Regional Recreation Pass

Annual Pass allowing Drop-In to 14 Greater Victoria Recreation Centres

$475 INCLUDING TAX

Peninsula Recreation 250-656-7271
Panorama Recreation Centre
1885 Forest Park Drive
Greeenglade Community Centre
2151 Lanxon Way

Saanich Recreation 250-475-5422
Commonwealth Placq
4636 ER Lake Drive
Gordon Head Recreation Centre
4100 Lambrick Way
Pearkes Recreation Centre
3100 Tillicum Road
Cedar Hill Recreation Centre
3220 Cedar Hill Road

Recreation Oak Bay 250-595-7946
Oak Bay Recreation Centre
1975 Bee Street
Henderson Recreation Centre
2291 Cedar Hill X Road

City of Victoria 250-361-0732
Crystal Pool and Fitness Centre
2275 Quadra Street
Save-On-Foods Memorial Centre
1925 Blanchard Street

Esquimalt Recreation 250-412-8500
Esquimalt Recreation Centre
527 Fraser Street
Archie Browning Sports Centre
1151 Esquimalt Road

West Shore Parks & Rec 250-478-8384
Juan de Fuca Recreation Centre
1767 Island Highway

SEAPARC Recreation 250-642-8000
SEAPARC Leisure Complex
2168 Phillips Road

GREATER VICTORIA INCLUDING TAX

Canada’s #1 grassroots soccer camp!
Royal Soccer Club Presents

Soccer Camps 2014

Register by June 1 for early bird discounts.

July and August weeks
Boys & girls aged 5 to 13
Camp soccer ball, tshirt, medal
Full day, morning & afternoon sessions
No charge early drop off, late pickup care

Victoria: George Jay ES soccer field
(see website for details)

Call for more info:
1-800-427-0536
www.royalsoccer.com

GREATER VICTORIA ACTIVE COMMUNITIES
Greater Victoria Sports Alliance
www.victoriaactive.ca

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Victoria: George Jay ES soccer field
(see website for details)

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www.royalsoccer.com
What’s in it for you…

3
Crystal Pool & Fitness Centre
Aquafit, swimming lessons, and strength training. It’s all here.

18
Tennis
Learn new skills or improve your game with our tennis pro.

20
Summer Camps
Something for everyone.

75
Arts and Culture
Arts, theatre, music, dance and culture. Look here for a summer of fun.

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. All of our staff go through criminal record checks and receive training in Child Protection Policies. We provide a high level of service by having well–trained employees and an effective instructor to participant ratio for all programs. All of our staff are trained in first aid. For more information please contact your local community centre.

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Community Centres

Burnside Gorge Community Centre
471 Cecelia Road, Victoria, BC V8T 4T4  T 250.388.5251  F 250.388.5269  www.burnsidegorge.ca
We provide childcare, family programs and recreation programs to Greater Victoria. Key services include outreach support to homeless families, family support and reunification programs, outreach to youth at risk and a self sufficiency program for families with limited incomes, community recreation, special events and facility rentals.

Cook Street Village Activity Centre (CSVAC)
1–380 Cook Street, V8V 3X7  T 250.384.6542, Fax: 250.384.7156  www.cookstreetvillageactivitycentre.com
Hours of operation Mon/Tue/Wed/Fri/Sat 8:30 a.m.–4 p.m. and Thursday 8:30 a.m.–8 p.m. Membership now open to persons 18+ years. Please call or drop-in and ask about our variety of drop-in activities, courses, trips, wellness services. We offer an annual membership for a fee of $50 or monthly $7. Cafeteria open daily 9:30 a.m.–3 p.m., serving a hot lunch meal every Wednesday 11:30 a.m.–1 p.m.

Fairfield Community Place
1330 Fairfield Road, Victoria, BC V8S 5J1  T 250.382.4604  F 250.382.4613  www.fairfieldcommunity.ca
Fairfield Gonzales Community Association offers a full range of programs and services including out of school care, facility rentals, preschool and family programs and youth and adult recreation services.

Fernwood Community Centre
1240 Gladstone Avenue  T 250.381.1552  F 250.381.1509  www.fernwoodnrg.ca
Offering a wide variety of resources including: programs and services for everyone from the very young to the young at heart, licensed childcare (0–5 years), and community events for the entire neighbourhood. Room rentals available. See info@fernwoodnrg.ca for more information.

James Bay Community School Centre
140 Oswego Street, Victoria, BC V8V 2B1  T 250.389.1470  F 250.383.7152  www.jamesbaycentre.ca
The James Bay Community School Society manages the services and activities provided by the James Bay Community School Centre including preschool, before and after school care, leisure and recreation programs, the community café, seniors dinner programs, facility rentals and special events for people of all ages in the community.

James Bay New Horizons Activity Centre
234 Menzies Street, Victoria BC V8V 2G7  T 250.386.3035  F 250.386.3045  www.jamesbaynewhorizons.ca
Welcomes both Members and Non-Members to take advantage of the great Programs, Health Services, Trips, Special Events and Drop-in Activities our Centre has to offer. Hours of operation: Monday to Saturday, 9 a.m.–4 p.m. Tea, Coffee and cookies are always available. Call for membership rates.

Oaklands Community Centre and Neighbourhood House
We offer drop-in and registered programs for all ages and have a beautiful, vibrant facility that can be rented for any occasion. Oaklands offers licensed childcare. Please drop by our centre for any information on recreation programs, facility rentals or licensed childcare programs or give us a call at 250.370.9101.

Quadra Village Community Centre
901 Kings Road, Victoria, BC V8T 1W5  T 250.388.7696  F 250.388.7607  www.quadravillagecc.com
The Quadra Village Community Centre (formerly Blanshard Community Centre) is a safe and welcoming gathering place in the vibrant and diverse neighbourhood of Hillside–Quadra. We offer prenatal, children’s, youth, family, seniors and community programs. Our preventative and responsive community based programs help make change close to home.

Victoria West Community Centre
521 Craigflower Road, Victoria, BC V9A 6Z5  T 250.590.8922  www.victoriawest.ca
Victoria West Community Centre is located in the beautiful setting of Banfield Park on the Gorge waterway, steps from the Galloping Goose Trail, playground and tennis courts. The Centre offers a variety of programs for all ages, including preschool, out-of-school care, leisure and recreation programs for all ages, special events, and facility space for rent.
Admission Rates and General Information

<table>
<thead>
<tr>
<th>Admission</th>
<th>Single</th>
<th>10 punch</th>
<th>1 Month</th>
<th>3 Month</th>
<th>Silver Annual</th>
<th>Gold Annual</th>
<th>Regional Annual</th>
</tr>
</thead>
<tbody>
<tr>
<td>Adult (18–59)</td>
<td>$5.50</td>
<td>$49.45</td>
<td>$54.95</td>
<td>$123.30</td>
<td>$331.30</td>
<td>$360.90</td>
<td>$475</td>
</tr>
<tr>
<td>Senior (60 plus)</td>
<td>$4.30</td>
<td>$38.75</td>
<td>$43.05</td>
<td>$96.85</td>
<td>$255.75</td>
<td>$278.55</td>
<td>$475</td>
</tr>
<tr>
<td><strong>Youth (13–17)</strong></td>
<td>$3.80</td>
<td>$34.40</td>
<td>$38.25</td>
<td>$86.05</td>
<td>N/A</td>
<td>$251.15</td>
<td>$475</td>
</tr>
<tr>
<td><strong>Child (5–12)</strong></td>
<td>$2.85</td>
<td>$25.85</td>
<td>$28.70</td>
<td>$64.60</td>
<td>N/A</td>
<td>$184.45</td>
<td>$475</td>
</tr>
<tr>
<td>Preschool (0–4)</td>
<td>N/C</td>
<td>N/C</td>
<td>N/A</td>
<td>N/A</td>
<td>N/A</td>
<td>N/A</td>
<td>N/A</td>
</tr>
<tr>
<td><em>Family</em></td>
<td>$11</td>
<td>$99</td>
<td>N/A</td>
<td>N/A</td>
<td>N/A</td>
<td>N/A</td>
<td>N/A</td>
</tr>
</tbody>
</table>

Greater Victoria Regional Pass $475 (includes GST) includes access to all municipal recreation centres in Greater Victoria.

**Note:** Drop-in admissions and all passes and punchcards 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.

**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>
</tr>
</thead>
<tbody>
<tr>
<td>All hours of operation except Fridays after 9 p.m.</td>
<td>M–F: 9 a.m.–4 p.m. and 7 p.m.–11 p.m., S and Su: all hours open</td>
</tr>
</tbody>
</table>

**Active Living Guide**

**Recreation Services Program Refund Policy:**
If you wish to withdraw from a program it must be done before the second class, and a prorated refund or credits will be issued. After the second class refunds or credits will only be issued for illness supported by a doctor’s note or compassionate reasons.

For one or two day programs and weekly camps we require 72 hours notice before the program start to consider a request for refund or credit.

Please note: Some aquatic leadership and outdoor pursuits programs are non-refundable.

Please check with individual community centers for their refund policies.

All credits will expire 12 months from the date of issue.

**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.
Spring & Summer Special Events

Crystal Pool Session Descriptions

25 m Leisure and Lengths
Join in for 25 m length swimming or a leisurely soak. Three 25 m lanes are available, as well as hot tub, sauna and steam room. Check out our Aquafit schedule as classes are offered during every swim.

50 m Leisure and Lengths
A great way to fit in a workout! Three 50 m lanes are available, as well as hot tub, sauna and steam room. Use the cardio machines or weight room as part of your fitness routine. Check out our Aquafit schedule for daytime Aquafit classes.

Everyone Welcome for Fun & Lengths
Ride the waterslide, shoot some hoops, relax in the steam room, play in the small pools, run the water walkway, play some games... something for everyone! Two 25 m lanes are available for length swimming. Diving boards available on fridays and weekends.

Family Swim
An ideal time for the family to get together and enjoy some good clean fun in the shallow end of the big pool and two small pools. The deep end is reserved but the hot tub, sauna, steam room, waterslide, and basketball net are all available. One parent/guardian must accompany children in the water.

Lesson & Family Swim
A great option for families to swim together before or after your swim lessons. Triangle Pool and some shallow water space are available to play or practice. One parent/guardian must accompany children in the water.

Adult Leisure (18 yrs+)
Come in for a workout in the weight room or cardio area and finish your day with a relaxing time in the hot tub, sauna or steam room.

Lessons and Clubs
A busy time in the pool for swim lessons and club practices. Adults may drop-in for the hot tub, sauna and steam room. The remaining pool area is reserved for lessons and clubs.

Friday Night Bites
A chance for youth ages 11–16 yrs to enjoy the pool to themselves from 9 p.m.–10 p.m. every Friday night! The lifeguards will have plenty of activities to join in on. Only $2! Starts at 7 p.m.

Parent and Tot
Bring your little one (5 yrs and under) for a splash in our small pools.

25 m Lengths & Clubs
A minimum of two 25 m lanes will be available for length swimming.

>> Spring & Summer Special Events

Easter Swim
Everybunny’s going swimming, you can join too! Get your best bunny-hopping going with our always popular underwater Easter egg hunt.

Sunday, April 20
1 p.m.–3:30 p.m.

Pro–D Day Swim Mucky Messy Mayhem
It’s your day off school—spend it doing something all kids love... getting messy! The lifeguards have prepared all kinds of messy games to play. Don’t worry mom and dad, they’ll come home squeaky clean!

Friday, May 16
1 p.m.–3:30 p.m.

Mother’s Day Swim
Moms swim for free on their special day!

Sunday, May 11
1 p.m.–3:30 p.m.

Water Wipe-Out
Celebrate Youth Week at the Crystal Pool & Fitness Centre in fantastic flailing fashion as you slip, slide and spill your way through our epic Water Wipe-Out obstacle course. Complete all 7 challenges for ultimate glory and a chance to spin our prize wheel. What happens when you’re done you say? You can do it all over again and again! Parents, you’re not going to want to miss this photo op! Spectators welcome!

Friday, May 2
7:30 p.m.–10 p.m.

National Life Jacket Day
Do you know the difference between a life jacket and a PFD? Test your knowledge and join us for a day filled with fun activities. Wear your PFD to the pool.

Thursday, May 15
All day

Father’s Day Swim
Dads, it’s your day and you swim for free!

Sunday, June 15
1 p.m.–3:30 p.m.

School’s Out for Summer
Trade in your pencils and books for fun at the pool!

Friday, June 27
1 p.m.–3:30 p.m.

25 m Lengths & Clubs
A minimum of two 25 m lanes will be available for length swimming.

WIBIT WEDNESDAYS
Look for Wibit every Wednesday.
July and August, 1:15 p.m.–3:15 p.m.

Weekly Fun Swim Themes
Watch for weekly themes during July and August.

Daily June 30-August 29, 1 p.m.–3:30 p.m.

NATIONAL DROWNING PREVENTION WEEK
Most drowning occurs in areas where lifeguards are not present. After traffic incidents, drowning is the second most common cause of accidental death in Canada. Completely preventable, drowning can happen to anyone, and often occurs within 2 meters of safety. The staff at the Crystal Pool encourages you to join us in some fun activities that will help you learn more on how to protect yourself and others.

All Week July 20-26, All Day
### Crystal Pool Drop-in Aquatic Fitness Programs

#### AQUAFIT SPRING/SUMMER SCHEDULE APRIL 1–AUGUST 31, 2014

<table>
<thead>
<tr>
<th>Aqualite <em>MILD</em></th>
<th>MONDAY</th>
<th>TUESDAY</th>
<th>WEDNESDAY</th>
<th>THURSDAY</th>
<th>FRIDAY</th>
<th>SATURDAY</th>
</tr>
</thead>
<tbody>
<tr>
<td>Complete cardio, strength, endurance and flexibility shallow water workout with zero impact</td>
<td>9:05 a.m.–10 a.m.</td>
<td>9:05 a.m.–10 a.m.</td>
<td>9:05 a.m.–10 a.m.</td>
<td>9:05 a.m.–10 a.m.</td>
<td>11:05 a.m.–12 p.m.</td>
<td></td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Deep H2O Aquafit <em>MODERATE</em></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 deep water zero impact workout using a flotation belt.</td>
<td>9:05 a.m.–10 a.m.</td>
<td>9:05 a.m.–10 a.m.</td>
<td>9:05 a.m.–10 a.m.</td>
<td>9:05 a.m.–10 a.m.</td>
<td>11:05 a.m.–12 p.m.</td>
<td></td>
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</table>

<table>
<thead>
<tr>
<th>Shallow H2O Aquafit <em>MODERATE</em></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 a.m.–11 a.m.</td>
<td>10:05 a.m.–11 a.m.</td>
<td>10:05 a.m.–11 a.m.</td>
<td>10:05 a.m.–11 a.m.</td>
<td>10:05 a.m.–11 a.m.</td>
<td></td>
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</tbody>
</table>

<table>
<thead>
<tr>
<th>Shallow Cardio Blast <em>INTENSE</em></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 p.m.–6:30 p.m.</td>
<td>5:30 p.m.–6:30 p.m.</td>
<td>5:30 p.m.–6:30 p.m.</td>
<td>5:30 p.m.–6:30 p.m.</td>
<td>5:30 p.m.–6:30 p.m.</td>
<td></td>
</tr>
</tbody>
</table>

#### REGISTERED PROGRAMS

<table>
<thead>
<tr>
<th>Aquatherapy <em>MILD</em></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 water therapy program with a certified kinesiologist from Pro–Motion Rehab.</td>
<td></td>
<td>12:15 p.m.–1 p.m.</td>
<td></td>
<td>12:15 p.m.–1 p.m.</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Deep Water Running <em>INTENSE</em></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 zero impact high cardio workout using resistance to increase fitness combining running drills and aquafit moves.</td>
<td></td>
<td></td>
<td>5:30 p.m.–6:30 p.m.</td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

#### Which classes are right for you?

**MILD**
Perfect for Seniors or 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.

---

**Leisure Involvement For Everyone**

The L.I.F.E. program is designed to ensure equitable access to recreation for all City of Victoria residents regardless of their ability to pay. The L.I.F.E. program provides a combination of annual credit and regional admission card to eligible low-income individuals and families to use towards recreational programs and services in all City recreational facilities and jointly-operated centres.

**How to Apply**
Application forms for L.I.F.E. 2014 are available now at the Crystal Pool and Fitness Centre. Call 250.361.0732 for more information.
### Crystal Pool Spring Drop-in Schedule

#### SPRING PUBLIC SWIM DROP-IN SCHEDULE (MARCH 31–JUNE 30, 2014)

<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 Leisure &amp; Lengths and Clubs</td>
<td>50M Leisure &amp; Lengths and Clubs</td>
<td>50M Leisure &amp; Lengths and Clubs</td>
<td>50M Leisure &amp; Lengths and Clubs</td>
<td>50M Leisure &amp; Lengths and Clubs</td>
<td>50M Leisure &amp; Lengths and Clubs</td>
<td>Available for Rentals 6:30 a.m.–8:30 a.m.</td>
</tr>
<tr>
<td>5:30 a.m.–9 a.m.</td>
<td>5:30 a.m.–9 a.m.</td>
<td>5:30 a.m.–9 a.m.</td>
<td>5:30 a.m.–9 a.m.</td>
<td>5:30 a.m.–9 a.m.</td>
<td>6 a.m.–9 a.m.</td>
<td></td>
</tr>
<tr>
<td>9 a.m.–11 a.m.</td>
<td>9 a.m.–11 a.m.</td>
<td>9 a.m.–11 a.m.</td>
<td>9 a.m.–11 a.m.</td>
<td>9 a.m.–11 a.m.</td>
<td></td>
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</tr>
<tr>
<td>50M Leisure &amp; Lengths and Parent &amp; Tot</td>
<td>50M Leisure &amp; Lengths and Parent &amp; Tot</td>
<td>50M Leisure &amp; Lengths and Parent &amp; Tot</td>
<td>50M Leisure &amp; Lengths and Parent &amp; Tot</td>
<td>25M Lengths and Clubs and Family</td>
<td>11 a.m.–1 p.m.</td>
<td></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></td>
<td></td>
</tr>
<tr>
<td>50M Leisure &amp; Lengths and Schools</td>
<td>50M Leisure &amp; Lengths and Schools</td>
<td>50M Leisure &amp; Lengths and Schools</td>
<td>50M Leisure &amp; Lengths and Schools</td>
<td>Everyone Welcome for Fun &amp; Lengths</td>
<td>Everyone Welcome for Fun &amp; Lengths</td>
<td>Everyone Welcome for Fun &amp; Lengths</td>
</tr>
<tr>
<td>1 p.m.–3:30 p.m.</td>
<td>1 p.m.–3:30 p.m.</td>
<td>1 p.m.–3:30 p.m.</td>
<td>1 p.m.–3:30 p.m.</td>
<td>1 p.m.–3:30 p.m.</td>
<td>1 p.m.–3:30 p.m.</td>
<td>1 p.m.–3:30 p.m.</td>
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<tr>
<td>3:30 p.m.–5 p.m.</td>
<td>3:30 p.m.–5 p.m.</td>
<td>3:30 p.m.–5 p.m.</td>
<td>3:30 p.m.–5 p.m.</td>
<td>3:30 p.m.–7 p.m.</td>
<td>3:30 p.m.–6 p.m.</td>
<td>3:30 p.m.–6 p.m.</td>
</tr>
<tr>
<td>5 p.m.–7 p.m.</td>
<td>5:30 p.m.–7:30 p.m.</td>
<td>25M Lengths &amp; Clubs and Adult Leisure</td>
<td>5 p.m.–7 p.m.</td>
<td>Lessons &amp; Clubs and Adult Leisure</td>
<td>Lessons &amp; Clubs and Adult Leisure</td>
<td>Lessons &amp; Clubs and Adult Leisure</td>
</tr>
<tr>
<td>Everyone Welcome for Fun &amp; Lengths and Clubs</td>
<td>Clubs &amp; Adult Leisure</td>
<td>Everyone Welcome for Fun &amp; Lengths and Clubs</td>
<td>Clubs &amp; Adult Leisure</td>
<td>Everyone Welcome for Fun &amp; Lengths</td>
<td>Available for Rentals</td>
<td>Available for Rentals</td>
</tr>
<tr>
<td>7 p.m.–9 p.m.</td>
<td>7:30 p.m.–9:30 p.m.</td>
<td>7 p.m.–9 p.m.</td>
<td>7:30 p.m.–9:30 p.m.</td>
<td>7 p.m.–9 p.m.</td>
<td></td>
<td></td>
</tr>
<tr>
<td>50M Leisure &amp; Lengths</td>
<td>50M Leisure &amp; Lengths</td>
<td>50M Leisure &amp; Lengths</td>
<td>50M Leisure &amp; Lengths</td>
<td>Friday Night Bites Teens Only</td>
<td></td>
<td></td>
</tr>
<tr>
<td>9 p.m.–11 p.m.</td>
<td>9:30 p.m.–11 p.m.</td>
<td>9 p.m.–11 p.m.</td>
<td>9:30 p.m.–11 p.m.</td>
<td>9 p.m.–10 p.m.</td>
<td></td>
<td></td>
</tr>
<tr>
<td>$2</td>
<td>$2</td>
<td>$2</td>
<td>$2</td>
<td>$2</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

Please Note: Lifeguards may require up to 10 minutes to change the lane–rope configuration at the beginning and end of each swim.

Note: last entry into the facility 30 minutes prior to closing.

---

**MOVE FOR HEALTH DAY!**

$2 admission all day!

**Saturday May 10, 2014.**

---

**FREE L.I.F.E.* SWIM**

**Thursday, May 15**

7 p.m.–9 p.m.

*Leisure Involvement For Everyone**
## Crystal Pool Summer Drop-in Schedule

<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 Leisure &amp; Lengths and Clubs</td>
<td>50M Leisure &amp; Lengths and Clubs</td>
<td>50M Leisure &amp; Lengths and Clubs</td>
<td>50M Leisure &amp; Lengths and Clubs</td>
<td>50M Leisure &amp; Lengths and Clubs</td>
<td>50M Leisure &amp; Lengths and Clubs</td>
<td>Available for Rentals 6:30 a.m.–8:30 a.m.</td>
</tr>
<tr>
<td>5:30 a.m.–9 a.m.</td>
<td>5:30 a.m.–9 a.m.</td>
<td>5:30 a.m.–9 a.m.</td>
<td>5:30 a.m.–9 a.m.</td>
<td>5:30 a.m.–9 a.m.</td>
<td>5:30 a.m.–9 a.m.</td>
<td>6 a.m.–9 a.m.</td>
</tr>
<tr>
<td>9 a.m.–11 a.m.</td>
<td>9 a.m.–11 a.m.</td>
<td>9 a.m.–11 a.m.</td>
<td>9 a.m.–11 a.m.</td>
<td>9 a.m.–11 a.m.</td>
<td>9 a.m.–11 a.m.</td>
<td>8:30 a.m.–11 a.m.</td>
</tr>
<tr>
<td>Everyone Welcome for Fun 1 p.m.–3:30 p.m.</td>
<td>Everyone Welcome for Fun 1 p.m.–3:30 p.m.</td>
<td>Everyone Welcome for Fun 1 p.m.–3:30 p.m.</td>
<td>Everyone Welcome for Fun 1 p.m.–3:30 p.m.</td>
<td>Everyone Welcome for Fun 1 p.m.–3:30 p.m.</td>
<td>Everyone Welcome for Fun 1 p.m.–3:30 p.m.</td>
<td>Everyone Welcome for Fun 1 p.m.–4 p.m.</td>
</tr>
<tr>
<td>1 p.m.–3:30 p.m.</td>
<td>1 p.m.–3:30 p.m.</td>
<td>1 p.m.–3:30 p.m.</td>
<td>1 p.m.–3:30 p.m.</td>
<td>1 p.m.–3:30 p.m.</td>
<td>1 p.m.–3:30 p.m.</td>
<td>1 p.m.–4 p.m.</td>
</tr>
<tr>
<td>3:30 p.m.–5 p.m.</td>
<td>3:30 p.m.–5:30 p.m.</td>
<td>3:30 p.m.–5:30 p.m.</td>
<td>3:30 p.m.–5:30 p.m.</td>
<td>3:30 p.m.–5:30 p.m.</td>
<td></td>
<td>3:30 p.m.–7 p.m.</td>
</tr>
<tr>
<td>5 p.m.–7 p.m.</td>
<td>5:30 p.m.–7:30 p.m.</td>
<td>5 p.m.–7 p.m.</td>
<td>5:30 p.m.–7:30 p.m.</td>
<td>5:30 p.m.–7:30 p.m.</td>
<td>5:30 p.m.–7:30 p.m.</td>
<td>5:30 p.m.–7:30 p.m.</td>
</tr>
<tr>
<td>Everyone Welcome for Fun &amp; Lengths and Clubs</td>
<td>Clubs &amp; Adult Leisure</td>
<td>Everyone Welcome for Fun &amp; Lengths and Clubs</td>
<td>Clubs &amp; Adult Leisure</td>
<td>Everyone Welcome for Fun &amp; Lengths and Clubs</td>
<td></td>
<td>Available for Rentals</td>
</tr>
<tr>
<td>7 p.m.–9 p.m. $1/$2</td>
<td>7:30 p.m.–9:30 p.m. $2 after 9 p.m.</td>
<td>7 p.m.–9 p.m.</td>
<td>7:30 p.m.–9:30 p.m. $2 after 9 p.m.</td>
<td>7 p.m.–9 p.m.</td>
<td></td>
<td>7 p.m.–9 p.m.</td>
</tr>
<tr>
<td>50M Leisure &amp; Lengths</td>
<td>50M Leisure &amp; Lengths</td>
<td>50M Leisure &amp; Lengths</td>
<td>50M Leisure &amp; Lengths</td>
<td>50M Leisure &amp; Lengths</td>
<td>50M Leisure &amp; Lengths</td>
<td>Friday Night Bites Teens Only</td>
</tr>
<tr>
<td>9 p.m.–11 p.m. $2</td>
<td>9:30 p.m.–11 p.m. $2</td>
<td>9 p.m.–11 p.m. $2</td>
<td>9:30 p.m.–11 p.m. $2</td>
<td>9 p.m.–11 p.m. $2</td>
<td>9 p.m.–10 p.m. $2</td>
<td></td>
</tr>
</tbody>
</table>

**Please Note:** Lifeguards may require up to 10 minutes to change the lane-rope configuration at the beginning and end of each swim.

