Fitness Centre
- Esquimalt Recreation Centre
- Gordon Head Recreation Centre
- Greenglade Community Centre
- Henderson Recreation Centre
- Juan de Fuca Recreation Centre
- Oak Bay Recreation Centre
- PISE (Pacific Institute for Sport Excellence)
- Panorama Recreation
- G.R. Pearkes Recreation Centre
- Saanich Commonwealth Place
- SEAPARC Leisure Complex

* GST included

Greater Victoria **ACTIVE COMMUNITIES**
Friendly Crafters
Looking for an outlet for your creativity? Everyone is welcome! Bring in any type of craft to work on and meet some wonderful people in your neighbourhood while you’re at it. Art supplies are available for group use, everyone is welcome, and this fun, social group is absolutely FREE!

<table>
<thead>
<tr>
<th>Quadra Village Community Centre</th>
<th>Thu</th>
<th>Ongoing</th>
<th>Free, Drop-in</th>
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<td>12:30–3 p.m.</td>
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LGBTQ Narcotics Anonymous
Narcotics Anonymous provides a recovery process and peer support network that are linked together. One of the keys to NA’s success is the therapeutic value of addicts working with other addicts.

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<tr>
<th>Fernwood Community Centre</th>
<th>Free, Drop-in</th>
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<td>Thu Apr 9–Sep 3</td>
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Stigma Free Zone
This is for women 25+ who live with a mental health condition such as bipolar disorder, schizophrenia, anxiety and/or depression. You do not need an official diagnosis, and we are here for you if you have mental health concerns.

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<tr>
<th>Fernwood Community Centre</th>
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<td>Tue Apr 7–Sep 1</td>
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HEALTH & WELLNESS

Belly Dancing
Belly dance is a beautiful, feminine art form arising from the folkloric dances and traditions of the Middle East. You will learn basic isolations, travelling steps, delicious shimmies and sinuous undulations that will strengthen your core, boost your confidence and ignite your creative spark. Come explore traditional Middle Eastern belly dance with Bobbie Barry. No experience required.

<table>
<thead>
<tr>
<th>Crystal Pool and Fitness Centre Lower Auditorium</th>
<th>6/$72</th>
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<tbody>
<tr>
<td>14381 Thu Mar 31–May 5</td>
<td>7:30–8:30 p.m.</td>
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<tr>
<td>14382 Tue May 12–Jun 16</td>
<td>7:30–8:30 p.m.</td>
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<tr>
<td>Victoria West Community Centre</td>
<td>6/$72</td>
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<tr>
<td>Wed Apr 1–May 6</td>
<td>5:30–6:30 p.m.</td>
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<tr>
<td>Wed May 13–Jun 17</td>
<td>5:30–6:30 p.m.</td>
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BellyFit Flow
This class is a blend of yoga and dance. Following a traditional group fitness format, the focus is on strength and flexibility, using music to inspire the movements. This is a mat-based class. Participants must be able to get up and down off the floor.

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<tr>
<th>Oaklands Community Centre</th>
<th>6/$60</th>
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<td>Wed Apr 1–May 5</td>
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CALM Women – Courageous, Authentic, Loving, Mindful
Join Melissa of Calm Life Coaching on a journey to find your Courageous, Authentic, Loving and Mindful self. Become more aware of your triggers and learn some practical tools to work with those triggers to create your best life. Feel the lightness of leaving some unwanted baggage behind. The experience is powerful and experiential.

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<tr>
<th>Oaklands Neighbourhood House</th>
<th>4/$120</th>
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<tr>
<td>Sat Apr 18–May 9</td>
<td>9–10:30 a.m.</td>
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Cardio Abs & Glutes
This class will ignite your core and glutes. 30+ minutes of focused exercises will have your entire midsection tapped out in no time. Appropriate warm up and cool down will get you ready for this highly target worked out with a cardio twist.

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<th>Oaklands Community Centre</th>
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<td>Tue May 19–Jun 23</td>
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<td></td>
<td>Tue Jun 30–Aug 4</td>
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<td>Tue Aug 11–Sep 15</td>
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Circuit Training
This class will help condition your whole body using resistance training and cardio exercises. It targets muscular endurance and strength and is great for losing weight and resculpting your body. Multiple rounds of intense exercise utilizing your own body weight and resistance bands will have you feeling drained yet satisfied. A full dynamic warm up to ensure joints and muscles are ready and a proper cool down to help with recovery.

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<th>Oaklands Community Centre</th>
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Royal Athletic Park Programs

Join us for an exhilarating boot camp and energizing yoga class at Victoria’s outdoor stadium. Enjoy some of Victoria’s best instructors and experience the energy of the historic Royal Athletic Park.

Royal Bootcamp
Join Royal Bootcamp for a chance to play in Royal Athletic Park – Victoria’s outdoor stadium. Enjoy a variety of strength and cardio exercises using all parts of the stadium.

Royal Athletic Park .......... 10/$99
14694  Mon Apr 20–Jun 29  6–7 p.m.

Royal Yoga
Join Royal Yoga for a world-class outdoor yoga experience in Royal Athletic Park – Victoria’s outdoor stadium.

Royal Athletic Park .......... 10/$99
14695  Mon Apr 20–Jun 29  7–8 p.m.

To register visit: victoria.ca/recreation or call 250.361.0732
Core and More (16+yrs)
All levels of fitness can achieve benefits from this class. Foundation balance movements are followed by a core focus which builds muscular strength and endurance.
_Instructor: Mokie Burnham_
James Bay Community Centre 8/$64 | Drop-in $10
**Wed** Apr 8–May 27 5:30–6:30 p.m.

**Fitness in the Park**
Enjoy a total body workout in the beautiful outdoors! Join us Thursdays in July and August at Oswald Park for a different workout each week. Dress comfortably and bring a water bottle. Suitable for all fitness levels. Follow us on Facebook or check our website for weekly schedule.

_Oaklands Community Centre (Oswald Park)_ Free
**Thu** Jul 2–Aug 27 6–7 p.m.

**Functional Flow**
A movement-based practice that deconstructs common yoga postures and implements them into a new reference space off the mat. Mobility and stability drills will be explored in order for participants to engage with several fundamental movement patterns. During this 5 week program, movement patterns will be linked into novel flows that promote better coordination, endurance, and agility. After completing this session students will have a foundation of how to engage in a movement generalist practice.
_Instructor: Jenny Berg_
Fairfield Community Place 5/$45
**Thu** Apr 16–May 14 6:30–7:30 p.m.
**Thu** May 21–Jun 18 6:30–7:30 p.m.

**Fusion Belly Dance with Yuliya**
European Belly Dance explores traditional Belly dance techniques and introduces students to Fusion Belly dancing – inspired by beautiful postures, moves, and routines from Classical ballet and Ballroom. Yuliya started Gymnastics and Ballroom Dance at the age of 4 and competed throughout Europe throughout her youth. Yuliya later fell in love with Belly Dance and toured the world as a professional Belly Dance instructor and performer for 15 years. Yuliya now lives in Victoria and is excited to share her unique style of Belly dancing with the community.
_Instructor: Yuliya Logan_
Crystal Pool and Fitness Centre 6/$63
**Lower Auditorium**
14383 **Wed** Apr 1–May 6 7–8 p.m.
14384 **Wed** May 13–Jun 17 7–8 p.m.
14385 **Wed** Jun 24–Jul 29 7–8 p.m.

**Groove**
Experience the fun new workout that everyone is talking about. Groovin’ is a revolutionary workout that celebrates everybody’s unique way of moving. Break out of the fitness box! The movements are purpose-driven and are designed to build strength, cardio, and endurance. Multi-level class, no experience necessary.
_Instructor: Kristina Quinn_
Victoria West Community Centre 6/$75
**Wed** Apr 1–May 6 6:45–7:45 p.m.
**Wed** May 20–Jun 24 6:45–7:45 p.m.
**Wed** Jul 8–Aug 12 6:45–7:45 p.m.

**Harmony Qi Gong**
Harmony Qi Gong, designed by Master Bai Yin, is an easy to learn Chinese exercise for health program. Harmony Qi Gong builds health by promoting the flow of Qi Energy and can release stress and help manage stress and emotions. The class also promotes a healthy diet based on Traditional Chinese Medicine practices. Join us to feel better, gain energy, and look younger. This program runs twice monthly. Please check our website for current schedule. Contact qidoctorteam@gmail.com for more info.
_Instructor: Yuliya Logan_
Oaklands Community Centre $5/Class
**Sun** Apr 26–Oct 25 3–4 p.m.

**High Intensity Interval Training (HIIT)**
HIIT is a total body, heart pumping, aerobic and strength conditioning workout. This interval-based class combines full-body strength training with high intensity cardio bursts designed to tone your body. Expect warm up and cool down times with a half hour HIIT session, between, outdoors if possible. Modifications for all fitness levels are provided.
_Instructor: Yuliya Logan_
Oaklands Community Centre 6/$54 | Drop-in $12
**Thu** Apr 9–May 14 6–7 p.m.
**Thu** May 21–Jun 25 6–7 p.m.

**Mindful Meditation**
Give your life a mindful makeover! Relax, connect, and slow down with mindfulness. Enjoy mindful meditation, body awareness, walking and eating as you reduce stress, anxiety, depression. and appreciate the benefits mindfulness brings to your daily life.
_Instructor: Nancy Crites_
Fairfield Community Place 8/$88
**Tue** Apr 7–May 26 6–7 p.m.
Move for Life Series
In this workshop series we will explore different areas of the body and how to find mobility and motility to encourage lifelong movement in our body. In this series, you will learn and practice self-massage techniques that you can then take with you wherever you go.

Instructor: Melanie Langman
Oaklands Community Centre $40 per workshop or $105 for all three

Lower Body
Sat Apr 4 1–3 p.m.

Torso
Sat May 2 1–3 p.m.

Arms, Neck & Head
Sat Jun 13 1–3 p.m.

Nia Dance, Laugh, Play
Dance has been proven to help cognitive function, as well as condition the body’s heart, lungs, bones and muscles while just having fun moving to music. Nia is choreographed and free dance combined with martial arts and healing. Nia improves circulation and helps maintain a healthy weight. Nia is great for any age, fitness level, or body type.

Instructor: Candice Francis
Victoria West Community Centre Mon Apr 6–May 11 6–7:15 p.m. 5/$60

No class April 13
Wed Apr 8–May 13 1–2:15 p.m. 6/$72
Mon May 25–Jun 22 6–7:15 p.m. 5/$60
Wed May 20–Jun 24 1–2:15 p.m. 6/$72

Pilates – Barre Flex (Pilates, Dance & Yoga)
Synthesis of pilates, dance and yoga, this high energy class incorporates floor and mat work with the ballet barre. Set to today’s hottest music, this class will increase your strength, stamina and flexibility. Program delivered at Alive MindBody (301–1821 Cook Street).

Crystal Pool and Fitness Centre 6/$57
14395 Tue Apr 7–May 12 6:15–7:10 p.m.
14396 Tue May 19–Jun 23 6:15–7:10 p.m.
14397 Tue Jun 30–Aug 4 6:15–7:10 p.m.

Qi Gong: Health and Wellness
This class will help relax the tendons, limber up the joints, promote flow of qi and blood, and gather and store essence (jing), breath (qi), and spirit

Instructor: Eric Tuttle
James Bay Community Centre 5/$30 Drop-in $10
Thu Apr 2–Apr 30 6:30–7:45 p.m.

Qi Gong
Qi Gong can be called a type of ‘Chinese Yoga’. It is a gentle and revitalizing type of practice, which is easy to learn, fun to exercise, and leaves the student full of energy at the end of each class. It is a superior type of self-medicine, and has the power to heal many chronic injuries and illnesses. The focus is on learning how to guide the energy in the body via a combination of soft movements and sophisticated breathing techniques. It is similar to Tai Chi, but simpler to learn and quicker to benefit one’s health and well-being. The practice is as spiritual as it is physical, and is a form of moving meditation.

Instructor: Shifu Jonathan Bluestein
Crystal Pool and Fitness Centre 5/$48
Lower Auditorium 14911 Thu Apr 9–May 7 10–11:30 a.m.
14912 Thu May 14–Jun 1 10–11:30 a.m.

Rain Forest Qigong
No experience is necessary to attend. We will be using the components of breath, visualization, gentle postures/movements and sound to remove any blockages in our energetic system and balance our energy. You will experience your optimal health, peak performance, and peace.

Instructor: Nancy Crites
Fairfield Community Place 12/$132
Wed Apr 8–Jun 24 6–7 p.m.

Royal Bootcamp
Join Royal Bootcamp for a chance to play in Royal Athletic Park – Victoria’s outdoor stadium. Enjoy a variety of strength and cardio exercises using all parts of the stadium.

Royal Athletic Park 10/$99
14614 Mon Apr 20–Jun 29 6–7 p.m.

Small Group Personal Training
Small group personal training is an economic alternative to one-on-one training, plus working out with others helps to push you to new levels. Custom designed workouts are built in with different levels of fitness in mind. You will receive accountability, motivation, support, experience and expert guidance to reach your fitness goals in this small group environment of 3–4 clients to 1 coach.

Instructor: Chris Woeller
Crystal Pool and Fitness Centre 12/$189
Fitness Loft 14416 Tue, Fri Apr 7–May 15 7–8 a.m.
14414 Tue Apr 7–May 14 5:30–6:30 p.m.
14417 Tue, Fri May 19–Jun 26 7–8 a.m.
14415 Tue, Thu May 19–Jun 25 5:30–6:30 p.m.

Strength and Stretch
In this 45 minute class we use small weights, bands and balls to strengthen your muscles. We then spend time to ensure that each muscle group is stretched out. These exercises increase your strength, balance, and flexibility; which increase your ability to walk and move with greater ease and certainty. This class is done sitting and standing for a full body workout.

Instructor: Helen Dougherty
James Bay Community Centre 6/$48 Drop-in $10
Fri Apr 17–May 22 2:45–3:30 p.m.
Strength, Conditioning & Balance 60+
This well rounded program will focus on activities to improve strength, balance, mobility, flexibility, and cardiovascular fitness. A BCRPA instructor will use resistance bands, fitness props, and a fun selection of activities to improve fitness. Have fun, make friends, and feel good about yourself. All abilities are welcome and the exercises can be modified to suit your needs.

Instructor: Janice Arnot
Victoria West Community Centre
Wed Apr 1–May 13  3–4 p.m.  7/$70
Wed May 20–Jun 24  3–4 p.m.  6/$60
Wed Jul 8–Aug 19  3–4 p.m.  7/$70

Tai Chi – Advance Style
A combination of Chen Inner Family Tai Chi and Yang Inner Family Tai Chi. Previous tai chi training is a prerequisite for joining this class.

Instructor: Eric Tuttle
James Bay Community Centre  5/$30  Drop-in $10
Wed Apr 1–Apr 29  6:30–7:45 p.m.

Tai Chi for Beginners
This class is a combination of Tai Chi and Chi Gong movements which coordinate slow movements with breathing, visualizations, meridian tapping, chanting, and guided meditation. It is designed to heal the body, relax the mind, and bring clarity to one's perception. There are sitting and standing components to the class.

Instructor: Jet Li
Fairfield Community Place  5/$50  Drop-in $10
Wed May 27–Jun 24  10:30–11:30 a.m.

Tai Chi – Yang Jian Hou Style
This is a rare 85 movement form with auxiliary exercises to cultivate and move internal energy in the body. This form contains many of the internal circles and power issuing not included in the revised version of big frame Yang Style.

Instructor: Eric Tuttle
James Bay Community Centre  5/$30  Drop-in $10
Tue Mar 31–Apr 28  7–8 p.m.

Traditional Kung Fu (Tong Bu Dao)
Tong Bu Dao is a traditional system of Chinese Kung Fu. Tong Bu Dao is an internal martial art, which stresses practicality and effectiveness while cultivating unity of body and mind. Students learn important skills for self-defense, and enjoy themselves with a deep and meaningful activity. Training also provides and builds increased strength, flexibility, fitness, self-confidence, self-esteem and self-respect. Taught by Shifu Jonathan Bluestein, a best-selling author on the martial arts, and the head of Blue Jade Martial Arts International.

Instructor: Shifu Jonathan Bluestein
Crystal Pool and Fitness Centre
Fitness Loft
Fri Apr 3–May 15  7:30–9 p.m.  8/$110
Fri May 29–Jul 25  7:30–9 p.m.  8/$110
Fri Jul 29–Aug 22  7:30–9 p.m.  8/$110

Victoria Best Babies
Victoria Best Babies is a pre/post-natal outreach program aimed at improving the health of pregnant people and their babies. The program is hosted by Fernwood NRG and funded by Public Health Agency Canada and is aimed towards those individuals who are struggling with poor health access, socioeconomic barriers, relationship challenges, and housing issues. Access to this program is through Fernwood Community Centre and Quadra Village Community Centres.

Quadra Village Community Centre
Free/Registered Program
Tue Ongoing  11 a.m.–1 p.m.
Group at 11 a.m. Lunch at noon.

Fernwood Community Centre
Free/Registered Program
Wed Ongoing  11 a.m.–1 p.m.
Thu Ongoing  11 a.m.–1 p.m.
Group at 11 a.m. Lunch at noon.

Wing Chun Kung Fu
Learn Guo Style Wing Chun kung fu from Shandong Province, China. A practical self defense for people of any size, gender or age. Gain confidence, get fit and have fun while learning self defense. Class begins with stretching and warm up routine at 5:30 p.m.

Instructor: Chris Terrio
Victoria West Community Centre  7/$105
Thu Apr 9–May 19  5:30–7 p.m.
Thu May 28–Jul 9  5:30–7 p.m.
Thu Jul 16–Aug 20  5:30–7 p.m.
Child Minding
Enjoy the many activities the Crystal Pool and Fitness Centre has to offer while your little one receives quality childcare with crafts, creative play, painting and more.

Monday to Friday
9 a.m.–12 p.m.
$3/hour or $27/10 hours

Women’s Pelvic Health Workshop
A course created specifically for women experiencing issues such as incontinence and prolapse, also appropriate for women wanting to avoid these issues. Incontinence is COMMON but not a NORMAL part of aging and menopause, pregnancy and childbirth. Learn how to effectively strengthen the muscles that support the bladder and work towards preventing the need for incontinence products and surgery. Recover confidence, form and function at any age with scientifically based exercises.

Offered by Confident Core Fitness

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<th>Location</th>
<th>Instructor</th>
<th>Dates</th>
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<td>Oaklands Community Centre</td>
<td>Ximena Londono</td>
<td>Sat Apr 25</td>
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Zumba
Join us for one of the fastest growing Latin dance inspired fitness crazes across the world! People of all ages are falling in love with its infectious music, easy-to-follow dance moves and body-sculpting benefits. Come dance to the rhythms of salsa, merengue, mambo and other Latin beats. This is a fitness class you will not want to miss!

Burnside Gorge Community Centre
Instructor: Ximena Londono

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<td>Instructor: Jason Gilbert</td>
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<td>Instructor: Corinne Mah</td>
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LEARN FOR LIFE

Advanced French
This class is for students who feel comfortable in French but who wish to achieve greater fluency and have a more varied vocabulary. In this interactive class, the students will share ideas, debate, explain, compare, justify, and analyze complex information in French.

Program offered by the Alliance Française de Victoria

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<th>Location</th>
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Zumba Toning
This is an innovative muscle training program with the addition of light weight toning sticks. In a relatively short period of time, this challenging workout helps in building coordination and muscle endurance. This class is open to everyone, no previous dance or zumba class experience necessary.

Instructor: Isabel Arias Santos

Fairfield Community Place

| Location                        | Instructor                  | Dates                          | Times                          |
|                                 |                             | Wed Apr 8–Jun 24               | 5:30–6:30 p.m.                 |
|                                 |                             | Wed Jul 8–Aug 26               | 5:30–6:30 p.m.                 |

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**African Hand Drumming (Level 1)**
African drumming has proven health benefits and is easy for anyone to learn at any age. New students can sign up at any time. Beginners are welcome and drums are provided. Each new student receives a handbook and instructional DVD for playing along at home.

*Instructor: Jordan Hanson*

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<th>Fairfield Community Place</th>
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<td>Tue Jul 7–Jul 28</td>
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**African Hand Drumming (Level 2)**
For students who have taken Level 1 for at least one year, and are comfortable playing bass, tone and slap notes. Develop your sense of timing, polyrhythm, and syncopation. Learn traditional solo phrases and rhythmic breaks.

*See drumvictoria.com*

*Instructor: Jordan Hanson*

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**American Sign Language – Beginner I**
This course is an introduction to the visual language used by the Deaf community in Canada. Learn the essentials of basic, everyday communication such as exchanging information, identifying and describing people, places, and things within the immediate environment, and asking for clarification. Gain insight into the Deaf community and Deaf culture.

*Instructor: Valentina Chpilevaia*

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<td>Thu Apr 23–May 28</td>
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**American Sign Language – Beginner II**
This course is a continuation of the visual language used by the Deaf community in Canada. Continue to learn the essentials of basic, everyday communication such as exchanging information, identifying and describing people, places, and things within the immediate environment, and asking for clarification. Gain insight into the Deaf community and Deaf culture. This course is for those with some previous knowledge of ASL.

*Instructor: Paula Maddison*

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<th>Victoria West Community Centre</th>
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**Baby Signs with Layla**
This 90-minute class provides parents with an overview of the Baby Signs® Program including the many benefits of signing, basic “How Tos” for teaching babies to sign, and many of the most useful signs through games, songs, and entertaining activities.

*Instructor: Layla Cochrane*

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<tr>
<th>Oaklands Neighbourhood House</th>
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<td>Sat Apr 25</td>
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**Basic Italian**
In this introductory class you will learn basic pronunciation, vocabulary, grammar, as well as expressions that will help you to travel around Italy.

*Instructor: Valentina Chpilevaia*

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<th>Victoria West Community Centre</th>
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<td>Wed Mar 18–May 6</td>
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<td>Wed May 13–Jun 24</td>
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**Cheese Making: Mozzarella, Burrata & Bocconcini**
Learn the art of cheese making and how to make your own hand stretched mozzarella worthy of the cover of Bon Appetit magazine! This is a taste, touch, feel class that will demystify the process of making cheese. You will learn creative and unique serving ideas. Instructions and ingredients to make over 4 lbs of mozzarella included.

*Instructor: Paula Maddison*

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**Cheese Making: Gouda**
Learn how to make your own Gouda cheese! Paula Maddison teaches the lost art of cheese making and will show you how easy it is to make your own pressed cheese. Cultures and instructions to make your own wheel to age at home will be included in this taste, touch, feel demonstration style class. Paula will demystify the idea that cheese making is difficult and will show you how to make your own delicious cheeses using store bought milk.

*Instructor: Paula Maddison*

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<th>Victoria West Community Centre</th>
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</table>
Cheese Making: Greek Style Feta
Learn the art of cheese making and how easy it is to make your own pressed cheese. Cultures and instructions to make your own wheel to age at home will be included in this demonstration style class. Paula will demystify the ideas of cheese making and will show you how to make your own delicious cheeses using store bought milk.

Instructor: Paula Maddison
Victoria West Community Centre
Sat May 23 1–3 p.m.

Conversational Italian
This class is for those who have a basic knowledge of Italian but want to increase their conversational ability.

Instructor: Valentina Chipilevaia
Victoria West Community Centre
Wed Mar 18–May 6 7:30–8:45 p.m. 8/$105
Wed May 13–Jun 24 7:30–8:45 p.m. 7/$92

Cuban Salsa
This class is an introduction to Cuban Salsa. You will learn the basic footwork and basic turn combinations in the Cuban style of Salsa. You will also learn to recognize the rhythm of Cuban Salsa music and synchronize your steps to the music.

Fairfield Community Place
Wed Apr 7–Jun 11 7:30–8:45 p.m. 8/$105
Wed Jul 7–Aug 4 8:15–9:15 p.m. 7/$92

English as a Second Language
This class is for non-English speakers. Practice conversational English, basic grammar, pronunciation, vocabulary, and writing and get comfortable speaking in a group. All levels welcome, no experience necessary.

Oaklands Neighbourhood House
Mon Apr 13–Jun 15 6–7:30 p.m.
No class May 18

Victoria West Community Centre
Wed Jul 7–Aug 18 6–7:30 p.m.

English Language Support
Start learning, practicing, and gaining confidence in your ability to speak and write in English. Our program is open to all levels and runs weekly. Our instructors will work with you to reach your goals of fluency. For more information, please call 250.388.7696.

Quadraville Community Centre
Free, Drop-in
Tue, Wed Apr 1–Jun 17 11 a.m.–12 p.m.

Fernwood Free Legal Clinic
Free, half hour legal information appointment with a practicing family lawyer. The lawyers are able to assist with: adoption, arrears/dealing with Family Maintenance Enforcement Program, Special or Extraordinary Expenses (daycare, medical, sports etc.), spousal support, assisting with court forms, child support, family safety. Ministry of Children and Family Development, property, debt and pension division, and referrals to community resources. For more info or to book an appointment, call 250.381.1552 x116

Fernwood Community Centre
Tue Ongoing 11:30 a.m.–1 p.m.

French for Beginners I
This class is for students who are new to French or who have forgotten much of their high school French. Lessons will provide activities using all four bases for learning a second language – speaking, listening, reading and writing. Classes are interactive and students will be speaking French and participating in games, dialogues and group activities. Textbooks Méthode + Cahier Tendances A1 required (available at the start of classes for $30).

Program offered by Alliance Française de Victoria
Oaklands Neighbourhood House
10/$150
Tue Apr 7–Jun 9 7:15–8:45 p.m.
Tue Jun 16–Aug 18 7:15–8:45 p.m.
Victoria West Community Centre
7/$105
Tue Jul 7–Aug 18 6–7:30 p.m.

French for Beginners II
This class is for students with some French experience or who have completed Level A1. Students will develop new vocabulary, improve their listening and speaking skills, and polish grammar. Classes are interactive with varied activities. Textbooks Méthode + Cahier Tendances A1 required (available at the start of classes for $30).

Program offered by Alliance Française de Victoria
Oaklands Neighbourhood House
10/$150
Wed Apr 8–Jun 10 7:30–8:30 p.m.
Wed Jun 17–Aug 26 7:30–8:30 p.m.
No class July 1
Victoria West Community Centre
7/$105
Tue Jul 7–Aug 18 6–7:30 p.m.

Improve Your French Pronunciation
Suitable for all levels. Come improve your French pronunciation! In this series of 4 lessons, you will learn about the anatomy of the mouth and how to pronounce the French consonants and vowels that are most difficult for English speakers. Class size is kept small (no more than 6) to ensure all students get personal attention. The course is suitable for anyone who is looking to work on their French pronunciation, from beginner to advanced.

Instructor: Laura Hawkes
James Bay Community Centre
4/$36
Wed Apr 1–Apr 22 6:45–7:30 p.m.
French: Conversations and Discussions (16+ yrs)
Suitable for intermediate level and above. Come learn French by participating in conversations and discussions! Each class, students will get the chance to discuss topics in partner, small group and/or whole-class settings. Topics and some related vocabulary will be provided each class. This class is multi-level, and students will be able to build on what they already know. Students should have an intermediate or above level of French to take this class. If unsure of your level, please contact the teacher.

Instructor: Laura Hawkes
James Bay Community Centre
Wed May 13–Jun 3 5:30–6:30 p.m. 4/$40

French: Learn Through Infographics
Suitable for intermediate level and above. Come learn French through infographics! In this class we will explore and discuss French infographics on a wide variety of different topics. Infographics are a great way to improve your French as they provide bite-sized pieces of information and interesting topics for discussions. This class is multi-level, and students will be able to build on what they already know. Students should have an intermediate or above level of French to take this class. If unsure of your level, please contact the teacher.

Instructor: Laura Hawkes
James Bay Community Centre
Wed Apr 1–Apr 22 5:30–6:30 p.m. 4/$40
FREE Emergency Preparedness Workshop
Learn more about the hazards that can affect Victoria, what to include in your emergency kits, what you can do to protect your home from an earthquake, and how to reunite with your loved ones after a disaster by attending a FREE Emergency Preparedness Workshop.

View the workshop schedule at VictoriaReady.ca.

Register for a FREE workshop at 250.920.3373 or email emvic@victoria.ca

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**French Refresher**
Suitable for all levels. Come improve your French pronunciation! In this series of ten lessons, you will learn about the anatomy of the mouth and how to pronounce the French consonants and vowels that are most difficult for English speakers. Class size is kept small (no more than 6) to ensure all students get personal attention. Handouts and tips for at-home practice will be provided.

_Instructor: Carole Masure_

**Victoria West Community Centre**

10/$150

Wed  
Apr 8–Jun 10

10–11:30 a.m.

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**German for Beginners**
This introductory course is for those with little or no knowledge of German. Learn the fundamental elements of the German language including grammar, pronunciation, reading, writing, and common expressions in a fun and interactive environment.

_Instructor: Gerlinde Weimer-Stuckmann_

**Oaklands Neighbourhood House**

8/$80

Thu  
Apr 16–Jun 4

7–8 p.m.

**Oaklands Community Centre**

8/$80

Thu  
May 7–Jun 25

11 a.m.–12 p.m.

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**German Continuing**
This continuing course is for those with previous knowledge of German. Continue to learn the fundamental elements of the German language including grammar, pronunciation, reading, writing, and common expressions in a fun and interactive environment.

_Instructor: Gerlinde Weimer-Stuckmann_

**Oaklands Neighbourhood House**

8/$80

Thu  
Apr 16–Jun 4

8–9 p.m.

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**Intermediate French**
This class is for students with basic French or who have completed level B1. A French native and qualified teacher will help you extend your vocabulary, polish your skills in reading, writing, speaking, and listening. Classes are interactive with many opportunities to speak French and use authentic material.

_Program offered by Alliance Française de Victoria_

**Victoria West Community Centre**

Thu  
Apr 9–Jun 11

6–7:30 p.m.  10/$150

Wed  
Jul 8–Aug 19

6–7:30 p.m.  7/$105

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**Italian for Travellers**
This class is perfect for anyone planning to visit Italy! Learn basic grammar, pronunciation, and vocabulary for travellers including introductions and greetings, how to order food and beverages, currency and directions in a fun and interactive environment. This class is for those with little to no experience.

**Oaklands Neighbourhood House**

8/$80

Wed  
Apr 22–Jun 10

7–8 p.m.

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**Learn Arabic!**
Start learning, practicing, and gaining confidence in your ability to speak and write in Arabic. Our program is open to all levels and runs weekly. Our instructor will work with you to reach your goals of fluency in a new language. For more information, please call 250.386.7696.

_Program offered by Boys & Girls Club of Greater Victoria_

**Queda Village Community Centre**

Free, Drop-in

Wed  
Apr 1–Jun 17

12–1 p.m.

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**Parenting Without Power Struggles**
This is a Boys & Girls Clubs of Canada program for parents of preteens. This program encourages parents to build on their family strengths, gain confidence in parenting, and discover practical ideas on how to prepare for the transition from preteen to teen. Groups are a non-judgmental, confidential setting that offers parent education and group support. Topics covered include: adolescent development, communication, boundaries, technology, etc. Subsidies available, please enquire.

_Program offered by Boys & Girls Club of Greater Victoria_

**Oaklands Neighbourhood**

10/$60 per person or $90 per couple

House

Wed  
May 6–Jul 15

6:30–8:30 p.m.

No class July 1

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**Poetry Writing for Beginners**
(16+yrs)
Are you interested in writing poems but unsure where to start? Celina will guide you through a series of playful poetry exercises that are sure to inspire. Writing exercises are a fun and freeing way to connect with your creativity. We will write poems using the forms and techniques of erasure, glosa, and anaphora. No previous experience required. Celina has a BA in English and Creative Writing (Poetry) from the University of Victoria. She has edited poetry for The Malahat Review, and has poetry published in CV2, The Warren, and The Albatross. She believes anyone can write creatively!

_Instructor: Celina Silva_

**Oaklands Neighbourhood House**

8/$25

Sat  
Jul 25

11 a.m.–1 p.m.

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**Spanish – Beginner**
This introductory course is for those with little or no knowledge of Spanish. Learn the fundamental elements of the Spanish language including grammar, pronunciation, reading, writing and common expressions in a fun and interactive environment.

_Instructor: Grace Khalifa_

**James Bay Community Centre**

10/$100

Tue  
Apr 14–Jun 16

7–8:30 p.m.

**Victoria West Community Centre**

Wed  
Apr 1–May 6

6:15–7:30 p.m.  6/$60

Wed  
May 13–Jun 24

6:15–7:30 p.m.  7/$70
Spanish – Continuing
Instruction will be provided by a native Spanish speaker, and will focus on expanding your vocabulary, improving grammar, pronunciation, reading and writing skills.

James Bay Community Centre
Thu Apr 16–Jun 18 7–8:30 p.m. 10/$100

Victoria West Community Centre
Instructor: Pilar Rodriguez
Wed Apr 1–May 6 7:45–9 p.m. 6/$60
Wed May 13–Jun 24 7:45–9 p.m. 7/$70

Spanish for Beginners
This introductory course is for those with little or no knowledge of Spanish. Learn the fundamental elements of the Spanish language including grammar, pronunciation, reading, writing and common expressions in a fun and interactive environment.

Instructor: Grace Khalifa
Oaklands Neighbourhood House
Thu Apr 23–Jun 11 7–8 p.m. 8/$80

Spanish for Travellers
Whether you are planning a trip or if you just want to learn Spanish for fun. Learn how to get by during your trip in tourist situations like ordering food in the restaurant, asking for places, shopping, or buying a ticket. Also learn about the Latino American culture. No previous experience required.

Instructor: Monica Gil
Fairfield Community Place
Wed Apr 8–May 13 6:30–8:30 p.m. 6/$105

Spanish for Travellers – Continuing
Whether you are planning a trip or if you just want to learn Spanish for fun. Learn how to get by during your trip in tourist situations like ordering food in the restaurant, asking for places, shopping, or buying a ticket, and also about the Latino American culture. Appropriate for those who took the first session and those with some Spanish vocabulary.

Instructor: Monica Gil
Fairfield Community Place
Wed May 20–Jun 24 6:30–8:30 p.m. 6/$105

OUTDOOR RECREATION

Learn to Fly Fish
Join Fly Fishing Guide Ian Muirhead to explore the fascinating art and science of Fly Fishing. You will learn the basic principles of great casting and get an understanding of the skills required to become a successful Fly Fisher. This will include tips and techniques for catching trout and salmon in the rivers, lakes and beaches of Vancouver Island.

Crystal Pool and Fitness Centre
Offsite Program
13998 Wed Apr 1–Apr 15 6:30–8:30 p.m. 3/$90

Summer Dragon Boat Training
This weekend training program is an affordable and effective way to build up your on-water fitness during the spring/summer seasons. Your coaches will guide the crew through a fun training program that will keep you interested and on the edge of your seats. Paddles and PFDs provided. All welcome, regardless of previous experience.

Program offered by Fairway Gorge Paddling Club
Crystal Pool and Fitness Centre
122/$170

Green Horn Dragon Boat Training – Spring
Discover this inclusive and community orientated sport in a safe and fun program that takes paddlers from novice to race-ready in a matter of weeks. Have fun and get a great workout on the beautiful Gorge Waterway. Everything is provided: PFDs, paddles, a professional coach and a stern, plus entry into a local dragon boat festival.

Program offered by Fairway Gorge Paddling Club
Crystal Pool and Fitness Centre

Sea Kayaking Level 1
During this course, you’ll further develop your kayaking strokes and rescue skills, and add important new skills including turning on edge, towing, and self-rescue technique as well as learn to interpret marine weather forecasts, plan routes using marine charts, and read tide tables. This course teaches you the necessary components for Paddle Canada Sea Kayaking Level 1 Skills Certification.

Program offered by Ocean River Sports
Crystal Pool and Fitness Centre
1426 6/$115
1427 8/$115
1428 12/$190

Introductory Navigation & Marine Weather
Planning for a safe kayaking trip and navigating during a trip are both very necessary skills. In this classroom-based clinic, we’ll teach you how to safely and confidently interpret marine weather forecasts, predict tides and currents, read nautical charts (maps), and plan routes on the ocean.