**Note:** last entry into the facility 30 minutes prior to closing.

---

**VICTORIA CRYSTAL SILVER STREAMS 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 Nevele Carter at 250.477.0410.

Swims are on Monday, Wednesday and Friday from 10 a.m.–11 a.m. Register at Crystal Pool and Fitness Center class 45585.
### SPRING LESSONS (Weekdays)

<table>
<thead>
<tr>
<th>COST</th>
<th>Monday (p.m.)</th>
<th>Tuesday (a.m. &amp; p.m.)</th>
<th>Wednesday (p.m.)</th>
<th>Thursday (a.m. &amp; p.m.)</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>*No class April 21, May 19</td>
<td>May 14–June 25 (7 Lessons)</td>
<td></td>
<td>May 15–June 26 (7 Lessons)</td>
</tr>
<tr>
<td></td>
<td>3:30 p.m.</td>
<td>4:30 p.m.</td>
<td>5 p.m.</td>
<td>10 a.m.</td>
</tr>
<tr>
<td>Starfish</td>
<td>X</td>
<td>X</td>
<td>X</td>
<td>X</td>
</tr>
<tr>
<td>Duck</td>
<td>X</td>
<td>X</td>
<td>X</td>
<td>X</td>
</tr>
<tr>
<td>Sea Turtle</td>
<td>X</td>
<td>X</td>
<td>X</td>
<td>X</td>
</tr>
<tr>
<td>Sea Otter</td>
<td>X</td>
<td>X</td>
<td>X</td>
<td>X</td>
</tr>
<tr>
<td>Salamander</td>
<td>X</td>
<td>X</td>
<td>X</td>
<td>X</td>
</tr>
<tr>
<td>Sunfish</td>
<td>X</td>
<td>X</td>
<td>X</td>
<td>X</td>
</tr>
<tr>
<td>Crocodile</td>
<td>X</td>
<td>X</td>
<td>X</td>
<td>X</td>
</tr>
<tr>
<td>Whale</td>
<td>X</td>
<td>X</td>
<td>X</td>
<td>X</td>
</tr>
<tr>
<td>Swim Kids 1</td>
<td>X</td>
<td>X</td>
<td>X</td>
<td>X</td>
</tr>
<tr>
<td>Swim Kids 2</td>
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</tr>
<tr>
<td>Swim Kids 4</td>
<td>X</td>
<td>X</td>
<td>X</td>
<td>X</td>
</tr>
<tr>
<td>Swim Kids 5 &amp; 6</td>
<td>4–4:45</td>
<td>5:30–6:15</td>
<td>5:30–6:15</td>
<td></td>
</tr>
<tr>
<td>Swim Kids 7 &amp; 8</td>
<td>6:15–7</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Swim Kids 9 &amp; 10</td>
<td>6:30–7:15</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Beginner</td>
<td>7–7:45</td>
<td>7–10:15</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Intermediate</td>
<td>7–7:45</td>
<td>7–10:15</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Advanced</td>
<td>7–7:45</td>
<td>7–10:15</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

**Parented Preschool Program**

30 Minute Classes

3–6 yrs

- Starfish
- Duck
- Sea Turtle
- Sea Otter
- Salamander
- Sunfish
- Crocodile
- Whale
- Swim Kids 1
- Swim Kids 2
- Swim Kids 3
- Swim Kids 4
- Swim Kids 5 & 6
- Swim Kids 7 & 8
- Swim Kids 9 & 10
- Beginner
- Intermediate
- Advanced

**Preschool Program**

30 Minute Classes

- Swim Kids 1
- Swim Kids 2
- Swim Kids 3
- Swim Kids 4
- Swim Kids 5 & 6
- Swim Kids 7 & 8
- Swim Kids 9 & 10
- Beginner
- Intermediate
- Advanced

**School Aged Program 6–13 yrs**

45 Minute Classes

- Swim Kids 1
- Swim Kids 2
- Swim Kids 3
- Swim Kids 4
- Swim Kids 5 & 6
- Swim Kids 7 & 8
- Swim Kids 9 & 10
- Beginner
- Intermediate
- Advanced

**Teens Adults * Seniors * **

Private Lessons Available

- X
- X
- X2
- X
- X
- X
- X
- X2
- X
- X
- X2
- X
- X

---

**Swimming is for Life!**

From preschool to high school, we have a program to challenge and improve your swimmer’s skills in a fun and supportive atmosphere! [tyeeaquaticsclub.com](http://tyeeaquaticsclub.com)

---

**Greater Victoria Advanced Aquatic Assistance Program**

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

Contact your local pool or download an application form at: [www.fitinfitness.ca](http://www.fitinfitness.ca)
**Private Lesson Block Registration**

At Crystal Pool, we are proud to offer the lowest cost private lessons in the City! In order to keep our private lessons affordable, we have made some changes to the way you register. When you schedule your child in our Block Registration Private lessons you are booking the same spot with the same instructor for all the weeks in a set. (Check our lesson grid for exact dates and number of weeks available) Sorry no cancellations or withdrawals without a doctors note after the second class, but feel free to send a sibling, cousin, or friend if your child cannot make it to their lesson.

If you need a little more flexibility in the number of lessons, want a specific time, or only want your favourite instructor, we can still help you with our Premium Private Lessons. Premium private lessons can be cancelled with 48 hours notice.

Want semi–private lessons? You can add a second or third swimmer to your Block or Premium private lesson for only $1 per swimmer per class! (*Please note to get the most value out of your private lesson we recommend that all swimmers be in the same level.)

### Block Registration Private Lessons

- **30 Min** $16 per lesson
- **45 Min** $24 per lesson

Call Crystal Pool reception for available times or to register 250.361.0732

### Premium Private Lessons

- **30 Min** $26 per lesson
- **45 Min** $34 per lesson

Call Sarah Madelung to book and ask about our multi–lesson discounts 250.361.0709

---

### SPRING LESSONS (Weekends)

<table>
<thead>
<tr>
<th>COST</th>
<th>30 Minutes Lessons $4.50/lesson</th>
<th>45 Minutes Lesson $5.50/lesson</th>
</tr>
</thead>
</table>

*GST will be added to all adult/senior classes.

#### Parented Preschool Program

<table>
<thead>
<tr>
<th>30 Minute Classes</th>
<th>Starfish</th>
<th>Duck</th>
<th>Sea Turtle</th>
<th>Sea Otter</th>
<th>Salamander</th>
<th>Sunfish</th>
<th>Crocodile</th>
<th>Whale</th>
</tr>
</thead>
<tbody>
<tr>
<td>9 a.m.</td>
<td>X</td>
<td>X</td>
<td>X</td>
<td>X</td>
<td>X</td>
<td>X</td>
<td>X</td>
<td>X</td>
</tr>
<tr>
<td>9:30 a.m.</td>
<td>X</td>
<td>X</td>
<td>X</td>
<td>X</td>
<td>X</td>
<td>X</td>
<td>X</td>
<td>X</td>
</tr>
</tbody>
</table>

#### Preschool Program 3–6 yrs

<table>
<thead>
<tr>
<th>30 Minute Classes</th>
<th>Swim Kids 1</th>
<th>Swim Kids 2</th>
<th>Swim Kids 3</th>
<th>Swim Kids 4</th>
</tr>
</thead>
<tbody>
<tr>
<td>9 a.m.</td>
<td>X</td>
<td>X</td>
<td>X</td>
<td>X</td>
</tr>
<tr>
<td>9:30 a.m.</td>
<td>X</td>
<td>X</td>
<td>X</td>
<td>X</td>
</tr>
<tr>
<td>10 a.m.</td>
<td>X</td>
<td>X</td>
<td>X</td>
<td>X</td>
</tr>
<tr>
<td>10:30 a.m.</td>
<td>X</td>
<td>X</td>
<td>X</td>
<td>X</td>
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</table>

#### School Aged Program 6–13 yrs

<table>
<thead>
<tr>
<th>45 Minute Classes</th>
<th>Swim Kids 5 &amp; 6</th>
<th>Swim Kids 7 &amp; 8</th>
<th>Swim Kids 9 &amp; 10</th>
</tr>
</thead>
<tbody>
<tr>
<td>9–9:45</td>
<td>X</td>
<td>X</td>
<td>X</td>
</tr>
<tr>
<td>3:30–4:15</td>
<td>X</td>
<td>X</td>
<td>X</td>
</tr>
<tr>
<td>5–5:45</td>
<td>X</td>
<td>X</td>
<td>X</td>
</tr>
<tr>
<td>9:45–10:30</td>
<td>X</td>
<td>X</td>
<td>X</td>
</tr>
<tr>
<td>4:15–5</td>
<td>X</td>
<td>X</td>
<td>X</td>
</tr>
<tr>
<td>10:15–11</td>
<td>X</td>
<td>X</td>
<td>X</td>
</tr>
<tr>
<td>4:15–5</td>
<td>X</td>
<td>X</td>
<td>X</td>
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</tbody>
</table>

#### Teens Adults* Seniors*

<table>
<thead>
<tr>
<th>45 Minute Classes</th>
<th>Beginner</th>
<th>Intermediate</th>
<th>Advanced</th>
</tr>
</thead>
<tbody>
<tr>
<td>X</td>
<td>X</td>
<td>X</td>
<td>X</td>
</tr>
</tbody>
</table>

#### Private Lessons Available

| X | X | X | X | X | X | X | X | X | X | X | X | X | X | X | X |

---

**SPRING LESSONS (Weekends)**

- **Saturday (a.m.)**
  - March 29–June 21
  - (11 Lessons)
  - *No class* April 19, May 17
- **Sunday (p.m.)**
  - March 30–June 22
  - (11 Lessons)
  - *No class* April 20, May 18

---

**COST**

- **30 Minutes Lessons** $4.50/lesson
- **45 Minutes Lesson** $5.50/lesson

---

**GST will be added to all adult/senior classes.**
## SUMMER 2014 LESSONS

<table>
<thead>
<tr>
<th>Sessions</th>
<th>30 Min</th>
<th>45 Min</th>
<th>30 Min Lessons $4.50/lesson</th>
<th>45 Min Lessons $5.50/lesson</th>
<th>HST will be added to all adult/senior classes</th>
</tr>
</thead>
</table>

<table>
<thead>
<tr>
<th></th>
<th>Monday–Friday (a.m.) Summer: July 2–11 (8 sessions) July 14–25 (10 sessions) July 28–August 8 (9 sessions) *No Class August 4 August 11–22 (10 sessions)</th>
<th>Monday (p.m.) Summer: July 7–August 18 (6 sessions)</th>
<th>Tuesday (p.m.) Summer: July 8–August 19 (7 sessions)</th>
<th>Wednesday (p.m.) Summer: July 9–August 20 (7 sessions)</th>
<th>Thursday (p.m.) Summer: July 10–August 21 (7 sessions)</th>
</tr>
</thead>
<tbody>
<tr>
<td>9 a.m.</td>
<td>9:30 a.m.</td>
<td>10 a.m.</td>
<td>10:30 a.m.</td>
<td>11 a.m.</td>
<td>3:30 p.m.</td>
</tr>
<tr>
<td>Parented Preschool Program</td>
<td>Starfish</td>
<td>X</td>
<td>X</td>
<td>X</td>
<td></td>
</tr>
<tr>
<td></td>
<td>Duck</td>
<td>X</td>
<td></td>
<td>X</td>
<td></td>
</tr>
<tr>
<td></td>
<td>Sea Turtle</td>
<td>X</td>
<td>X</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Preschool Program 3-5 yrs</td>
<td>Sea Otter</td>
<td>X</td>
<td>X</td>
<td>X</td>
<td>X</td>
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<tr>
<td></td>
<td>Salamander</td>
<td>X</td>
<td>X</td>
<td>X</td>
<td>X</td>
</tr>
<tr>
<td></td>
<td>Sunfish</td>
<td>X</td>
<td></td>
<td>X</td>
<td></td>
</tr>
<tr>
<td></td>
<td>Crocodile</td>
<td>X</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td>Whale</td>
<td>X</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>School Aged Program</td>
<td>SK 1</td>
<td>X</td>
<td>X</td>
<td>X</td>
<td>X</td>
</tr>
<tr>
<td></td>
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<td>SK 3</td>
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</tr>
<tr>
<td></td>
<td>SK 4</td>
<td>X</td>
<td>X</td>
<td>X</td>
<td>X</td>
</tr>
<tr>
<td></td>
<td>SK 5 &amp; 6</td>
<td>9–9:45</td>
<td>10:15–11</td>
<td>4–4:45</td>
<td>5:30–6:15</td>
</tr>
<tr>
<td></td>
<td>SK 7 &amp; 8</td>
<td>9:30–10:15</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td>SK 9 &amp; 10</td>
<td>9:30–10:15</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td>Adult Beg.</td>
<td>8:45–9:30</td>
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<tr>
<td></td>
<td>Adult Intr.</td>
<td>8:45–9:30</td>
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<tr>
<td></td>
<td>Adult Mast.</td>
<td>8:45–9:30</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td>Private Lessons Available</td>
<td>X</td>
<td>X</td>
<td>X</td>
<td>X</td>
</tr>
</tbody>
</table>
Red Cross Swim Preschool – Parented Programs

**Starfish (4 to 12 Months)**
This class 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/caregiver’s learn basic first aid and age-specific water safety.

**Duck (12 to 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 to 36 Months)**
In this transition level, parents participate in the first four lessons while swimmers gradually transition to being on their own with an instructor. Swimmers learn through fun games and songs, how to combine skills, how to kick with a buoyant object and how to perform basic floats, glides and kicks.

Preschool Programs (3-6 yrs)

**Sea Otter**
Using games and activities, swimmers learn to open their eyes under water, further develop basic floats and glides, and swim 1 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.

**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 on 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.

Red Cross Swim Kids (6–13yrs)

**Swim 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.

**Swim 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.

**Swim 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.

**Swim Kids 4**
Swimmers 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.

**Swim 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.

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

**Swim 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.

**Swim 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.

**Swim 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.

**Swim 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.
**CHILD**

**AQ Adapted Aquatics Swim Lessons**
An affordable alternative for children with unique physical or educational needs who struggle in our regular Red Cross Swim Program. Our qualified 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 5 children (and their caregivers) allows the lesson to be tailored to the needs and goals of each child.

Crystal Pool and Fitness Centre  
46937  Th  Mar 27–May 8  4 p.m.–4:45 p.m.  7/$38.50  1 instructor to 5 children  
46938  Th  May 15–Jun 26  4 p.m.–4:45 p.m.  
46939  Th  Jul 10–Aug 21  4 p.m.–4:45 p.m.

**Jr Lifeguard Camp (7–13 yrs)**
Hey Kids! Do love to spend your time in the water? Start your path to becoming a Lifeguard! Work on water proficiency, first aid and rescue skills in a fun setting, and earn your certification in the Lifesaving Society’s Swim Patrol Program. Each session ends with a Jr Lifeguard competition…just like the Pros!

Crystal Pool and Fitness Centre  
46959  W, Th  Jul 2–4  1 p.m.–4 p.m.  3/$84  
Crystal Pool and Fitness Centre  
46960  M–F  Aug 18–22  12:30 p.m.–4 p.m.  5/$140

**TEEN**

**Youth Swim & Fitness**
Perfect for tweens and teens that have completed their swim lessons but just want to keep swimming for fun and to stay active. Tyee Swim Club Coaches will provide workouts, technical instruction and a fun supportive atmosphere! Swimmer can choose to join all practices per week or just one.

Crystal Pool and Fitness Centre  
1 practice per week  12/$120.78  
2 practices per week  24/$181.26  
3 practices per week  36/$259.20  
46994  M, W, F  Mar 31–Jun 20  5:30 p.m.–7 p.m.

**How to Register**
Contact the centre where the course is located. See page 2 for Community Centre contacts.
See page 3 for Crystal Pool & Fitness Centre contacts.

**ADULT**

**AQ Aquatherapy**
Taught by Practicing Kinesiologists and Exercise Therapists, this class is suitable for individuals with injuries, chronic pain, or those who have had or are waiting for surgery. The instructors pay close attention to your specific needs and modify the exercises appropriately. With a doctors prescription you can claim this course as a medical expense on your income tax return. (NOTE: A one time $32 assessment is required before participating in course for the first time).

Crystal Pool and Fitness Centre  
46940  W, F  Apr 2–30  12:15 p.m.–1 p.m.  8/$120  
46941  W, F  May 2–30  12:15 p.m.–1 p.m.  9/$135  
46942  W, F  Jun 4–27  12:15 p.m.–1 p.m.  9/$135  
46943  W, F  Jul 2–30  12:15 p.m.–1 p.m.  9/$135  
46944  W, F  Aug 6–22  12:15 p.m.–1 p.m.  6/$90

**Crystal Pool 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  
46948  Su  Apr 6  6:30 p.m.–8 p.m.  1/$12  
46949  Su  May 4  6:30 p.m.–8 p.m.  
46950  Su  Jun 1  6:30 p.m.–8 p.m.

**Deep Water Running**
A zero impact intense workout using speed intervals, resistance training, and cardio conditioning while on and off the tether. A great workout for runners, triathletes, cross-training or those recovering from an injury. Drop in may be available for $10 per class dependant upon space.

Crystal Pool and Fitness Centre  
46951  T  Mar 25–May 6  5:30 p.m.–6:30 p.m.  
46952  T  May 13–Jun 24  5:30 p.m.–6:30 p.m.  
46953  T  Jul 8–Aug 19  5:30 p.m.–6:30 p.m.

**Instructor Profile:**

**Kaymi Yoon Maxwell**
Kaymi began swimming when she was 3 years old. She decided she wanted to be a lifeguard and swimming instructor when she completed her swimming levels and became certified with courses at the Crystal Pool when she was 16 years. Kaymi loves the feeling of family and community at the Crystal Pool & Fitness Centre. “It just feels great to watch kids growing up here and get more and more comfortable and competent in the water.” Kaymi is a fantastic instructor for all levels and abilities and her gentle approach is perfect for nervous or shy swimmers. Kaymi is home grown talent and we are very happy to have her on our staff team!
LEADERSHIP & TRAINING

Become A Swim Lesson Instructor

AQ Red Cross Instructor School (15+ yrs)
*NEW: Complete the Red Cross Swim Instructor courses and the required apprenticeships in 3 easy weeks! Register for both courses and save $50! Prerequisite: Completion of Swim Kids level 10 (or equivalent).

Assistant Water Safety
Crystal Pool and Fitness Centre
46954  M–F  Jul 14–18  9 a.m.–5 p.m.

Water Safety Instructor
Crystal Pool and Fitness Centre
46955  M–F  Jul 21–25  11 a.m.–5 p.m.

Become a Lifeguard

Bronze Star Lifesaving (10–13 yrs)
A course to prepare you for Bronze Medallion. Learn the basics of solo & partner rescues, underwater searches, entries, and many other lifesaving skills. A timed swim of 400m in 12 minutes is required by the end of the course. Recommended for ages 10-13 years.

Crystal Pool and Fitness Centre
46958  W, Th, F  Jul 2–4  9 a.m.–1 p.m.

Bronze Medallion and 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.
Pre-requisite: Bronze Star OR 13 years, Canadian Lifesaving Manual is an extra $35 (required).

Crystal Pool and Fitness Centre
46957  M–F  Jul 7–11  1 p.m.–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. Pre-requisite: Bronze Medallion.

Crystal Pool and Fitness Centre
46956  M–F  Jul 28–Aug 1  1 p.m.–5 p.m.

Standard First Aid & CPR
This hands-on interactive 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. Students will be certified in the use of an Automated External Defibrillator. Participants spend the majority of the course doing hands on first-aid, and participating in first-aid scenarios.
Training by Alert First Aid. (Red Cross Certification)
Crystal Pool and Fitness Centre
46964  S, Su  Apr 5–6  8:15 a.m.–4:30 p.m.
46980  S, Su  Apr 12–13  8:15 a.m.–4:30 p.m.
46981  S, Su  Apr 26–27  8:15 a.m.–4:30 p.m.
46965  S, Su  May 3–4  8:15 a.m.–4:30 p.m.
46982  S, Su  May 10–11  8:15 a.m.–4:30 p.m.
46966  S, Su  May 24–25  8:15 a.m.–4:30 p.m.
46987  S, Su  May 31–Jun 1  8:15 a.m.–4:30 p.m.
46983  S, Su  Jun 7–8  8:15 a.m.–4:30 p.m.
46968  S, Su  Jun 14–15  8:15 a.m.–4:30 p.m.
46984  S, Su  Jun 21–22  8:15 a.m.–4:30 p.m.
46985  S, Su  Jul 5–6  8:15 a.m.–4:30 p.m.
46986  S, Su  Jul 12–13  8:15 a.m.–4:30 p.m.
46969  S, Su  Jul 19–20  8:15 a.m.–4:30 p.m.
46970  S, Su  Jul 26–27  8:15 a.m.–4:30 p.m.
46972  S, Su  Aug 9–10  8:15 a.m.–4:30 p.m.
46973  S, Su  Aug 16–17  8:15 a.m.–4:30 p.m.
46974  S, Su  Aug 23–24  8:15 a.m.–4:30 p.m.

National Lifeguard Award Pool Option
This certification is required for lifeguard employment in aquatic facilities. Learn how to prevent, recognize and deal with aquatic related accidents and injuries. Focus includes leadership, communication, teamwork and physical fitness. Includes manual.
Crystal Pool and Fitness Centre
46961  M–Th  Aug 11–21  11 a.m.–5 p.m.

Recertify Your Awards

NLS Precert/Recert
Recertify your NLS Pool Option Award in one day!
Crystal Pool and Fitness Centre
46962  S  Jun 28  9 a.m.–6 p.m.

Water Safety Instructor Recert
Recertify your instructing award at this clinic. You must be current or have expired within 2 years.
Crystal Pool and Fitness Centre
46963  Su  Jun 29  1 p.m.–5 p.m.

BCRPA Aquafit Module
For those interested in becoming Aquafit Instructors. Topics include class design, use of music, cueing and the physical properties of water. Manual and a 5X Facility Pass are included.
Crystal Pool and Fitness Centre
2/$235
Saturday and Sunday
May 3–4, 2014
9 a.m.–6 p.m.

BCRPA Lifeguard Recert
Recertify your BCRPA Lifeguard certification in one day!
Crystal Pool and Fitness Centre
2/$215
Saturday and Sunday
June 14–15, 2014
9 a.m.–6 p.m.

BCRPA Aquafit Instructor
BCRPA certified Aquafit Instructors are in demand in Greater Victoria. You could become certified in just two weekends. *Save $60 off of each course if you register for both.

BCRPA Fitness Theory
You love fitness, now become an instructor! Learn the Fundamentals to become a Fitness Instructor. This course prepares you for future fitness modules including personal training, group fitness and aquafit.
Crystal Pool and Fitness Centre
2/$290
Saturday and Sunday
April 26–27, 2014
9 a.m.–6 p.m.

BCRPA Aquafit Instructor
BCRPA certified Aquafit Instructors are in demand in Greater Victoria. You could become certified in just two weekends. *Save $60 off of each course if you register for both.

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You love fitness, now become an instructor! Learn the Fundamentals to become a Fitness Instructor. This course prepares you for future fitness modules including personal training, group fitness and aquafit.
Crystal Pool and Fitness Centre
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For those interested in becoming Aquafit Instructors. Topics include class design, use of music, cueing and the physical properties of water. Manual and a 5X Facility Pass are included.
Crystal Pool and Fitness Centre
2/$235
Saturday and Sunday
May 3–4, 2014
9 a.m.–6 p.m.
## AEROBIC FITNESS SPRING/SUMMER MARCH 31–AUGUST 31, 2014

<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>Abs Attack 8:45 a.m.–9:15 a.m.</td>
<td>Abs Attack 8:45 a.m.–9:15 a.m.</td>
<td>Hi/Lo Combo 9:15 a.m.–10:15 a.m.</td>
<td>Cardio Kick Boxing 9:15 a.m.–10:15 a.m.</td>
<td>Body Sculpt 9:15 a.m.–10:15 a.m.</td>
<td>Cardio Plus 9:15 a.m.–10:30 a.m.</td>
<td>Moderate Fitness 9:45 a.m.–10:45 a.m.</td>
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<tr>
<td>Hi/Lo Combo 9:15 a.m.–10:15 a.m.</td>
<td>Body Sculpt 9:15 a.m.–10:15 a.m.</td>
<td>Hi/Lo Combo 9:15 a.m.–10:15 a.m.</td>
<td>Body Sculpt 9:15 a.m.–10:15 a.m.</td>
<td>Hi/Lo Combo 9:15 a.m.–10:15 a.m.</td>
<td>Mild to Moderate 10:30 a.m.–11:30 a.m.</td>
<td>Body Shop 11 a.m.–12 p.m.</td>
</tr>
<tr>
<td>Interval Body Sculpt 5:10 p.m.–6:10 p.m.</td>
<td>Low Impact Power 5:10 p.m.–6:10 p.m.</td>
<td>Ultimate Sculpt 5:10 p.m.–6:10 p.m.</td>
<td>Low Impact Power 5:10 p.m.–6:10 p.m.</td>
<td>Interval Body Sculpt 5:30 p.m.–6:30 p.m.</td>
<td></td>
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</tr>
<tr>
<td>Body Sculpt 6:15 p.m.–7:15 p.m.</td>
<td>Fitness Fusion 6:15 p.m.–7:15 p.m.</td>
<td>Body Sculpt 6:15 p.m.–7:15 p.m.</td>
<td>Abs Attack 6:30 p.m.–7 p.m.</td>
<td></td>
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</tr>
<tr>
<td>Step 7:30 p.m.–8:30 p.m.</td>
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</tbody>
</table>

### Fitness Program Description

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

**Bellyfit**
Burn mega calories, sculpt your body, relieve stress and get the sweat flowing with fun, easy to learn cardio moves infused with the ancient and beautiful fundamentals of Belly Dance, Bollywood, African Dance, Yoga and Pilates.

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

**Body Shop**
A dynamic strength and conditioning class that utilizes a variety of equipment to achieve a total body workout. This class also includes a cardio component.