Program offered by Ocean River Sports
Crystal Pool and Fitness Centre
1426 6–9:30 p.m.
1427 6–9:30 p.m.
1428 6–9:30 p.m.
1430 6–9:30 p.m.
1432 6–9:30 p.m.
Sign Up for Vic-Alert

Sign up for Vic-Alert, the City of Victoria’s FREE emergency notification service. Vic-Alert informs you by text, phone and email about emergencies or disasters that may impact you in Victoria.

Signing up is easy and can be done from your mobile phone, tablet or computer.

Learn more: VictoriaReady.ca

**Basic Kayak Skills (including Rescues)**

This inspiring course will introduce you to the skills and knowledge you need to safely start kayaking. It is suitable for new paddlers on their path through a nationally accredited curriculum; or for paddlers who already have some experience, but are looking for some formal instruction.

*Program offered by Ocean River Sports*

| Crystal Pool and Fitness Centre | $180 |
| Offsite Programs | |
| 14154 Sat May 2 | 8:30–10:30 a.m. |
| 14155 Sat May 30 | 8:30–10:30 a.m. |
| 14156 Sun Jun 28 | 8:30–10:30 a.m. |
| 14159 Sat Jul 11 | 8:30–10:30 a.m. |
| 14161 Sun Jul 25 | 8:30–10:30 a.m. |
| 14143 Sat Aug 15 | 8:30–10:30 a.m. |

**Capsizes & Re-Entries**

With help from our qualified instructors, you will gradually and comfortably go through the steps of a safe capsize. You will also learn about general safety issues, rescue gear, and how to rescue yourself or a partner after capsizing. Our small class sizes provide a supportive and relaxed environment to practice these important new skills.

*Program offered by Ocean River Sports*

| Crystal Pool and Fitness Centre | $124 |
| Offsite Program | |
| 14153 Sun May 10 | 6:30–9:30 p.m. |
| 14154 Sat Jun 13 | 6:30–9:30 p.m. |
| 14156 Sat Aug 8 | 6:30–9:30 p.m. |

**Salty Sisters (Women Only)**

Join our intrepid group of ladies as they conquer the waters of Cadboro Bay in a fun and relaxed learning environment. Focus is on individual development and building confidence. Sessions include a debrief over lunch.

*Program offered by Royal Victoria Yacht Club*

| Crystal Pool and Fitness Centre | 10/$330 |
| Offsite Program | |
| 14193 Sat Jun 13–Aug 15 | 9 a.m.–12 p.m. |
| 14194 Sat Sep 5–Nov 7 | 9 a.m.–12 p.m. |

**Stand Up Paddleboard (SUP) – Basic Skills**

This introductory course will teach about the subtle difference and styles of boards, paddles, and equipment. By the end of the 3-hour session, you will be able to paddle your board in a straight line, stop, be able to do several different strokes to maneuver yourself sideways and around obstacles. (Ocean River Sports)

| Crystal Pool and Fitness Centre | $89 |
| Offsite Program | |
| 14165 Sat Jun 27 | 10 a.m.–1 p.m. |
| 14166 Sun Jul 26 | 10 a.m.–1 p.m. |

**CANSail Basic (Adult)**

Learn basic sailing skills in this CANSail accredited course. These evening classes are designed for adult learners. Great for the beginner sailor or those with limited experience to learn in Club 420 dinghies.

*Program offered by Royal Victoria Yacht Club*

| Crystal Pool and Fitness Centre | 8/$430 |
| Offsite Program | |
| 14190 Mon, Wed Jun 8–Jul 1 | 6–9 p.m. |
| 14191 Mon, Wed Jul 6–Jul 29 | 6–9 p.m. |
| 14192 Mon, Wed Aug 3–Aug 26 | 6–9 p.m. |

**WORKSHOPS**

**All Youth Matter Inclusion Training**

Based on deep consultation with nearly 250 youth and over 100 inclusion experts, viaSport’s All Youth Matter: Inclusion Training was developed to equip sport and recreation leaders to make a difference in the lives of diverse youth in their community. In this workshop, you’ll learn about factors that contribute to an inclusive environment, how to identify and address barriers and biases, and steps to take to intervene and stop discrimination. Take home tools, techniques and best practices to create inclusive sport, recreation and physical activity experiences for youth from underserved or marginalized populations.

| Oaklands Community Centre | $45 |
| Sat Apr 25 | 12–4 p.m. |

**Change Your Posture, Change Your Life**

Developing healthy posture reduces chronic pain, enhances mobility, improves appearance, and increases confidence. Each participant will receive a course manual and before and after pictures illustrating the change in posture awareness following the workshop. For an additional $25, payable to the instructor at class, registrants receive a personalized postural assessment report with guidance from the instructor.

*Program offered by NatureWise Yoga*

| Victoria West Community Centre | $85 |
| Sat Apr 4 | 1–5 p.m. |

**Essential Oils – For Beautiful Looking Skin**

As we age, our skin starts to show the effects of too many toxins that have accumulated in our bodies over the years. With a few essential oils you can reduce the signs associated with aging, including acne, and have beautiful looking skin again. In this three hour class, we will cover five carrier oils and 11 essential oils you can use to keep your skin looking radiant and youthful and you will go home with the class notes for a quick reference, plus two preparations specific to your skin type and challenges.

Instructor: Helen Dougherty

| James Bay Community Centre | $40 |
| Mon Jun 1 | 5:30–8:30 p.m. |
Essential Oils – Natural Health Boosters (16+yrs)
Essential Oils are nature’s medicine cabinet. In this three hour workshop, you will learn the basics of what essential oils are, how they can be used and the top ten oils to have in your medicine cabinet to have a dramatic impact on improving your health. You will go home with class notes and two preparations of your choosing.

Instructor: Helen Dougherty
James Bay Community Centre $40
Mon Jun 8 5:30–8:30 p.m.

Fermentation Series at Oaklands
Come and learn a variety of fermentation techniques and improve your health through the power of probiotics! Classes offer samples and instructions to take home. Register for $35 per class or $120 for all four.

Instructor: Alexandra Pony
Kombucha Workshop
Learn to make this ancient healing elixir to boost immunity, clear toxins and enrich your digestive system with beneficial bacteria. This tonic has been used for thousands of years and is a wonderful gateway into the world of fermented foods! Please bring a Mason jar to take home your own starter.

Oaklands Neighbourhood House $35
Tue Apr 21 7–8 p.m.

Sauerkraut Workshop
The holy grail of all fermented foods, sauerkraut has nourished generation upon generation. Rich in probiotics, B Vitamins, Vitamin C and much more, sauerkraut is an easy food to introduce to your diet to improve digestion, boost immunity and increase vitality.

Oaklands Neighbourhood House $35
Tue Apr 28 7–8 p.m.

Bone Broth Workshop
Bone broth is one of the most healing and nourishing tonics. Learn about the benefits and different types of bone broth, when and why to drink it and, most importantly, how to make it. There will be yummy broths to sample.

Oaklands Neighbourhood House $35
Tue May 19 7–8 p.m.

Water Kefir Workshop
Cousin to Kombucha, this deliciously effervescent probiotic-rich drink is a phenomenal alternative to juices and pop. A great way to quench your thirst and sugar cravings, and give your digestion an extra boost. Children love it, too! Please bring a Mason jar to take home your own starter.

Oaklands Neighbourhood House $35
Tue May 26 7–8 p.m.

Hanging Basket
First introduced to celebrate the 75th anniversary of Victoria’s incorporation in 1937, the placement of flower baskets on lampposts every June has signaled the start of summer in Victoria for over 70 years. Using a commercial grade hanging basket this course will provide the opportunity to learn to plant your own ‘sun’ basket with all the same materials as the baskets downtown. All materials provided, including expert instruction by City of Victoria greenhouse staff. Please note that the weight of the reusable container is approx. 60 lbs planted. Hardware can be returned after the summer season for a $25 cash refund.

Crystal Pool and Fitness Centre $105

Healing and Restorative Herbs (16+yrs)
Did you know that herbs can boost your health and improve your overall well-being? In this 3 hour workshop you will learn how to mix herbs for flavour and for health! Learn how to prepare fresh and dry herbs and best of all, you will go home with a couple of your own herb preparations designed for you.

Instructor: Helen Dougherty
James Bay Community Centre $30
Sat May 9 9:30 a.m.–12:30 p.m.

Intro to Memoir Writing – Special Moments in Time
Have you considered writing your memoir to celebrate your life journey and leave your legacy to your children and grandchildren? for someone else who is travelling the same road that you did? Junie will tell you how you can do that!

Instructor: Junie Swardon
James Bay Community Centre $60
Sat Apr 18 10 a.m.–1 p.m.
Joy of Play! Series
Join Brett of Be Improv and rediscover the joy of play in these fun and collaborative active workshops! We will use elements of improv to explore each theme. This is not learning how to improvise but rather using improv as a tool for personal discovery through laughter and play! Register for all three workshops for $20 per session.

Instructor: Brett Macdonald

Active Listening
Through fun games and exercises we will explore what it means to be an effective listener – a skill that is important in most areas of our lives. Come find out how a spontaneous game called “That's Right, Bob!” can help us be active listeners!

Oaklands Neighbourhood House $25
Tue Apr 14 7–8:30 p.m.

Be Present
A fun and playful workshop where we will get out of our heads and into the moment. We will use play to practice being aware of our bodies and impulses, learning to be more aware of what is happening around us in this very moment.

Oaklands Neighbourhood House $25
Tue May 12 7–8:30 p.m.

Embracing Failure
In this workshop we will embrace and explore failure in a fun environment. We all feel failure in our lives; what is important is how we react to it. Come join us as we play with failure in a joyful and often surprising way!

Oaklands Neighbourhood House $25
Tue Jun 9 7–8:30 p.m.

Memoir Writing Workshop
‘Each of us is a story that is waiting to be written.’ If you have ever thought that you would like to revisit memories and collect the experiences of your life, this workshop is a great place to start. In a supportive environment, we will commence a guided journey through the world of memory to rediscover the history of self, family and of our pursuits and adventures. Materials are provided. Bring yourself, your memories, a favourite pen, notebook and/or tablet.

Instructor: Jennifer Ferris
Crystal Pool and Fitness Centre 9/$55
14491 Wed Apr 1–May 27 1–3:30 p.m.

Rediscover Play! In The Moment
Rediscover the joy of play in these fun and collaborative workshops. We will use elements of improv to explore each theme. This is not learning how to improvise but rather using improv as a tool for personal discovery through laughter and play! A fun and playful workshop where we will explore different ways that we communicate and listen in our day to day lives. Let’s get out of our heads and into this moment. Let’s enjoy the possibilities that this moment has to offer.

Instructor: Brett Macdonald

Fairfield Community Place $20
Mon May 11 7–8:30 p.m.

Rediscover Play! Trust Yourself
Rediscover the joy of play in these fun and collaborative workshops. We will use elements of improv to explore each theme. This is not learning how to improvise but rather using improv as a tool for personal discovery through laughter and play! Through fun games and exercises we will practice listening to our bodies and our instincts, being self-aware and saying ‘Yes!’ to ourselves. Trusting ourselves can in turn help us build trust with the people around us.

Instructor: Brett Macdonald
Fairfield Community Place $20
Mon Apr 20 7–8:30 p.m.

Rediscover Play! Let’s Collaborate
Rediscover the joy of play in these fun and collaborative workshops. We will use elements of improv to explore each theme. This is not learning how to improvise but rather using improv as a tool for personal discovery through laughter and play! In this workshop we will explore, play and laugh together. Through trust and collaboration, we will support each other as we spontaneously create stories and memories as a group. Bring your curiosity and smile to this joyful workshop!

Instructor: Brett Macdonald
Fairfield Community Place $20
Mon Jun 8 7–8:30 p.m.

Memoir Writing Workshop
‘Each of us is a story that is waiting to be written.’ If you have ever thought that you would like to revisit memories and collect the experiences of your life, this workshop is a great place to start. In a supportive environment, we will commence a guided journey through the world of memory to rediscover the history of self, family and of our pursuits and adventures. Materials are provided. Bring yourself, your memories, a favourite pen, notebook and/or tablet.

Instructor: Jennifer Ferris
Crystal Pool and Fitness Centre 9/$55
14491 Wed Apr 1–May 27 1–3:30 p.m.

Tap Into Your Body’s Wisdom – Learn to release dis-ease and pain from your body
In this 6 hour program (2 x 3 hour sessions) we will be exploring what your body is trying to tell you with all those aches, pains, discomfort, dis-ease, or illness. We become so good at ignoring our body's messages that it literally has to scream at us to get our attention. That is where illness and injury come into play. Together we'll discover what is going on for you and what your body may be trying to tell you. Then you can make the choice to listen to your body and heal, moving you toward a life of health and well-being. Bonus: Receive a 30 minute coaching call with Helen.

Instructor: Helen Dougherty
James Bay Community Centre 2/$97
Sat May 23–May 30 9:30 a.m.–12:30 p.m.

The Messages Your Body is Telling You – Are You Listening? (16+ yrs)
Many people go through life with aches and pains and consider that to be normal. Well, what if it isn’t? What if these aches and pains are messages from your body telling you what it needs to be healthy? In this one hour presentation, learn about what some of those messages might be and what you can do about them.

Instructor: Helen Dougherty
James Bay Community Centre $15
Mon Apr 20 7–8 p.m.
REGIONAL RECREATION PASS
FOR GREATER VICTORIA
ANNUAL PASS ALLOWING DROP-IN TO 14 GREATER VICTORIA RECREATION CENTRES

PENINSULA RECREATION  250-656-7271
1. Panorama Recreation Centre  1885 Forest Park Drive
2. Greenglade Community Centre  2151 Lannon Way

SAANICH RECREATION  250-475-5422
3. Saanich Commonwealth Place  4636 Elk Lake Drive
4. Gordon Head Recreation Centre  4100 Lambrick Way
5. G.R. Pearkes Recreation Centre  3100 Tillicum Road
6. Cedar Hill Recreation Centre  3220 Cedar Hill Road

CITY OF VICTORIA  250-361-0732
9. Crystal Pool and Fitness Centre  2275 Quadra Street
10. Save-On-Foods Memorial Centre  1925 Blanshard Street

ESQUIMALT RECREATION  250-412-8500
11. Esquimalt Recreation Centre  527 Fraser Street
12. Archie Browning Sports Centre  1151 Esquimalt Road

WEST SHORE PARKS & REC  250-478-8384
13. Juan de Fuca Recreation Centre  1767 Island Highway

RECREATION OAK BAY  250-595-7946
7. Oak Bay Recreation Centre  1975 Bee Street
8. Henderson Recreation Centre  2291 Cedar Hill X Road

SEAPARC RECREATION  250-642-8000
14. Seaparc Leisure Complex  2168 Phillips Road

Greater Victoria ACTIVE COMMUNITIES
INCLUDING TAX
$41 PER MONTH
**A Deeper Look at Meditation**

Why meditate? Sometimes, it feels delicious to sit in stillness; other times, you want to throw your meditation cushion out the window. This class aims to provide an educational and supportive space for those with a regular meditation practice. At the beginning of the class, you will explore western research and eastern theories on meditation. This will be followed by discussion. During these conversations, you may also speak on any challenges or joys you are currently experiencing in your practice. Finally you will devote 40 mins towards your own self-guided meditation.

*Instructor: Samantha Roy*

**James Bay Community Centre**  
**8/$72| Drop-in $10**  
**Wed**  
**Apr 22–Jun 17**  
**9:30–10:30 a.m.**

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**Adapted Classical Sivananda Yoga**

Sivananda yoga is based on five principles of proper exercise, breathing, relaxation, diet, and positive thinking and meditation. Its focus on preserving health and wellness, brings an emphasis on frequent relaxation between the poses. The 12 basic poses are adapted to make them gentler and more accessible to various body types and abilities. Participants should be able to come down to and up from the floor on their own. The class is lead by Regina Pfeifer, a certified and experienced Yoga Therapist and Sivananda Yoga Teacher.

*Instructor: Regina Pfeifer*

**Victoria West Community Centre**  
**6/$90**  
**Tue**  
**Apr 28–Jun 2**  
**5:30–6:45 p.m.**  
**Tue**  
**Jun 9–Jul 14**  
**5:30–6:45 p.m.**

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**Awakening & Strengthening with Yoga & Qi Gong**

In this gentle class we explore lightness, fluid strength and vital energy in our body. The unity within – body, mind and spirit – awakens when we realign, restore and rejuvenate with loving kindness for ourselves. Suitable for all bodies and experience.

*Instructor: Elke Schluffer*

**Oaklands Community Centre**  
**6/$54| Drop-in $12**  
**Wed**  
**Apr 8–May 13**  
**11 a.m.–12 p.m.**  
**Wed**  
**May 20–Jun 24**  
**11 a.m.–12 p.m.**

**Victoria West Community Centre**

**Mon**  
**Apr 20–May 11**  
**7:15–8:30 p.m.**  
**4/$48**

**Mon**  
**May 25–Jun 22**  
**7:15–8:30 p.m.**  
**5/$60**

**Mon**  
**Jun 29–Jul 27**  
**7:15–8:30 p.m.**  
**5/$60**

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**Bedtime Yoga**

Ease tension, release stress, and calm the mind with gentle postures and relaxing breathing practices. This class will help prepare the body, mind and spirit for a restful sleep. Yoga mats and blocks available.

*Instructor: Tanya Gita Roberts, C-IAYT, ERYT-500*

**Oaklands Community Centre**  
**5/$45| Drop-in $12**  
**Mon**  
**Apr 20–May 25**  
**7:45–9 p.m.**  
**No class May 18**

**Mon**  
**Jun 1–Jun 29**  
**7:45–9 p.m.**

**Mon**  
**Jul 6–Aug 10**  
**7:45–9 p.m.**  
**No class August 3**

**Mon**  
**Aug 17–Sep 21**  
**7:45–9 p.m.**  
**No class September 7**

---

**Chair Yoga**

In this gentle class you will have the option of practicing yoga poses in either a chair or using a mat. Chair yoga is ideal for anyone with physical or mobility challenges (diabetes, arthritis, etc.) or anyone wanting a slower-paced yoga practice. Even if you’re a regular in yoga class, chair yoga routines are a great way to stretch and flex while working at your desk or during a lunch break. Together we will learn how to use our breath to increase flexibility and strength while decreasing tension and stress.