**Cardio Blast**
40 minute cardio workout follow by some strength work.

**Cardio Kick Boxing**
A high intensity, butt kicking workout that is sure to work you hard and get you results. All levels welcome.

**Cardio Plus**
Maximize your caloric burn with an ultra–effective workout.

**Fitness Fusion**
Yoga, Pilates and Fitness all wrapped into one class! This class is designed to improve strength, balance and flexibility while connecting your body, mind and spirit.

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

**Interval Body Sculpt**
A great workout that includes cardio and muscle work.

**Lo Impact Power**
Lo impact cardio workout that includes lots of power moves...a great fat burner.

**Mild to Moderate**
For those who are just getting started, returning after a break or are looking for a class that is easy to follow. This class covers all fitness components.

**Moderate Fitness**
Maintain a consistent heart rate, while at the same time strengthening your core and overall fitness. This class is for all levels.

**STEP**
Low impact moderate class with 30 minutes of cardio. Great for all levels.

**Ultimate Sculpt**
A full class of strength work and stretching.

### Fun Intro to Group Fitness
Wanting to join a fitness class but just not sure what? This class is for you! Diane will help you get your ‘feet wet’ by guiding you through a variety of Fun Intros to Group Fitness!

<table>
<thead>
<tr>
<th>Fun Intro to Group Fitness</th>
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</tr>
</thead>
<tbody>
<tr>
<td>46995 Wed Apr 16–May 21</td>
<td>10:30 a.m.–11:30 a.m.</td>
</tr>
<tr>
<td>46996 Wed Jul 16–Aug 20</td>
<td>10:30 a.m.–11:30 a.m.</td>
</tr>
</tbody>
</table>
**Personal Training**
Have a strength training program designed just for you. Register at the Crystal Pool and complete a pre-consult information package. Your trainer will contact you to confirm days and times. Enjoy two complimentary passes with your consultation.

*Jonathan Carpenter Personal Trainer*

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**Fitness Orientations**
Let our trainers show you not only how our equipment works, but how it works best for you and your body. This 60 minute session covers equipment use and general fitness tips. These sessions will be tailored to your individual needs and goals. Register at the front desk.

*Nathan Brown–Weight Room Attendant*

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**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. Aqua-therapy and land based programs are available. Programs will focus on core stability, stretching, balance training and education specific to your condition.

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**Meet Matthew Fleet**
Matthew is a Registered Massage Therapist and aspiring Sports Massage Therapist as well as a long time Victoria resident and Crystal Pool patron. Book a treatment with Matthew today!

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**Rehabilitation Services**
**Prices:**
- Initial assessment: $32
- Per session: $63
- Three sessions: $168

**Contact:** Pam Liebich at 250.888.5530 for more information.

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**Registered Massage Therapy**
Massage Therapy is the manipulation of the body's soft tissue structures. By using a variety of techniques, a Registered Massage Therapist helps relieve chronic pain and stress, promotes relaxation, and aids in the therapeutic rehabilitation of injuries.

**Thursdays:** 10 a.m.– 6 p.m.

**Rates:**
- 30 min: $40
- 45 min: $60
- 60 min: $75
Kinesis Orientation
Learn how to use the new Kinesis One by TechnoGym. Kinesis innovation and technology allows users to move three-dimensionally while providing resistance to every possible movement of the human body. Allow one of our experienced Personal Trainers guide you through the basics of creating functional workouts to meet all your fitness goals.

Crystal Pool and Fitness Centre
**Monday to Friday**  
5 p.m.–6 p.m.  
½ hour  
$6

Call 250.361.0732 to Register

Registered Shiatsu Therapy
Shiatsu is a Japanese healing therapy, based on oriental healing principles, western anatomy and physiology theories. It combines finger, palm, arm and elbow pressure and the manipulation of joints through stretching and rotation to improve overall health by stimulating the parasympathetic nervous system and encouraging the body’s own healing. Shiatsu is effective in treating stress, headaches, neck pain, back pain, joint pain, sciatica, insomnia, digestive disorders, energy imbalance and more.

Shiatsu Massage with Marnie Chonka, RST
**Tuesdays**  
5 p.m.–9 p.m.  
60 min  
$70
**Saturdays**  
9 a.m.–12 p.m.  
90 min  
$100

Appointments can be made at the Front Desk at the Crystal Pool and Fitness Centre or call 250.361.0732 for more information.

PATRON PROFILE
Suzie Spitfyre – Crystal Pool’s Healthy Living Advocate

I was privileged enough to be accepted into the TC Health Challenge last January and train with the Crystal’s resident ninja, Jonathan Carpenter. I was 294 pounds when I started the 3-month challenge, and I went into it wanting to get healthy, regain some of the athleticism that I had growing up, and eventually I wanted to get down to about 150 pounds. Seriously, at that point, I just wanted to be able to walk up stairs without winding myself. 56 weeks later, here I am now continuing my twice weekly workouts with my personal trainer, hitting the gym any chance I get, walking around town, running with the dog, riding my bike as my primary form of transport, I hike, kayak, swim, box, do yoga, and most recently taekwondo. If it weren’t for the Crystal Pool & Fitness Centre and Jonathan Carpenter, I would most likely still be leading a very sedentary life and I certainly wouldn’t have fallen back in love with active living. I feel empowered, strong, and free. I am now a healthy living advocate and a ‘motivational coach’ according to the Crystal Pool’s latest Health Challenger. Oh, and weight-wise, I am currently a very proud 144 pounds - that’s 150 pounds lost! Yay team!
The City of Victoria’s Hockey Equipment Lending Program (H.E.L.P) outfits eligible kids 6–12 years in Mission I–Tech Hockey Equipment for one year at no cost.

Priority is given to City of Victoria residents with financial need follow by applicants who live within the Victoria Minor Hockey Association catchment area.

When necessary, staff will then help connect the child with KidSport Greater Victoria for financial assistance with registration into the Victoria Minor Hockey Association.

### 3 Easy Steps to Start Playing Ice Hockey

1. Fill out a H.E.L.P Application Form and drop it off at the Crystal Pool & Fitness Centre.
   www.victoria.ca/arena

2. Contact Kids Sport Greater Victoria to receive financial assistance with registration fees.
   www.kidsportvictoria.ca

3. Register to play hockey for Victoria Minor Hockey Association. www.victoriaminorhockey.ca

Please call **250.208.3965** for more information.

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**Dry Floor Rental Information**

For rental information including:
- Dry Floor usage applications and bookings
- Community meeting rooms bookings
- Birthday parties or social event bookings
- School group dry floor rentals
- Corporate or business dry floor rentals

Please refer to www.victoria.ca/arena call **250.361.0361** for further information.
Racquet Sports

Kids Tennis (5–8 yrs)
This class is designed to teach fundamental strokes; forehand, backhand, serve and volley along with hand-eye coordination and footwork. In this class you will also learn the rules of tennis, tennis etiquette, and how to keep score. For more information on applying for the program contact the Vic West Community Centre 250.590.8922. Funding for the Victoria West Community Centre Junior Tennis program is provided by KATS (Kids at Tennis Society) which is dedicated to helping children learn the game of tennis as a means to foster physical, emotional and social well-being. For more information visit www.kidsattennis.ca.

Junior Tennis (9–13 yrs)
This class is designed to teach fundamental strokes; forehand, backhand, serve and volley along with hand-eye coordination and footwork. In this class you will also learn the rules of tennis, tennis etiquette, and how to keep score. For more information on applying for the program contact the Vic West Community Centre 250.590.8922. Funding for the Victoria West Community Centre Junior Tennis program is provided by KATS (Kids at Tennis Society) which is dedicated to helping children learn the game of tennis as a means to foster physical, emotional and social well-being. For more information visit www.kidsattennis.ca.

Adult Tennis
Emphasis will be on ball control and consistency, as well as improving the serve, volley, forehand and backhand. For anyone looking to take up the game for the first time, or just improve their game, get fit and have fun - this class is for you! Tennis nutrition will be discussed. Please bring your own racquet.

Free tennis assessment
Monday Apr 28 6 p.m.–7 p.m.
Victoria West Community Centre 16/5240
46534 M, Th May 5–Jun 30 6 p.m.–7:30 p.m.

Need to purchase a new Head racquet for your tennis lessons or camp?
Call 250.361.0708 for more information

Bill Davison Tennis Tournament
4th Annual Memorial Tennis Tournament

Aug 1–4
Friday to Monday
1 p.m. – 7 p.m.
Oaklands Park
Register #46540
4/$50

Adult Racquet $30
Youth Racquet $20
Teen Racquet $27
Child Racquet $17
Racquet Sports

Tennis Self Rating Scale

<table>
<thead>
<tr>
<th>LEVEL</th>
<th>ABILITY</th>
</tr>
</thead>
<tbody>
<tr>
<td>1.0</td>
<td>Player just starting to play tennis for first time.</td>
</tr>
<tr>
<td>1.5</td>
<td>Player introduced to the game but has difficulty playing due to a lack of consistency.</td>
</tr>
<tr>
<td>2.0</td>
<td>Player can get ball in play but lacks control and avoids backhand. Double faults are common.</td>
</tr>
<tr>
<td>2.5</td>
<td>Player can rally consistently for 10 times in a row with forehand and is becoming at ease when playing the net, full first serve motion is less than 50% consistent.</td>
</tr>
<tr>
<td>3.0</td>
<td>Player able to rally with forehand and backhand and is getting consistent with control and placement, has consistent forehand volleys and able to attempt full motion first and second serve with 50% accuracy.</td>
</tr>
<tr>
<td>3.5</td>
<td>Player able to move opponent around court and can return fast serves, player also comfortable at the net and can vary direction and speed of first serve.</td>
</tr>
<tr>
<td>4.0</td>
<td>Player able to develop points with some consistency by using a reliable combination of shots, difficulty in returning spin serves and very fast serves, player is able to put away easy overheads and can vary the speed and direction of first serves.</td>
</tr>
<tr>
<td>4.5</td>
<td>Player can use a variety of spins and is beginning to develop a dominant shot including various volleys with good steadiness, first serve is aggressive with power and spin.</td>
</tr>
</tbody>
</table>

Tennis Court Locator

<table>
<thead>
<tr>
<th>PARK</th>
<th>LOCATION</th>
<th># OF COURTS</th>
</tr>
</thead>
<tbody>
<tr>
<td>Banfield Park</td>
<td>Craigflower Road and Styles Street</td>
<td>2</td>
</tr>
<tr>
<td>Barnard Park</td>
<td>Esquimalt Road and Barnard Street</td>
<td>2</td>
</tr>
<tr>
<td>Beacon Hill Park</td>
<td>Cook Street beside City Parks Yard</td>
<td>3</td>
</tr>
<tr>
<td>Central Park</td>
<td>Crystal Pool &amp; Fitness Centre</td>
<td>2</td>
</tr>
<tr>
<td>Hollywood Park</td>
<td>Fairfield Road and St. Charles Street</td>
<td>2</td>
</tr>
<tr>
<td>Oaklands Park</td>
<td>Ryan Street between Scott Road and Victor Street</td>
<td>4</td>
</tr>
<tr>
<td>Stadacona Park</td>
<td>Belmont Street and Pandora Avenue</td>
<td>5</td>
</tr>
<tr>
<td>Todd Park</td>
<td>Montreal Street and Niagara Street</td>
<td>3</td>
</tr>
</tbody>
</table>

Instructor Profile: Sam Stinson

Occupation: Tennis Professional/Owner of Tennis Pacific
Playing Experience: 33 years
Coaching Experience: 28 years
Coaching Certification: Tennis Canada Certified Coach II

Sam is entering his eighth year as our tennis professional. Sam organizes and instructs all our tennis and tennis multisport camps, he has an awesome summer planned for all you tennis and sports enthusiasts! Sam also does private lessons, so if you want to learn tennis or amp up your game contact Sam at Tennis Pacific at 250.418.1500.

Private Lessons available with Sam!
These one-on-one tennis lessons are for people looking for direct instruction from our extremely qualified tennis instructors.
Call Tennis Pacific 250.418.1500 for more info.

Tournaments and League

The following tournaments and league are sponsored by the City of Victoria.
For more information and registration please call Dean at 250.475.7126 or dean.gillis@saanich.ca.

<table>
<thead>
<tr>
<th>EVENT</th>
<th>DATE</th>
</tr>
</thead>
<tbody>
<tr>
<td>South Island Tennis League</td>
<td>April 22–June 24</td>
</tr>
<tr>
<td>City of Victoria Open  (national qualifier)</td>
<td>July 1–6</td>
</tr>
<tr>
<td>City of Victoria Island Open</td>
<td>August 18–24</td>
</tr>
</tbody>
</table>

TOURNAMENTS AND LEAGUE

The following tournaments and league are sponsored by the City of Victoria. For more information and registration please call Dean at 250.475.7126 or dean.gillis@saanich.ca.

South Island Tennis League | April 22–June 24
City of Victoria Open (national qualifier) | July 1–6
City of Victoria Island Open | August 18–24

TENNIS COURT LOCATOR

<table>
<thead>
<tr>
<th>PARK</th>
<th>LOCATION</th>
<th># OF COURTS</th>
</tr>
</thead>
<tbody>
<tr>
<td>Banfield Park</td>
<td>Craigflower Road and Styles Street</td>
<td>2</td>
</tr>
<tr>
<td>Barnard Park</td>
<td>Esquimalt Road and Barnard Street</td>
<td>2</td>
</tr>
<tr>
<td>Beacon Hill Park</td>
<td>Cook Street beside City Parks Yard</td>
<td>3</td>
</tr>
<tr>
<td>Central Park</td>
<td>Crystal Pool &amp; Fitness Centre</td>
<td>2</td>
</tr>
<tr>
<td>Hollywood Park</td>
<td>Fairfield Road and St. Charles Street</td>
<td>2</td>
</tr>
<tr>
<td>Oaklands Park</td>
<td>Ryan Street between Scott Road and Victor Street</td>
<td>4</td>
</tr>
<tr>
<td>Stadacona Park</td>
<td>Belmont Street and Pandora Avenue</td>
<td>5</td>
</tr>
<tr>
<td>Todd Park</td>
<td>Montreal Street and Niagara Street</td>
<td>3</td>
</tr>
</tbody>
</table>
## Summer Camps

### Summer Camps at a Glance

<table>
<thead>
<tr>
<th>PRESCHOOL</th>
<th>Age</th>
<th>Days</th>
<th>Time</th>
<th>Weeks Offered</th>
<th>Location</th>
<th>Price</th>
</tr>
</thead>
<tbody>
<tr>
<td>Beacon Hill Explorers</td>
<td>4–6yrs</td>
<td>M–F</td>
<td>9 a.m.–2 p.m. *</td>
<td>Weekly starting Jun 30</td>
<td>Crystal Pool/Beacon Hill Park</td>
<td>$68/$85</td>
</tr>
<tr>
<td>Sportball Multi–Sport</td>
<td>3–5yrs</td>
<td>M–F</td>
<td>9 a.m.–12 p.m.</td>
<td>Jul 21–25, Aug 18–22</td>
<td>Crystal Pool &amp; Fitness Centre</td>
<td>$140</td>
</tr>
<tr>
<td>Sail–Opti Wet Feet</td>
<td>4–6yrs</td>
<td>M–F</td>
<td>9 a.m.–12 p.m. or 1 p.m.–4 p.m.</td>
<td>Jun 30–Jul 11, Jul 14–25, Aug 18–22</td>
<td>Crystal Pool &amp; Fitness Centre</td>
<td>$250</td>
</tr>
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</table>

<table>
<thead>
<tr>
<th>SCHOOL–AGE</th>
<th>Age</th>
<th>Days</th>
<th>Time</th>
<th>Weeks Offered</th>
<th>Location</th>
<th>Price</th>
</tr>
</thead>
<tbody>
<tr>
<td>French Summer Camp</td>
<td>Gr. 4–6</td>
<td>M–F</td>
<td>9 a.m.–4 p.m. *</td>
<td>Jul 7–11, 14–18</td>
<td>Crystal Pool &amp; Fitness Centre</td>
<td>$190</td>
</tr>
<tr>
<td>Byte Camp – Claymation Movie Production</td>
<td>9–12yrs</td>
<td>M–F</td>
<td>9 a.m.–3 p.m.</td>
<td>Jul 7–11</td>
<td>Crystal Pool &amp; Fitness Centre</td>
<td>$245</td>
</tr>
<tr>
<td>Summerscope</td>
<td>6–9 yrs</td>
<td>M–F</td>
<td>9 a.m.–4 p.m. *</td>
<td>Jun 30–Jul 4, 7–11, Jul 28–Aug 1, Aug 5–8, 25–29</td>
<td>Crystal Pool &amp; Fitness Centre</td>
<td>$114/$142</td>
</tr>
<tr>
<td>Swim n’ Splash</td>
<td>6–9yrs</td>
<td>M–F</td>
<td>9 a.m.–4 p.m. *</td>
<td>Jul 14–18, 16–18, Aug 11–15, 18–22</td>
<td>Crystal Pool &amp; Fitness Centre</td>
<td>$142</td>
</tr>
<tr>
<td>Crafty Creators Camp</td>
<td>6–10yrs</td>
<td>M–F</td>
<td>1 p.m.–4 p.m. *</td>
<td>Jul 21–25 or Aug 18–22</td>
<td>Crystal Pool &amp; Fitness Centre</td>
<td>$75</td>
</tr>
<tr>
<td>Sk8 Camp</td>
<td>9–12yrs</td>
<td>M–F</td>
<td>9 a.m.–12 p.m.</td>
<td>Jul 2–4, 16–18, Jul 30–Aug 1, 13–15</td>
<td>Vic West SK8 Park</td>
<td>$45</td>
</tr>
<tr>
<td>Jet’in Extreme</td>
<td>9–12yrs</td>
<td>M–F</td>
<td>9 a.m.–4 p.m. *</td>
<td>Weekly starting Jun 30</td>
<td>Crystal Pool &amp; Fitness Centre</td>
<td>$124/$155</td>
</tr>
<tr>
<td>Sail–Opti Basic</td>
<td>Under 10yrs</td>
<td>M–F</td>
<td>9 a.m.–12 p.m. or 1 p.m.–4 p.m.</td>
<td>Jun 30–Jul 11, Jul 14–25, Jul 28–Aug 8, Aug 11–22</td>
<td>Crystal Pool &amp; Fitness Centre</td>
<td>$280</td>
</tr>
<tr>
<td>Sail–Opti Advanced</td>
<td>Under 11yrs</td>
<td>M–F</td>
<td>9 a.m.–4 p.m.</td>
<td>Weekly starting Jun 30</td>
<td>Crystal Pool &amp; Fitness Centre</td>
<td>$280</td>
</tr>
<tr>
<td>Explorers Intro Kayak &amp; Outrigger</td>
<td>9–13yrs</td>
<td>M–F</td>
<td>8:30 a.m.–12:30 p.m.</td>
<td>Jul 7–11, 21–25, Aug 4–8, 18–22</td>
<td>Crystal Pool &amp; Fitness Centre</td>
<td>$225</td>
</tr>
<tr>
<td>Horseback Riding Half Day</td>
<td>7–13yrs</td>
<td>M–F</td>
<td>9 a.m.–1 p.m.</td>
<td>Jul 7–11, 21–25, Aug 5–8, 11–15</td>
<td>Crystal Pool &amp; Fitness Centre</td>
<td>$289/$231</td>
</tr>
<tr>
<td>Horseback Riding Full Day</td>
<td>7–13yrs</td>
<td>M–F</td>
<td>9 a.m.–4 p.m.</td>
<td>Jul 8–12, 21–25, Aug 5–8, 11–15</td>
<td>Crystal Pool &amp; Fitness Centre</td>
<td>$499/$399</td>
</tr>
<tr>
<td>Youth Kayak Camp</td>
<td>11–13yrs</td>
<td>M–F</td>
<td>9 a.m.–4 p.m.</td>
<td>Jun 30–Jul 4</td>
<td>Crystal Pool &amp; Fitness Centre</td>
<td>$399</td>
</tr>
<tr>
<td>Eli Pasquale B–Ball &amp; Swim Camp</td>
<td>8–14yrs</td>
<td>M–F</td>
<td>9 a.m.–4 p.m. *</td>
<td>Jul 14–18, Aug 11–15</td>
<td>Crystal Pool &amp; Fitness Centre</td>
<td>$159</td>
</tr>
<tr>
<td>Eli Pasquale Half Day B–Ball Camp</td>
<td>6–9yrs</td>
<td>M–F</td>
<td>9 a.m.–12 p.m.</td>
<td>Jul 14–18, Aug 11–15</td>
<td>Crystal Pool &amp; Fitness Centre</td>
<td>$115</td>
</tr>
<tr>
<td>Eli Pasquale Half Day B–Ball Camp</td>
<td>10–14yrs</td>
<td>M–F</td>
<td>9 a.m.–12 p.m.</td>
<td>Jul 14–18, Aug 11–15</td>
<td>Crystal Pool &amp; Fitness Centre</td>
<td>$115</td>
</tr>
<tr>
<td>Tennis, Basketball and Swim Camp</td>
<td>7–13yrs</td>
<td>M–F</td>
<td>9 a.m.–4 p.m. *</td>
<td>Aug 18–22</td>
<td>Crystal Pool &amp; Fitness Centre</td>
<td>$195</td>
</tr>
<tr>
<td>Tennis, Baseball and Swim Camp</td>
<td>7–13yrs</td>
<td>M–F</td>
<td>9 a.m.–4 p.m. *</td>
<td>Aug 5–8</td>
<td>Crystal Pool &amp; Fitness Centre</td>
<td>$155</td>
</tr>
<tr>
<td>Tennis and Swim Camp</td>
<td>7–13yrs</td>
<td>M–F</td>
<td>9 a.m.–4 p.m. *</td>
<td>Jul 7–11, Jul 21–25, Aug 11–15</td>
<td>Crystal Pool &amp; Fitness Centre</td>
<td>$195</td>
</tr>
<tr>
<td>World Cup Soccer Camp</td>
<td>10–13yrs</td>
<td>M–F</td>
<td>9 a.m.–4 p.m.</td>
<td>Jul 14–18</td>
<td>Finlayson Turf Field</td>
<td>$195</td>
</tr>
<tr>
<td>World Cup Soccer Half Day Camp</td>
<td>6–12yrs</td>
<td>M–F</td>
<td>1:30 p.m.–4:30 p.m.</td>
<td>Jul 28–Aug 1, Aug 25–29</td>
<td>Finlayson Turf Field</td>
<td>$115</td>
</tr>
<tr>
<td>Tennis, Soccer and Swim Camp</td>
<td>7–13yrs</td>
<td>M–F</td>
<td>9 a.m.–4 p.m. *</td>
<td>Jul 28–Aug 1</td>
<td>Crystal Pool &amp; Fitness Centre</td>
<td>$195</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>TEEN CAMPS</th>
<th>Age</th>
<th>Days</th>
<th>Time</th>
<th>Weeks Offered</th>
<th>Location</th>
<th>Price</th>
</tr>
</thead>
<tbody>
<tr>
<td>Leaders in Training</td>
<td>13–15yrs</td>
<td>M–F</td>
<td>9 a.m.–2 p.m.</td>
<td>Jun 30–Jul 11 (2 week course)</td>
<td>Crystal Pool &amp; Fitness Centre</td>
<td>$135</td>
</tr>
<tr>
<td>Jet’in Camping</td>
<td>11–14yrs</td>
<td>M–F</td>
<td>9 a.m.–4 p.m. *</td>
<td>Jul 14–18, Aug 11–15</td>
<td>Crystal Pool &amp; Fitness Centre</td>
<td>$195</td>
</tr>
<tr>
<td>Byte Camp–3D Animation</td>
<td>11–14yrs</td>
<td>T–F</td>
<td>9 a.m.–3 p.m.</td>
<td>Jul 14–18</td>
<td>Save-On-Foods Memorial Centre</td>
<td>$245</td>
</tr>
<tr>
<td>Byte Camp–3D Game Design **</td>
<td>11–14yrs</td>
<td>M–F</td>
<td>9 a.m.–3 p.m.</td>
<td>Aug 11–15</td>
<td>Save-On-Foods Memorial Centre</td>
<td>$245</td>
</tr>
<tr>
<td>Camouflage Camp</td>
<td>10–14yrs</td>
<td>M–F</td>
<td>9 a.m.–4 p.m. *</td>
<td>Jul 7–11, Jul 28–Aug 1, Aug 18–22</td>
<td>Crystal Pool &amp; Fitness Centre</td>
<td>$150</td>
</tr>
<tr>
<td>CAN Sail–Basic</td>
<td>10yrs+</td>
<td>M–F</td>
<td>9 a.m.–4 p.m.</td>
<td>Jun 30–Jul 11, Jul 14–25, Jul 28–Aug 8, Aug 11–22</td>
<td>Crystal Pool &amp; Fitness Centre</td>
<td>$505</td>
</tr>
<tr>
<td>CAN Sail–Advanced</td>
<td>10yrs+</td>
<td>M–F</td>
<td>9 a.m.–4 p.m.</td>
<td>Jun 30–Jul 11, Jul 14–25, Jul 28–Aug 8, Aug 11–22</td>
<td>Crystal Pool &amp; Fitness Centre</td>
<td>$540</td>
</tr>
<tr>
<td>Junior Kayak Camp</td>
<td>11–13yrs</td>
<td>M–F</td>
<td>9 a.m.–4 p.m.</td>
<td>Jul 14–18</td>
<td>Crystal Pool &amp; Fitness Centre</td>
<td>$415</td>
</tr>
<tr>
<td>Eli Pasquale B-Ball Camp &amp; Swim</td>
<td>8–14yrs</td>
<td>M–F</td>
<td>9 a.m.–4 p.m. *</td>
<td>Jul 14–18, Aug 11–15</td>
<td>Crystal Pool &amp; Fitness Centre</td>
<td>$159</td>
</tr>
<tr>
<td>Eli Pasquale Half Day B-Ball Camp</td>
<td>10–14yrs</td>
<td>M–F</td>
<td>9 a.m.–12 p.m.</td>
<td>Jul 14–18, Aug 11–15</td>
<td>Crystal Pool &amp; Fitness Centre</td>
<td>$115</td>
</tr>
</tbody>
</table>

* Extended care available for these camps only.

** Byte Camp–3D Animation is a prerequisite.
PRESCHOOL CAMPS

Beacon Hill Explorers (4–6 yrs)
‘And the Adventures of the Curious Nine.’ An action packed first-time camp experience for children held in Beacon Hill Park where children can explore and enjoy outdoor creative play in the natural environment. Join us and sing songs, play games and create magical crafts! Class held at Beacon Hill Park Play Ground Area. Register at Crystal Pool & Fitness Centre.

Ch.1–The Wondrously Whimsical Wizards
Beacon Hill Park 4/$68
46847 M,W,Th,F Jun 30–Jul 4 9 a.m.–2 p.m.

Ch.2–The Perfectly Particular Pirates
Beacon Hill Park 5/$85
46848 M-F Jul 7–11 9 a.m.–2 p.m.

Ch.3–The Astronomically Adventurous Astronauts
Beacon Hill Park 5/$85
46849 M-F Jul 14–18 9 a.m.–2 p.m.

Ch.4–The Wacky Water Woods
Beacon Hill Park 5/$85
46850 M-F Jul 21–25 9 a.m.–2 p.m.

Ch.5–The Mysteriously Magical Mystery
Beacon Hill Park 5/$85
46851 M-F Jul 28–Aug 1 9 a.m.–2 p.m.

Ch.6–The Stupendiously Super Heroes
Beacon Hill Park 4/$68
46852 T-F Aug 5–8 9 a.m.–2 p.m.

Ch.7–The Hootin’ Hollerin’ Holidays
Beacon Hill Park 5/$85
46853 M-F Aug 11–15 9 a.m.–2 p.m.

Ch.8–The Jumpin’, Jugglin’, Jungle Cruise
Beacon Hill Park 5/$85
46854 M-F Aug 18–22 9 a.m.–2 p.m.

Ch.9–The Comically Curious Circus
Beacon Hill Park 5/$85
46855 M-F Aug 25–29 9 a.m.–2 p.m.

Beacon Hill Before & After Care Camp
Fee includes Before care 8 a.m.–9 a.m. and After care 2 p.m.–3 p.m. Before/after care cannot be pro-rated.
4/$28, 5/$135
Weekly Jun 30–Aug 29 8 a.m.–9 a.m. and 2 p.m.–3 p.m.

Active Start Summer Camp (3–5 yrs)
Delivered by PISE (Pacific Institute for Sport Excellence) Get an ACTIVE START and explore the building blocks of movement. This camp teaches physical literacy skills like running, jumping, throwing, agility, balance and coordination (ABCs) through games and play. Campers will have fun learning to move their bodies, playing with equipment, and stretching their imaginations during free time. Bring water and a healthy snack to stay energized.

Victoria West Community Centre 5/$100
46418 M-F Jul 7–11 9:30 a.m.–12 p.m.
46420 M-F Jul 7–11 1 p.m.–3:30 p.m.

Little Steps Preschool Camp–Arrr Mates! (3–5 yrs)
Captain Kate is on another adventure. This time, her pirate ship is looking for some young scallywags to join her on a hunt for treasure! Come aboard as she sails the seas for treasure, mermaids and sea creatures oh my! Before and after camp care available.
Certified ECE, Kate Thring
Victoria West Community Centre 4/$200
46472 M-Th Aug 18–21 10 a.m.–3 p.m.

Little Steps Preschool Camp–Baking Buddies (3–5yrs)
There will be some delicious smells coming out of the community centre this week! Our bakers in training will be mixing, measuring and tasting some tasty, healthy treats with enough to take home and share. Before and after camp care available. Certified ECE, Kate Thring
Victoria West Community Centre 4/$200
46473 M-Th Aug 25–28 10 a.m.–3 p.m.
**Summer Camps**

**Camperships**
Camperships are funds that have been set aside to help subsidize camp programs for children. They are made available by donations from the public and program revenue set specifically for camperships. We would like to make our camp experiences more accessible to all children.

For more information or to apply for a campership, please speak to our front desk staff at Crystal Pool and Fitness Centre.

250.361.0732

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**Little Steps Preschool Camp – Magic Magic (3-5yrs)**
Alakazam! Abracadabra! Join us for a week of magic madness as we learn to become magicians! Magic wands, top hats and lots of tricks to dazzle friends and families! Before and after camp care available. Certified ECE, Kate Thring

*Victoria West Community Centre 4/$200*

<table>
<thead>
<tr>
<th>Camp Code</th>
<th>Days</th>
<th>Dates</th>
<th>Time</th>
</tr>
</thead>
<tbody>
<tr>
<td>46471</td>
<td>M-Th</td>
<td>Aug 11–14</td>
<td>10 a.m.–3 p.m.</td>
</tr>
</tbody>
</table>

**Fairfield Summer Tots Camp**
The Fairfield Gonzales Community Association’s Summer Tots program is a nature based, child guided program for children ages 3-5yrs. Families can choose one of our part-time options, or combine two part-times for a full-time experience—whichever suits your child’s needs. This half day program is for tots who enjoy exploration play and child centred activities. Our highly qualified teachers have a naturalistic approach to learning and developing and believe in the importance of acknowledging the child as a capable individual. Please call 250.382.4604 to register or check out our website (www.fairfieldcommunity.ca ) for more information.

*Fairfield Community Place $180*

<table>
<thead>
<tr>
<th>Camp Code</th>
<th>Days</th>
<th>Dates</th>
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<tbody>
<tr>
<td>46952</td>
<td>M,W,F</td>
<td>Jul 7–Aug 1</td>
<td>9 a.m.–12 p.m.</td>
</tr>
</tbody>
</table>

**Sportball Multi-Sport Camp (3–5 yrs)**
What a fantastic experience for a child! Sportball camps focus on the eight core Sportball sports including hockey, soccer, tennis, baseball, basketball, volleyball, golf and football as well as arts and crafts, snack time, stories, music, co-operative games and theme days. Camps are run indoors and outdoors, depending on the location and weather. Please bring a hat, nut-free snack, refillable water bottle and sunscreen.

*Fairfield Community Place $140*

<table>
<thead>
<tr>
<th>Camp Code</th>
<th>Days</th>
<th>Dates</th>
<th>Time</th>
</tr>
</thead>
<tbody>
<tr>
<td>46854</td>
<td>M-F</td>
<td>Jul 28–Aug 1</td>
<td>9 a.m.–12 p.m.</td>
</tr>
<tr>
<td>46856</td>
<td>M-F</td>
<td>Aug 18–22</td>
<td>9 a.m.–12 p.m.</td>
</tr>
</tbody>
</table>

**Sail–Wet Feet (4–6 yrs)**
A camp designed for little sailors wanting to familiarize themselves with salt water, sea life and sailing. Focused on fun and being comfortable and safe on the water and on the docks. (Royal Victoria Yacht Club)

*Crystal Pool and Fitness Centre 10/$250*

<table>
<thead>
<tr>
<th>Camp Code</th>
<th>Days</th>
<th>Dates</th>
<th>Time</th>
</tr>
</thead>
<tbody>
<tr>
<td>46655</td>
<td>M-F</td>
<td>Jun 30–Jul 11</td>
<td>9 a.m.–12 p.m.</td>
</tr>
<tr>
<td>46656</td>
<td>M-F</td>
<td>Jun 30–Jul 11</td>
<td>1 p.m.–4 p.m.</td>
</tr>
<tr>
<td>46657</td>
<td>M-F</td>
<td>Jul 14–25</td>
<td>9 a.m.–12 p.m.</td>
</tr>
<tr>
<td>46658</td>
<td>M-F</td>
<td>Jul 14–25</td>
<td>1 p.m.–4 p.m.</td>
</tr>
<tr>
<td>46659</td>
<td>M-F</td>
<td>Aug 11–22</td>
<td>9 a.m.–12 p.m.</td>
</tr>
<tr>
<td>46660</td>
<td>M-F</td>
<td>Aug 11–22</td>
<td>1 p.m.–4 p.m.</td>
</tr>
</tbody>
</table>

**Amigos Spanish Immersion Camp (5–10 yrs)**
Expand your children’s horizons, introduce them to the Spanish language in our week long immersion camp facilitated by two native speakers. Language skills will be developed through the use of games, music, drama, writing, reading and lots of fun. Before and after camp available.

*Victoria West Community Centre 5/$200*

<table>
<thead>
<tr>
<th>Camp Code</th>
<th>Days</th>
<th>Dates</th>
<th>Time</th>
</tr>
</thead>
<tbody>
<tr>
<td>46404</td>
<td>M-F</td>
<td>Jul 7–11</td>
<td>9 a.m.–4 p.m.</td>
</tr>
<tr>
<td>46406</td>
<td>M-F</td>
<td>Aug 11–15</td>
<td>9 a.m.–4 p.m.</td>
</tr>
<tr>
<td>46407</td>
<td>M-F</td>
<td>Aug 18–22</td>
<td>9 a.m.–4 p.m.</td>
</tr>
</tbody>
</table>

**Pro-D Day Camps**
Swimming, skating, Playzone, hockey, parks, special guests. These are just a few of the activities that our amazing staff offer to make this your child’s best day off school yet!

*Oaklands Community Centre 1/$40*

<table>
<thead>
<tr>
<th>Camp Code</th>
<th>Days</th>
<th>Dates</th>
<th>Time</th>
</tr>
</thead>
<tbody>
<tr>
<td>47053</td>
<td>F</td>
<td>May 16</td>
<td>7:30 a.m.–5:30 p.m.</td>
</tr>
<tr>
<td>47054</td>
<td>M</td>
<td>June 9</td>
<td>7:30 a.m.–5:30 p.m.</td>
</tr>
<tr>
<td>47052</td>
<td>F</td>
<td>May 16</td>
<td>7:30 a.m.–5:30 p.m.</td>
</tr>
<tr>
<td>47055</td>
<td>M</td>
<td>June 9</td>
<td>7:30 a.m.–5:30 p.m.</td>
</tr>
</tbody>
</table>

**Byte Camp–Claymation Movie Production (9–12 yrs)**
Make your own clay characters come to life, just like Wallace and Gromit! Participants will get 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. Completed projects are posted on-line at www.bytecamp.ca and handed out on take-home USB sticks. Don’t worry parents, there will be plenty of time devoted to outdoor games and activities!

*Crystal Pool and Fitness Centre 5/$245*

<table>
<thead>
<tr>
<th>Camp Code</th>
<th>Days</th>
<th>Dates</th>
<th>Time</th>
</tr>
</thead>
<tbody>
<tr>
<td>46866</td>
<td>M-F</td>
<td>Jul 7–11</td>
<td>9 a.m.–3 p.m.</td>
</tr>
</tbody>
</table>
Oaklands Summer in the City Camp
Summer in the City offers unique outings and activities that send kids home with stories of adventure and exploration. Themed weeks combine local partnerships with out trips to Victoria’s foremost nature spots and children’s attractions including: water parks, movie theatres, pools, petting zoos, glow bowling, Pacific Northwest Raptors, farms and beaches. New this year will be an interactive food growing component where children will learn how to grow and care for a vegetable garden. Weekly registration begins May 12th for in house families and May 26th for the public. Drop-in day options are available for $40 based on weekly registration numbers and will be approved a week in advance if space is available.

Seahawks (5–7 yrs)
Oaklands Community Centre  
47015 W, Th, F July 2-4  
7:30 a.m.–5:30 p.m.  
47016 M, T, W, Th, F July 7-11  
7:30 a.m.–5:30 p.m.  
47017 M, T, W, Th, F July 14-18  
7:30 a.m.–5:30 p.m.  
47018 M, T, W, Th, F July 21-25  
7:30 a.m.–5:30 p.m.  
Oaklands Community Centre  
47019 M, T, W Th July 28-31  
7:30 a.m.–5:30 p.m.  
47020 M, T, W, Th, F Aug 4-8  
7:30 a.m.–5:30 p.m.  
47021 M, T, W, Th, F Aug 11-15  
7:30 a.m.–5:30 p.m.  
47022 M, T, W, Th, F Aug 18-22  
7:30 a.m.–5:30 p.m.  
Oaklands Community Centre  
47023 M, T, W Aug 25-27  
7:30 a.m.–5:30 p.m.  
Hands on Summer Camp
The Hands on Summer Camp strives to create an experiential learning opportunity for children of all abilities. Through the in-depth exploration of engaging weekly themes, campers integrate reading, writing and math skills through exploration, fun and creativity. An average day consists of an out-trip that explores the week’s theme in the physical world, recreation and games, project-based learning on site, and daily reflection. Trained camp counsellors guide campers through their daily activities with the intention of building confidence and self-esteem. For more information or to register contact Elizabeth Buckley School at 250.995.6425. Call for camp dates.

Victoria West Community Centre  
5/$185

Crafty Creators Camp (6–10 yrs)
Are you the crafty one in your family? Then this camp is for you! Each day will feature a new art project and the week will end off with an art show of all the creations that have been completed that week. Come and join the fun!

Crystal Pool and Fitness Centre  
5/$75
46870 M-F Jul 21–25  
1 p.m.–4 p.m.  
46871 M-F Aug 18–22  
1 p.m.–4 p.m.

Young Chef Camp (9-12 yrs)
Active Communities is proud to offer this program thanks to the sponsorship of Thrifty Foods! This fun and energizing foodie camp features basic hands-on snack preparation, basic food prep instruction and food safety practices. You will also get to customize your own recipes, go on an out-trip to the grocery store and take home your own chef apron. Course held at Oaklands Chapel. Register at Oaklands Community Centre.

Oaklands Chapel  
5/$25
31821 M-F Aug 25-29  
9 a.m.–12 p.m.  
31822 M-F Aug 25-29  
1 p.m.–4 p.m.

Firebirds (8–12 yrs)
Oaklands Community Centre  
47043 W, Th, F July 2-4  
7:30 a.m.–5:30 p.m.  
47044 M, T, W, Th, F July 7-11  
7:30 a.m.–5:30 p.m.  
47045 M, T, W, Th, F July 14-18  
7:30 a.m.–5:30 p.m.  
47046 M, T, W, Th, F July 21-25  
7:30 a.m.–5:30 p.m.  
Oaklands Community Centre  
47047 M, T, W Th July 28-31  
7:30 a.m.–5:30 p.m.  
47048 M, T, W, Th, F Aug 4-8  
7:30 a.m.–5:30 p.m.  
47049 M, T, W, Th, F Aug 11-15  
7:30 a.m.–5:30 p.m.  
47050 M, T, W, Th, F Aug 18-22  
7:30 a.m.–5:30 p.m.  
Oaklands Community Centre  
47051 M, T, W Aug 25-27  
7:30 a.m.–5:30 p.m.

Oaklands Summer in the City Camp
Girls Only Camp (8–11 yrs)
Do you like music, games, crafts, swimming and meeting new friends? Come hang out with the girls and our one of a kind leaders in this camp planned just for you! Girls only!

Crystal Pool and Fitness Centre  
4/$116
46891 M, W, Th, F Jun 30–Jul 4  
9 a.m.–4 p.m.  
Crystal Pool and Fitness Centre  
5/$145
46892 M-F Jul 21–25  
9 a.m.–4 p.m.  
Crystal Pool and Fitness Centre  
4/$116
46893 Tu, W, Th, F Aug 5–8  
9 a.m.–4 p.m.
Mad Science Red Hot Robots (8–12 yrs)
Join Mad Science for a week of discovery and fun in this five-day Red-Hot Robots Camp! Learn the many uses of robots in our world and spend time working with super cool, a.mazing robots. Experiment with sound sensing robots, line-tracking robots, amphibious robots, and robots that can even play soccer! Discover the nuts and bolts of robots while learning the science of circuits. See how robots use sensors that enable them to learn about their environment. It’s ‘Robots 101’ as you learn Asimov’s Laws of Robotics and some applications of robotic technology. Use all of this knowledge and skill to build your very own working robot to take home with you at the end of camp!

Victoria West Community Centre 4/$215
46466 T-F Aug 5–8 9 a.m.–4 p.m.

Mad Science – Secret Agent Lab (5–11yrs)
Campers will use forensic science to track down an elusive thief. Campers are then challenged to sort and sift through the data in an effort to solve the ‘crime’ using forensic techniques. A visit to Cell City will reveal the inner workings of DNA while a trip down the Organ Trail will provide a Body Portrait! Lemon Shockers, Brain Goo and Electroplating will thrill all junior chemists. We will discover how to get a rainbow in a test tube and build a Potato Power Plant during a day of radical chemical reactions. Camp-Day Themes include: At the Scene of the Crime, Organ Trail, Radical Reactions, Chemical Counting, Cell City. Half day camp available.

Victoria West Community Centre 3/$135
46467 W-F Jul 2–4 9 a.m.–4 p.m.

Secret Agent in the Field (6–12 yrs)
Mad Science spy academy will help you sharpen your special operative skills as you learn about the secret world of espionage The key to being a great spy is your ability to use science to ‘sniff’ out your suspects and uncover their secrets. From decoding messages to metal detectors and night vision, you will have the opportunity to check out spy equipment and sharpen your surveillance skills with the science of security. Before and after camp available. Half day camps available.

Victoria West Community Centre 5/$205
46469 M-F Jul 7–11 9 a.m.–4 p.m.

ADVENTuRE DAY CAMPS

Before & After Camp Care (6–12 yrs)
Fee includes Before Care 8 a.m.–9 a.m. and After Care 4 p.m.–5 p.m. Before & After camp care cannot be prorated.

Summerscope Day Camp (6–9 yrs)
Add some sizzle to your summer! This camp offers a variety of activities that will provide exciting out-trips along with games, crafts and swimming! Explore beautiful Victoria and surrounding areas on our Camp Bus, make new friends and some great memories over your summer holidays!

Crystal Pool and Fitness Centre 4/$114
46924 M,W,Th,F Jun 30–Jul 4 9 a.m.–4 p.m.
46927 Tu,W,Th,F Aug 5–8 9 a.m.–4 p.m.
46925 M-F Jul 7–11 9 a.m.–4 p.m.
46926 M-F Jul 28–Aug 1 9 a.m.–4 p.m.
46928 M-F Aug 25–29 9 a.m.–4 p.m.

Fun hands-on science
### Summer Camps

#### Swim n’ Splash (6–9 yrs)
This combination camp allows you to get a leg up on your swimming certification by combining day camp with a daily 1 hour swimming lesson from our qualified instructors. You will also have exclusive access to our giant green waterslide and other swim toys.

<table>
<thead>
<tr>
<th>Camp Location</th>
<th>Fee</th>
<th>Dates</th>
<th>Time</th>
</tr>
</thead>
<tbody>
<tr>
<td>Crystal Pool and Fitness Centre</td>
<td>$142</td>
<td>46930 M-F Jul 14–18</td>
<td>9 a.m.–4 p.m.</td>
</tr>
<tr>
<td></td>
<td></td>
<td>46931 M-F Jul 21–25</td>
<td>9 a.m.–4 p.m.</td>
</tr>
<tr>
<td></td>
<td></td>
<td>46932 M-F Aug 11–15</td>
<td>9 a.m.–4 p.m.</td>
</tr>
<tr>
<td></td>
<td></td>
<td>46933 M-F Aug 18–22</td>
<td>9 a.m.–4 p.m.</td>
</tr>
</tbody>
</table>

#### Jetin’ Extreme (9–12 yrs)
Looking for a bit more thrill out of your summer? Get on board and go kayaking, go karting, rock climbing and more! Each week is a new plan and a new adventure as we jet around Victoria in our camp bus. Anyone for a round of paintball?

<table>
<thead>
<tr>
<th>Camp Location</th>
<th>Fee</th>
<th>Dates</th>
<th>Time</th>
</tr>
</thead>
<tbody>
<tr>
<td>Driving Range, Rollerblading &amp; Archery</td>
<td>$124</td>
<td>46988 M-F Jun 30–Jul 4</td>
<td>9 a.m.–4 p.m.</td>
</tr>
<tr>
<td>Rock Climbing, Frisbee Golf &amp; Fuller Lake</td>
<td>$155</td>
<td>46999 M-F Jul 7–11</td>
<td>9 a.m.–4 p.m.</td>
</tr>
<tr>
<td>Kayaking, WavePool &amp; Rocket Building</td>
<td>$155</td>
<td>46900 M-F Jul 14–18</td>
<td>9 a.m.–4 p.m.</td>
</tr>
<tr>
<td>Paintball, Golfing &amp; Water Wipe-Out</td>
<td>$155</td>
<td>46901 M-F Jul 21–25</td>
<td>9 a.m.–4 p.m.</td>
</tr>
<tr>
<td>WildPlay, Skimboarding &amp; Ultimate Frisbee</td>
<td>$155</td>
<td>46902 M-F Jul 28–Aug 1</td>
<td>9 a.m.–4 p.m.</td>
</tr>
<tr>
<td>Go Karts, Batting Cages &amp; Bowling</td>
<td>$124</td>
<td>46903 T-F Aug 5–08</td>
<td>9 a.m.–4 p.m.</td>
</tr>
<tr>
<td>Geocaching, Waterpark &amp; Lazer Tag</td>
<td>$155</td>
<td>46904 M-F Aug 11–15</td>
<td>9 a.m.–4 p.m.</td>
</tr>
<tr>
<td>Rock Climbing, Mini-Golf &amp; Archery</td>
<td>$155</td>
<td>46905 M-F Aug 18–22</td>
<td>9 a.m.–4 p.m.</td>
</tr>
<tr>
<td>Motocross, Skimboarding &amp; Beach Party</td>
<td>$155</td>
<td>46906 M-F Aug 25–29</td>
<td>9 a.m.–4 p.m.</td>
</tr>
</tbody>
</table>

### Burnside Fun N Sun Camp
Enjoy summer activities and great out trips in this licensed care camp for children ages 5–11 yrs. Children are divided into age groups to accommodate varied developmental needs. Space is limited and children are enrolled on a first come first serve basis for those with completed registration and payment in full. Fees include all activity admissions, transportation, a daily snack and a camp T-shirt. Please note there is a Family Administration fee of $35/family. We welcome government subsidies; however, a valid subsidy authorization must be in place prior to the first day of camp. Please send your child to camp each day with a picnic style lunch, a water bottle, clothing for the activity of the day and the weather, a bathing suit and indoor shoes. Call 250.388.5251 for more information or to register. Register for a week or for the entire summer. Regular Camp hours are 8:30 a.m.–4:30 p.m. with before and after camp care available 7:30 a.m.–8:30 a.m. and 4:30 p.m.–5:30 p.m. for an additional fee.

<table>
<thead>
<tr>
<th>Camp Location</th>
<th>Fee</th>
<th>Dates</th>
<th>Time</th>
</tr>
</thead>
<tbody>
<tr>
<td>Art Attack Burnside Campus</td>
<td>$165</td>
<td>46913 M-F Jun 30–Jul 4</td>
<td>7:30 a.m.–5:30 p.m.</td>
</tr>
<tr>
<td>Eco Exploration Burnside Campus</td>
<td>$165</td>
<td>46914 M-F Jul 7–11</td>
<td>7:30 a.m.–5:30 p.m.</td>
</tr>
<tr>
<td>Down on the Farm Burnside Campus</td>
<td>$165</td>
<td>46915 M-F Jul 14–18</td>
<td>7:30 a.m.–5:30 p.m.</td>
</tr>
<tr>
<td>Seven Seas Burnside Campus</td>
<td>$145</td>
<td>46916 M-F Jul 21–25</td>
<td>7:30 a.m.–5:30 p.m.</td>
</tr>
<tr>
<td>Be Active-Be Fit Burnside Campus</td>
<td>$165</td>
<td>46917 M-F Jul 28–Aug 1</td>
<td>7:30 a.m.–5:30 p.m.</td>
</tr>
<tr>
<td>Tour Guide Central Burnside Campus</td>
<td>$165</td>
<td>46918 T-F Aug 5–8</td>
<td>7:30 a.m.–5:30 p.m.</td>
</tr>
<tr>
<td>Heroes Burnside Campus</td>
<td>$165</td>
<td>46919 M-F Aug 11–15</td>
<td>7:30 a.m.–5:30 p.m.</td>
</tr>
<tr>
<td>It’s a Wrap Burnside Campus</td>
<td>$165</td>
<td>46920 M-F Aug 18–22</td>
<td>7:30 a.m.–5:30 p.m.</td>
</tr>
</tbody>
</table>

### Burnside Gorge Out of School Care Program
Burnside Gorge Community Centre provides quality child care programs for school–aged children attending the Tillicum and Quadra Elementary Schools. Extra care and fun activities are available on pro–d days and school breaks. Please call 250.388.5251 ext. 232 for more details.
Summer Camps

**Fairfield Summer Craze Camp**
Come and join us at the Place for a fun-filled summer of random adventure. Each week of our summer program is themed based on varying activities programmed by our skilled team leaders. Our summer experience goal is that to branch out to our local community parks, businesses and facilities while incorporating the kids in as much planning and organizing as possible. With the help of the leaders, the kids will be able to create a summer that is perfect for them. Rates per week will vary.

Please call 250.382.4604 for more information. Registration packages can be found on our website at www.fairfieldcommunity.ca.

<table>
<thead>
<tr>
<th>Fairfield Community Place</th>
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</thead>
<tbody>
<tr>
<td>46945 M-F</td>
<td>Jul 7–11</td>
<td>8 a.m.–5:30 p.m.</td>
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</tr>
<tr>
<td>46946 M-F</td>
<td>Jul 14–18</td>
<td>8 a.m.–5:30 p.m.</td>
<td></td>
</tr>
<tr>
<td>46947 M-F</td>
<td>Jul 21–25</td>
<td>8 a.m.–5:30 p.m.</td>
<td></td>
</tr>
<tr>
<td>46948 M-F</td>
<td>Jul 28–Aug 1</td>
<td>8 a.m.–5:30 p.m.</td>
<td></td>
</tr>
<tr>
<td>46949 M-F</td>
<td>Aug 11–15</td>
<td>8 a.m.–5:30 p.m.</td>
<td></td>
</tr>
<tr>
<td>46950 M-F</td>
<td>Aug 18–22</td>
<td>8 a.m.–5:30 p.m.</td>
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</tr>
<tr>
<td>46951 M-F</td>
<td>Aug 5–8</td>
<td>8 a.m.–5:30 p.m.</td>
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</tr>
</tbody>
</table>

**Camp Blanshard Day Camp**
Offering fun, affordable, exciting and creative activities and outings, in a safe, supportive, engaging and non-judgmental environment. There will be arts & crafts, games, sports, special trips to the beach and water parks, plus various local events around Victoria.