**Oaklands Community Centre**  
**5/$45| Drop-in $12**  
**Instructor: Tanya Gita Roberts, C-IAYT, ERYT-500**

**Fri**  
**Apr 3–May 8**  
**11:15 a.m.–12:30 p.m.**  
**No class April 10**

**Fri**  
**May 22–Jun 19**  
**11:15 a.m.–12:30 p.m.**

**Victoria West Community Centre**  
**6/$72**  
**Tue**  
**Apr 28–Jun 2**  
**1:15–2:15 p.m.**  
**Tue**  
**Jun 9–Jul 14**  
**1:15–2:15 p.m.**

---

**Free Yoga in the Park**

Everyone is welcome to attend this all levels yoga practice in Irving Park. Bring your friends and family, get outside, and get active with us! Please bring your own mat. Offered in partnership with One Yoga. [https://oneyogavictoria.com](https://oneyogavictoria.com)

*Instructor: OneYoga*

**Irving Park**  
**Free**  
**14696**  
**Sun**  
**Jul 5–Aug 30**  
**12–1 p.m.**

---

**Gentle Hatha Yoga**

This class focuses on strengthening and stretching the body by slowly moving through basic poses. A great class for those who enjoy a slower class, beginners, those with health concerns, and 55+. A fantastic class for stress reduction.

*Instructor: Donna Williams*

**James Bay Community Centre**  
**4/$36| Drop-in $10**  
**Mon**  
**Mar 30–Apr 27**  
**11 a.m.–12:15 p.m.**
**Gentle Yoga**

Learn the basics of yoga, improve your balance, and increase your overall body strength! Leave class feeling relaxed and focused. No need to be intimidated; yoga is for everyBODY! This is a fun, multilevel yoga class that’s suitable for all ages. Yoga mats and blocks available.

*Instructor: Tanya Gita Roberts, C-IAYT, ERYT-500*

**Oaklands Community Centre**

<table>
<thead>
<tr>
<th>Date</th>
<th>Time</th>
<th>Fee</th>
<th>Drop-in</th>
</tr>
</thead>
<tbody>
<tr>
<td>Apr 1–May 6</td>
<td>9:30–10:45 a.m.</td>
<td>6/$54</td>
<td>$12</td>
</tr>
<tr>
<td>Apr 6–May 11</td>
<td>12:15–1:30 p.m.</td>
<td>5/$45</td>
<td>$12</td>
</tr>
<tr>
<td>No class April 13</td>
<td></td>
<td></td>
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</tr>
<tr>
<td>May 13–Jun 17</td>
<td>9:30–10:45 a.m.</td>
<td>6/$54</td>
<td>$12</td>
</tr>
<tr>
<td>May 25–Jun 22</td>
<td>12:15–1:30 p.m.</td>
<td>5/$45</td>
<td>$12</td>
</tr>
</tbody>
</table>

**Gentle Yoga with Yoga Nidra**

Ease from your busy day to an enjoyable evening with a class accessible to anyone who can move to the floor and get up at their own pace. The class includes safe and gentle yoga movements on the floor and standing, breath awareness to guide the movements and calm the nervous system. Bring a warm layer to finish the class in comfort.

*Instructor: Regina Pleifer*

**Victoria West Community Centre**

<table>
<thead>
<tr>
<th>Date</th>
<th>Time</th>
<th>Fee</th>
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</thead>
<tbody>
<tr>
<td>Apr 23–May 28</td>
<td>6–7:15 p.m.</td>
<td>6/$90</td>
</tr>
<tr>
<td>Jun 4–Jul 9</td>
<td>6–7:15 p.m.</td>
<td>6/$90</td>
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</tbody>
</table>

**Gentle Yoga Outdoors**

Learn the basics of yoga, improve your balance, and increase your overall body strength! Leave class feeling relaxed and focused. No need to be intimidated; yoga is for everyBODY! This is a fun, multilevel yoga class that’s suitable for all ages. Yoga mats and blocks available. Drop-in only, weather dependent.

*Instructor: Tanya Gita Roberts, C-IAYT, ERYT-500*

**Oaklands Community Centre**

<table>
<thead>
<tr>
<th>Date</th>
<th>Time</th>
<th>Fee</th>
<th>Drop-in</th>
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<tbody>
<tr>
<td>Jul 22–Aug 26</td>
<td>9:30–10:45 a.m.</td>
<td></td>
<td>$12</td>
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</table>

**Gentle Yogafit**

Yogafit program focused on gentle stretching, breathing, and meditation. There will be some Somatic movements as well. This late evening class will help you relax and finish your day with a positive attitude!

*Instructor: Isabel Arias Santos*

**Fairfield Community Place**

<table>
<thead>
<tr>
<th>Date</th>
<th>Time</th>
<th>Fee</th>
<th>Drop-in</th>
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</thead>
<tbody>
<tr>
<td>Apr 8–Jun 24</td>
<td>6:30–7:30 p.m.</td>
<td>12/$108</td>
<td>$72</td>
</tr>
<tr>
<td>Jul 6–Aug 26</td>
<td>6:30–7:30 p.m.</td>
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</tbody>
</table>

**Grow Your Practice**

**Yoga Series**

Join Divine Song Yoga to explore a variety of specialty yoga classes to improve and align your mind, body, and soul. All levels welcome. Each class will include a short discussion, guided practice, and take home exercises. Register for more than one workshop for $35 per session.

**Yoga and Ayurveda: Practices to Help Shift into Spring and Summer**

Spring is a time of transition. Long winter nights fade into longer spring days. The season of renewal is upon us. Just like the passing of the seasons, we move through many transitions over our lifetime. Learn how yoga and Ayurveda can help ease the challenges experienced during times of change.

Workshop includes a discussion to explore yogic and Ayurvedic life-style principles; a guided yoga practice designed to cultivate overall harmony during the seasonal shift; and a handout containing simple practices you can do at home.

*Instructor: Tanya Gita Roberts, C-IAYT, ERYT-500*

**Oaklands Community Centre**

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<tr>
<th>Date</th>
<th>Time</th>
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<tbody>
<tr>
<td>Apr 8–Jun 24</td>
<td>6–7:15 p.m.</td>
<td>6/$54</td>
<td>$12</td>
</tr>
<tr>
<td>May 6–Jul 9</td>
<td>6–7:15 p.m.</td>
<td>6/$54</td>
<td>$12</td>
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</table>

**Therapeutic Yoga for Anxiety**

Discover how yoga can help alleviate the discomforts associated with anxiety. Workshop includes a discussion outlining how and why yoga is useful for both anxiety; a guided yoga practice specifically designed for anxiety; and a handout containing simple practices you can do at home.

*Instructor: Tanya Gita Roberts, C-IAYT, ERYT-500*

**Oaklands Community Centre**

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<th>Date</th>
<th>Time</th>
<th>Fee</th>
<th>Drop-in</th>
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<tbody>
<tr>
<td>Apr 25</td>
<td>1–3:30 p.m.</td>
<td>6/$54</td>
<td>$12</td>
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</table>

**Yoga Nidra: A Practice of Deep Rest and Rejuvenation**

Explore the benefits that come from intentional rest. Learn how a method of intentional rest called Yoga Nidra can support optimal health and well-being.

Workshop includes a discussion to define Yoga Nidra; a gentle and nourishing yoga practice that ends with Yoga Nidra; and resources you can use to practice at home. Feel free to bring a pen and a journal/notebook.

*Instructor: Tanya Gita Roberts, C-IAYT, ERYT-500*

**Oaklands Community Centre**

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<th>Date</th>
<th>Time</th>
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<th>Drop-in</th>
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<tbody>
<tr>
<td>Apr 18</td>
<td>1–3:30 p.m.</td>
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</table>

**Therapeutic Yoga for Seasonal Allergies**

Learn how simple yoga practices can help ease seasonal allergies and optimize the health of your immune system. Workshop includes a discussion summarizing how and why yoga practices may help; a guided yoga practice specific for seasonal allergies and immune system health; and a handout containing simple practices you can do at home.

*Instructor: Erin McTaggart*

**Crystal Pool and Fitness Centre**

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<tr>
<th>Date</th>
<th>Time</th>
<th>Fee</th>
<th>Drop-in</th>
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<tbody>
<tr>
<td>Mar 30–May 11</td>
<td>5:30–6:45 p.m.</td>
<td>65</td>
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<tr>
<td>May 25–Jun 29</td>
<td>5:30–6:45 p.m.</td>
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</table>

**Hatha Yoga**

Explore various aspects of yoga like deep postures, pranayana (breath work), supported postures and relaxation. Modifications or alternative poses will be provided if needed. Have fun, breathe deep, strengthen and tone, while learning how to relax and de-stress.

*Instructor: Erin McTaggart*

**Crystal Pool and Fitness Centre**

<table>
<thead>
<tr>
<th>Date</th>
<th>Time</th>
<th>Fee</th>
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</thead>
<tbody>
<tr>
<td>Apr 5–May 24</td>
<td>10–11:15 a.m.</td>
<td>6/$54</td>
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<tr>
<td>No class April 12</td>
<td>May 17</td>
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</tr>
<tr>
<td>Apr 25–May 29</td>
<td>10–11:15 a.m.</td>
<td>6/$54</td>
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<tr>
<td>May 26–Jun 1</td>
<td>10–11:15 a.m.</td>
<td>6/$54</td>
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</table>

**Hatha Yoga – Oaklands**

A 60 minute class focused on body awareness, safe alignment, and a strong mind-body connection. Designed to cultivate balance, strength, mobility, and joint stability in your body.

*Instructor: Erin McTaggart*

**Oaklands Community Centre**

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<th>Date</th>
<th>Time</th>
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<tbody>
<tr>
<td>Apr 25–May 29</td>
<td>10–11:15 a.m.</td>
<td>7/$63</td>
<td>$12</td>
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</table>
Iyengar – All Levels Welcome
The Iyengar approach to Hatha Yoga encourages a balance between flexibility, strength and endurance. Emphasizing correct body alignment and precision; enjoy a sense of well being and increased relaxation.
Instructor: Lauren Cox
Fairfield Community Place
Tue Apr 7–Jun 23 11 a.m.–12:30 p.m. 12/$144
Tue Apr 7–Jun 23 5:30–7 p.m. 12/$144
Tue Jul 7–Jul 28 5:30–7 p.m. 4/$48

Iyengar Support and Restore
Join us for an hour of gentle yoga in the Iyengar method. A practice to support and restore.
Instructor: Lauren Cox
Fairfield Community Place 11/$110
Thu Apr 9–Jun 18 12–1 p.m.

Musical Flow Yoga
Linking breath with movement and music, this class is fun and challenging. We will flow from one posture to another while we cultivate strength, balance, focus, and flexibility. You will leave feeling warm and energized!
Oaklands Community Centre 6/$54 Drop-in $12
Mon Apr 20–Jun 1 7–8 p.m.
No class May 18
Mon Jun 8–Jul 13 7–8 p.m.
Mon Jul 20–Aug 31 7–8 p.m.
No class August 3

Prenatal Yoga
This friendly, supportive class will include safe and gentle movements, preparing your body for birth. Focus will be placed on strengthening deep core muscles, release tension and rejuvenating your entire body. These gentle asanas will benefit your spine, uterus and pelvic floor and increase overall comfort. Connect with other moms-to-be in your community as you enjoy the benefits of this popular class. This class is appropriate for both new and experience students.
Instructor: Angela McMillan, prenatal certified
Oaklands Community Centre 4/$36 Drop-in $12
Thu Apr 9–Apr 30 7:30–8:45 p.m.
Thu May 7–May 28 7:30–8:45 p.m.
Thu Jun 4–Jun 25 7:30–8:45 p.m.

Rejuvenation Yogalates
A Hatha practice blended with Pilates that offers mind, body and spiritual instruction to inspire and rejuvenate. This class will offer a few twists to the classical style. Join in this fresh and fun class to find your flexible body, calm your mind and inspire your spirit. Yoga mats and blocks available.
Instructor: Nicole D'Agati
Oaklands Community Centre 6/$54 Drop-in $12
Thu Apr 9–May 14 7:15–8:30 p.m.
Thu May 21–Jun 25 7:15–8:30 p.m.

Room to Breathe: Yoga Therapy for Anxiety (16+yrs)
Yoga therapy provides many tools to calm an over-active mind. Research has demonstrated that certain breathing and movement practices help to regulate the nervous system, which in turn soothes the thoughts of the mind. In an 8 week series, specially designed for anxiety, we will cover key breathing and movement practices and how they interrelate to the nervous and respiratory systems. With an invitation to remain curious, we will explore and discover what works best for each individual.
Instructor: Samantha Roy
James Bay Community Centre 8/$72 Drop-in $10
Mon Apr 20–Jun 15 5:15–6:15 p.m.

Royal Yoga
Join Royal Yoga for a world-class outdoor yoga experience in Royal Athletic Park – Victoria’s outdoor stadium.
Royal Athletic Park 10/$99
14695 Mon Apr 20–Jun 29 7–8 p.m.

Restorative Yoga
Restorative yoga is a unique style of yoga that focuses on supporting the body in a deeply restful way. Poses are held for a prolonged period of time to foster a deep state of relaxation. A variety of props are used to support the body and encourage stillness and comfort. The practice of Yoga Nidra (Yogic Sleep) will also be incorporated into this class. This is an all levels class.
Instructor: Nadine Isaiah
Crystal Pool and Fitness Centre 6/$57
Lower Auditorium
14377 Thu Apr 9–May 14 7:30–8:30 p.m.
14378 Thu May 21–Jun 25 7:30–8:30 p.m.
**Yoga**

**Sustain Your Yoga Workshop**
Learn how to sustain a healthy yoga practice as you age. Informed by the science of biomechanics and studies of how to prevent yoga injuries, you will be guided in applying principles from the YogAlign method: a mindful, alignment-conscious, breath focused approach that allows you to practice yoga safely and improve your wellbeing, strength, and flexibility.

Instructor: Jenny Feick
Victoria West Community Centre
$35
Sat Apr 25 1:30–3:45 p.m.

**XL Yoga**
Yoga for large people taught by a large person. The benefits of yoga including increased balance, flexibility, stamina, and relaxation are wonderful for everybody. We’ll make the poses work for our bodacious and strapping bods using modifications and props (bolsters, blankets, and straps).

Instructor: Jill Moran
Burnside Gorge Community Centre
8/$80
Thu Mar 5–Apr 23 7–8 p.m.
Thu Apr 30–Jun 18 7–8 p.m.
Thu Jun 25–Aug 13 7–8 p.m.

**Yin Yoga**
This session will target the main joints of the body (hips, back, and shoulders). Classes are kept at a peaceful and mindful pace to allow deeper exploration of poses and cultivate greater somatic awareness. Yoga poses are maintained mainly in a seated or reclined position from 3 to 5 minutes.

Instructor: Jenny Berg
Fairfield Community Place
10/$90
Thu Apr 16–Jun 18 5:15–6:30 p.m.

**Yoga for Active People**
Staying active as you age promotes health and longevity. Active people often have strong but tight muscles and need to cross-train. Yoga can help build strength, increase flexibility, enhance balance, improve stability, prevent injuries, and heal previous damage. Learn how to engage your breath and the right muscles to enhance your mind-body movements.

Program offered by Nature Wise Yoga
Instructor: Jenny Feick
Victoria West Community Centre
4/$48
Tue Apr 21–May 12 6–7:15 p.m.

**Yoga in the Park**
Savour summer as you enjoy classes in the fresh air of beautiful Banfield Park. Rejuvenate your body, mind and spirit in this playful outdoor yoga practice. The teacher provides alignment and posture guidance to enable all levels to participate safely and comfortably, as well as options to enhance your strength, flexibility, balance and endurance. Indoor space available if needed.

Instructor: Jenny Feick
Victoria West Community Centre
6/$72
Tue May 19–Jun 23 6–7:15 p.m.

**Yin Yoga**
Join Nicole McLellan RYT200hr for this six week series of diving deeper into the connective tissues of your body. Yin Yoga is based on the principles of Tradition Chinese Medicine (TCM); this practice allows the muscles to be heavy while creating emphasis on the joints, ligaments and tissues. Poses are all done seated or laying down, with the use of cushions and props, expect to hold poses anywhere from 3–10 minutes long. Nicole has been teaching this particular style of yoga for almost three years and runs workshops and retreats globally introducing her students to the wonderment of a yin practice for the body and mind.

Instructor: Nicole McLellan
Victoria West Community Centre
6/$72
Tue Apr 21–May 26 6:30–7:30 p.m.

**Free Yoga**
July 5 – August 30
12 – 1 p.m.

Every Sunday in Irving Park
Everyone Welcome – All Levels

Brought to you by One Yoga and the City of Victoria
201–239 Menzies St.
250.383.3933
oneyoga.ca
victoria.ca
ART & MUSIC

Busy Hands/Social Crafters Drop-In
You are welcome to come in and work on a personal project, and join the fun social atmosphere created by Busy Hands (drop-in fee applies). Or consider volunteering your time for the Centre as a Busy Hands member, creating items for the Centre to sell as a fundraiser. Adults of all ages welcome. Our Busy Hands members are exempt from the drop-in fee.