Cost of Camp Week (Excluding Before and After Care): $80 per camp week (*$65 per 4 day camp week sessions June 30 and August 4)

Cost of Before Care 8:30 a.m.–9:30 a.m.: $20 per Camp Week (*$16 per 4 day camp week)

Cost of After Care 3:30 p.m.–4:30 p.m.: $20 per Camp Week (*$16 per 4 day camp week)

Age Range: *5–12 years old (*5 year olds who have completed Kindergarten)

Camp Hours: Monday – Friday 9:30 a.m.–3:30 p.m. (except Stat holidays).

Email frontdesk@quadravillagecc.com or call 250.388.7696 to register or for further details.

**Camp Schedule:**
- Week 1: *June30–July4
- Week 2: July 7–11
- Week 3: July 14–19
- Week 4: July 21–25
- Week 5: July 28–Aug 1
- Week 6: *Aug 5–8
- Week 7: Aug 11–15
- Week 8: Aug 18–22

**OUTDOOR PURSUITs**

**French Summer Camps – Ecology & Agriculture (Grades 4–6)**
Children will feel comfortable continuing their French immersion conversations while out exploring nature with a certified French Immersion Teacher in this interpretive and interactive camp. Find out what lives in the intertidal zone, search for butterflies and lizards in neighbourhood natural area parks, experience what is really involved in putting locally grown food on your table. In keeping with the environmental theme, field trips will be on foot or by public transit. The focus is on fun and exploration outside of an academic environment.

| Crystal Pool and Fitness Centre | 5/$190 |
| Natural Areas |  |
| 46541 M-F | Jul 7–11 | 9 a.m.–4 p.m. |
| Agriculture |  |
| 46542 M-F | Jul 14–18 | 9 a.m.–4 p.m. |

**Junior Kayak Camp (14–15 yrs)**
Over five days, you’ll learn how to paddle a sea kayak, then use your skills on a three day (two night) kayak camping trip to the beautiful Gulf Islands National Park Reserve. Kayaking is one of the best ways to visit this area featuring sandy spits, arbutus studded coastlines and numerous islands and islets. Safety, skills and lots of fun are the focus of this program. No experience is required. Led by two certified guides. (Overnights July 16 & 17) (Ocean River Sports)

| Crystal Pool and Fitness Centre | 5/$415 |
| 46608 M-F | Jul 14–18 | 9 a.m.–4 p.m. |

**Youth Kayak Camp (11–13 yrs)**
Over five days, you’ll learn how to paddle a sea kayak, Olympic style kayak and whitewater kayak. Participants will explore the waterways and shorelines in the area. Safety, skill and lots of fun are the focus of this program! ‘The best camp ever…” No previous experience is required. (Ocean River Sports)

| Crystal Pool and Fitness Centre | 5/$399 |
| 46607 M-F | Jun 30–Jul 4 | 9 a.m.–3:30 p.m. |

**How to Register**

Contact the centre where the course is located.
See page 2 for Community Centre contacts.
See page 3 for Crystal Pool & Fitness Centre contacts.
**Summer Camps**

**Opti Basic (Under 10 yrs)**
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. (Royal Victoria Yacht Club) Please Note: All students enrolled in a Sail Canada certified course will become a member of Sail Canada with the cost built into the price of the course.

**Crystal Pool and Fitness Centre**

<table>
<thead>
<tr>
<th>Course</th>
<th>Cost</th>
<th>Schedule</th>
</tr>
</thead>
<tbody>
<tr>
<td>Opti Basic</td>
<td>$280</td>
<td>M-F, Jun 30–Jul 11 9 a.m.–12 p.m.</td>
</tr>
<tr>
<td></td>
<td></td>
<td>M-F, Jul 14–25      1 p.m.–4 p.m.</td>
</tr>
<tr>
<td></td>
<td></td>
<td>M-F, Jul 28–Aug 8   9 a.m.–12 p.m.</td>
</tr>
<tr>
<td></td>
<td></td>
<td>M-F, Aug 11–22      1 p.m.–4 p.m.</td>
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</tbody>
</table>

**CANSail Basic (Over 10 yrs)**
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. (Royal Victoria Yacht Club) Please Note: All students enrolled in a Sail Canada certified course will become a member of Sail Canada with the cost built into the price of the course.

**Crystal Pool and Fitness Centre**

<table>
<thead>
<tr>
<th>Course</th>
<th>Cost</th>
<th>Schedule</th>
</tr>
</thead>
<tbody>
<tr>
<td>CANSail Basic</td>
<td>$505</td>
<td>M-F, Jun 30–Jul 11 9 a.m.–4 p.m.</td>
</tr>
<tr>
<td></td>
<td></td>
<td>M-F, Jul 28–Aug 8   9 a.m.–4 p.m.</td>
</tr>
<tr>
<td></td>
<td></td>
<td>M-F, Aug 11–22      9 a.m.–4 p.m.</td>
</tr>
</tbody>
</table>

**Opti Advanced (Pre-req: Opti Basic) (Under 11 yrs)**
CanSail accredited advanced Optimist sailing course teaches sailors to sail all by themselves. Young sailors continue to develop basic sailing skills learned in Opti Basic as well as introduce more advanced skills with increased independence. (Royal Victoria Yacht Club) Please Note: All students enrolled in a Sail Canada certified course will become a member of Sail Canada with the cost built into the price of the course.

**Crystal Pool and Fitness Centre**

<table>
<thead>
<tr>
<th>Course</th>
<th>Cost</th>
<th>Schedule</th>
</tr>
</thead>
<tbody>
<tr>
<td>Opti Advanced</td>
<td>$280</td>
<td>M-F, Jun 30–Jul 4 9 a.m.–4 p.m.</td>
</tr>
<tr>
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<td>M-F, Jul 7–11       9 a.m.–4 p.m.</td>
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<td>M-F, Jul 14–18      9 a.m.–4 p.m.</td>
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<td>M-F, Jul 28–Aug 1   9 a.m.–4 p.m.</td>
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<td>M-F, Aug 4–8        9 a.m.–4 p.m.</td>
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<td>M-F, Aug 11–15      9 a.m.–4 p.m.</td>
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<td></td>
<td></td>
<td>M-F, Aug 18–22      9 a.m.–4 p.m.</td>
</tr>
<tr>
<td></td>
<td></td>
<td>M-F, Aug 25–29      9 a.m.–4 p.m.</td>
</tr>
</tbody>
</table>

**Sail–CANSail Advanced (Over 10 yrs)**
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. (Royal Victoria Yacht Club) Please Note: All students enrolled in a Sail Canada certified course will become a member of Sail Canada with the cost built into the price of the course.

**Crystal Pool and Fitness Centre**

<table>
<thead>
<tr>
<th>Course</th>
<th>Cost</th>
<th>Schedule</th>
</tr>
</thead>
<tbody>
<tr>
<td>Sail–CANSail Advanced</td>
<td>$340</td>
<td>M-F, Jun 30–Jul 11 9 a.m.–4 p.m.</td>
</tr>
<tr>
<td></td>
<td></td>
<td>M-F, Jul 14–25      9 a.m.–4 p.m.</td>
</tr>
<tr>
<td></td>
<td></td>
<td>M-F, Jul 28–Aug 8   9 a.m.–4 p.m.</td>
</tr>
<tr>
<td></td>
<td></td>
<td>M-F, Aug 11–22      9 a.m.–4 p.m.</td>
</tr>
</tbody>
</table>

**Tough Kidders (7–11 yrs)**
If you like obstacles, challenges, and having mountains of fun then you’re going to love this camp! Our professional tuff trainers will help you build the strength, stamina, camaraderie and mental toughness you need to tackle the ultimate challenge course on the final day of camp. By the end of the week you’ll have a true sense of accomplishment, a great time and some new friends!

**Crystal Pool and Fitness Centre**

<table>
<thead>
<tr>
<th>Course</th>
<th>Cost</th>
<th>Schedule</th>
</tr>
</thead>
<tbody>
<tr>
<td>Tough Kidders</td>
<td>$150</td>
<td>M-F, Jul 21–25      9 a.m.–4 p.m.</td>
</tr>
</tbody>
</table>

**Wilderness Survival Camp (6–12 yrs)**
Program delivered by Mad Science Vancouver Island. Learn the basics of orienteering with a map and compass, learn the basic of first aid. Find out about wilderness hazards such as terrain, weather and wild animals, and how to make a junior survival kit. We will explore the basics of track identification, how to follow a person over varied terrain and how to pick up a lost trail. You will have the opportunity to meet active member of Search and Rescue unit to discuss your skills and find out how to help others in case of troubles.

Before and after camp available. Half day camps available.

**Victoria West Community Centre**

<table>
<thead>
<tr>
<th>Course</th>
<th>Cost</th>
<th>Schedule</th>
</tr>
</thead>
<tbody>
<tr>
<td>Wilderness Survival Camp</td>
<td>$205</td>
<td>M-F, Aug 25–29      9 a.m.–4 p.m.</td>
</tr>
</tbody>
</table>

*Sign up for Sailing lessons before April 30 and receive an early bird discount of $10. All students enrolled in a Sail Canada certified course will become a member of Sail Canada with the cost built into the course price.*
Horseback Riding (7–13 yrs)
Interested in learning how to horseback ride or would you like to refresh your skills? Learn to ride at Westside Stables 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.)

<table>
<thead>
<tr>
<th>Crystal Pool and Fitness Centre</th>
<th>4/$231 or 5/$289</th>
</tr>
</thead>
<tbody>
<tr>
<td>46647</td>
<td>M-F</td>
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<tr>
<td>46648</td>
<td>M-F</td>
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<tr>
<td>46649</td>
<td>T-F</td>
</tr>
<tr>
<td>46650</td>
<td>M-F</td>
</tr>
</tbody>
</table>

Jetin’ Camping (11–14 yrs)
Two night camping trips guaranteed to thrill and challenge youth. Get on board to enjoy a great camping experience for first timers and youth that have camped previously.

Horne Lake Camping, Caving & Rappelling
Crystal Pool and Fitness Centre 5/$195
46896 M-F Jul 14–18 9 a.m.–4 p.m.

Tofino Camping, Surfing, Hiking
Crystal Pool and Fitness Centre 5/$195
46897 M-F Aug 11–15 9 a.m.–4 p.m.

Explorers Intro Kayak & Outrigger (9–13 yrs)
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. Our camps are predominantly on-water practices where kids will learn the fundamentals through a progressive learning model. After completion of this camp, paddlers will be able to join another camp and/or one of our other club programs. No previous experience necessary. Includes equipment and certified coaching. (Victoria Youth Paddling Club.)

<table>
<thead>
<tr>
<th>Crystal Pool and Fitness Centre</th>
<th>5/$225</th>
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<tbody>
<tr>
<td>46666</td>
<td>M-F</td>
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<tr>
<td>46667</td>
<td>M-F</td>
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<tr>
<td>46668</td>
<td>M-F</td>
</tr>
<tr>
<td>46669</td>
<td>M-F</td>
</tr>
</tbody>
</table>

Camouflage Camp (10–14 yrs)
Our most popular teen camp is back and better than ever! Camo camp will get you off the couch and into the action. Play all you favourite Strategy games for real like Manhunt, Bounty Hunter, Trailblazers, ambush, Hunger Games Dodgeball, and of course Capture the Flag. Register in all 3 weeks to become the ultimate apex predator... Did we forget something? Oh right. Nerf gear included. Come play. 5/$150

Wolverine
46867 M-F Jul 7–11 9 a.m.–4 p.m.

Sabertooth
46868 M-F Jul 28–Aug 01 9 a.m.–4 p.m.

Viper
46869 M-F Aug 18–22 9 a.m.–4 p.m.

Camp Survivor Summer Series (11–15 yrs)
An action packed adventure camp that takes you outdoors for rock climbing, zip-lining, motocross, swimming and more! If you are looking for a summer full of adventure and fun, this is the camp is for YOU! Priority space for weekly camp registration with daily registration options available once minimum registration numbers are met ($39/day if space is available). Register early, as spaces are limited. Call Brittany for detailed information at 250.388.5251 ext 254.

A Sweet Start to Summer
Burnside Gorge Community Centre 4/$129
46903 M-F Jun 30–Jul 4 9 a.m.–4 p.m.

Pedal to the Metal
Burnside Gorge Community Centre 5/$159
46904 M-F Jul 7–11 9 a.m.–4 p.m.

Epic Adventure
Burnside Gorge Community Centre 5/$159
46905 M-F Jul 14–18 9 a.m.–4 p.m.

Island Summer
Burnside Gorge Community Centre 5/$159
46906 M-F Jul 21–25 9 a.m.–4 p.m.

Summer Blast
Burnside Gorge Community Centre 5/$159
46907 M-F Jul 28–Aug 01 9 a.m.–4 p.m.

Island Discovery
Burnside Gorge Community Centre 4/$129
46908 T-F Aug 5–08 9 a.m.–4 p.m.

Swim, Explore, Ride
Burnside Gorge Community Centre 5/$159
46909 M-F Aug 11–15 9 a.m.–4 p.m.

Ultimate Summer
Burnside Gorge Community Centre 5/$159
46910 M-F Aug 18–22 9 a.m.–4 p.m.
### Active Play Camp (5–7 yrs)
Delivered by PISE (Pacific Institute for Sport Excellence) This camp will get your child running, jumping, throwing and kicking and screaming for more! Our expert instructors develop skills through games, activities and sports that help build the fundamental movement skills essential for a healthy, active lifestyle! The campers will also explore local playgrounds and walking trails around Vic West. Bring a lunch, water, and healthy snacks to stay energized.

**Victoria West Community Centre**

<table>
<thead>
<tr>
<th>Date</th>
<th>Time</th>
<th>Registration</th>
</tr>
</thead>
<tbody>
<tr>
<td>46415</td>
<td>W, Th, Jul 2–4</td>
<td>9 a.m.–4 p.m.</td>
</tr>
<tr>
<td>3/$120</td>
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</tbody>
</table>

### Play Sport Camp (8–10 yrs)
Delivered by Pacific Institute for Sport Excellence (PISE) Make friends, play games, try sports, and have FUN! The Play Sport camp offers kids the chance to improve their fundamental movement skills and apply them to different aspects of sport. Our expert instructors will nurture your child’s natural talent and introduce them to skills used in a number of sports such as soccer, volleyball, tennis, basketball, and baseball.

**Victoria West Community Centre**

<table>
<thead>
<tr>
<th>Date</th>
<th>Time</th>
<th>Registration</th>
</tr>
</thead>
<tbody>
<tr>
<td>47060</td>
<td>M–F Aug 11–15</td>
<td>9 a.m.–4 p.m.</td>
</tr>
<tr>
<td>5/$200</td>
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<tr>
<td>46416</td>
<td>M–F Aug 25–29</td>
<td>9 a.m.–4 p.m.</td>
</tr>
</tbody>
</table>

### Sk8 Camp (9–12 yrs)
Become fully shreducated in this 3 day workshop. Sk8 Camp includes individual assessment, customized lesson, trick progressions, and one on one instruction from our experience Skate park hosts. Helmets are mandatory and other safety gear is recommended. *If raining, class will be cancelled and refunds issued.*

**Vic West Park**

<table>
<thead>
<tr>
<th>Date</th>
<th>Time</th>
<th>Registration</th>
</tr>
</thead>
<tbody>
<tr>
<td>46913</td>
<td>W–F Jul 2–4</td>
<td>9 a.m.–12 p.m.</td>
</tr>
<tr>
<td>46914</td>
<td>W–F Jul 16–18</td>
<td>9 a.m.–12 p.m.</td>
</tr>
<tr>
<td>46915</td>
<td>W–F Jul 30–Aug 1</td>
<td>9 a.m.–12 p.m.</td>
</tr>
<tr>
<td>46916</td>
<td>W–F Aug 13–15</td>
<td>9 a.m.–12 p.m.</td>
</tr>
<tr>
<td>3/$45</td>
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</table>

### Eli Pasquale Summer Basketball Camp (6–14 yrs)
Our classic co-ed half day program makes the sport of basketball accessible for newcomers while also providing an environment where more experienced players can hone their skills. At Eli Pasquale basketball we always remember that sports should provide children with the exercise they need while also giving them a fun experience where they can excel. Full day program includes a swim.

#### Youth 8–14 yrs Full Day

**Cystal Pool and Fitness Centre/Central Park**

<table>
<thead>
<tr>
<th>Date</th>
<th>Time</th>
<th>Registration</th>
</tr>
</thead>
<tbody>
<tr>
<td>46558</td>
<td>M–F Jul 14–18</td>
<td>9 a.m.–4 p.m.</td>
</tr>
<tr>
<td>46559</td>
<td>M–F Aug 11–15</td>
<td>9 a.m.–4 p.m.</td>
</tr>
<tr>
<td>5/$159</td>
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</tbody>
</table>

#### Youth 6–9 yrs Half Day

**Cystal Pool and Fitness Centre/Central Park**

<table>
<thead>
<tr>
<th>Date</th>
<th>Time</th>
<th>Registration</th>
</tr>
</thead>
<tbody>
<tr>
<td>46552</td>
<td>M–F Jul 14–18</td>
<td>9 a.m.–12 p.m.</td>
</tr>
<tr>
<td>46554</td>
<td>M–F Aug 11–15</td>
<td>9 a.m.–12 p.m.</td>
</tr>
<tr>
<td>5/$115</td>
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</tbody>
</table>

#### Youth 10–14 yrs Half Day

**Cystal Pool and Fitness Centre/Central Park**

<table>
<thead>
<tr>
<th>Date</th>
<th>Time</th>
<th>Registration</th>
</tr>
</thead>
<tbody>
<tr>
<td>46553</td>
<td>M–F Jul 14–18</td>
<td>9 a.m.–12 p.m.</td>
</tr>
<tr>
<td>46555</td>
<td>M–F Aug 11–15</td>
<td>12:30 p.m.–3:30 p.m.</td>
</tr>
<tr>
<td>5/$115</td>
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</tbody>
</table>
## Summer Camps

### Multi-Sport Summer Camps (7–13 yrs)

Young sport enthusiasts will have an opportunity to explore a variety of sports and activities. Each Multi-Sport Camp provides a new experience as different sports are interchanged throughout the summer. In the morning session campers will engage in fitness, socialization, and skill development in both a competitive and non-competitive environment. Afternoons include lunch and free play, followed by a supervised swim at Crystal Pool.

<table>
<thead>
<tr>
<th>Camp Name</th>
<th>Location</th>
<th>Dates</th>
<th>Duration</th>
<th>Fee</th>
</tr>
</thead>
<tbody>
<tr>
<td>Tennis and Swim Camp</td>
<td>Central Park</td>
<td>Jul 7–11</td>
<td>9 a.m.–4 p.m.</td>
<td>$195</td>
</tr>
<tr>
<td>Tennis, Basketball and Swim Camp</td>
<td>Central Park</td>
<td>Aug 18–22</td>
<td>9 a.m.–4 p.m.</td>
<td>$195</td>
</tr>
<tr>
<td>Tennis, Baseball and Swim Camp</td>
<td>Central Park</td>
<td>Aug 5–8</td>
<td>9 a.m.–4 p.m.</td>
<td>$155</td>
</tr>
<tr>
<td>Tennis, Soccer and Swim Camp</td>
<td>Central Park</td>
<td>Jul 28–Aug 1</td>
<td>9 a.m.–4 p.m.</td>
<td>$195</td>
</tr>
</tbody>
</table>

### World Cup Soccer Camp (10–13 yrs)

Join Brett Hyslop and Steph Steiner from World Cup Soccer at the Artificial Turf Field at Topaz Park. This one week full day camp for 10–13 year olds will include instruction, games, and great activities. End the week with a swim at Crystal Pool.

<table>
<thead>
<tr>
<th>Camp Name</th>
<th>Location</th>
<th>Dates</th>
<th>Duration</th>
<th>Fee</th>
</tr>
</thead>
<tbody>
<tr>
<td>World Cup Soccer Camp</td>
<td>Topaz Park</td>
<td>Jul 14–18</td>
<td>9 a.m.–4 p.m.</td>
<td>$195</td>
</tr>
<tr>
<td>World Cup Soccer Half Day Soccer Camp</td>
<td>Topaz Park</td>
<td>Jul 28–Aug 1</td>
<td>1:30 p.m.–4:30 p.m.</td>
<td>$115</td>
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</tbody>
</table>

## Hampton Little League

**Hampton Little League** is proud to offer a recreational spring program and, for those 9 years and up, the opportunity to earn their way onto tournament teams with more competitive summer play.

**Challenger Baseball “Where everyone is a winner”**

A program for boys and girls with special needs (ages four to 20) to enjoy the game of baseball. Registration is free. For more information contact Kristen: klkay@shaw.ca

**Blastball**

Baseball for the underage Little Leaguers. Entry level for team sport. No equipment required. Bring your friends, make your own team!

Register at the Hampton Clubhouse on Tillicum Road across from Burnside Plaza. For registration fees as well as more dates, please check our website or call 250.361.9614

www.hamptonlittleleague.org
ARTS – CREATIVE AND PERFORMING

Ballet and Jazz (3–5 yrs)
This class is the perfect combination of ballet and jazz. Your child will learn the fundamentals of both ballet and jazz, creating fun imagery and personal style in their movements.

Instructor: Westcoast Ballet

<table>
<thead>
<tr>
<th>Location</th>
<th>Price</th>
<th>Dates</th>
<th>Time</th>
</tr>
</thead>
<tbody>
<tr>
<td>Oaklands Community Centre</td>
<td>9/$81</td>
<td>May 3–Jun 28</td>
<td>9:45 a.m.–10:30 a.m.</td>
</tr>
<tr>
<td>Oaklands Community Centre</td>
<td>5/$45</td>
<td>Jul 5–Aug 2</td>
<td>9:45 a.m.–10:30 a.m.</td>
</tr>
<tr>
<td>Oaklands Community Centre</td>
<td>4/$36</td>
<td>Aug 9–30</td>
<td>9:45 a.m.–10:30 a.m.</td>
</tr>
</tbody>
</table>

Ballet and Tap (3–5 yrs)
Bring your tap shoes and your tutu for an introductory class sampling both the stompin' rhythms of tap and the creative imagery and grace of ballet. Tap or hard soled shoes required.

Instructor: Westcoast Ballet

<table>
<thead>
<tr>
<th>Location</th>
<th>Price</th>
<th>Dates</th>
<th>Time</th>
</tr>
</thead>
<tbody>
<tr>
<td>Oaklands Community Centre</td>
<td>9/$81</td>
<td>May 3–Jun 28</td>
<td>12:30 p.m.–1:15 p.m.</td>
</tr>
<tr>
<td>Oaklands Community Centre</td>
<td>5/$45</td>
<td>Jul 5–Aug 2</td>
<td>12:30 p.m.–1:15 p.m.</td>
</tr>
<tr>
<td>Oaklands Community Centre</td>
<td>4/$36</td>
<td>Aug 9–30</td>
<td>12:30 p.m.–1:15 p.m.</td>
</tr>
</tbody>
</table>

Tiny Toes Ballet (3–5 yrs)
An introductory dance class for the first time tiny dancer. Learn rhythm, coordination, balance, jumping, skipping, basic ballet positions and movements.

Instructor: Westcoast Ballet

<table>
<thead>
<tr>
<th>Location</th>
<th>Price</th>
<th>Dates</th>
<th>Time</th>
</tr>
</thead>
<tbody>
<tr>
<td>Crystal Pool and Fitness Centre</td>
<td>6/$42</td>
<td>Apr 19–May 24</td>
<td>11 a.m.–11:30 a.m.</td>
</tr>
<tr>
<td>James Bay Community School Centre</td>
<td>8/$54</td>
<td>Apr 9–Jun 4</td>
<td>1 p.m.–1:45 p.m.</td>
</tr>
<tr>
<td>Crystal Pool and Fitness Centre</td>
<td>6/$42</td>
<td>Apr 19–May 24</td>
<td>11:30 a.m.–12 p.m.</td>
</tr>
</tbody>
</table>

Creative Dance for Kids (3–5 yrs)
Explore high-energy rhythm and dance! Influenced by jazz, African, Indian, Latin and Flamenco expressions. Includes story, song, role-play, improvisation and percussion.

Victoria West Community Centre 8/$56

<table>
<thead>
<tr>
<th>Location</th>
<th>Price</th>
<th>Dates</th>
<th>Time</th>
</tr>
</thead>
<tbody>
<tr>
<td>Victoria West Community Centre</td>
<td>8/$56</td>
<td>Apr 22–Jun 10</td>
<td>12:45 p.m.–1:30 p.m.</td>
</tr>
</tbody>
</table>

Jazzy Hip Hop (3–5 yrs)
Combining elements of jazz technique, improvisation, funk and hip-hop, this class will be a blast!

Victoria West Community Centre 8/$48

<table>
<thead>
<tr>
<th>Location</th>
<th>Price</th>
<th>Dates</th>
<th>Time</th>
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<tbody>
<tr>
<td>Victoria West Community Centre</td>
<td>8/$48</td>
<td>Apr 9–Jun 4</td>
<td>4 p.m.–4:45 p.m.</td>
</tr>
</tbody>
</table>

Get Ready to Rock–Baby Rock (6mths–2.5 yrs)
Come alive with the sounds of music. These programs focus on rhythm instruments such as drums, castanets, maracas, tambourines and bells combined with creative movement props like puppets, scarves, ribbons and beanbags. Great introduction to the world of music!

Crystal Pool and Fitness Centre 8/$56

<table>
<thead>
<tr>
<th>Location</th>
<th>Price</th>
<th>Dates</th>
<th>Time</th>
</tr>
</thead>
<tbody>
<tr>
<td>Crystal Pool and Fitness Centre</td>
<td>8/$56</td>
<td>Apr 8–May 27</td>
<td>1 p.m.–1:30 p.m.</td>
</tr>
</tbody>
</table>

Get Ready to Rock–Tot Rock (2–5 yrs)
Come alive with the sounds of music! These programs focus on rhythm instruments such as drums, castanets, maracas, tambourines and bells combined with creative movement props like puppets, scarves, ribbons and beanbags. Great introduction to the world of music and a good companion with Preschool Piano. New theme each session.

Crystal Pool and Fitness Centre 8/$56

<table>
<thead>
<tr>
<th>Location</th>
<th>Price</th>
<th>Dates</th>
<th>Time</th>
</tr>
</thead>
<tbody>
<tr>
<td>Crystal Pool and Fitness Centre</td>
<td>8/$56</td>
<td>Apr 8–May 27</td>
<td>1:30 p.m.–2:15 p.m.</td>
</tr>
</tbody>
</table>
**Baby Sign & Music (1–2 yrs)**
Program delivered by the Victoria Conservatory of Music. This class will combine two types of communication: music and sign language. Learn Baby Signs while singing songs, making music, and interacting in a fun group atmosphere. A variety of themes will be covered including animals, meal time, objects, family and actions.

Victoria Conservatory of Music
Victoria West Community Centre
10/$55
46475 T Apr 1–Jun 3 9 a.m.–9:30 a.m.

**Dance to the Music (2–3 yrs)**
Welcome to the magical world of dance! If your toddler loves music they will love this class. A combination of creative dance and ballet will facilitate movement, imagery and fun for your child set to inspiring music. This is a parent participation class. Instructor: Westcoast Ballet

Oaklands Community Centre
9/$81
46608 S May 3–Jun 28 9 a.m.–9:45 a.m.

**Family Dance (1–3 yrs)**
Enjoy rhythmic play and creative dance with your preschooler in a fun atmosphere. Nurture a love of dance together while groovin’ to rhythms from around the world!

Victoria West Community Centre
8/$56
46525 T Apr 22–Jun 10 12 p.m.–12:45 p.m.

**Jazzy Ballet (3–5 yrs)**
Introduce your youngster to the basic ballet positions, posture and alignment while adding the lively energy of jazz dance.

Victoria West Community Centre
8/$48
46476 M Apr 28–Jun 23 3:30 p.m.–4:15 p.m.

**Creative Dance (3–5 yrs)**
Through imagination, story, drawing, props and music, the children will be encouraged to move their bodies in many different ways.

Instructor: Whitespace Dance.
James Bay Community School Centre
8/$54
533 W Apr 9–Jun 4 1 p.m.–1:45 p.m.

**Victoria Conservatory of Music For Kids**
Children will learn their core music skills in this fun class filled with singing, dancing, and musical storytelling as well as delighting in the exploration of various musical instruments.

**Victoria Conservatory of Music For Kids (0-2 yrs)**
James Bay Community School Centre
8/$48
506 T Apr 8–May 27 12:45 p.m.–1:15 p.m.

**Parent Child Mother Goose Program**
This program, offered in partnership with Success by 6 South Vancouver Island, encourages child development through music, stories, movement, and attachment parenting. Registration is required. Please call the Fernwood Community Centre for dates.

Fernwood Community Centre
Free/Registered Program Call for dates
9 a.m.–10:30 a.m.

**Musical Story Time (3–5 yrs)**
Come make some marvelous music! Create sound effects, background music, songs, and other fun noises to accompany a variety of children’s stories & rhymes. Using voice, instruments, and technology children will help to create a musical story every week. Core music skills will be incorporated into the classes. Program delivered by the Victoria Conservatory of Music.

Victoria West Community Centre
10/$80
46474 T Apr 1–Jun 3 9:45 a.m.–10:30 a.m.

**Little Ones Music Sing-along**
Come along to our sing-along, rhyme-along sessions in our fun play space. Children 0-6, with parent/caregiver, are invited to this creative and playful music program.

Quadra Village Community Centre
6/$35
Thursday Apr 10–May 15 1 p.m.–2 p.m.

**Music Together**
Music Together is an internationally recognized early childhood music and movement program now enjoyed in over 40 countries worldwide! Mixed age family classes for children from birth-five and their parent/caregivers. Come join our community of music-makers!

**Maracas Song Collection**
Oaklands Community Centre
10/$150
45254 Th Apr 10–Jun 12 9:15 a.m.–10 a.m.
45255 Th Apr 10–Jun 12 10:15 a.m.–11 a.m.
Art Pour Enfant
Vos enfants peuvent créer et s’amuser tout en pratiquant la langue Française. Ils apprendront avec des histoires, des jeux et des chansons ainsi qu’un vaste choix d’activités artistiques tells que la création de marionnettes et de masques. Your child will enjoy creating magnificent works of art while expanding their French language skills. French language will be taught using songs, stories, games, puppet and mask making and a variety of arts and crafts. La ville de Victoria tient souligner le support financier provenant de l’Entente Canada – Colombie-Britannique en matière de langues officielles pour les services en français.

Victoria West Community Centre 10/$20
46523  W  Apr 9–Jun 11  1:30 p.m.–2:30 p.m.

Tout en Musique!
Des comptines, des rondes, des chansons pour enfants traditionnelles et contemporaines, venez (re) découvrir la musique francophone dans cette classe colorée et rythmée! Nous terminerons la séance avec des histoires et des berceuses. Nursery rhymes, dances, traditional and contemporary children’s songs, come and (re)discover francophone music in this colourful and energetic class!

Victoria West Community Centre 6/$15
1–2 years
47036  M  Apr 7–May 26  10 a.m.–10:45 a.m.
47039  F  Apr 4–May 23  11 a.m.–11:45 a.m.
3–5 years
47037  M  Apr 7–May 26  11 a.m.–11:45 a.m.
47038  F  Apr 4–May 23  10 a.m.–10:45 a.m.

Crafternoon: Mum (or Pop!) & Babe!
Come hang out each week for a creative crafting session amongst other new parents while your little one (0–1 year) is safe and sound nearby with a provided caregiver to keep your hands free! Together we’ll learn and practice new arts and crafts techniques or you can bring your own project from home. Sign up for the whole 6 weeks of crafting camaraderie or drop-in (drop ins $15 per class). Basic tools and materials supplied by the instructor.

Victoria West Community Centre 6/$70
46509  S  Apr 5–May 24  1 p.m.–2:30 p.m.

Toddler Art (2–5 yrs)
Explore your creative side! Each week features a different craft designed with the preschooler in mind. Smocks and soap provided. Please dress children in clothing that can get messy and they can be creative in. Parent participation is required.

Burnside Gorge Community Centre 20/$2
46932  W  Apr 9–Aug 20  9:30 a.m.–10:30 a.m.
**Family Resource Program (0–5 yrs)**
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 parents to learn from staff and others through role modeling and in-the-moment learning around positive parenting, child safety and development, all while promoting secure parent-child relationships. Please visit www.fernwoodnrg.ca for the monthly schedule.

<table>
<thead>
<tr>
<th>Fernwood Community Centre</th>
<th>Suggested donation of $2 per family/ Drop-In</th>
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<tr>
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<td>Th</td>
<td>Ongoing</td>
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9:30 a.m.–11:30 a.m.

**Lunch and Play Program (0–5 yrs)**
All that playing can make us hungry! This program combines the fun of play with a nutritious lunch to fuel those active bodies. Please join us first for play between 10:30 a.m. –11:30 a.m., followed by a lunch provided by our centre.

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<tr>
<th>Fernwood Community Centre</th>
<th>By Donation</th>
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<td>F</td>
<td>Ongoing</td>
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</table>

10:30 a.m.–12:30 a.m.

**Male Caregivers Group**
Join dads, male caregivers and their children to share food, have informal discussion, go for walks, as well as develop resources, build skills, and develop community. The focus of this group is to provide additional support to male caregivers in a safe and respectful setting.

<table>
<thead>
<tr>
<th>Fernwood Community Centre</th>
<th>Free</th>
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<tbody>
<tr>
<td>T</td>
<td>Ongoing</td>
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</table>

4 p.m.–7 p.m.

**Parent & Tot Drop-In (Birth to 6 yrs)**
Join us for mornings of fun and play. Meet other parents as your children enjoy art, creative play and learn the social skills of playing with a group. W & Th include a special Music Circle Time to share songs, rhythms and learning activities. Snacks provided free of charge. Parent participation is required.

<table>
<thead>
<tr>
<th>Quadra Village Community Centre</th>
<th>Free</th>
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<tbody>
<tr>
<td>M,W, Th</td>
<td>9 a.m.–11:30 a.m.</td>
</tr>
</tbody>
</table>

**Community Dinner Drop-In**
Join friends and neighbours for a delicious dinner prepared by staff and volunteers every Thursday evening. After dinner stay and play in the family centre or hang out in the youth centre. Assistance with set up and clean up is appreciated. Dinner is served at 5 p.m. and donations are appreciated. Phone 250.388.5251 for details.

<table>
<thead>
<tr>
<th>Burnside Gorge Community Centre</th>
<th>13/$0</th>
</tr>
</thead>
<tbody>
<tr>
<td>46921</td>
<td>Th Mar 27–June 19</td>
</tr>
</tbody>
</table>

5 p.m.–6 p.m.

**Oaklands Drop-In Playgroup**
Join our energetic and dynamic facilitator Bev to give your family the opportunity to meet, socialize and play in an informal, family atmosphere. Our playgroup’s large toy collection, activity tables and singalong circle time with instruments, serve as a stepping stone to prepare your children for preschool. Coffee, tea and snack provided. Punch cards available. There are no playgroups on holidays, Pro-D days or school breaks.

<table>
<thead>
<tr>
<th>Tiny Tykes</th>
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<tbody>
<tr>
<td>Oaklands Community Centre</td>
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<tr>
<td>$3/Family</td>
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<tr>
<td>M,Th,F</td>
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<tr>
<td>Apr 29–June 26</td>
</tr>
<tr>
<td>9:30 a.m.–11:30 a.m.</td>
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</tbody>
</table>

**Daycare Providers**

| Oaklands Community Centre       |
| $2/Child                        |
| Tuesdays                        |
| Apr 29–June 24                  |
| 9:30 a.m.–11:30 a.m.            |

**Drop-In Kindergym (Walking–5 yrs)**
A time for preschoolers and caregivers to play and learn together in a fun, positive environment. Gym equipment is setup upon which children can explore. Caregiver participation is required. Call specific community centre to confirm program details.

| Fairfield Community Place       |
| $2                             |
| 46935                          |
| M                              |
| Mar 31–Jun 16                  |
| 9 a.m.–10:30 a.m.              |

| Victoria West Community Centre |
| $1                             |
| 46361                          |
| W,F                            |
| Apr 2–Jun 27                   |
| 9:30 a.m.–11:30a.m.            |

**Parent and Tot Drop-in**
An opportunity for young children and their caregivers to meet and play in an informal atmosphere with toys, books and crafts. Snack provided. Groups may not meet on school holidays and Professional Development Days. Call specific community centre to confirm program details.

| Fairfield Community Place       |
| Free                           |
| 46940                          |
| T,Th                           |
| Apr 1–Jun 19                   |
| 9 a.m.–11 a.m.                 |

| Burnside Gorge Community Centre |
| Free                           |
| 46923                          |
| T,W,Th                         |
| Apr 1–Jun 28                   |
| 11 a.m.–12 p.m.                |

**Playground Drop-In**
Join us on Tuesday mornings throughout the summer for parent and tot time outside on our playground. Socialize with other parents while your child enjoys outdoor play. A nutritious snack is included, free of charge. Parent participation is required.

| Burnside Gorge Community Centre |
| Free                           |
| 46930                          |
| T                              |
| Jul 8–Aug 26                   |
| 9:30 a.m.–10:30a.m.            |

**Summer BBQ at Burnside Gorge**
Join us for a delicious BBQ and salad served out on our back patio. Lawn chairs and blankets recommended as seating is limited. Program is by donation.

| Burnside Gorge Community Centre |
| Free                           |
| 46922                          |
| Th                             |
| Jul 3–Aug 21                   |
| 5 p.m.–6 p.m.                  |
Child-led Playgroup! (12–24 months)
Come discover your toddler’s unique abilities in this Montessori and Reggio Emilia inspired playgroup. Each week the playgroup will focus on a different aspect of Montessori or Reggio in a space organized and prepared for you and your toddler to explore freely together. Based on the premise that the child should be an active participant in learning, as a parent you will learn techniques for guiding and collaborating with your child as they grow and develop. Sign up for the whole 6 weeks or drop-in (drop ins $15 per class). All tools, materials, and equipment supplied by the instructor.

Victoria West Community Centre   6/$60
46504  S  Apr 5–May 24  11:15 a.m.–12 p.m.
46505  Th  Apr 24–May 29  1:30 p.m.–2:15 p.m.

LEARN FOR LIFE

Victoria Best Babies
Victoria Best Babies is a pre/post-natal outreach program aimed at improving the health of pregnant women 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 and Quadra Village Community Centres.

Quadra Village Community Centre Free/Registered Program
T  Ongoing  11:00 a.m.–1:30 p.m.
Fernwood Community Centre Free/Registered Program
W  Ongoing  12 p.m.–2:30 p.m.
Th  Ongoing  12 p.m.–2:30 p.m.

Preschool Primer: Pro-D Day for Parents!
Montessori? Whaldorf? Reggio Emilia? Nature-based? Cooperative? What’s the difference? Which one is right for me and my child? In this short informational session we’ll discuss the different pedagogical approaches of different types of preschools and learn as well how to put some of the key principles into practice in your own home!

Victoria West Community Centre  1/$15
46506  S  Mar 29  1 p.m.–2:30 p.m.
46507  T  Apr 22  7:30 p.m.–9 p.m.

Kids Karate (4–6 yrs)
Our club philosophy is based on respect, discipline, self-confidence and excellence. We teach children to challenge themselves, set goals and help them attain those goals. Our club follows the Shito-Ryu system of karate. For more info call Rino 250.920.6797
Victoria Renshikan Karate
Victoria West Community Centre  10/$55
46478  F  Mar 28–Jun 13  3:30 p.m.–4:15 p.m.

PISE-Active Start (3–4 yrs)
Delivered by PISE (Pacific Institute for Sport Excellence) Let’s laugh, play, and explore the building blocks of movement! This program teaches physical literacy skills like running, jumping, throwing, agility, balance and coordination (ABCs) through games and play. Introducing kids to these skills will ensure they are on the path to becoming Active for Life!

Victoria West Community Centre  8/$49
46353  W  Apr 2–May 21  2 p.m.–2:45 p.m.

Sportball–Junior (16–24 months)
This program is a perfect introduction to Sportball. Children and parents participate in sports, creative games, songs, rhymes, stories, bubble time and more! Although these programs focus on exploration, children will be introduced to a different sport each week. Parents are required to participate with their child.

Fairfield Community Place  6/$84
46841  Th  Apr 3–May 8  9 a.m.–9:45 a.m.
46842  Th  May 15–Jun 19  9 a.m.–9:45 a.m.

Oaklands Community Centre  8/$112
46882  S  Apr 26–Jun 14  9 a.m.–9:45 a.m.
46888  S  Jul 5–Aug 23  9 a.m.–9:45 a.m.

Sportball–Parent & Tot (2–3 yrs)
Parents/grandparents are guided through activities with their little sports fan using the award-winning ‘Sportball’ curriculum, which provides the basic concepts and skills behind seven popular sports: baseball, basketball, golf, hockey, soccer, tennis and volleyball. These programs develop important gross motor skills and help parents learn proven coaching techniques, plus it’s really fun!

Fairfield Community Place  6/$84
46849  Th  Apr 3–May 8  9:45 a.m.–10:30 a.m.
46850  Th  May 15–Jun 19  9:45 a.m.–10:30 a.m.

Oaklands Community Centre  8/$112
46891  S  Apr 26–Jun 14  9:45 a.m.–10:30 a.m.
46892  S  Jul 5–Aug 23  9:45 a.m.–10:30 a.m.

Tot Soccer (3–5 yrs)
Have a ball with our fun and energetic coach! Boys and girls will learn basic soccer skills though exciting games and activities.

James Bay Community School Centre  8/$48
460  Th  Apr 3–May 29  2:15 p.m.–3 p.m.

Victoria West Community Centre  8/$39
46502  T  May 6–Jun 24  3:15 p.m.–4 p.m.
Sportball–Parent and Child Outdoor Soccer (2–3 yrs)
Develop skills and learn new techniques focusing on soccer. Parents and children are taught fundamental skills including throw-ins, dribbling, trapping, passing, goalie skills and more. Non-competitive programs promoting confidence, self-esteem and teamwork for those kids looking for fun, not competition. Parent participation required.

<table>
<thead>
<tr>
<th>Location</th>
<th>Price</th>
<th>Dates</th>
<th>Times</th>
</tr>
</thead>
<tbody>
<tr>
<td>Oaklands Community Centre at Oaklands Park</td>
<td>$143</td>
<td>May 1–Jun 19</td>
<td>5:15 p.m.–6 p.m.</td>
</tr>
<tr>
<td>Oaklands Community Centre at Oaklands Park</td>
<td>$164</td>
<td>Jul 3–Aug 28</td>
<td>5:15 p.m.–6 p.m.</td>
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<tr>
<td>Fairfield Community Place</td>
<td>$98</td>
<td>May 7–Jun 18</td>
<td>6 p.m.–7 p.m.</td>
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<tr>
<td>Fairfield Community Place</td>
<td>$126</td>
<td>Jul 2–Aug 27</td>
<td>6 p.m.–7 p.m.</td>
</tr>
<tr>
<td>Oaklands Community Centre at Oaklands Park</td>
<td>$112</td>
<td>Apr 26–Jun 14</td>
<td>10:30 a.m.–11:30 a.m.</td>
</tr>
<tr>
<td>Oaklands Community Centre at Oaklands Park</td>
<td>$112</td>
<td>Jul 5–Aug 23</td>
<td>10:30 a.m.–11:30 a.m.</td>
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Sportball–Soccer (3.5–6 yrs)
Learn the fundamental skills necessary to excel in soccer: throw-ins, dribbling, passing, goalie skills and more. The first half of each session is dedicated to skill development. The second half features a non-competitive game, demonstrating field positions and the importance of teamwork. (Jersey Fee an additional $15 in Spring and Jersey Fee and Ball an additional $20 in Summer)

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<td>Fairfield Community Place</td>
<td>$98</td>
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<tr>
<td>Fairfield Community Place</td>
<td>$126</td>
<td>Jul 2–Aug 27</td>
<td>6 p.m.–7 p.m.</td>
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Sportball–Multi-Sport (3–5 yrs)
Multi-Sport programs focus on skill development in 8 popular sports: football, soccer, hockey, baseball, basketball, tennis, volleyball and golf. Participants learn, rehearse, and refine sports skills in a positive, encouraging, and noncompetitive atmosphere. Programs are carefully designed to focus on the child’s gross motor development. Through creative instruction, customized sports equipment and positive encouragement, children develop balance, strength, coordination, stamina, and timing.

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<tr>
<th>Location</th>
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<th>Times</th>
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<tbody>
<tr>
<td>Fairfield Community Place</td>
<td>$84</td>
<td>Apr 3–May 8</td>
<td>10:30 a.m.–11:30 a.m.</td>
</tr>
<tr>
<td>Fairfield Community Place</td>
<td>$126</td>
<td>May 15–Jun 19</td>
<td>10:30 a.m.–11:30 a.m.</td>
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World Cup Soccer (3–4 yrs)
Join National level coaches Brett Hyslop and Steph Steiner at the Artificial Turf Field at Topaz Park for a sensational season of soccer fun. Professional instruction with a focus on skill development, teamwork and fun!

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<tr>
<th>Location</th>
<th>Price</th>
<th>Dates</th>
<th>Times</th>
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<tbody>
<tr>
<td>Topaz Park</td>
<td>$55</td>
<td>Apr 24–Jun 12</td>
<td>3:30 p.m.–4:15 p.m.</td>
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<tr>
<td>Topaz Park</td>
<td>$55</td>
<td>Apr 26–Jun 21</td>
<td>9 a.m.–9:45 a.m.</td>
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</table>
Pool Party

All Ages
Splash into adventure at Crystal Pool! Package includes a 2 hour room rental and 1 hour in our giant pool. Great package, great value!
*Please note children 6 yrs and under must be accompanied into the pool (at arms reach at all times) by a responsible individual 16 years or older.*

Days: Saturday or Sunday
Times: 12 p.m.–4 p.m.
Location: Crystal Pool
Cost: $64/2 hours and 10 children ($2.75 per additional child)

Sportball Birthday Party

2–10 Years
An action-packed one hour of high energy fun. Kids enjoy a variety of sports and supervised games in a safe, structured environment. Festivities finish off with a traditional birthday celebration. The kids will need to catch their breath before they can blow out the candles!
You can choose from hockey, soccer, tennis, baseball, basketball, volleyball, golf and football. $50/hour for an extra coach (must book a second coach for parties with more than 20 kids)

Days: Saturday or Sunday
Times: 11 a.m.–4 p.m.
Location: Crystal Pool
Cost: $200/1.5 hours, $25 per additional half hour

Birthday Parties with Par-T-Perfect

1–12 Years
Throw a party your child will remember with Par-T-Perfect! We offer fun, colourful equipment and bubbly enthusiastic party leaders who entertain with games, face painting, balloon animals, and more. Various party themes and inflatable pieces are available. For information please call Kristina at 250.386.JUMP (5867)

Location: Gym–Burnside Campus or Crystal Pool

Oaklands Birthday Parties

Let us organize your birthday party! Oaklands interactive birthday parties with Par-T-Perfect includes face painting, balloon animals, bouncy castle OR crawl zone, one party leader and room rental at Oaklands Community Centre. For more information or to book a birthday party please call Kristina at 250.386.JUMP (5867)

Days: Saturday or Sunday (call 250.388.7696 for availability)
Location: Quadra Village Community Centre
Cost: $100/3 hours (includes set-up and clean-up time)
optional +$25 for a 1/2 hour Little Ones Music Sing-along for 0-6 year olds (music instructor provided) and/or +$30 Kitchen rental

Teens

Need a party space geared towards youth? Our available “Teen Centre” includes indoor and outdoor basketball, a pool table, ping pong, Wii, large-screen projector, air hockey, music and lounge.

Days: Saturday or Sunday (call for availability)
Location: Quadra Village Community Centre
Cost: $100/3 hours (includes set-up and clean-up time)
+$30 Kitchen rental

Create Your Own Birthday Party (All Ages)

Need a great space for your child’s next party? Celebrate the event at our place! We provide a bright, comfortable room for you to hold your party, a playground, lots of free parking, weekend availability and toddler-friendly games, books and toys. Additional kitchen and music programming available.

Days: Saturday or Sunday (call 250.388.7696 for availability)
Location: Quadra Village Community Centre
Cost: $100/3 hours (includes set-up and clean-up time)
ARTS – CREATIVE AND PERFORMING

Creative Dance for Home Learners (7–11 yrs)
Explore high-energy rhythm and dance! Influenced by jazz, African, Indian, Latin and Flamenco expressions. Includes story, song, role-play, improvisation and percussion.
Victoria West Community Centre  8/$56
46531 T Apr 22–Jun 10 1:45 p.m.–2:30 p.m.

Ballet (6–8 yrs)
For children who have completed Tiny Toes Ballet or would like to experience the art of ballet for the first time! Gain the poise and grace of a ballerina. Join our professional instructor for a fun-filled class in which your child will tip toe away with his/her new dance moves.
Crystal Pool and Fitness Centre  6/$45
46872 S Apr 19–May 24 12:15 p.m.–1 p.m.

Hip Hop (7–10 yrs)
Do you love to get creative with your dance moves? Then Hip Hop is the class for you! You will pick up dance moves quick in this up-beat and high energy class! Hip Hop dance combines funky style with a strong sense of rhythm and beat. Our instructor will teach you exciting choreography to today’s most popular music and introduce you to the world of freestyling with some basic popping, locking, and breaking moves. Perfect for beginners and intermediate dancers!
Crystal Pool and Fitness Centre  8/$48
46873 Th Mar 27–May 15 5 p.m.–5:45 p.m.

Guitar for Kids (6–13 yrs)
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.
James Bay Community School Centre  8/$75
491 M Apr 7–Jun 9 4 p.m.–4:45 p.m.
Crystal Pool and Fitness Centre  8/$75
33226 T Apr 8–May 27 4 p.m.–4:45 p.m.

Semi-Private Piano Lessons (6–12 yrs)
Don’t have a piano at home? Private lessons seem to expensive? Partner with a friend or a parent and join us for piano. Price is per participant.
James Bay Community School Centre  8/$85
492 T Apr 1–May 20 5:30 p.m.–6 p.m.
493 T Apr 1–May 20 6 p.m.–6:30 p.m.
494 T Apr 1–May 20 6:30 p.m.–7 p.m.

Art Pour Enfant (6–12 yrs)
Your child will enjoy creating magnificent works of art while expanding their French language skills. Multi day projects including sculpture, puppet making, collage and story book creation. French language experience required. Pratiquer le Français peut être amusant et créatif. Vos enfants pourront enrichir leur vocabulaire en créant leurs propres œuvres d’art. Différents projets inclueront la création de livres d’histoires, de marionnettes et de sculptures. Base de langue Française requise. La ville de Victoria tient souligner le support financier provenant de l’entente Canada–Colombie-Britannique en matière de langues officielles pour les services en français.
Victoria West Community Centre  10/$20
46522 W Apr 9–Jun 11 3:30 p.m.–4:30 p.m.
**Breakdance for Beginners (9–12 yrs)**
Join dance instructors from Vibestreet Dance Studio and learn Breakdance from the best! Vibestreet Dance Studio (VSD) is Victoria BC’s Home to HipHop. (Vibestreet was also voted ‘Best Dance Studio’ for kids, by ChatterBlock, 2012!) With their signature Hip Hop Crews, trained by the West Coast’s TOP teachers, VSD’s award winning Crews are known for their hype performances and can be seen cyphering all around the city. Vibestreet is our name, HipHop is our game. Come dance with us!

*Fairfield Community Place*  
6/$60  
46868 T  Apr 8–May 13  3:15 p.m.–4 p.m.

**Crafternoon: DIY Stuffies! (8–12 yrs)**
Come hang out each week for a creative crafting session amongst friends. We’ll learn and practice techniques for turning ordinary felt, fleece and old socks into extraordinary creature creations, from simple blobjects to elaborate sock monsters. Sign up for the whole 6 weeks of crafting intensity or drop-in (drop ins $12 per class). Basic tools and materials supplied by the instructor, optionally you may bring your own from home!