Tue  Apr 7–Aug 25  1–3:30 p.m.    M $2 | G $4

Clowning 101
Do you love clowning around? Ever wanted to know more about the art of clowning? Join this fun course and learn everything from character creation, make-up and more! For adults of all ages.
Instructor: Megan Hyslop, PhD
Dates TBA  5:30–7:30 p.m. 4/$200

Exploring Watercolour Drop-In
This is a drop-in for people wanting to explore and exchange ideas regarding painting with watercolours. Supplies provided for your first drop-in. Adults of all ages welcome.
Thu  Apr 2–Aug 27  12–2:30 p.m.  M $2 | G $4

Cook Street Village Activity Centre (CSVAC)
1-380 Cook Street
Hours of Operation:
Monday – Saturday: 8:30 a.m.–4 p.m.
Open late Monday, Wednesday and Thursday until 7:30 p.m.
T: 250.384.6542
E: executivedir@csvac.ca
cookstreetvillageactivitycentre.com
Check us out on Twitter and Facebook

Legend: M: Member | G: Guest 18+

Guitar for Beginners
Have you ever wanted to learn to play the guitar? Well now’s your chance. Students will learn basic chords, melodies and rhythms using classical and folk technique. Students will also learn basic music theory, sight reading, how chords/harmonies function and how to play simple songs.
Instructor: Ian Sirias
Thu  Apr 23–May 28  6–7 p.m.  M 6/$65 | G 6/$70
Thu  Jun 4–Jul 9  6–7 p.m.  M 6/$65 | G 6/$70

Joy of Art Drop-In
Experience the art of painting and drawing among friends. This is an informal group for those interested in drawing and painting in oil, acrylics, watercolour and pastel. Limited supplies for beginners available. Adults of all ages and levels welcome.
Thu  Apr 2–Aug 27  9:30 a.m.–12 p.m.  M $2 | G $4

Sing-A-Long With Live Music Drop-In
Our sing-a-long drop-in features live music for toe tapping, hand clapping, sing-a-long fun! Join us for the months of September to June, every Tuesday morning. Sing-a-long takes a summer break with no sessions in July or August, restarting in September.
Tue  Apr 7–Jun 30  10:30 a.m.–12 p.m.  M $2 | G $4
# Cook Street Village Activity Centre | Weekly Schedule

<table>
<thead>
<tr>
<th>Monday</th>
<th>Tuesday</th>
<th>Wednesday</th>
<th>Thursday</th>
<th>Friday</th>
<th>Saturday</th>
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</thead>
<tbody>
<tr>
<td>Ladies Snooker 9 a.m.–12 p.m.</td>
<td>Massage*/Reiki* 8–11 a.m.</td>
<td>Come and pamper yourself with our Wellness Services. *Book an appointment with reception 245.384.6542</td>
<td>Fun and Fitness 9–10 a.m.</td>
<td>Billiards/Snooker 9 a.m.–12 p.m.</td>
<td>Billiards/Snooker 9 a.m.–12 p.m.</td>
</tr>
<tr>
<td>Stretch &amp; Strength 9:30–10:30 a.m.</td>
<td>Sing-a-long 10:30 a.m.–12 p.m.</td>
<td>Joy of Art 9:30 a.m.–12 p.m.</td>
<td>Stretch and Strength 9:30–10:30 a.m.</td>
<td>Meditation 10:30 a.m.–12 p.m.</td>
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</tr>
<tr>
<td>Journey Speaker from Silver Threads 10:30–11:30 a.m. Third Monday of the month</td>
<td>Yoga Morning 10:30–11:15 a.m.</td>
<td>Nursing Foot Care* 9 a.m.–2 p.m.</td>
<td>Current Affairs 10–11 a.m.</td>
<td>Crokinole 10:30 a.m.–12 p.m.</td>
<td>Pickle Ball &amp; Ping Pong 11:30 a.m.–1 p.m.</td>
</tr>
<tr>
<td>Line Dance 10:45 a.m.–12 p.m.</td>
<td>Soup and Hot Sandwich Special 11 a.m.–2 p.m.</td>
<td>Friendly/Social Bridge 9:30 a.m.–12:30 p.m.</td>
<td>Tai Chi – Intermediate 10:15–11:15 a.m.</td>
<td>Non-fiction Book Group Third Friday 11:30 a.m.–12:30 p.m.</td>
<td>Cribbage 1–3:30 p.m.</td>
</tr>
<tr>
<td>Mahjong 12:30–3:30 p.m.</td>
<td>Yoga Chair 11:30 a.m.–12:15 p.m.</td>
<td>Stretch &amp; Strength 9:30 a.m.–10:30 a.m.</td>
<td>Book Group* 11 a.m.–12 p.m. Last week of the month</td>
<td>Special Events Purchase your ticket by Tuesday prior to events</td>
<td>Movie Matinee 1–3:30 p.m. Includes admission, popcorn and beverage. Call us to find out what is playing 250.384.6542</td>
</tr>
<tr>
<td>Texas Hold’Em Poker 12:45–3:30 p.m.</td>
<td>Progressive Bridge 12:30–3:45 p.m.</td>
<td>Pickleball &amp; Ping Pong 11 a.m.–12:15 p.m.</td>
<td>Chair Stretch &amp; Strength 11:1–11:45 a.m.</td>
<td>Texas Hold’Em Poker 12:45–3:30 p.m.</td>
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<tr>
<td>Bingo 1–3:30 p.m.</td>
<td>Busy Hands/Social Crafters 1–3:30 p.m.</td>
<td>Wednesday Lunch Special 11:30 a.m.–1:30 p.m.</td>
<td>Tai Chi Beginner 11:30 a.m.–12:30 p.m.</td>
<td>Art and Wellness 1–3:30 p.m.</td>
<td></td>
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<tr>
<td>Shuttleboard 1–2:30 p.m.</td>
<td>Euchre 1–3:30 p.m.</td>
<td>Meditation 12:30–1:30 p.m.</td>
<td>Exploring Watercolours 12–2:30 p.m.</td>
<td>Euchre 1–3:30 p.m.</td>
<td></td>
</tr>
<tr>
<td>Whist 1–3:30 p.m.</td>
<td>Haircuts Secon and Fourth Tuesday 1:30, 2:30, 3:30 p.m.</td>
<td>Cribbage 1–3:30 p.m.</td>
<td>Mexican Train Dominoes 1–3:30 p.m.</td>
<td>Reflexology* 1–3:30 p.m. by appointment</td>
<td>Adults of All Ages Welcome! Mon, Wed, Thurs 8:30 a.m.–7:30 p.m. Tue, Fri, Sat 8:30 a.m.–4 p.m. Memberships Annual $50 Monthly $7</td>
</tr>
<tr>
<td>Cycling Without Age Book your free ride. Various times available</td>
<td>Don’t forget to pick up your special event ticket! Sold until the Tuesday prior.</td>
<td>Massage*/Reiki* 2–4 p.m.</td>
<td>Duplicate Bridge 1–3:30 p.m.</td>
<td>Canasta 1–3:30 p.m.</td>
<td>Need space for an event? Ask us about our great rental services. 250.384.6542</td>
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<tr>
<td></td>
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<td></td>
<td>Blood Pressure Check Second Thursday 1–2 p.m.</td>
<td>Family Caregiver Support Group 7–8:30 p.m. Second Thursday</td>
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</tbody>
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*Programs require booking 250.384.6542

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**COOK STREET VILLAGE ACTIVITY CENTRE**

Come for the fun and stay for the friends. This is your home for social, educational, wellness and recreational activities! Our Centre is run by members, volunteers and staff. All ages are welcome to participate in our programming. Our membership is reserved for 50+ years.

**Membership Fees**

$50 per year starting the day you register for a year or $7 per calendar month.

**Member’s Only Coffee/Tea**

Last business day of the month. Free. 10 a.m.–1 p.m.
CARDS & GAMES

Billiards Drop-In
Come and enjoy some lighthearted games of billiards or snooker. Bring your friends and share some laughter. Adults of all ages welcome.
Fri    Apr 3–Aug 28    9 a.m.–12 p.m.    M $2 | G $4
No class April 10
Sat    Apr 4–Aug 28    9 a.m.–12 p.m.    M $2 | G $4

Bingo Drop-In
Come enjoy an afternoon of bingo. Pay the drop-in rate, then purchase the number of cards to play for the afternoon based on your play style. Cards are 50 cents each. PRIZES! Drop-in fee applies in addition to the 50 cent cards. Adults of all ages welcome.
Mon    Apr 6–Aug 31    1–3:30 p.m.    M $2 | G $4
No class April 13, May 18, August 3

Cribbage Drop-In
For all levels of play! Learn from an experienced player if you don’t know how to play this social game. All ages of adults welcome. Join us just for the peg of it!
Wed, Sat    Apr 1–Aug 29    1–3:30 p.m.    M $2 | G $4
No class July 1

Crokinole Drop-In
Come join this fun group and share your laughter playing crokinole. Players take turns shooting discs across the circular playing surface, trying to have their discs land in the higher-scoring regions of the board, while also attempting to knock away opposing discs. It’s like shuffleboard but played on a table. Adults of all ages welcome.
Fri    Apr 3–Aug 28    10:30 a.m.–12 p.m.    M $2 | G $4
No class April 10

Duplicate Bridge Drop-In
One of our more challenging bridge games but not to worry we have a knowledgeable and skilled activity leader that provides instruction before each session and guidance throughout the session. In Duplicate Bridge, each player is given the same set of cards to play with, which heightens the element of skill and lowers the importance of chance. Our friendly bridge players will be happy to welcome new faces to the table, and informal coaching is available for those new to the game. Everyone Welcome!
Instructor: Steve Konarzewski
Thu    Apr 2–Aug 27    1–3:45 p.m.    M 1/$2 | G 1/$4

Mexican Train Dominoes Drop-In
Mexican Train is a game played with numbered dominoes. The object of the game is for a player to play all the dominoes from his or her hand onto one or more chains, or “trains”, emanating from a central hub or “station”. The game’s most popular name comes from a special optional train that belongs to all players. However, the game can be played without the Mexican Train; such variants are generally called “Private Trains” or “Domino Trains”. It is related to the game Chicken Foot.
Come and join in the fun and learn this classic game!
Instructor: Alan Simpson
Thu    Apr 2–Aug 27    1–3:30 p.m.    M $2 | G $4

Euchre Drop-In
EUCHRE! The game that makes it fun to play with half a deck! Be part of the fun and join us for this trick-taking card game. Don’t know how to play? We will show you; come join the fun. Euchre is a trick-taking card game most commonly played with four people in two partnerships with a deck of 24 standard playing cards. Adults of all ages welcome.
Tue, Fri    Apr 3–Aug 28    1–3:30 p.m.    M $2 | G $4
No class April 10

Friendly Bridge Drop-In
Are you returning to the game of bridge or looking for an opportunity to keep up on your knowledge and skills of the game. Join our group of friendly bridge players; all skill levels welcome. Lesson included as part of the game. Everyone Welcome!
Wed    Apr 1–Aug 26    9:30–11:45 a.m.    M $2 | G $4
No class July 1

Progressive Bridge Drop-In
Progressively move and play with new partners. No partner required. We have a mixture of abilities, so if you have some experience with bridge come and join the fun. Adults of all ages welcome.
Tue    Apr 7–Aug 25    12:30–3:45 p.m.    M $2 | G $4

Texas Hold’em Poker Drop-In
Learn and/or improve your Texas Hold’em Poker Game. Come and experience the fun and excitement of live poker with friends. $4 will be collected towards the poker pot in addition to the drop-in fee. Adults of all ages welcome.
Mon, Fri    Apr 3–Aug 31    12:45–3:30 p.m.    M $2 | G $4
No class April 10, 13, May 18, August 3

Whist Drop-In
Whist is a classic English trick-taking card game which was widely played in the 18th and 19th centuries. Although the rules are extremely simple, there is enormous scope for scientific play. Come and learn to play this classic English trick-taking card game in a friendly welcoming atmosphere.
Mon    Apr 6–Aug 31    1–3:30 p.m.    M $2 | G $4
No class April 10, May 18, August 3

Ladies’ Snooker Drop-In
Have fun with the ladies in a lighthearted game of snooker. Our friendly and fun group welcomes all skill levels. Adults of all ages welcome.
Mon    Apr 6–Aug 31    9 a.m.–12 p.m.    M $2 | G $4
No class April 13, May 18, August 3

Mahjong Drop-In
Come and learn to play! Originating in China, Mahjong is a game that involves skill, strategy and calculation as well as some luck! Similar to gin rummy, the object of the game is to build sets and earn the highest point value. Play this fascinating tile game even if you have never played before! Adults of all ages welcome!
Mon    Apr 6–Aug 31    12:30–3:30 p.m.    M $2 | G $4
No class April 13, May 18, August 3
EDUCATION & WORKSHOPS

Book Lovers Group
Enjoy reading? Enjoy people? Your favorite books recommended, read, and discussed. Our group meets on the last Thursday of each month in the comfort of the Centre Lounge. Adults of all ages welcome. Limited seats available. Connect with the Centre in advance to secure your spot and find out about upcoming books.

Instructor: Alice Albert
Thu Apr 30 11 a.m.–12:30 p.m. M $2 | G $4
Thu May 28 11 a.m.–12:30 p.m. M $2 | G $4
Thu Jun 25 11 a.m.–12:30 p.m. M $2 | G $4
Thu Jul 30 11 a.m.–12:30 p.m. M $2 | G $4
Thu Aug 27 11 a.m.–12:30 p.m. M $2 | G $4

Cinco de Mayo Speaker
Cinco de Mayo, or the fifth of May, is a holiday that celebrates the date of the Mexican army’s 1862 victory over France at the Battle of Puebla during the Franco-Mexican War. While it is a relatively minor holiday in Mexico, in other countries, Cinco de Mayo has evolved into a commemoration of Mexican culture and heritage, particularly in areas with large Mexican-American populations.

Date TBA

Community Conversations with Victoria Mayor Lisa Helps
City of Victoria Mayor will be here this month to have an open forum with our community. She is looking forward to discuss your hopes, ideas and concerns for our city and pass along messages and ideas to the operational departments or to Council for consideration.

Tue May 12 11:30 a.m.–1 p.m. Free

Current Affairs Drop-In
Come and discuss the week’s events in the news with host Ken Roueche. Ken is a long time Fairfield resident, amateur historian and news junkie. Please come equipped with an active and curious mind and your current news topic suggestions. Adults of all ages welcome.

Thu Apr 2–Aug 27 10–11 a.m. M $2 | G $4

Emergency Preparedness Workshop
Join us for a free Emergency Preparedness Workshop presented by the City of Victoria. Individuals and families will learn how to prepare for emergencies such as a power outage, winter storm, earthquake or tsunami. Depending on the type of emergency, you and your family should be able to cope a minimum of seven days without outside assistance. Learn more about the hazards that can affect Victoria, what to include in your home and vehicle emergency kits, what you can do to protect your home from an earthquake, how to reunite with your loved ones after a disaster, and how to connect and plan with your neighbours by attending this free Emergency Preparedness Workshop. To register, call 250.920.3373 or email us at emvic@victoria.ca and provide your name and phone number.

Cook Street Activity Centre
Tue Apr 7 1:30–3 p.m.
Tue Jun 9 1–2:30 p.m.

French Beginner
This is a perfect class for students who have never studied French. A qualified teacher will help you to build confidence in communicating in French with a focus on speaking and listening. Classes are interactive with varied activities. Open to adults of all ages. $80 Textbook and activity book not included. Please purchase directly from instructor at first class.

Program offered by Alliance Française de Victoria
Wed Apr 15–Jun 17 6:15–7:45 p.m.
M 10/$150
G 10/$155

French Intermediate
This interactive class is designed for students with basic French. A qualified teacher will help you extend your vocabulary, polish your skills in reading, writing, speaking and listening. Classes are interactive with many opportunities to speak French and to use authentic material. Open to adults of all ages. $80 Textbook and activity book not included. Please purchase directly from instructor at first class.

Program offered by Alliance Française de Victoria
Mon Apr 20–Jun 29 10 a.m.–12 p.m.
M 10/$200
G 10/$205

No class May 18
Non-Fiction Book Club
If you enjoy reading biographies, history, and real life adventure stories... this is the book group for you! 3rd Friday of each month. Limited seats available. Connect with the Centre in advance to secure your spot and find out about upcoming books.

Instructor: Yvonne Parti

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<tr>
<th>Date</th>
<th>Time</th>
<th>Fee</th>
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<tbody>
<tr>
<td>Fri Apr 17</td>
<td>11:30 a.m.–1 p.m.</td>
<td>M $2</td>
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<tr>
<td>Fri May 15</td>
<td>11:30 a.m.–1 p.m.</td>
<td>M $2</td>
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<tr>
<td>Fri Jun 19</td>
<td>11:30 a.m.–1 p.m.</td>
<td>M $2</td>
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<tr>
<td>Fri Jul 17</td>
<td>11:30 a.m.–1 p.m.</td>
<td>M $2</td>
</tr>
<tr>
<td>Fri Aug 21</td>
<td>11:30 a.m.–1 p.m.</td>
<td>M $2</td>
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Recently Retired Women’s Social Group
A weekly activity/discussion/social group for recently retired women looking to enrich their lives. Discussion topics will be chosen by the participants. Guest speakers may be featured periodically. Activities may include outings and special events depending on the participants’ interests.

Instructor: Cheera Crow

Date: TBA

Health & Wellness

Art & Wellness Drop-In
If you want to learn simple ways to use creative expression to improve your physical and mental health or if you already paint to maintain your health, this is the class for you. A quick orientation will be provided by the instructor prior to joining the drop-in. Adults of all ages welcome.

Instructor: Kate Collie

<table>
<thead>
<tr>
<th>Date</th>
<th>Time</th>
<th>Fee</th>
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<tbody>
<tr>
<td>Fri Apr 3</td>
<td>1–3:30 p.m.</td>
<td>M $2</td>
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<tr>
<td>No class April 10</td>
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</table>

Blood Pressure Clinic Drop-In
Drop in and have your blood pressure checked by Linda McDonald, retired registered nurse. Linda will create a client card to help you track your health month to month. This service is offered on the second Thursday of the month.

Instructor: Linda McDonald, Retired R.N.

<table>
<thead>
<tr>
<th>Date</th>
<th>Time</th>
<th>Fee</th>
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<tbody>
<tr>
<td>Thu Apr 9</td>
<td>1–2 p.m.</td>
<td>Free</td>
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<tr>
<td>Thu May 14</td>
<td>1–2 p.m.</td>
<td>Free</td>
</tr>
<tr>
<td>Thu Jun 11</td>
<td>1–2 p.m.</td>
<td>Free</td>
</tr>
<tr>
<td>Thu Jul 9</td>
<td>1–2 p.m.</td>
<td>Free</td>
</tr>
<tr>
<td>Thu Aug 13</td>
<td>1–2 p.m.</td>
<td>Free</td>
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</table>

Chair Stretch & Strength Drop-In
Come have a seat for accessible exercise that enhances bone density and posture. Improve co-ordination and circulation in this all levels class! Adults of all ages welcome.