*Victoria West Community Centre*  
6/$40  
46513 Th  May 15–Jun 19  4 p.m.–5 p.m.

**Crafternoon: Fashionista (8–12 yrs)**
Come hang out each week for a creative crafting session amongst friends. We’ll learn and practice DIY fashion techniques, from simple stencil and appliquéd embellishments on prefab tees and totes, to handmade or upcycled garments creatively engineered by you from start to finish. Sign up for the whole 6 weeks of crafting intensity or drop-in (drop ins $15 per class). Basic tools and materials supplied by the instructor, optionally you may bring your own from home!

*Victoria West Community Centre*  
6/$60  
46514 T  Apr 22–May 27  4 p.m.–5 p.m.

**Crafternoon: Knitting and Crocheting! (8–12 yrs)**
Come hang out each week for a creative crafting session amongst friends. We’ll learn and practice techniques for turning ordinary yarn into extraordinary creations, from simple scarves and wristbands to adorable amigurumi crochet animals. Sign up for the whole 6 weeks of crafting intensity or drop-in (drop ins $12 per class). Basic tools and materials supplied by the instructor, optionally you may bring your own from home!

*Victoria West Community Centre*  
6/$40  
46512 Th  Apr 3–May 8  4 p.m.–5 p.m.

**Hip Hop (6–8 yrs)**
Get introduced to hip hop moves! Your child will learn basic hip hop ideas and groove to today's most popular, radio version music.

**Instructor: Westcoast Ballet**

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<tr>
<th>Location</th>
<th>Fees</th>
<th>Dates</th>
<th>Time</th>
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<tbody>
<tr>
<td><strong>Oaklands Community Centre</strong></td>
<td>9/$81</td>
<td>May 3–Jun 28</td>
<td>1:15 p.m.–2 p.m.</td>
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<tr>
<td><strong>Oaklands Community Centre</strong></td>
<td>5/$45</td>
<td>Jul 5–Aug 2</td>
<td>1:15 p.m.–2 p.m.</td>
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<tr>
<td><strong>Oaklands Community Centre</strong></td>
<td>4/$36</td>
<td>Aug 9–30</td>
<td>1:15 p.m.–2 p.m.</td>
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**Hip Hop (9–12 yrs)**
Expand your idea of hip hop through groovin’ house and jam sessions, all building into a final piece that will show off your new skills. Bring your individual style, don’t be shy, this class is fresh!

**Instructor: Westcoast Ballet**

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<thead>
<tr>
<th>Location</th>
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<th>Dates</th>
<th>Time</th>
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<td>9/$81</td>
<td>May 3–Jun 28</td>
<td>10:30 a.m.–11:15 a.m.</td>
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**HipHop for Beginners (9–12 years)**
Join dance instructors from Vibestreet Dance Studio and learn HipHop from the best! Vibestreet Dance Studio (VSD) is Victoria BC’s Home to HipHop (Vibestreet was also voted ‘Best Dance Studio’ for kids, by ChatterBlock, 2012!) With their signature Hip Hop Crews, trained by the West Coast’s TOP teachers, VSD’s award winning crews are known for their hype performances and can be seen cyphering all around the city. Vibestreet is our name, HipHop is our game. Come dance with us!

*Fairfield Community Place*  
6/$60  
46870 T  May 20–Jun 24  3:15 p.m.–4 p.m.

**Jazz (6–8 yrs)**
Jazz is a fun, energetic class that showcases a dancers individual style. Your child will be introduced to leaps, turns, isolations and all sorts of fancy footwork in a fun and entertaining class.

**Instructor: Westcoast Ballet**

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**Capoeira (5–11 yrs)**
Join us for this Brazilian martial art that combines elements of dance, acrobatics, and folk music. Mestre Caju has been teaching capoeira to children since 1996. For more information or to register, visit www.capoeira-school.ca.

*Fernwood Community Centre*  
Tuesday, May 6–Jun 24  
4 p.m.–5 p.m.
DROPOUT

Fernwood Friday Youth Drop-In (9–12 yrs)
Tired of always doing the same thing? If getting out of the house and hanging with other youth sounds like fun, we’ve got just the thing for you at the Fernwood Friday Night Drop-in. We’ve got games, food, and schedule programming, so bring a friend or come by yourself and make new ones. Either way you’re guaranteed to have a good time! Please visit www.fernwoodng.ca for the monthly schedule.

Fernwood Community Centre
Drop-in/$2
F Ongoing 7 p.m.—9 p.m.

Fernwood Family Dinner
Fernwood Family Dinner is an opportunity for families to come together and share a 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 preparing an affordable meal. Planned play activities will provide opportunities for one-one parent support.

Fernwood Community Centre
Free/Drop-in
M Ongoing 5 p.m.—7 p.m.

Spectacular Mad Science Show
Join in our spectacular science show that brings an exciting interactive presentation that will wow both children and adults alike. Our Mad Scientists will amaze the children with vortex generators, fascinate them with the power of Magdeburg Spheres, excite them with the wonders of the Mad Science Hovercraft, and even demonstrate sublimation right before their very eyes! You never know what else you will learn at our show, so don’t miss it! Pre-registration required.

Victoria West Community Centre
1/$10
47040 S May 18 2 p.m.—3:30 p.m.

HEALTH AND WELLNESS

Family Fitness (3–7 yrs)
Delivered by the Pacific Institute for Sport Excellence. Imagine a class where you AND your children can be active together! This class will include a bootcamp for the parents while the kids are busy having their own fun— all in the same gym! Set a great example for your children and have fun together as a family in this inclusive, unique program!

Victoria West Community Centre
8/$96
46351 S Mar 29–May 31 9:45 a.m.—10:45 a.m.

Aikido-Beginner (5–7 yrs)
An introduction to the principles and basic movements of the Art of Aikido and its values of 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.

James Bay Community School Centre
8/$36, Adult: 8/$36 +tax
440 M Apr 14–Jun 16 4:50 p.m.—5:50 p.m.
442 M Apr 14–Jun 16 5:55 p.m.—6:55 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 attain those goals. Our club follows the Shito-Ryu system of karate. For more info call Rino 250.920.6797

Victoria Renshikan Karate

Victoria West Community Centre
5/$60
46480 F Mar 28–Jun 13 4:15 p.m.—5 p.m.

Kids Karate (6–12 yrs)
Wado style training and instruction. A challenging, but fun program that emphasizes physical fitness, self-confidence, discipline and self-defense skills.

James Bay Community School Centre
8/$43
453 T,Th Apr 1–Apr 24 5:15 p.m.—6 p.m.
480 T,Th May 6–May 29 5:15 p.m.—6 p.m.

Martial Arts For Kids
Participate in warm-ups and stretching sessions, karate, kata patterns, grappling and sparring instruction (non-contact). This class develops flexibility, coordination, fitness, self defense, and respect. Cost of Gi is $35 and can be purchased at first class.

Crystal Pool and Fitness Centre
9/$72
47005 W Apr 9–Jun 4 4:30 p.m.—5:30 p.m.

LEARN FOR LIFE

Family Learn to Paddle (9 yrs + up)
Learn to paddle alongside your kids. This two week course is an introduction to multi-disciplinary paddling—no experience is necessary, but experienced paddlers are also welcome. Paddlers will gain experience in a variety of boats, such as dragon boat, outrigger canoe, white water, and sprint kayak. Certified coaches will teach good stroke technique while emphasizing water safety and awareness, and especially FUN. No previous experience required. Equipment and certified coaching included.

(Victoria Youth Paddling Club).

Crystal Pool and Fitness Centre
4/$80
46670 M,W Jul 7–16 5:30 p.m.—7 p.m.
46671 M,W Jul 21–30 5:30 p.m.—7 p.m.
Home Alone (9–12 yrs)
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 and injury prevention.

Crystal Pool and Fitness Centre  1/$25
46994   Th   Apr 17   6 p.m.–8 p.m.
46995   Th   May 15   6 p.m.–8 p.m.

Friday Night Girls Group (8–11 yrs)
Girls group is back and this time you’ll get to help decide what cool activities we will be doing each night! Mini golf, beach combing, photo scavenger hunts, smoothy creation, jewellery making, and spa nights are just some of the possibilities. Parents, this program is a great opportunity for your child to hang-out and swim with other girls her age. Great program, great value!

Crystal Pool and Fitness Centre  6/$36
46881   F   Mar 28–May 2   6:30 p.m.–8:30 p.m.
46882   F   May 9–Jun 13   6:30 p.m.–8:30 p.m.

The Perfect Pro Day, Mom (6–12 yrs)
We have the perfect Pro Day planned for your enjoyment. We’ll play games in the morning, have pizza delivered and swim in the afternoon! Love to craft? We’ve got plenty of materials for you to draw, glue, paste and mold with. Tons of fun at Crystal Pool & Fitness Centre. Before and After care available.

Crystal Pool and Fitness Centre  1/$30
46934   F   May 16   9 a.m.–4 p.m.

Extended Care
Crystal Pool and Fitness Centre  1/$5
46935   F   May 16   8 a.m.–9 a.m.

Beginners Chess (8–12 yrs)
Come and learn to play the most popular board game ever played! This beginner chess program focuses on helping new chess players become fluent in how all the pieces move, capturing, and basic checkmates. Students will play in casual games and learn some basic principles of chess that even some more experienced players might not know about! Plus, it is proven that chess develops the areas of your brain that help with creativity, critical thinking, planning and foresight, concentration and problem solving, so get smart while having fun!

Oaklands Neighbourhood House  8/$72
46996   S   May 3–Jun 21   10:30 a.m.–12 p.m.
Oaklands Neighbourhood House  8/$72
46997   S   Jul 5–Aug 23   10:30 a.m.–12 p.m.
Victoria West Community Centre   8/$72
47041   M   Apr 7–Jun 9   4 p.m.–5:30 p.m.

Intermediate Chess
Students will learn basic checkmate patterns and basic tactics: pins, skewers, discovered attack. They will learn basic opening principles and will be challenged to calculate for combinations.

Oaklands Neighbourhood House  9/$81
46998   S   May 3–Jun 28   12 p.m.–1:30 p.m.
Oaklands Neighbourhood House   8/$72
46999   S   Jul 5–Aug 23   12 p.m.–1:30 p.m.

Français en Famille (7+yrs)
Vous et vos enfants avez des bases de Français et voulez plus d’opportunités pour pratiquer ensemble? Venez nous rejoindre une fois par semaine pour approfondir votre vocabulaire autour de différentes activités: bricolages, chansons, histoires, et jeux. Do you and your children have the basics of French and want more opportunity to practice together? Join us once a week for arts, crafts, games, activities, songs and stories while expanding your French speaking skills. La ville de Victoria tient souligner le support financier provenant de l’Entente Canada – Colombie-Britannique en matière de langues officielles pour les services en français.

Victoria West Community Centre  10/$10
46521   F   Apr 4–Jun 20   5:30 p.m.–6:30 p.m.

Soiree Jeux (7+yrs)
Venez en famille ou avec des amis pour une soirée jeux de société en Français. Base de langue Française requise. Come as a family or with friends for an evening of board games in French. French language experience required. La ville de Victoria tient souligner le support financier provenant de l’Entente Canada Colombie-Britannique en matière de langues officielles pour les services en français.

Victoria West Community Centre  1/$5
46518   F   Apr 11   7 p.m.–9 p.m.
46519   F   May 9   7 p.m.–9 p.m.
46520   F   Jun 13   7 p.m.–9 p.m.

The Youth Zone (Grades 5 + 6)
‘The Youth Zone’ is a registered program facilitated in our new youth space that focuses primarily on character building, gaining leadership skills, being involved in community (as well as global projects), while providing a safe, enthusiastic place to socialize close to home. The Youth Zone’s aim is to prepare, inspire and inform our future leaders in this community, while having FUN! Please contact the Fairfield Community Place at 250.382.4604 for more information regarding program fees.

Fairfield Community Place  $100/month
46881   M,T,W   3 p.m.–5 p.m.

Parents Night Out (Evening Childcare 4–12 yrs)
Hey Parents! We know that parenting doesn’t leave a lot of extra time in your social schedule and we think you deserve a night out without the kids. That’s why we’ve planned an fun evening of activities for your kids here at Crystal Pool & Fitness Centre all for a great price! We’ll go swimming, play games, create crafts, watch a movie and have a pizza dinner. Plus, your registration includes a chance to win a gift certificate to some of Victoria’s finest restaurants. Programmed by the City of Victoria’s Step-Up Leadership Crew.

Crystal Pool & Fitness Centre
$20/first child
$10/additional child
47466
Friday, March 29
5 p.m.–10 p.m.
47467
Friday, April 25
5 p.m.–10 p.m.
47468
Friday, May 23
5 p.m.–10 p.m.
Child Programs

Cooking 101 for Kids (8–13 yrs)
Bring your inner chef to life! Learn some kitchen basics about preparation and safety. Get some ideas for quick and easy lunches and dinners. Enjoy a creation at the end of the class!

James Bay Community School Centre  1/$20
497 M Apr 28 3 p.m.–5:30 p.m.

Youth Getaways (9–13 yrs)
Fun Friday night activities for youth! Activities vary each week from sports night to movies to outdoor adventures to mini golf and more! It’s 3 hours of fun and times will vary between 6 p.m.–10 p.m. Weekly schedules available at www.James Baycentre.ca Please register early as these programs fill up!

James Bay Community School Centre  1/$8-$12
Fridays Apr 4–Jun 20

Yoga for Kids
Yoga for kids includes yoga games, moving to music, breathing exercises, relaxation exercises, and partner yoga. Creativity is encouraged and space is allowed for kids to laugh, de-stress, work together, and develop healthy mind-body attitudes. This is a fun and healthy opportunity to allow kids to use their energy in a positive way that leaves them feeling relaxed, rejuvenated, happy and healthy!

Yoga for Kids (3–6 yrs)
Oaklands Community Centre  4/$40
46992 S May 3–24 12 p.m.–1 p.m.

Yoga for Kids (7–12 yrs)
Oaklands Community Centre  4/$40
46994 S May 3–24 1:30 p.m.–2:30 p.m.

SPORTS

Active Play (5–7 yrs)
Delivered by the PISE (Pacific Institute for Sport Excellence) Just like kids need to learn the alphabet, they must also learn the foundation of movement. Our games and play based approach to teaching fundamental movement skills is designed to get kids having FUN, while learning at the same time. This program focuses on fundamental movement skills like running, jumping, and catching, and also introduces sport skills like dribbling and striking. Having these skills ensures kids will have the competence and confidence they need for a lifetime of physical activity.

Victoria West Community Centre  8/$56
46348 M Mar 31–Jun 2 3:15 p.m.–4:15 p.m.
46350 W Apr 2–May 21 3:15 p.m.–4:15 p.m.

Sportball–Outdoor Soccer
Develop skills and learn new techniques focusing on soccer. Children are taught fundamental skills including throw-ins, dribbling, trapping, passing, goalie skills and more. Non-competitive programs promoting confidence, self-esteem and teamwork for those kids looking for fun, not competition. Prices include a Sportball jersey.

4–6 yrs
Oaklands Community Centre at Oaklands Park  8/$143
47003 Th May 1–Jun 19 6 p.m.–7 p.m.

7–10 yrs
Oaklands Community Centre at Oaklands Park  8/$143
47006 Th May 1–Jun 19 7 p.m.–8 p.m.

World Cup Soccer (5–7 yrs)
Join National level coaches Brett Hyslop and Steph Steiner at the artificial turf field at Topaz Park for a sensational season of soccer fun. Professional instruction with a focus on skill development, team work and fun!

Topaz Park  8/$55
46579 Th Apr 24–Jun 12 4:15 p.m.–5 p.m.
46580 S Apr 26–Jun 21 9:45 a.m.–10:30 a.m.

World Cup Soccer Spring League
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.

Spring League Soccer 7–8 yrs
Topaz Park  8/$85
46584 S Apr 26–Jun 21 9 a.m.–10 a.m.

Spring League Soccer 9–10 yrs
Topaz Park  8/$85
46585 S Apr 26–Jun 21 9 a.m.–10 a.m.

Spring League Soccer 11–12 yrs
Topaz Park  8/$85
46586 S Apr 26–Jun 21 10 a.m.–11 a.m.

Spring League Soccer 13–15 yrs
Topaz Park  8/$85
46587 S Apr 26–Jun 21 10 a.m.–11 a.m.

Soccer Superstars(6–8 yrs)
Learn soccer skills with our fun and energetic coach! Burn off energy and have fun learning while focusing on sportsmanship and fun.

Victoria West Community Centre  8/$42
46503 T May 6–Jun 24 4 p.m.–4:45 p.m.

James Bay Community School Centre  8/$48
459 Th Apr 3–May 29 3:15 p.m.–4 p.m.
Teen Programs

ARTS – CREATIVE AND PERFORMING TEEN CAMPS

Byte Camp–3D Animation (11–14 yrs)
Dreaming of a career with PIXAR? Ever wonder how those awesome 3D animated movies like Shrek, Toy Story and The Incredibles are made? Spend the week learning how by modelling, animating and telling your own stories in 3D. You’ll use wonderful (& 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 will be posted on-line and handed out on take-home USB sticks to show off to friends and family.

Crystal Pool and Fitness Centre  5/$245
46865 M–F Jul 14–18 9 a.m.–3 p.m.

Byte Camp–Flash Video Game Design (11–14 yrs)
Create your own wacky characters, cool game play and fun levels in your very own on-line game! Students will start the week making short animated films, and each day new programming skills will be taught to help them make the animations interactive. The final project is a video game built from scratch that will go on-line and is handed out on take home USB sticks! Have a look at www.bytecamp.ca for hundreds of great games from previous years!

Burnside Gorge Community Centre  42/Free
46912 W,Th Mar 26–Jun 27 5 p.m.–8:00 p.m.

Fernwood Community Centre Drop-in/$2
7 p.m.–9 p.m. Ongoing

Byte Camp–3D Game Design (11–14 yrs)
Create you very own 3D Video Game! Invent your own digital worlds, levels and quests using a great, Free 3D Game Engine. Students will learn to customize terrain, program their gameplay, interactions and characters for their own one-of-a-kind game: RPG? Side-scroller? Platformer? Strategy?... Byte Camp’s 3D Animation Level 1 Course is a prerequisite.

Crystal Pool and Fitness Centre  5/$245
46936 M–F Aug 11–15 9 a.m.–3 p.m.

DROP-IN

Burnside Youth Drop-In
Bring your friends or meet new ones at the Scene Youth Centre. Activities include playing pool, air hockey, free internet and computer use, fooseball and more. We also have a Wii, Playstation 2 and an awesome theatre room where you can watch movies on a big screen. For more information on the Youth Drop-In Nights contact Brittany at 250.388.5251.

Fernwood Tuesday Youth Drop-in (13–17 yrs)
Tuesday nights have never been better for teens, so what are you doing at home? Come join us every week for 2 hours of guaranteed fun in an energetic, welcoming, and safe place. Drop-in nights offer teens a place to visit with peers and make new friends. Love games? Love food? Love being active? We’ve got you covered. Please visit www.fernwoodnrg.ca for the monthly schedule.

How to Register
Contact the centre where the course is located.
See page 2 for Community Centre contacts.
See page 3 for Crystal Pool & Fitness Centre contacts.
Teen Programs

Capoeira (5–11 yrs)
Join us for this Brazilian martial art that combines elements of dance, acrobatics, and folk music. Mestre Caju has been teaching capoeira to children since 1996. For more information or to register, visit www.capoeira-school.ca.
Fernwood Community Centre
Tuesday, May 6–Jun 24
4 p.m.–5 p.m.

Chill Zone at the Fairfield Community Place (10–14 yrs)
Bored? Come join us at our new youth space at The Place and play video games, read comics, watch movies, make crafts, cook and bake, and play field games! Contact us at 250.382.4604 for more information.
Fairfield Community Place $2
46862 Th,F 3 p.m.—5 p.m.

Drop-In Youth Dodge ball (grades 5–8)
Do you like to dodge, duck, dip, dive and dodge? If your answer is, ahh DUH, then this will be the program for you! What better way to spend your Friday nights than a good old fashion game of drop-in dodge-ball with your friends. Round up the gang, pull up your socks and come dodge with us.
Oaklands Community Center $4
Feb 28, Mar 28, Apr 25, May 30, June 27 6:15 p.m.—8:15 p.m.

Guy Stuff at Burnside
Guy Stuff is a safe and supportive program for anyone that identifies as male to discuss and explore character building and anger management. This group is open to anyone who would benefit from speaking with peers and professionals in an inclusive environment. To register your youth for this group please contact Tara at 250.388.5251.
Burnside Gorge Community Centre 13/Free
46924 W Apr 2–Jun 25 4 p.m.—5:30 p.m.

Youth Drop-In Centre (10–18 yrs)
Bored? Need a place to hang out with friends? Meet up @ Quadra Village Community Youth Drop-In Centre Monday-Saturday evenings, or call for details and weekly schedule of events. We provide a fun, safe and welcoming environment by offering a variety of activities, including a large-projection TV, Wii, outdoor basketball, computer access, pool table, ping pong, floor hockey, air hockey and lounge, to meet the needs of youth in our community.
All times are subject to change, please check www.quadravillagecc.com or call Jennifer at 250.388.7696 for information.
Quadra Village Community Centre Free
M 6 p.m.—9 p.m.
Th 6 p.m.—9 p.m.
F 4 p.m.—7 p.m.
S 6 p.m.—9 p.m.

Quadra Village Drop-In Floor Hockey
CDI College Free
(6–12 yrs) Thursdays 7 p.m.—8 p.m.
(13–18 yrs) Thursdays 8 p.m.—9 p.m.

Saturday Night Recreation–Youth Choice
During Quadra Village Community Centre youth drop-in, structured fun recreation and activities will take place. From dodge ball to fun out-trips skating. Youth help plan the monthly activities.
Free
Saturday 6 p.m.—9 p.m.

Girls Youth Events (9–13 yrs)
Exciting and fun structured monthly events to take place. Program focus is on empowerment, life skills and building a circle of support for female youth. Check our website at www.quadravillagecc.com for more details.

“The Crew” – Quadra Village Work Crew (13–19 yrs)
Do you want to gain employment skills, meet new friends and participate in fun activities? The Crew is a leadership group that assists youth in gaining the skills they need to be successful young adults. For more information contact Jennifer at 250.388.7696
Quadra Village Community Centre Free
Mondays 4 p.m.—5:30 p.m.

Oaklands FlipOut Fridays (Gr. 5–7)
Join us for fun, social and recreational activities every Friday night. Movies and pizza, art nights and capture the flag are just a few of the activities you can expect! For a current monthly schedule check out the youth page on our website at www.oaklandscommunitycentre.com/recreation/youth. Or like our Oaklands Community Centre Youth Facebook page.
Special out trips may cost up to $10. No FlipOut Fridays on holidays.
Oaklands Community Centre Drop-In/$4
Fridays May 2–Aug 22 6:15 p.m.—9 p.m.

Red Cross Babysitting Course (11–15 yrs)
Looking to earn some extra money? Become a certified Red Cross Babysitter! Learn the ABC's of First Aid, emergency response and the skills of babysitting (i.e. feeding, diapering, playing etc.)
Crystal Pool and Fitness Centre 1/$45
46911 S Apr 12 9 a.m.—4 p.m.
46912 S May 24 9 a.m.—4 p.m.

Youth Lounge (Gr. 7–9 yrs)
Tired of doing homework every day after school? Interested in meeting new people? Take a break and join us at our fun, laid-back youth lounge. Music, magazines and Wii are just a few of the things we’ve got goin’ on. Hosted in our new youth space in Oaklands Neighbourhood House on 2629 Victor St.
Oaklands Neighbourhood House, Drop-in/$2
Tuesdays Apr 29–Aug 26 6:30 p.m.—8 p.m.
Teen Programs

Free Youth Drop-In Admission (11-18 yrs)
Celebrate Youth Week at Crystal Pool & Fitness Centre and drop in to the pool or weight room (16+ yrs) for FREE.

Crystal Pool & Fitness Centre Free
Friday May 2 After 3:30pm

Day Trips (9–15 years)
Bring your friends and make new ones as we take you on guaranteed fun adventures! Lazer Tag, Crag X, bowling and Wild Play are some of our favorite out trip ideas for the season! Registration includes transportation to and from Oaklands Community Centre and admission/rentals for the activity. Sponsorship options available. Visit www.oaklandscommunitycentre.com/recreation/youth for trip destination and price confirmation.

Oaklands Community Centre
46830 S May 24 1 p.m.–4 p.m.
46831 S Jun 21 1 p.m.–4 p.m.
46832 S Jul 19 1 p.m.–4 p.m.
46833 S Aug 9 1 p.m.–4 p.m.

Floor Hockey (9–17 yrs)
Join us at Oaklands Elementary School gym for some drop-in floor hockey. A fun pick-up game is waiting for you and your friends. Bring a pair of non-marking shoes and some energy! No games on Pro-D days or school holidays.

Food donations welcome.

Oaklands Elementary School Gym Drop-In/Free
Fridays May 2–June 27 4:30 p.m.-6 p.m.

Youth Sprint Kayak/Dragon Boat Open House
Would you like to try Olympic style kayaking, or dragon boating? This open house for youth aged 10–15 will show you how to get started in these exciting water sports. No experience necessary, and adult paddling programs for parents (and anyone over 18) will also be discussed. VI Paddling

Victoria West Community Centre 1/Free
47000 F May 9 5:30 p.m.–6:30 p.m.

Youth Learn to Dragon Boat, Outrigger Canoe & Sprint Kayak (13–18 yrs)
Youth will learn the basics of boating safety while developing good paddling skills and technique. Paddlers will develop team-building skills, self-confidence, strength, coordination, and balance. The course will end with participation in a fun local Dragon Boat Race (numbers allowing). Space is limited so please register early to avoid disappointment. No previous experience necessary. Includes equipment and coaching. (Victoria Youth Paddling Club.)