Instructor: Anne-Marie Andrews

<table>
<thead>
<tr>
<th>Date</th>
<th>Time</th>
<th>Fee</th>
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</thead>
<tbody>
<tr>
<td>Thu Apr 2</td>
<td>11–11:45 a.m.</td>
<td>M $4</td>
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</table>

Chronic Pain Self-Management Program
The Chronic Pain Self-Management Program is a free six session workshop. The workshop helps people living with chronic pain and their caregivers learn to better manage symptoms and activities of daily life. Participants receive the “Living a Healthy Life with Chronic Pain” companion book and the “Moving Easy” CD. Limited seating. To register online visit: selfmanagementbctc.ca or phone 1.866.902.3767

Program offered by Uvic Centre on Aging

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<thead>
<tr>
<th>Date</th>
<th>Time</th>
<th>Fee</th>
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<tbody>
<tr>
<td>Tue Apr 7</td>
<td>10 a.m.–12:30 p.m.</td>
<td>6/Free</td>
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Family Caregiver Support Group Drop-In
Join us for the Family Caregiver Support Group. Come share your experiences and concerns. Get help navigating the healthcare system and get your questions answered. Lots of information and resources available. Being part of a support group can help caregivers feel less isolated and provide the opportunity for mutual support. This support group meets on the second Thursday of each month.

Program offered by Family Caregiver Support Network

<table>
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<tr>
<th>Date</th>
<th>Time</th>
<th>Fee</th>
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<tbody>
<tr>
<td>Thu Apr 9</td>
<td>7–8:30 p.m.</td>
<td>Free</td>
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<tr>
<td>Thu May 14</td>
<td>7–8:30 p.m.</td>
<td>Free</td>
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<tr>
<td>Thu Jun 11</td>
<td>7–8:30 p.m.</td>
<td>Free</td>
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<tr>
<td>Thu Jul 9</td>
<td>7–8:30 p.m.</td>
<td>Free</td>
</tr>
<tr>
<td>Thu Aug 13</td>
<td>7–8:30 p.m.</td>
<td>Free</td>
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Fun & Fitness Drop-In
Light weights and cardiovascular exercises will get you on the road to a healthy lifestyle. Watch your endurance and mobility improve in this popular class. Adults of all ages welcome.

Instructor: Alan Bailey

<table>
<thead>
<tr>
<th>Date</th>
<th>Time</th>
<th>Fee</th>
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<tbody>
<tr>
<td>Tue, Thu</td>
<td>Apr 2–Aug 27</td>
<td>9–10 a.m.</td>
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Facility Rental
The Centre has a variety of meeting rooms, an auditorium with stage to accommodate 150 theatre style; audio-visual equipment and tea trolley service available.

Visit our website cookstreetvillage activitycentre.com to view photos or download a rental information form listing rates, room sizes and more. Negotiable rates for long term rentals. After hours rentals are available.

Call 250.384.6542 or Email ExecutiveDir@csvac.ca for additional information.
**Hearing Clinic**

So how well are you hearing? Sign up at reception to have your hearing checked.

*Program offered by NexGen Hearing*

<table>
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<tr>
<th>Thu</th>
<th>Apr 9</th>
<th>9 a.m.–12:30 p.m.</th>
<th>Free</th>
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<tr>
<td>Tue</td>
<td>Jul 7</td>
<td>9 a.m.–12:30 p.m.</td>
<td>Free</td>
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**Program offered by Connect Hearing**

| Thu | Jun 4 | 10 a.m.–12 p.m. | Free |

**Keir’s Mobile Massage and/or Reiki**

Keir comes to our Centre every Tuesday and Wednesday to do relaxation and body work massage including deep tissue, Trigger point and myofascial release. He is also offering Reiki services. This Japanese therapy uses hands-on or no-touch, with visualization techniques to help improve the flow of life force energy which can encourage emotional and physical healing. Keir has studied under a Reiki Master and earned his certificate in Reiki. Keir’s treatments are designed to relieve pain, stiffness and postural misalignments. Inform Keir if you would like your appointment to combine both of these services or focus on just massage or Reiki.

*Program offered by Keir Wyman*

<table>
<thead>
<tr>
<th>Mon</th>
<th>30min/$40</th>
<th>45min/$50</th>
<th>1hr/$65</th>
<th>90min/$95</th>
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<tbody>
<tr>
<td>Tue</td>
<td>Apr 7–Aug 25</td>
<td>8–11 a.m.</td>
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<tr>
<td>Wed</td>
<td>Apr 1–Aug 26</td>
<td>9 a.m.–12:30 p.m.</td>
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<tr>
<td>Wed</td>
<td>Apr 1–Aug 26</td>
<td>2–4:30 p.m.</td>
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<td>No appointments on stat holidays</td>
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**Line Dance Drop-In**

Our place is filled with people who like to dance for fun, fitness, and personal enjoyment. We welcome you to join us at any time and we guarantee that our friendly atmosphere is the fastest way to learn to dance in this town. No need for a partner! All ages and levels welcome. We dance 11 months of the year: September — July.

*Instructor: Vicky McCulloch*

<table>
<thead>
<tr>
<th>Mon</th>
<th>Apr 6–Jul 27</th>
<th>10:45 a.m.–12 p.m.</th>
<th>M $2</th>
<th>G $4</th>
</tr>
</thead>
<tbody>
<tr>
<td>No class April 13, May 18</td>
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**Medical Qi Gong**

Learn the fundamentals of Aung Medical Qi Gong. Become aware of the circulation of Qi (vital energy) throughout your whole being — body, mind, and spirit. This introductory class focuses on breathing patterns. We’ll also practice some gentle movement exercises. If you have prior knowledge of Qi Gong you are welcome to drop-in for $6/session.

*Program offered by MS Society*

<table>
<thead>
<tr>
<th>Fri</th>
<th>Apr 3–Jun 26</th>
<th>11 a.m.–12 p.m.</th>
<th>M 12/$60</th>
<th>G 12/$65</th>
<th>Drop-in $6</th>
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<tbody>
<tr>
<td>Fri</td>
<td>Jul 3–Sep 18</td>
<td>11 a.m.–12 p.m.</td>
<td>M 12/$60</td>
<td>G 12/$65</td>
<td>Drop-in $6</td>
</tr>
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</table>

No class April 10

**Medical Qi Gong – Advanced Drop-in**

Prior knowledge of Aung Medical Qi Gong required to drop-in. Become aware of the circulation of Qi (vital energy) throughout your whole being-body, mind, and spirit. This class focuses on breathing patterns. We’ll also practice some gentle movement exercises. This program is in partnership with the MS Society. If you are a beginner, or wish to save money, please register for the complete course.

*Program offered by MS Society*

| Fri | Apr 3–Aug 28 | 11 a.m.–12 p.m. | M $6 | G $6 |

**Meditation Drop-In**

Meditation is used to quiet the mind and body. It can help with stress, relaxation, sleep, clarity, and developing your consciousness. Please join us for practice. Beginners welcome.

*Instructor: Kurt Lane*

<table>
<thead>
<tr>
<th>Wed</th>
<th>Apr 1–Aug 29</th>
<th>12:30–1:30 p.m.</th>
<th>M $2</th>
<th>G $4</th>
</tr>
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<tr>
<td>No class July 1</td>
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</table>

*Instructor: Anne*

| Sat | Apr 4–Aug 29 | 10:30 a.m.–12 p.m. | M $2 | G $4 |

**Nursing Foot Care**

A qualified foot care nurse, Lorna Gail Proudfoot provides an assessment and filing, clipping, debriding of nails and a moisturizing foot rub. Book your 1 hour appointment at front desk or call 250.384.6542. Please ask about our fee for veterans. Medical receipt provided for tax purposes.

*Program offered by Lorna Gail Proudfoot, R.N.*

<table>
<thead>
<tr>
<th>Wed</th>
<th>Apr 1–Aug 26</th>
<th>9 a.m.–2 p.m.</th>
<th>1hr/$55</th>
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<tbody>
<tr>
<td>No appointments July 1</td>
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**Reflexology**

Reflexology is a gentle foot massage that works through stimulating reflex points on the foot. These points correspond to points on every part of the human body. Don’t miss out on the relaxation and health benefits of this service. By appointment. Package deals: $180 (4x30min), $300 (4x1hr).

*Instructor: Michelle Mitschrich*

<table>
<thead>
<tr>
<th>Fri</th>
<th>Apr 3–Aug 26</th>
<th>1–3:30 p.m.</th>
<th>30min/$50</th>
<th>1hr/$80</th>
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<tbody>
<tr>
<td>No appointments July 1</td>
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</table>

**Stretch & Strength Drop-In**

A specialized trainer will lead the group through various strength training exercises designed to increase one’s range of motion, stability and capacity for exercise. Light weights and large elastic bands will be used. Adults of all ages welcome.

*Instructor: Anne-Marie Andrews*

<table>
<thead>
<tr>
<th>Mon, Wed, Fri</th>
<th>Apr 1–Aug 31</th>
<th>9:30–10:30 a.m.</th>
<th>M $4</th>
<th>G $8</th>
</tr>
</thead>
<tbody>
<tr>
<td>No class April 10, 13, May 18, July 1, August 3</td>
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**Tai Chi – Beginner: Yang Style 24 Form**

If you have never tried Tai Chi or have little experience and want to learn more, this course is for you. We will go over one or two movements in detail and practice preparatory movements in each class. Open to adults of all ages. Drop-ins welcome. Register by the month to save, or drop-in for $10 per session.

*Instructor: Valerie Chu*

<table>
<thead>
<tr>
<th>Thu</th>
<th>Apr 2–Apr 30</th>
<th>11:30 a.m.–12:30 p.m.</th>
<th>M 4/$32</th>
<th>G 4/$37</th>
<th>Drop-in $10</th>
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</thead>
<tbody>
<tr>
<td>Thu</td>
<td>May 7–May 28</td>
<td>11:30 a.m.–12:30 p.m.</td>
<td>M 4/$32</td>
<td>G 4/$37</td>
<td>Drop-in $10</td>
</tr>
<tr>
<td>Thu</td>
<td>Jun 4–Jun 25</td>
<td>11:30 a.m.–12:30 p.m.</td>
<td>M 4/$32</td>
<td>G 4/$37</td>
<td>Drop-in $10</td>
</tr>
<tr>
<td>Thu</td>
<td>Jul 2–Jul 30</td>
<td>11:30 a.m.–12:30 p.m.</td>
<td>M 4/$32</td>
<td>G 4/$37</td>
<td>Drop-in $10</td>
</tr>
<tr>
<td>Thu</td>
<td>Aug 6–Aug 27</td>
<td>11:30 a.m.–12:30 p.m.</td>
<td>M 4/$32</td>
<td>G 4/$37</td>
<td>Drop-in $10</td>
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</table>
Tai Chi – Intermediate: Yang Style 24 Form

Participants have at least three years of recent experience and are already familiar with the 24 forms. In each class we will practice the whole 24 forms, and then spend time to internalize the movements. 15 minutes of class is dedicated to BaDuanJin Health Qigong (Eight Pieces of Brocade). Open to adults of all ages. Drop-ins welcome. Register by the month to save, or drop-in for $10 per session.

Instructor: Valerie Chu

Thu Apr 2–Apr 30 10:15–11:15 a.m. M 5/$40
G 5/$45 | Drop-in $10
Thu May 7–May 29 10:15–11:15 a.m. M 4/$32
G 4/$37 | Drop-in $10
Thu Jun 4–Jun 25 10:15–11:15 a.m. M 4/$32
G 4/$37 | Drop-in $10
Thu Jul 2–Jul 30 10:15–11:15 a.m. M 5/$40
G 5/$45 | Drop-in $10
Thu Aug 6–Aug 27 10:15–11:15 a.m. M 4/$32
G 4/$37 | Drop-in $10

The Creative Approach

Join this fun course to learn how to laugh and sing your way through emotions. Enjoy therapeutic play in a fun and creative course designed for adults of all ages.

Instructor: Megan Hyslop, PhD

Date: TBA

Yoga – Chair

This gentle yoga class is done seated and is suitable for people with health concerns or limited mobility. Focus is on deep breathing, stretching, accessible poses and guided relaxation. Beginners welcome. Open to adults of all ages. Register by the month to save, or drop-in for $10.

Instructor: Beth Miller

Tue Apr 7–Apr 28 10:30 a.m.–11:15 a.m. M 4/$32
G 4/$37 | Drop-in $10
Tue May 5–May 26 10:30 a.m.–11:15 a.m. M 4/$32
G 4/$37 | Drop-in $10
Tue Jun 2–Jun 30 10:30 a.m.–11:15 a.m. M 5/$40
G 5/$45 | Drop-in $10
Tue Jul 7–Jul 28 10:30 a.m.–11:15 a.m. M 4/$32
G 4/$37 | Drop-in $10
Tue Aug 4–Aug 25 10:30 a.m.–11:15 a.m. M 4/$32
G 4/$37 | Drop-in $10

Yoga Foundations

Basic principles of yoga will be explained and participants can ease into poses without risking injury. Designed to relax, breathe and reduce tension while working on strength and flexibility.

Program offered by: At Ease Physiotherapy and Yoga
Instructor: Maria Muhr

M 5/$60 or Drop-in $12 | G 5/$65 or Drop-in $13

Walk & Roll Tuesday

Join our summer students as they explore Fairfield. Students will tell you a bit of the history of where you are strolling to each week. As part of the tour ice cream or a drink will be provided. Don’t miss out on the fun and you never know what you might learn along the way. Walk leaves from the Centre at 10 a.m. Everyone Welcome!

Tue Jul 7 10 a.m.–12 p.m. Beacon Hill Petting Zoo $5
Tue Jul 14 10 a.m.–12 p.m. Craigdarroch Castle $5
Tue Jul 21 11 a.m.–1 p.m. Beacon Hill Moss Lady $5
Tue Jul 28 10 a.m.–12 p.m. Clover Point $5
Tue Aug 4 10 a.m.–12 p.m. Carey Mews $5

Yoga Morning

Ease into your morning with this all levels yoga class. Energize and feel refreshed. Beginners welcome. Open to adults of all ages. Register by the month to save, or drop-in if space available $10 a class.

Instructor: Beth Miller

Tue Apr 7–Apr 28 10:30 a.m.–11:15 a.m. M 4/$32
G 4/$37 | Drop-in $10
Tue May 5–May 26 10:30 a.m.–11:15 a.m. M 4/$32
G 4/$37 | Drop-in $10
Tue Jun 2–Jun 30 10:30 a.m.–11:15 a.m. M 5/$40
G 5/$45 | Drop-in $10
Tue Jul 7–Jul 28 10:30 a.m.–11:15 a.m. M 4/$32
G 4/$37 | Drop-in $10
Tue Aug 4–Aug 25 10:30 a.m.–11:15 a.m. M 4/$32
G 4/$37 | Drop-in $10
MEALS

Rendezvous Cafe
Did you know everyone is welcome at our Rendezvous Cafe and our volunteers are eager to serve you? Drop-in and enjoy lunch or a light snack, the coffee is always on! Hot soup (salads in the summer), sandwiches (gluten free friendly and low carb options available), scones, muffins (gluten free friendly option available), and cookies are always available, and sometimes pie!

Mon–Sat  Apr 1–Aug 31 9:30 a.m.–3 p.m.  $1–$5/item
Closed on all stat holidays

Rendezvous Cafe – Wednesday Lunch Special
Where else can you receive a 3 course meal for $8? Every Wednesday our chef prepares a wonderful 3 course meal: soup or salad, main entrée and dessert with a beverage included! Everyone welcome. Contact our Centre for upcoming menus 250.384.6542 and pick up your ticket early – these lunches can sell out.

Wed  Apr 1–Aug 26  11:30 a.m.–1 p.m.  $8
No lunch July 1

Rendezvous Cafe – Tuesday Soup & Hot Sandwich Special
Every Tuesday, drop-in and enjoy a hot lunch consisting of home made tomato soup and a grilled cheese sandwich combo for $7!

Tue  Apr 7–Aug 25  11 a.m.–2 p.m.  $7

Mother’s Day Lunch Special
In recognition of the fabulous women in our lives. Join us for a themed lunch with friends and loved ones. We recommend picking up your ticket by Tuesday, May 5 to secure your seat, as there will be limited tickets available at the door. Food only – no entertainment. Every effort will be made to meet any dietary restrictions – please notify us in advance.

Fri  May 8  11:30 a.m.–1:30 p.m.  $10

Father’s Day Lunch Special
In recognition of the wonderful men in our lives. Join us for a themed lunch with friends and loved ones. We recommend picking up your ticket by Tuesday, June 9 to secure your seat, as there will be limited tickets available at the door. Food only – no entertainment. Every effort will be made to meet any dietary restrictions – please notify us in advance.

Fri  Jun 12  11:30 a.m.–1:30 p.m.  $10

Indigenous People’s Day Lunch Special
In recognition of Indigenous People’s Day. Join us for a themed lunch with friends and loved ones. We recommend picking up your ticket by Tuesday, Jun 16th to secure your seat as there will be limited tickets available at the door. Food only – no entertainment. Every effort will be made to meet any dietary restrictions – please notify us in advance.

Fri  Jun 19  11:30 a.m.–1:30 p.m.  $10

Summer Grills
Join us for some summer fun with a grilled hot lunch featuring hamburgers with a side dish, beverage and dessert. Optional: For those who would enjoy a gentle stroll, after lunch we will walk to the Cameron Bandshell in Beacon Hill Park to listen to a free concert. Everyone Welcome!

Fri  Jul 17  11 a.m.–1 p.m.  $8
Fri  Jul 31  11 a.m.–1 p.m.  $8
Fri  Aug 14  11 a.m.–1 p.m.  $8
Fri  Aug 21  11 a.m.–1 p.m.  $8

SERVICES

Cycling Without Age
Cycling Without Age Victoria is a volunteer-run program that takes people of all ages and abilities on free rides on a Danish trishaw bicycle in the Fairfield and James Bay area. For more information visit cyclingwithoutage.ca/victoria or contact our Centre for upcoming dates/times. 250.384.6542.

Program offered by Cycling Without Age

Haircuts
Pat Valks will cut your hair by appointment on the 2nd and 4th Tuesday afternoon of each month. Please be sure to have clean dry hair prior to arriving. Stop-in or call to book your appointment 250.384.6542.

Program offered by Pat Valks

55+ CSVAC
Mending Cafe
Drop off your clean and pressed clothing before 12:30 p.m. for minor repairs (sorry no tailoring). Time to return based on demand. First Tuesday of each month.

*Instructor: Bev Stalker*

- **Tue** Apr 7 11 a.m.–2 p.m. By donation
- **Tue** May 5 11 a.m.–2 p.m. By donation
- **Tue** Jun 2 11 a.m.–2 p.m. By donation
- **Tue** Jul 7 11 a.m.–2 p.m. By donation
- **Tue** Aug 4 11 a.m.–2 p.m. By donation

Mobility Aid
Repair Clinic
Canada Scooters will be servicing and doing light repairs for scooters, walkers and wheelchairs. This is a free service. Please sign up in advance at reception.

*Program offered by Canada Scooters*

- **Wed** Apr 8 11 a.m.–12 p.m. Free
- **Wed** Jun 10 11 a.m.–12 p.m. Free
- **Wed** Aug 12 11 a.m.–12 p.m. Free

SPECIAL EVENTS

Monthly Bus Trips
Working in partnership with Silverthreads and James Bay New Horizons we have been invited to participate in a monthly Bus Program that offers offsite trips, usually occurring on the second Wednesday of every month. Please contact the Centre for upcoming trips. Past trips have included: Butterfly Gardens, Goldstream, Sidney Market Shopping, Air Shows and more! Seating is limited so reserve early. Prices vary depending on destination (minimum $2)

- **Fri** May 15 1–3 p.m. Free

Saturday Movie Matinee Drop-In
Bring your friends and family to our weekly Movie Matinee. Includes admission, beverage and popcorn! Call or drop-in to the Centre to find out what movie we will be playing. All ages welcome – based on movie rating. (Most movies are G/PG). Call the Centre for details.

- **Sat** Apr 4–Aug 29 1–3:30 p.m. $3

Membership Drive
Come and find out about all the programs we have planned. If you’re new to the Centre – introduce yourself and our staff or one of our friendly volunteers will provide you with a tour and a treat! Show your membership card to be entered into a draw – or become a member and be entered! Our Busy Hands Crafters will also have a pop-up sale. Meet the staff and some of the many volunteers who help make Cook Street Village Activity Centre a fun place to be.

- **Mon–Fri** Mar 30–Apr 3 10 a.m.–1 p.m. Free
- **Mon–Fri** Aug 31–Sep 4 10 a.m.–1 p.m. Free

Easter Lunch
Join us for a traditional three-course Easter lunch. Easter bonnets encouraged! Entertainment to follow the meal. (Contact us for entertainment details!) All ages welcome!

- **Fri** Apr 3 12–2:30 p.m. M $12 | G $15

Members Only Free Coffee/Tea
Membership has its privileges! We want to reward our members! Show your membership card on the last business day of the month to receive a free coffee/tea between 10 a.m. and 1 p.m. We hope you enjoy this monthly wrap-up.

- **Thu** Apr 30 10 a.m.–1 p.m. Free
- **Sat** May 30 10 a.m.–1 p.m. Free
- **Tue** Jun 30 10 a.m.–1 p.m. Free
- **Fri** Jul 31 10 a.m.–1 p.m. Free
- **Mon** Aug 31 10 a.m.–1 p.m. Free

Members Birthday Social
We love to celebrate our members’ birthdays! Every two months we gather to celebrate and socialize. Jan/ Feb, Mar/Apr, May/Jun, Jul/Aug, Sep/Oct and Nov/Dec Birthdays. Please RSVP for you and your guest and join the staff to enjoy a piece of cake served with coffee or tea. Come share some laughs, meet new friends, and participate in some ice-breaker activities.

- **Thu** May 14 2–3 p.m. Free
- **Thu** Jul 9 2–3 p.m. Free

Annual General Meeting 2020
All members are encouraged to attend the AGM in our Centre auditorium. Non-members can come as observers. If you have any concern or issue that you would like addressed, we strongly encourage you to bring them forward. This is your opportunity to offer valuable input on important decisions and to have a voice in the management of your Centre. Voting is also available by proxy – Please connect with us for details. Refreshments provided.

- **Fri** May 15 1–3 p.m. Free

Tea for Tutu: Romeo & Juliet
Limited seating for registrations through CSVAC, limo which seats 7 and will pick up from the Centre at 1:15 p.m. and return to the Centre after the performance. Contact the Centre to reserve 250.384.6547. If you miss out on registration through the Centre, you are still welcome to attend for free. This event is hosted at Kirk Hall, 680 Courtney Street. Fully wheelchair accessible with reserved space for easy drop off and pick up by car. To register using your own transportation please contact Ballet Victoria to reserve at attendance@balletvictoria.ca or 250.380.6063.

*Program offered by Ballet Victoria*

- **Tue** May 19 1:15–4 p.m. Free
- **Wed** May 20 1:15–4 p.m. Free

Volunteer Appreciation Event
In recognition of our amazing volunteers. Join us for a themed lunch with friends and loved ones. Please connect with us if you would like to volunteer to serve our volunteers at this event. Tickets available until Tuesday, June 30. Every effort will be made to meet any dietary restrictions – please notify us in advance.

- **Fri** Jul 3 12–2:30 p.m. Free for volunteers

General Public $10

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Spring + Summer 2020

55+ CSVAC
**Summer BBQ at the Victorian at McKenzie**
The BBQ will feature live music, a BBQ as well as a car show. There will be a dunk tank for charity to increase the fun. The Victorian at McKenzie will provide shuttle bus pick up from Cook Street Village Activity Centre in the morning at 11 a.m. and will return folks at the conclusion of the event around 2:30 p.m. Please sign up in advance to secure your seat on the bus.

*Program offered by The Victorian at McKenzie*

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**SPORTS**

**Pickleball Drop-In**
Come try this fun game for all ages. Played with a paddle on our "court", it's a cross between badminton, tennis and ping-pong. The aim of our games is to laugh, have fun and get moving! Adults of all ages welcome.

_Instructor: Bill Logan_

*Wed*  Apr 1–Aug 26  11 a.m.–12:15 p.m.  M $2 | G $4
No class July 1

*Sat*  Apr 4–Aug 29  11:30 a.m.–1 p.m.  M $2 | G $4
No class May 2

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**Ping Pong Drop-In**
Also known as Table Tennis. This activity will surely help to keep your hand eye coordination strong while reaching your daily fitness goals. Tables and all equipment supplied. Adults of all ages welcome.

*Wed*  Apr 1–Aug 26  11 a.m.–12:15 p.m.  M $2 | G $4
No class July 1

*Sat*  Apr 4–Aug 29  11:30 a.m.–1 p.m.  M $2 | G $4
No class May 2

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**Shuffleboard Drop-In**
Here is a classic just exploding with popularity, Shuffleboard! Have you ever wondered how to play? Come and learn with others, or share your expertise in our fun relaxed atmosphere! Adults of all ages welcome.

_Instructor: Edy Gschiel*_

*Mon*  Apr 6–Aug 31  1–3 p.m.  M $2 | G $4
No class April 13, May 18, Aug 3

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**Senior Community Outreach**

CONNECTING WITH SENIORS IN VICTORIA

The City of Victoria Senior Centres are working in partnership to reduce isolation of seniors. The concept is simple – have an Outreach Worker meet with seniors where they live, to make connections, listen to concerns and inform seniors of available services to help them remain independent. The project began with financial support from the City of Victoria in the Fall of 2015 and focused on outreach to seniors living in rental housing in James Bay and Jubilee neighbourhoods. Thanks to the ongoing financial support from the City and funding from the United Way the program has expended and is available to assist with connecting seniors to the information and services they need.

**Our Goals:**
- To connect seniors to resources to improve their quality of life (Including subsidy programs that include SAFER, Fair Pharmacare, bc211)
- To connect seniors to services to improve their quality of life (Senior Centres, Homecare, Handy DART)
- To connect seniors to their neighbours

To connect with an Outreach Worker or for more information on this initiative please contact:

**Susan Bauer, Outreach Worker**  
Phone: 250.889.9236  
Email: susanbauer@silverthreads.ca

**Sophie Nielsen, Outreach Worker**  
Phone: 250.889.5501  
Email: sophienielsen@silverthreads.ca
ART & MUSIC

Acrylic Painting
This course will cover colour mixing and techniques to mimic watercolours and oils using acrylic paints. Students will be encouraged to try different glazes and mediums to find the most comfortable way of expression for each individual. No matter what level students are at, at the end of the course, students will have completed a painting project. This class will not only be instructive and creative, but also a lot of fun! All required materials will be supplied. Limited to 8 students. Register early.

Instructor: Teresa Waclawik
Thu Apr 1–Aug 31 1–3 p.m. M $40 | G $60

Colouring With Friends
Colouring is more fun when you do it in the company of friends! Sitting down to colour a picture can be as effective as meditation in reducing stress. All supplies provided. Sessions include music and herbal tea.

Fri Apr 1–Aug 31 1–3 p.m. M $2 | G $4

Handicraft Group
Join us for a cup of tea or coffee and enjoy some baked goodies, as we share a good laugh and funny stories. Then we make things to sell, which raises money to benefit our programs, services and activities. This is a friendly bunch and is a nice way to meet new people. Through the clicking of the needles and the laughter you can often hear a true-to-life story being told or a current event being discussed.

Tue Apr 1–Aug 31 1–3 p.m. M Free | G $2

Saints & Swingers – Jazz Ensemble
Treat yourself to a dose of lively, swinging music that will get your feet tapping and give your spirits a lift. Everyone is welcome. Bring along your instruments or best singing voice and join in belting out many familiar songs. Or just sit back and enjoy the entertainment. Membership required.

Wed Apr 1–Aug 31 1–3 p.m. M $10

The Entertainers – Choir
Everyone always wants to join in on the chorus! No auditions are required. Explore a musical journey with our director and enjoy performing in concerts at our Centre and throughout Victoria. Members only.

Mon Apr 1–Aug 31 9:30–11 a.m. M $25/6 months

Ukulele – Beginners
Playing the ukulele engages a person in so many ways. Ukulele is simple to learn, but still challenging enough for new musicians. For the new ukulele player, we have beginners’ lessons, that cover how to hold and strum a ukulele, plus all the basics of uke tuning. This simple program trains you to strum a few basic ukulele chords properly and comfortably before you start looking at music books, chord charts, tuning diagrams, and tabs, so you won’t have to figure it all out at once.

Instructor: Diamond Tooth Molly Raher-Newman
Thu Apr 1–Aug 31 1–2 p.m. M $40 | G $60
### JAMES BAY NEW HORIZONS | WEEKLY SCHEDULE

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<tr>
<th>MONDAY</th>
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<td>Sitting in Silence</td>
<td>Zumba Gold</td>
<td>Friday Forum</td>
<td>Carpet Bowling</td>
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<td>Active Seniors Enjoying Life Chair Aerobics 10–11 a.m.</td>
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<td>Walking Group</td>
<td>Current Events</td>
<td>Active Seniors Enjoying Life Chair Aerobics 10–11 a.m.</td>
<td>Postural Stretching</td>
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<td>50+ Strength &amp; Stretch</td>
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<td>Restorative Yoga</td>
<td>Handicraft Group</td>
<td>Writers’ Group</td>
<td>Line Dancing</td>
<td>Duplicate Bridge</td>
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<td>Crokinole</td>
<td>Song Circle</td>
<td>Saints &amp; Swinges</td>
<td>Euchre</td>
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<tr>
<td>Playing Darts</td>
<td>Movie &amp; Popcorn</td>
<td>Colouring With Friends</td>
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<tr>
<td>A Different Book Club</td>
<td>Be Alive!</td>
<td>Planet Earth Poetry</td>
<td>Scottish Country Dance</td>
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<td>2–4 p.m.</td>
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<td>First and Third Thursday of the month</td>
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Schedule is subject to change, please call the centre or check [jamesbaynewhorizons.com](http://jamesbaynewhorizons.com) for updates

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### Rentals

James Bay New Horizons Activity Centre is available for rentals of all sizes, occasions and budgets. We are able to host a wide variety of events, from business meetings to family gatherings or recitals. For rental information contact: Sherri Dixon programsjb.nh@shawbiz.ca or 250.386.3035

### Tours

With a generous donation from AMICA’S HELPING HANDS, we were able to purchase a brand new 15 passenger van. The van will provide us with endless possibilities of getting our members out and about:
- Day Trips
- Out To Lunch Bunch
- Sunday Supper
- Special Events
- Tours
Ukulele – Novice

The course is intended for any of the students who have a basic working knowledge of chords and strum patterns and who feel comfortable following a chord/lyric sheet. We will work on more advanced arrangements of songs, strumming styles, increase your chord vocabulary and generally gain a greater knowledge of the ukulele.

Instructor: Diamond Tooth Molly Raher-Newman

Thu Apr 1–Aug 31 11:30 a.m.–12:30 p.m. M 6/$40 G 6/$60

Ukulele – Intermediate

All you need is a ukulele! Participants in this class already know how to play. We’ll work on strumming simple songs and there will be opportunities to sing for those who would like to practice accompanying their voice. We’ll also learn a bit about scales, technique, and easy music theory that goes along with playing the uke. Participants in this class must have completed the Ukulele Novice class.

Instructor: Diamond Tooth Molly Raher-Newman

Thu Apr 1–Aug 31 10–11 a.m. M 6/$40 G 6/$60

CARDS & GAMES

Bridge Duplicate

With so many activities competing for your leisure time, why invest your energy into learning a game as complex as Bridge? If you’ve always wanted to learn but have been afraid it’s too difficult here are some of the reasons why millions of people around the world are hooked on this fascinating game. Refreshments included.

Fri Apr 1–Aug 31 12:30–3:30 p.m. M $4 G $6

Crokinole

Did you know that crokinole is a Canadian game? The board game features elements of shuffleboard and curling, reduced to table-top size. Players flick small discs on a circular board, building up their point total depending where the discs land. Whether you’ve played Crokinole all your life, or you’ve never played it before we encourage you to come try!

Mon Apr 1–Aug 31 1–3:30 p.m. M $2 G $4

Mahjong

Learn to play one of the most interesting and exciting games of chance and skill – Mahjong! Mahjong is played with tiles, intricately engraved with Chinese characters and symbols. Similar to the card game Gin Rummy, Mahjong involves mental skill, strategy and calculation, with a degree of chance. A good game should bring thrill and excitement. Several winning combinations will be taught and could bring about a win! Keep your brain alert and thinking, while socializing with others.

Thu Apr 1–Aug 31 1–3:30 p.m. M $2 G $4

Movie & Popcorn

Do you love to watch movies? Join us for an afternoon full of movie enjoyment! Popcorn and tea or coffee included. Please come early as space is limited.

Wed Apr 1–Aug 31 2–4 p.m. M $2 G $4

Playing Darts

Darts is considered a game which is rich in health benefits.

• Improves hand/eye coordination
• Works the brain
• Stress relief
• Physical self-control

Wed Apr 1–Aug 31 1–3:30 p.m. M $2 G $4

Scrabble

Playing Scrabble provides many advantages, many of which players might not even be aware of. Spelling, creativity, basic math skills and fun are just some of the benefits.

Mon Apr 1–Aug 31 1–3 p.m. M $2 G $4

Texas Hold’em Poker

Poker can improve the cognitive functioning of the brain. This is because players are constantly thinking, learning, and adapting strategies during the game. Poker is also known to relieve stress. Join this group for low stakes but lots of action fun!

Wed Apr 1–Aug 31 2–4 p.m. M $2.50 G $3.50
EDUCATION & WORKSHOPS

A Different Book Club
In this book club we don’t all read the same book then discuss it in a month. Instead, each week we bring whatever book we’re reading, read a short excerpt from it then lead a brief discussion. It’s a great opportunity to discover books you’d like to read and share ideas about different topics. If you don’t have anything you wish to bring it is okay to just come and listen. It is also okay to read from the same book two or three times as you read through it. No political or religious books please.

Tue   Apr 1–Aug 31   2–4 p.m.   M $2   G $4

Be Alive!
Partakers in this group are joined by facilitator, Guido, twice a month to share their wisdom and life experiences with one another. It’s the perfect opportunity to celebrate our lives and share ways to help each other really be alive! Membership required.

First and third Thursday of the month   2–4 p.m.   M $2

Friday Forum
Join us as we learn something new! This popular one hour event happens weekly. A variety of guest speakers are invited to discuss a broad diversity of topics. It could be exciting, useful, amusing or life changing. Please contact James Bay New Horizons for details.

Fri   Apr 1–Aug 31   10–11 a.m.   Free

Writers’ Group
Bring your own writings, short story, poem or piece of creative non-fiction and share in the company of like-minded participants. This class provides a safe environment where everyone can learn and grow. Our mentor, Sheila, will assist in the editing process.

Wed   Apr 1–Aug 31   1–3 p.m.   M $2   G $4

MEALS

Out To Lunch Bunch
Come meet old friends and new, and enjoy various local eating establishments around Victoria. All luncheons start at noon. You are responsible to pay for your own lunch. Membership required. Please contact James Bay New Horizons for details.

Sunday Supper
James Bay New Horizons is pleased to have received funding from United Way for a program we call Sunday Supper. The intent of this program is to provide a healthy, nutritious meal for our members and seniors in the community that are frail, elderly and isolated. This is also an opportunity for people to socialize and enjoy the friendship and companionship of others, renew old acquaintances and make new friends. Attendance is by invitation, but we are pleased to receive recommendations if you know someone who could benefit from this program. Food is prepared by Beckley Farm Lodge and is brought to James Bay New Horizons. The menu is predetermined and includes main course and dessert, tea or coffee. Doors open at 3 p.m. and supper is served at 4 p.m.

Sun   Apr 1–Aug 31   3–5 p.m.   Free

Tuesday Hot Lunch
The cooks at Beckley Farm Lodge prepare a delicious three course hot lunch. A different menu is offered each week. Participants must register at our reception desk no later than Monday at noon.

Tue   Apr 1–Aug 31   11:45 a.m.–12:30 p.m.   M $6   G $6

SITTING IN SILENCE

Sitting in Silence
Sitting in silence and allowing the thoughts of the day to just be will help those thoughts gradually melt away as the attention moves inward. Coming together as a community in the space of silence allows the work of meditation to deepen personally and collectively. Silent Sitting is an “inner shower”, as the energetic bodies of the individual and the community are cleared and freshened, making it possible to return to the essence within. Chairs will be available. Bring your cushion if you wish and there are mats for the floor.

Tue   Apr 1–Aug 31   9–10 a.m.   M $2   G $4

Walking Group
This is a group of individuals who like to get out in the company of others and enjoy the sights and sounds of nature. All walks are held around Greater Victoria and vary from week to week. The terrain may be hilly and participants should wear appropriate clothing and footwear.

Mon   Apr 1–Aug 31   10 a.m.–12 p.m.   Free
**SERVICES**

**Blood Pressure Clinic**
Former Registered nurses with recent Public Health experience provide a special service by taking and recording readings. We recommend you participate and review the following prior to arriving.

- Don’t drink coffee or smoke cigarettes 30 minutes before having your blood pressure measured
- Before the test, sit for five minutes with your back supported and your feet flat on the ground.
- Rest your arm on a table at the level of your heart.
- Wear short sleeves so your arm can be easily exposed.
- Go to the bathroom prior to your reading. A full bladder can change your blood pressure reading.

This is a FREE walk-in service offered on the 2nd and 4th Thursday of each month on a first come, first served basis.

**Foot Care Nurse**
Our Footcare nurse, Darren Lester, will provide a foot assessment, removal or corns and calluses, nail trimming, removal of ingrown nails and a foot rub. Book your appointment through our reception desk.

**Legal Appointments**
Kevin Doyle, Barrister & Solicitor, practicing in elder law, will be visiting our Centre and offering free thirty minute appointments monthly. Book your appointment through our reception desk. Service is offered to James Bay New Horizons members only.

**Scooter & Walker Service**
Canada Scooters offers this free service for anyone with a scooter or walker that requires attention. Minor repairs and assessments are tendered. First come, first served. First Wednesday of the month

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**Special Events**

**Friendship Tea Hour**
New to our Centre? Celebrating a Birthday? Just come and say “Hello.” Our Friendship Tea is a gathering of members. It’s a time to enjoy conversing, storytelling and laughing with old friends and meeting and welcoming new. An added bonus — refreshments at no charge.

**Active Seniors Enjoying Life (ASEL) Chair Exercise Drop-in**
An instructor demonstrates how to work muscles to stabilize and strengthen the entire body. Cardiovascular exercises are incorporated into this program to improve endurance. There are some standing components to the routines. Participants are encouraged to work within their own comfort level. This activity is provided in partnership with Beckley Farm Lodge. Members only.

**Carpet Bowling**
Carpet Bowling is challenging and competitive. This activity is similar to lawn bowling; the object of the game is to put your bowl as close as possible to the “jack.” Participants laugh a lot during this game, have lots of fun, and the exercise they get is a bonus.

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**Bridge**
With so many activities competing for your leisure time, why invest your energy into learning a game as complex as Bridge? Millions of people around the world are hooked on this fascinating game. Here are some reasons why:
- Can be a lifelong pursuit
- Will never bore you
- Stimulates and exercises both sides of your brain
- Can improve your physical health
- Is social
- Is a bargain
- Is fun

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**Senior Reassurance Program**
James Bay New Horizons’ Senior Reassurance Program is a no charge community service providing a familiar voice to Victoria residents who live alone. At a specific time each day, Monday through Saturday, participants receive a check-in phone call from a trained volunteer to ensure that they are safe and well. Should a member not respond to the call, our volunteer will call each of the contacts until the person’s well-being is confirmed. Both Short-term and Long-term options are available. As the Senior Reassurance Program is generously funded entirely by donations, we are able to offer this service free of charge.
**Line Dancing – Beginners**
Kick up your heels, get some exercise and have fun line dancing in a class for beginners! Love to dance, but lack a partner? Line dance is perfect way to introduce yourself to the world of dance, teach your feet something new and have fun while working off a few calories!

*Instructor: Dean Stroeder*
Thu | Apr 1–Aug 31 | 12–1 p.m. | M $2 | G $4

**Line Dancing – Beyond Beginners**
Ready to learn exciting new dances? Take your dance skills to the next level! If you have participated in Line Dancing – Beginners for several sessions and are ready to boost your dance routine- this class is for you.

*Instructor: Dean Stroeder*
Thu | Apr 1–Aug 31 | 1–2 p.m. | M $2 | G $4

**Postural Stretching**
This class is ideal for people feeling stiff and suffering with chronic aches and pains. Marie-Pierre focuses on strengthening key postural muscles while stretching all the main muscle groups. Stretch improves joint range of movement and muscle flexibility through a structured series of dynamic and static stretches. This program works on creating a sense of freedom in the body, reducing muscle tightness and restriction. Sessions will end with meditation using imagery. Basic equipment supplied.

Fri | Apr 1–Aug 31 | 10:30–11:30 a.m. | M $2 | G $4

**Restorative Yoga**
Pranayama, or breath class. Restorative, calming poses first, to build breath control. Beginner level only. Basic equipment supplied

Mon | Apr 1–Aug 31 | 1:45–2:45 p.m. | M $2 | G $4

**Scottish Country Dance**
Are you interested in learning reels, jigs, hornpipes, novelty and old time dances? Dances are always walked through to aid in memory and alleviate worry.

Fri | Apr 1–Aug 31 | 7–9 p.m. | M $3 | G $5

**Strength & Stretch**
Learn how to strengthen your muscles safely and effectively with a variety of strength training equipment. This program will help you look better, feel better and improve flexibility and strength. Basic equipment supplied.


**Zumba Gold**
Modified moves and pacing to suit the needs of the active older adult or those just starting a journey to a fit and healthy life. The class is based on the principal that a workout should be fun and easy to do. If you like to move and dance you will love Zumba Gold!

Welcome
Silver Threads Service has been serving older adults in Victoria since 1956. We are a charitable, not-for-profit society that enhances social connections and well-being for seniors. We do this by providing programs and services that are open to all.

Membership
Annual Membership is $55 from April to March and is valid at both Victoria and Saanich Centres.

Some of the Programs we offer include:

Drop-in Programs
• Chinese Brush Painting
• Clarinet Choir
• Crafts & Mosaics
• Knitting and Crochet

Education & Workshops
• Memory PLUS (Practice Laughter and Useful Strategies)

Health & Wellness
• TIME (Together in Movement and Exercise)

Strength and Stretch Fitness
• Silver Treads Walking Group
• Fall Prevention Fitness
• Table Tennis

Services
• Monthly Blood Pressure Clinics
• Computer Assistance
• Footcare Appointments
• Legal Advice
• Information and Referral

Special Events
• June 30th – Canada Day
• July 8th – Strawberry Social

THE JOURNEY LATER LIFE EDUCATION SERIES 2020
The third Monday of most months, the Silver Threads Later Life Education Series offers wellness and health related topics to seniors to help them remain independent in their community.

Place: Cook Street Village Activity Centre
Time: 10:30 a.m. – 11:30 a.m.
Cost: No charge
Pre-registration is required.
Please call 250.384.6542 to sign up.

Techno-Stress Among Seniors – April 20
Education and discussion on how the challenges of technology are causing both positive and negative effects on seniors.

How to Have Those Hard Discussions with your Family – May 11
Education and discussion on how to approach important issues that your family may not want to discuss.

The 5 Wishes in Advanced Care Planning – June 15
Education and discussion on definite ways to address your end-of-life desires.

I Am Not Invisible! – July 20
Education and discussion on how seniors can feel ignored by professionals and families.

Keeping Up Appearances – August 17
Education and discussion on how keeping up your appearance is a critical, vital sign as to your health status.
ART & MUSIC

Cantenos Juntos Choir
In Spanish this means “Let’s Sing Together”
Are you learning Spanish or studied it in the past and would like to practice it? Is Spanish your native language? Come and join Marcelina and her guitar in an adventure into the Spanish and Latin America music culture. Let’s get together to sing songs from our folk and popular repertoire.
Burnside Gorge Community Centre  8/$60
Tue  Apr 7–May 26  1–3 p.m.

HEALTH & WELLNESS

Essentrics® – Aging Backward (50+)
This gentle, age reversing workout will help to release tight muscles, rebalance joints, improve posture and restore the entire body. Regain your flexibility and mobility while slowly building strength and reawakening the power of your 650 muscles. Designed for men and women of all ages who are new to the technique or who are beginning to exercise after a sedentary period. Note: This class has a slower pace than a general Essentrics Aging Backwards class.
Instructor: Phyllis Musseau
Crystal Pool and Fitness Centre  6/$63
Fitness Loft
14379 Wed  Apr 8–May 13  10:30–11:30 a.m.
14380 Wed  May 20–Jun 24  10:30–11:30 a.m.

High Tea and Yoga
Come visit with neighbours while you enjoy workshops, nutritious home cooked meals, activities and recreation! At Fernwood, we offer a variety of programs for those 55+. Senior’s yoga and high tea on Tuesdays 11:30–2, $2. Fridays, senior’s lunch is between 11:30 and 2:30pm, $4. Lunch served about 12ish. Programming free for volunteers
Fernwood Community Centre  Drop-in $2
Tue  Apr 7–Sep 1  11:30 a.m.–2:30 p.m.

Senior’s Entitlement Service (SES)
SES provides guidance, information and assistance to seniors in Greater Victoria. We work with you to develop strategies and solve problems such as navigating the healthcare system, housing, benefits, financial and legal matters, elder abuse and unexpected hardships. This is a confidential service offered by trained, volunteer advocates. For more information please contact us at ses@quadravillagecc.com or by phone at 250.388.7696 ext 230.
Instructor: Janice Arnot
Burnside Gorge Community Centre  8/$48
Tue  Mar 10–Apr 28  9–10 a.m.
Tue  May 5–Jun 23  9–10 a.m.
Tue  Jun 30–Aug 18  9–10 a.m.

Zumba Gold and Yoga
Always wanted to zumba but thought it might be too much for you? This class combines gentle zumba Gold dance and fitness moves with yoga stretches, breathing exercises and deep relaxation. It is ideal for beginners, active older adults and other participants who may need program modifications.
Instructor: Ximena Londono
Burnside Gorge Community Centre
Tue  Mar 31  10:15–11:15 a.m.  Free
Tue  May 19–Jun 23  10:15–11:15 a.m.  6/$48
Tue  Apr 7–May 12  10:15–11:15 a.m.  6/$48
Tue  May 19–Jun 23  10:15–11:15 a.m.  6/$48

MEALS

Fernwood Autumn Glow
Senior’s Luncheon (55+yrs)
Join our friendly group for a delicious home cooked lunch, followed by games and activities. Monthly entertainment provided. New seniors are always welcome!
Fernwood Community Centre
Fri  Jan 4–Jan 9  12–1:30 p.m.

Seniors Lunch and Learn
Socialize with other seniors in the community while enjoying a delicious and nutritious homemade meal. This program features a mix of guest speakers, social activities and theme activities during the holiday seasons. Call 250.388.5251 for more information.
Burnside Gorge Community Centre
Thu  Apr 2–Jul 30  Lunch: 12–1 p.m.
Presentation: 1–2 p.m.
Road Trips & Rambles
Enjoy time with friends, make new friends and build community as we explore together! From theatre to wildlife, history to vineyards, we have many opportunities to learn, travel, and enjoy Vancouver Island together and experience new places and sights.

Lunch & Bowling
Have lunch at Mary's Bleue Moon Cafe restaurant followed by two games of 5 pin bowling in Sidney. Transportation, bowling and shoe rental included. Lunch is extra.

Crystal Pool and Fitness Centre
Recreation Bus
14118 Fri Apr 3 10:45 a.m.–5:15 p.m. $53

Camosun ClassRoom Restaurant
Enjoy a four-course dinner prepared and served by senior students of Camosun's Professional Cook Training program. Transportation and four-course dinner included. Beverages are extra.

Crystal Pool and Fitness Centre
Recreation Bus
14494 Thu Apr 9 4:30–8:30 p.m. $68

Lunch & Tour of Mill Bay – Malahat Museum
Enjoy lunch at The Mill in Mill Bay and then we’ll visit the Mill Bay – Malahat Museum for a look at what life was like in that area in the roaring 20’s. Transportation and tour included. Lunch is extra.

Crystal Pool and Fitness Centre
Recreation Bus
14492 Thu Apr 23 9:30 a.m.–5 p.m. $43

Chemainus Theatre – 39 Steps
A man with a boring life meets a mysterious woman with a thick accent who claims to be a spy. When he takes her home, she is murdered, and a shadowy organization is hot on the man’s trail in a nationwide manhunt. Mix a Hitchcock masterpiece with a juicy spy novel, add a dash of Monty Python. Transportation, gratuities, tickets and buffet lunch included. No refunds after March 29.

Crystal Pool and Fitness Centre
Recreation Bus
14115 Wed Apr 29 10 a.m.–6 p.m. $135

Saanich Artist Studio Tour
Tour three wonderfully talented and diverse artist’s studios with a stop along the way for lunch in or near Sidney. Transportation and tour included. Lunch is extra.

Crystal Pool and Fitness Centre
Recreation Bus
14515 Thu May 7 10 a.m.–5:30 p.m. $40

Lunch & Tour of Shawnigan Lake School
Enjoy lunch at Unsworth Winery and then we are off to beautiful Shawnigan Lake School for a tour of their museum, gardens, library and fish hatchery. Transportation and tour included. Lunch is extra.

Crystal Pool and Fitness Centre
Recreation Bus
14195 Thu May 21 10 a.m.–5 p.m. $38

Chemainus Theatre – Marvelous Wonderettes
Chase away your winter blues and enjoy chart toppers from the ’50s and ’60s as you travel back to the 1958 Springfield High School prom. With hopes and dreams as big as their crinoline skirts and hair-dos a mile high, this musical trip down memory lane will have you leaving the theatre smiling! Transportation, gratuities, tickets and buffet lunch included. No refunds after February 11.

Crystal Pool and Fitness Centre
Recreation Bus
14114 Wed Mar 11 10 a.m.–6 p.m. $140

Salt Spring Art Studio & Farm Tour
Over to Salt Spring Island for the day touring galleries and a farm on the North Island. Bring a picnic lunch to enjoy along the way. Transportation included.

Crystal Pool and Fitness Centre
Recreation Bus
14292 Thu Jun 4 9:30 a.m.–8 p.m. $92
Mini-Llama’s, Lunch & Wine Tasting
Get up close and personal with some adorable mini-llamas, learn about llama fibre and even shop at the farm store. Lunch at the popular Doghouse Restaurant in Duncan is followed by a vineyard tour and tasting at the family run Emandare Vineyard. Transportation, tours and tasting included. Lunch is extra.
Crystal Pool and Fitness Centre
Recreation Bus
14515 Tue Jun 16 9:30 a.m.–5 p.m. $58

Chemainus Theatre – Beauty & The Beast
An arrogant prince is cursed to live as a terrifying beast until he learns to love and is loved in return. Time is running short when the beast captures an unwary clockmaker, whose place is quickly taken by his daughter, Belle. With a village stirred to action by Belle’s cocky suitor Gaston, it soon becomes obvious who the real beast is in this story. Transportation, gratuities, tickets and buffet lunch included. No refunds after May 24.
Crystal Pool and Fitness Centre
Recreation Bus
14116 Wed Jun 24 10 a.m.–6 p.m. $155

Lunch @ Cherry Point and Tour of Saskatoon Blueberry Farm
Enjoy lunch at Cherry Point Vineyard and then we are off for a tour of the Saskatoon Berry Farm. Transportation, slice of pie and coffee, and tour included. Lunch is extra.
Crystal Pool and Fitness Centre
Recreation Bus
14996 Thu Jul 9 10 a.m.–4:30 p.m. $65

Boat Tour to Russell Island
Russell Island and the Hawaiian people are connected from the days of the Northwest Coast fur trade. Russell Island was first settled as early as 1886 and the descendants of some of the original owners still welcome visitors to the Island. Dependent on Parks Canada Volunteer program running. Bus and boat transportation included. Please pack a picnic to enjoy during your visit to the island.
Crystal Pool and Fitness Centre
Recreation Bus
14290 Thu Aug 6 2:30–8 p.m. $70
14291 Thu Aug 20 2:30–8 p.m. $70

Chemainus Theatre – Glory
In 1933, four women set out to prove that Canada’s favorite sport could belong to them as much as it could to men. Based on the incredible an inspirational true, history comes to life as they battle prejudice, The Great Depression, and wartime in order to win their place in the rink. Transportation, gratuities, tickets and buffet lunch included. No refunds after August 30.
Crystal Pool and Fitness Centre
Recreation Bus
14117 Wed Sep 30 10 a.m.–6 p.m. $135
Active Living Guide

The Active Living Guide is produced twice a year by the City of Victoria.

City of Victoria
1 Centennial Square
Victoria, BC V8W 1P6
crystalpool@victoria.ca

The Active Living Guide is available online at victoria.ca/recreation

Contact Information

Crystal Pool and Fitness Centre
crystalpool@victoria.ca
2275 Quadra Street, Victoria, BC V8T 4C4
General Information 250.361.0732

Save-On-Foods Memorial Centre Arena
1925 Blanshard Street, Victoria, BC V8T 4J2
Event Information 250.361.0711

Royal Athletic Park
1014 Caledonia Avenue, Victoria, BC V8T 1G8
Event Information 250.361.0381

Registration has never been easier!

Online Registration – Programs & Memberships

- Go to victoria.ca/recreation
- Login or create account
- Find frequently asked questions
- View registration tutorial

- Register for programs
- Purchase or renew memberships
- Do something today your future self will thank you for!
Take the Pledge

We need your help to meet our goal. Pledge to plant on private land by filling out our webform and let us know how many trees and the month you hope to plant in 2020. If you would like to donate funds to plant a tree on City land contact urbanforest@victoria.ca.

Learn about tree health

The long-term health of trees is crucial. To learn about tree-placement, maintenance and care practices before breaking ground, check out our tree care resources and go to page 5 to register for the City's tree tours and planting workshops. There is an event each month throughout 2020.

Plant and record your trees

Once you plant your tree, mark it on the Tree Tracker so that it counts towards the challenge goal! On the Tree Tracker, you can select your tree species, choose its location, take a photo of your tree and even give it a nickname. The tracker will show the total number of planted trees in each neighborhood across the City.

Become a Tree Champion

Help us raise awareness of the Trees in Cities Challenge by hosting an event, organizing a tree planting day in your neighbourhood or volunteering with local environmental stewardship groups. Check out the Trees in Cities Engagement Portal for more information at engage.victoria.ca.

Victoria.ca/treesincities

- Take the pledge and commit to planting trees in 2020
- Plant and record the trees you plant with the City’s tree tracker
- Learn more about tree health
- Find out about workshops, tours, and events taking place throughout 2020
Live actively your way...every day!
victoria.ca/recreation