Crystal Pool and Fitness Centre 15/$195
46665 T,Th,S Jul 8–Aug 9 4 p.m.–5:30 p.m.
12:30 p.m.–2:30 p.m. (S)

Basic First-Aid for Biking and Boarding Teen’s
This fun and interactive 4 hour course trains teens how to react and improvise when dealing with time priority, life threatening emergencies. This course includes initial assessment of an accident, disease prevention, airway obstruction, adult and child hands only CPR. Teens will also learn recognition and first-aid treatment for head and spine injuries, shock, bleeding, broken bones. Participants spend the majority of the course doing hands on first-aid, and participating in first-aid scenarios. By practicing with scenarios students gain confidence, learn to improvise, and react in emergency situations. Includes an Alert First-Aid manual and certificate valid for 3 years.

Crystal Pool & Fitness Centre $50
47037 Saturday May 10 a.m.–2 p.m.

Vic West Skateboard Competition
Saturday June 14, 2014.
The 11th annual “Vee Dub Sk8 Comp” will be held at the Vic West Skate Park and is open to all levels of skateboarders. This years event will take place on June 14th and will include the following categories: green horn, novice, intermediate, advanced, and best trick contest. Registration opens at 9 a.m. Questions? Call 250.361.0706.
Register on-site $10.
Leaders In Training

Are you a teen 13–18 years looking for an exciting summer job? Get mom and dad off your case and take part in our leadership training workshops and job shadow placements that will give you a leg up on the competition for the best summer job of them all - Summer Camp Counsellor!

Leaders In Training – Learn 2 Lead (13–15 yrs)

This two-week interactive course will get you super summer camp savvy. Learn how to lead games and activities while you build group communication and outdoor hard skills. The program combines skill development workshops with a one week job shadow and will increase your chances of being accepted for our Level 2 Internship program! Manual, Certification and T-shirt included.

Crystal Pool & Fitness Centre
43665  M-F  Jun 30–July 11  9 a.m.–2 p.m.
9/$135

Leaders In Training – Internship (15–18 yrs)

Entry into this program will be determined by interview. Successful applicants will receive two weeks of in-depth leadership training in the areas of communication, program planning, behaviour management and team building prior to completing a one month summer camp placement as a Leader in Training. A $500 honorarium is provided upon successful completion.

Apply with resume and cover letter by June 18 to:
Attention: Ryan Lance
Crystal Pool & Fitness Centre
2275 Quadra St.
Victoria, BC V8T 4C4
or by email rlance@victoria.ca

How to Register

Contact the centre where the course is located.
See page 2 for Community Centre contacts.
See page 3 for Crystal Pool & Fitness Centre contacts.
**St. Patrick's Day**
Join us for a cup of Irish Coffee.

*Victoria Silver Threads*

Monday    Mar 17  10 a.m.–12 p.m.

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**FGCA Gala Fundraiser**
The Fairfield Gonzales Community Association is hosting its third annual Gala Fundraiser at the Art Gallery of Greater Victoria. The event features live jazz, wine tasting, engaging speakers, and a silent and live auction. This is our major fundraiser for the year and money raised will provide direct support to keep our valuable youth programs running. Call 250.382.4604 to purchase tickets.

*Art Gallery of Greater Victoria*
1040 Moss St.
Fairfield Community Place

Saturday  Apr 5  7 p.m. –11 p.m.

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**Easter Event**
Join us for an Easter lunch followed by an entertaining scavenger hunt. Event updates will be posted to our website or feel free to stop in and pick up a monthly activity calendar.

*Cook Street Village Activity Centre*

Fr $12 Members

$15 Non-Members

Friday  Apr 11  12:30 p.m.–2:30 p.m.

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**Oaklands 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 in the Oaklands Green. Bring your friends and family!

Please call Oaklands Community Centre to register for this event.

*Oaklands Community Centre*

$4/child

4327 S  Apr 12  10 a.m.–11:30 a.m.

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**Easter**
All those arriving in their Easter Bonnet will receive a free coffee.

*Victoria Silver Threads*

Thursday    Apr 17

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**Water Wipe-Out**
Celebrate Youth Week at the Crystal Pool & Fitness Centre in fantastic flailing fashion as you slip, slide and spill your way through our epic Water Wipe-Out obstacle course. Complete all 7 challenges for ultimate glory and a chance to spin our prize wheel! What happens when you’re done you say? You can do it all over again and again! Parents, you’re not going to want to miss this photo op! Spectators welcome!

*Crystal Pool and Fitness Centre*

Friday  May 2  7:30 p.m.–9:30 p.m.

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**Oaklands “Local Love” Fundraiser**
Oaklands invites you to join us for an evening of celebrating everything local! Discover all the magic in your community while you taste delicious eats from a variety of local food producers, and sip delectable beers from Hoyne Brewing Co., fine wines and ciders from around BC. Victoria artists will display their work for sale in our pop-up art gallery while musicians serenade us from jazz to folk and more. A special portion of the evening will be to celebrate local businesses in our community. Ticket includes one drink ticket and food. This is 19+ event and tickets must be purchased at Oaklands Community Centre before the event date.

*Oaklands Community Centre*

$30

47064 S  May 3  5 p.m.–10 p.m.

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**4th Annual Fernwood Pole Painting Project**
Join us for our 4th year of telephone pole painting!
You, your kids, your friends, and your neighbours are invited to paint a telephone pole as a permanent art piece for the Fernwood neighbourhood. Fernwood NRG will provide outdoor latex paint, sponges, and materials to create a stencil during the week prior to the event. Check fernwoodnrg.ca/fernwood-nrg-events/fernwood-pole-painting-project/ for the pole painting ‘How to Guide’ and more information. If you would like to paint a pole, email polepainting@fernwoodnrg.ca.

*Fernwood Community Centre*

$12

Saturday    May 10 a.m.–11 a.m.

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**Good Food Box Program**
Good Food Box is a project of Fernwood Neighbourhood Resource Group, a non-profit organization based in Fernwood, Victoria. Good Food Box is an alternative food distribution system for sustainably grown fruits and vegetables. We purchase only the highest quality produce and ensure variety, freshness, and, above all, affordability. We prioritize locally grown produce with a focus on seasonal harvest. Good Food Boxes are available in a variety of sizes and are delivered to your neighbourhood or home every 2 weeks.

For more information visit, www.fernwoodnrg.ca.

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**Guess Who's Coming To Dinner?**
This community dinner is open to all and held on the first and third Wednesday of the month. For reservations call 250.388.4268

*Victoria Silver Threads*

$12

Wednesday, 5 p.m.–7 p.m.
Hawaiian Luau

Cook Street Village Activity Centre
$15 Members
$18 Non-Members
Friday, Aug 15
12:30 p.m.–3 p.m.

Youth Dodge-Ball Tournament (Gr 5–8)
Are you bored of spending your summer on the couch? Do you like to dodge, duck, dip, dive and dodge? Round up a team of you and five friends and get ready for the best event of the summer. Register your team at Oaklands Community Center, individual registration includes a t-shirt and a BBQ afterwards. You don’t want to miss out on this event. Don’t dodge out, dodge in!

Oaklands Neighbourhood-Wide Garage Sale Day
Spring time is here and that means time for a spring cleaning! Residents of Oaklands this is your day to host a garage sale. Come on down to Oaklands neighbourhood to scour for deals and enjoy the day. Anyone in Oaklands is welcome to host a garage sale at their home on this day. Contact sarahrose@oaklandscommunitycentre.com to register your house and find out about signage.

Oaklands Neighbourhood
Saturday, May 10
9 a.m.–1 p.m.

Oaklands Sunset Market
Looking for place that offers local, fresh food, live music, beer garden, and a chance to meet your community? This free weekly outdoor market will be your number one spot this summer! Join us at Oaklands Market every Wednesday night from June-September for great live music, Hoyne Brewing Company beer garden, over 40+ vendors from around the city, and a variety of community events! Are you interested in being a vendor at our market? See our website for more information: www.oaklandscommunitycentre.com/markets

Oaklands Community Centre
$25/vendor stall
Wednesdays June 4–Sep 17
4:30 p.m.–8:30 p.m.

“The British Are Coming!”
Celebrating Victoria Day British Style. Stop in to purchase event tickets for our Spring fundraiser that will include a menu serving British Fish & Chips, and a British Ale Tasting contest. Come dressed in British colors. Event updates will be posted to our website www.cookstreetvillageactivitycentre.com.

Cook Street Village Activity Centre
$10 Members
$12 Non-Members
Friday, May 23
12:30 p.m.–2:30 p.m.

James Bay Community School Centre Picnic!
The always exciting Community Picnic is back again! Join us for an afternoon of fun for the whole family. Music, games, entertainment, food, and a fantastic silent auction! An annual event that is not to be missed. For more information, go to www.jamesbaycentre.ca

James Bay Community School Centre, 140 Oswego Street
Wednesday
June 11
3:30 p.m.–6:30 p.m.

Father’s Day Hot Lunch
In recognition of Father’s Day we invite you to join us for a lovely lunch with friends.

Cook Street Village Activity Centre
$10 Members
$12 Non-Members
Wednesday
June 11
11:30 a.m.–1 p.m.

19th Annual FernFest
FernFest is Fernwood’s annual neighbourhood block party. This celebration features live local music and entertainment, artisan market, BBQ, kid’s activities, senior’s tea, pancake breakfast, “kidical mass” bike parade and beer garden. Interested in volunteering? Email fernfest@fernwoodnrg.ca. For more information, visit fernwoodnrg.ca/fernwood-nrg-events/fernfest/.

Fernwood Square
Free
Friday
June 20
5 p.m.–10 p.m. (beer garden & music only)
Saturday
June 21
9 a.m.–10 p.m.

5th Annual Fernwood Bites (19+)
Fernwood Bites is a food and libation tasting event which celebrates the talent and creativity of our local chefs, microbreweries, wineries, and distilleries. This event features live music and a silent auction. The funds raised support the work of Fernwood NRG. This event is for adults (19+). For ticket information, visit fernwoodnrg.ca/fernwood-nrg-events/fernwood-bites/.

Fernwood Square
$50/ticket
Sunday
June 22
5:30-8pm

Pancake Breakfast

Cook Street Village Activity Centre
$8 Members
$10 Non-Members
Friday
June 27
9 a.m.–11 a.m.

Summer Kick-Off Barbeque
Start the summer off right at Oaklands with music, games and prizes. An Oaklands youth event you won’t want to miss! Everyone welcome, fee includes food.

Oaklands Community Centre
1/$15
47024
Saturday, Aug 16
1 p.m.–6 p.m.
ARTS – CREATIVE AND PERFORMING

Ballroom Dance
Introduction to the Waltz, Foxtrot, Cha Cha and Jive. This class is fun, social, and great for all ages.
Crystal Pool and Fitness Centre  12/$96
47031  M  Apr 7–Jun 30  7:30 p.m.–8:30 p.m.

Beginner Night Club Waltz
Learn to dance to slow ballads with the most romantic dance on the planet. The ideal first dance for weddings. Partners required.
James Bay Community School Centre  6/$60
197  F  Apr 25–May 30  6:30 p.m.–7:30 p.m.

Belly Dancing Level 1
Belly Dance is a beautiful, feminine art form steeped in thousands of years of Middle Eastern traditions. It nurtures the soul, helps control weight, develops core strength and boosts personal confidence. Women of all ages and shapes are invited to explore traditional belly dance in an encouraging, non-competitive, low-impact environment. No experience required.
Crystal Pool and Fitness Centre  8/$72
46738  T  May 6–Jun 24  7:30 p.m.–8:30 p.m.
46739  T  Jul 8–Aug 26  7:30 p.m.–8:30 p.m.

Dancing for Well-Being
Explore movement in a supportive setting. The focus is on moving in new ways, releasing tension and having fun. Classes include a variety of dance improvisation games and facilitated activities. No prior dance experience needed.
www.creativemoment.im/dancing
Crystal Pool and Fitness Centre  6/$54
46614  T  Apr 1–May 6  7 p.m.–8 p.m.
46615  T  May 13–Jun 17  7 p.m.–8 p.m.

Latin and Ballroom Line Dance
No partners required to learn basic Latin and Ballroom line dance patterns. This is a great class for a beginner dancer, set in a vibrant social setting. Have fun, bring a friend and prepare to laugh and meet people as you learn to dance. Instructor: Beverly Sutherland
Oaklands Community Centre  8/$72
46828  T  Apr 29–Jun 17  7:30 p.m.–8:50 p.m.
46829  T  Jul 8–29  7:30 p.m.–8:50 p.m.

Salsa
Hot & Spicy–learn the most popular Latin Dance. A really fun way to get a workout and meet new people. Some dance experience is helpful but not essential.
Victoria West Community Centre  8/$69
46516  W  Apr 30–Jun 18  7:45 p.m.–8:45 p.m.

Artist Trading Cards
Artist Trading Cards are a fascinating pastime for a great number of artists. The cards are always 2.5” x 3.5”, a size that fits into standard baseball card storage sleeves. A variety of art materials and innovating techniques will be covered. (Material fee of $25 should be paid to the instructor to cover supplies).
Victoria West Community Centre  6/$72
46460  T  Apr 29–Jun 3  6:30 p.m.–8:30 p.m.

It is not the mountain we conquer but ourselves.
SIR EDMUND HILARY

250.361.0732 | www.victoria.ca/recservices | Active Living Guide  Spring + Summer 2014  49
Adult Programs

Adult Guitar (16+ yrs)
Learn to play simple arrangements of popular songs through the reading of music and basic classical techniques.

James Bay Community School Centre 6/$75
490 M Apr 7–Jun 9 5 p.m.–5:45 p.m.

Creating a Visual Workbook 2
Develop an understanding of your own creative process and sources of inspiration! This class will present a variety of exercises and mixed media techniques each week to stimulate concept development and find your artistic voice. Through building your own workbook, you will develop an understanding of the visual language of art and create a vital personal resource in a fun and relaxed environment. We will be touching on collage, printmaking, image transfer, uses of acrylic mediums and paints, stencils, and many other techniques. No experience is required.

(Material fee of $25 for printmaking supplies, paints).

James Bay Community School Centre 6/$72
475 T Apr 22–May 27 6:30 p.m.–8:30 p.m.

Group of Seven Painting
Canadian Landscape painters The Group of Seven changed the way the world thought of Canada and made our vast landscape iconic, promoting tourism and national pride. Follow the greats as they travel across the land, finding inspiration in the pristine and rugged wilderness. With acrylic (or oil) we’ll re-create the brushstrokes and imagery from their most popular works of art! Materials list will be provided during the first class. Instructor: Susan Aili

James Bay Community School Centre 6/$95
47910 M May 19–Jun 23 6:30 p.m.–8:30 p.m.

Wash and Resist Drawing
Create rich and expressive textures combining water colour and rich inky blacks with oil pastel and wax resist. We will work with abstract and representational drawing, still life sources and photographs. No experience required. (Materials included in course fee).

James Bay Community School Centre 6/$85
477 Th Apr 3–May 8 6:30 p.m.–8:30 p.m.

Creative Drawing Continuing
Expand your drawing skills. Using drawing for personal expression, students explore ideas, expand skills, and gain confidence in their art making. The students learn how to use a selected variety of drawing materials and techniques and how to conceive, develop and conclude a drawing. Previous courses not required.

Victoria West Community Centre 6/$60
46535 T Apr 8–May 13 6:30 p.m.–8:30 p.m.

Life Drawing
This classical art form frees the hand to be creative as well as observant. We’ll look to our models for inspiration as we develop drawing techniques to capture light, strength and movement. Models are undraped and model fees are included.

Instructor: Susan Aili
Oaklands Neighbourhood House 5/$100
46886 M Jun 30–Jul 28 6:30 p.m.–8:30 p.m.

Living Abstracts Painting
Let go of control and let the paint make the painting! Involve yourself in the rich artistic practice of Gerhard Richter. Using glass to apply paint, Richter studies colour and the materiality of paint to unlock our deep connection with vibrancy and hue. Unexpected materials and unpredictability come together to create fabulous abstract works in this course. We’ll tap into the world of tone on tone, colouration and mood with acrylic on canvas! Great for Beginners. Material list provided.

Instructor: Susan Aili
Oaklands Neighbourhood House 6/$90
46884 T May 20–Jun 24 6:30 p.m.–8:30 p.m.

Watercolor Landscapes
Capture sunsets and scenery with the fluid strokes of watercolour painting. You’ll learn a variety of techniques to make your image come to life while exploring the rugged beauty of Canadian landscapes, Jack-pines, lakes and mountains. Find inspiration from your greater surroundings or personal trips and learn tips and tricks for plein-air painting. For beginner and intermediate students. Material list provided. Instructor: Susan Aili

Oaklands Neighbourhood House 5/$75
46883 T Jul 1–29 6:30 p.m.–8:30 p.m.

Watercolours
Explore basic techniques including brushwork, how to mix colour, washes and textures. Students will compose from landscapes, still life and photographs.

Victoria West Community Centre 6/$60
46536 T May 20–Jun 24 6:30 p.m.–8:30 p.m.

Italic Variations
The Italic hand is one of the most beautiful and versatile alphabets around. We will begin learning the characteristics of the classic italic form and then explore some modern variations. We will explore and incorporate different aspects of our writing and start to develop a personal style. Learn about the tools and materials required for calligraphy and how to make letterforms. Handouts and guide sheets will be provided. All levels welcome, no experience required. Material fee of $20 for supplies.

James Bay Community School Centre 6/$60
476 W Apr 16–May 21 7:00 p.m.–8:30 p.m.

Crystal Pool & Fitness Centre
2275 Quadra Street
Victoria, BC V8T 4C4
Phone: 250.361.0732
I am Avatar: Imagining the Alter-Ego! (15+ yrs)
‘Avatar’ is defined as the manifestation of a deity in human, superhuman, or animal form; an embodiment of a quality or abstract concept; or more popularly, an icon or figure that represents a person in cyberspace. Through artistic and philosophical exploration we’ll examine the concept of ‘avatar’ in all its incarnations through paper, pixels, and performance. Each week of this 4-part course will feature a different art technique and a corresponding text for discussion. Materials included.

Victoria West Community Centre 4/$50
46511 M May 5–Jun 2  6 p.m.–7 p.m.

The Aesthetics of Resistance! (15+ yrs)
Each week of this 4-part course will feature a different art technique and a contemplative text to read and discuss. We’ll get up to our ears in hand printed leaflets, papier-machè puppetry and other creative interventions as we think long and hard about the aesthetics of protest, the rhetoric of resistance, and how to make meaningful noise and inspire heated conversation. Materials included.

Victoria West Community Centre 4/$50
46510 M Mar 31–Apr 28  6 p.m.–7 p.m.

African Hand Drumming
Have you ever wanted to learn to play music in a welcoming group setting? It’s a fun way to unwind and energize while meeting new friends! African drumming has proven health benefits, and is easy for anyone to learn at any age. No need to own a drum. New students can sign up at any time (classes are pro-rated from start date).

LEVEL 1
Beginners are welcome and drums are provided. Award-winning instructor Jordan Hanson uses a progressive, easy-to-follow teaching style. Each new student receives a 24-page handbook & instructional DVD for playing along at home. www.drumvictoria.com

Fairfield Community Place 4/$64
465464 T Jun 3–24  7 p.m.–8:15 p.m.

Fairfield Community Place 6/$98
46547 T Jul 8–Aug 12  7 p.m.–8:15 p.m.

LEVEL 2
For students who have taken Level One 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. www.drumvictoria.com

Fairfield Community Place 4/$64
46550 T Jun 3–24  8:15 p.m.–9:30 p.m.

Fairfield Community Place 6/$98
46551 T Jul 8–Aug 12  8:15 p.m.–9:30 p.m.

DROP-IN

Drop-In Badminton
Join our group of enthusiasts for an evening of co-ed badminton. Please bring your own racquet. Birdies provided.
Fairfield Community Place 1/$3.50
46860 T  8 p.m.–10 p.m.

The Fairfield Community Place Is Your Place
Come join us here at the Fairfield Community Place on the last Monday of the month for board games, guitar jamming, clothing exchanges, book clubs, video games, and free computer access. This is your opportunity to get connected with the community by sharing a space with like-minded individuals. We welcome new ideas so bring your creativity and energy. All ages are welcome and by donation. For more information call 250.382.4604 or email place@fairfieldcommunity.ca.

Fairfield Community Place Free
46863 M Apr 28  6 p.m.–8 p.m.
46864 M May 26  6 p.m.–8 p.m.
46865 M Jun 23  6 p.m.–8 p.m.

Volleyball
Fun, drop in recreational opportunity. Equipment is provided. For adults 16+ years.
James Bay Community School Centre Drop In/$3.50
M Apr 5–Jun 9  7 p.m.–9 p.m.

Basketball
Fun, drop in recreational opportunity. Equipment is provided. For adults 16+ years.
James Bay Community School Centre Drop In/$3.50
W Apr 2–Jun 11  7 p.m.–9 p.m.

Indoor Soccer
Fun, drop in recreational opportunity. Equipment is provided. For adults 16+ years.
James Bay Community School Centre Drop In/$3.50
Th Apr 3–Jun 12  7 p.m.–9 p.m.

Table Tennis
Fun, drop in recreational opportunity. Equipment is provided. For adults 16+ years.
James Bay Community School Centre Drop In/$2
M Apr 7–Jun 9  11 a.m.–1 p.m.
F Apr 4–Jun 13  1 p.m.–3 p.m.

James Bay Walking Group
Meet at the centre and enjoy a walk around the neighbourhood followed by coffee time in one of our local cafes.
James Bay Community School Centre Drop In/FREE
W Apr 2–Jun 25  9:30 a.m.–11 a.m.

How to Register
Contact the centre where the course is located.
See page 2 for Community Centre contacts.
See page 3 for Crystal Pool & Fitness Centre contacts.
**HEALTH AND WELLNESS**

### Super Circuit
Incorporating strength and cardiovascular exercises, this class will get your morning going! We’ll be using a variety of equipment and changing the exercises weekly to keep you on your toes! This class is designed for all levels and ages.

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<td>Crystal Pool and Fitness Centre</td>
<td>6/$48</td>
<td>Apr 25–May 30</td>
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<td>Jun 6–Jul 11</td>
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### Bellyfit
Fusion fitness designed for women inspired by cultural dance: African, Bollywood, Bhangra and Bellydance. Pilates inspired core work and yogic stretch ending with a meditative mudra. All ages welcome.

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<tr>
<td>Victoria West Community Centre</td>
<td>8/$67</td>
<td>Apr 4–May 30</td>
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<td>Mar 31–Jun 2</td>
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### Bootcamp
Join us for the ultimate one-hour, full-body workout. If you’re looking to gain strength, lose inches or just learn new exercises, this is the class for you! No matter your fitness level, our class is guaranteed to make you work hard, sweat, laugh and sometimes cry. When weather permits, classes may be held outdoors in the fresh air. One day registration option available. Instructor: Kathi Taylor

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<td>Jul 3–31</td>
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<td>Aug 5–28</td>
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### O2 Training Bootcamp
A fun and challenging group exercise class that mixes body weight exercises with interval training and strength training. Get fit, lose weight, increase strength, build endurance and improve muscle tone.

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<td>James Bay Community School Centre</td>
<td>24/$189</td>
<td>Apr 7–Jun 6</td>
<td>6 p.m.–6:45 p.m.</td>
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### Egoscue
Learn the unique method developed by Pete Egoscue to relieve chronic pain in the body, returning your body to proper alignment, function and balance.

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<td>8/$86</td>
<td>Apr 26–Jun 14</td>
<td>11 a.m.–12:30 p.m.</td>
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### Fun Intro to Group Fitness
Wanting to join a fitness class but just not sure what? This class is for you! Diane will help you get your ‘feet wet’ by guiding you through a variety of Fun Intros to Group Fitness!

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<td>Crystal Pool and Fitness Centre</td>
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<td>Apr 16–May 21</td>
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### Flat Tummies for New Mummies
Core training program for women with new babies that starts with basic core activation, and functional movement patterning, that progresses toward more advanced exercises. Designed for women with babies between one month and five years old.

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### Mom and Baby Fitness
This Baby Friendly class allows mom to get a great workout AND attend to baby's needs at any time. Each class provides a full body workout: cardio, muscular endurance, postnatal specific core work and flexibility. Benefit from increased energy, improved posture, less aches and pains and a stronger core. This is a fantastic opportunity to connect with other new moms in your community. Women should be 4+ weeks postpartum (6 weeks for caesareans). All fitness levels are welcome. This class is designed for pre-mobile babies. Instructor: Kathi Taylor

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<td>Oaklands Community Centre</td>
<td>9/$90</td>
<td>May 1–Jun 26</td>
<td>12:30 p.m.–1:30 p.m.</td>
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### Post Natal Fitness
Mom and me bootcamp is the perfect way to get back in shape and attend to your child’s needs at the same time. Classes include a variety of strength, endurance, and interval exercise specific to post natal woman. Babies will be incorporated in exercises throughout the program and can be side by side with mom on the mats as they exercise

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<td>6/$50</td>
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### Stroller bootcamp
Stroller bootcamp is the perfect way to get back in shape and attend to your child’s needs at the same time. Classes are held indoors and outdoors and include a variety of strength, endurance, and interval exercise utilizing the stroller.

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<td>Victoria West Community Centre</td>
<td>8/$66</td>
<td>Aug 7–Sep 2</td>
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Stroller Fitness
Fit 4 Two Stroller Fitness is a mobile way for you to get a full body work out and still be able to attend to your baby’s needs. Each class includes intervals of power walking, functional strength training and cardio drills followed by postnatal-specific core work and flexibility. Our mobile intervals are ideal for babies who like to be on the move. Come out and meet other moms in your community!
Women should be 4+ weeks postpartum (6 weeks for caesareans). All fitness levels are welcome. Instructor: Kathi Taylor
Oaklands Community Centre 9/$90, Drop-in $12
47008  F  May 2–Jun 27  12 p.m.–1:15 p.m.

HIIT (High Intensity Interval Training)
High Intensity Interval Training (HIIT) is an enhanced form of Tabata; an exercise strategy that alternates periods of short intense anaerobic exercise with less-intense recovery periods. This style of training stresses the muscles and cardiovascular system in a short period of time, forcing it to adapt by improving anaerobic and aerobic capacity, boosting metabolism and accelerating weight loss.
Victoria West Community Centre 6/$50
46375  Th  Apr 10–May 15  5:30 p.m.–6:30 p.m.
46376  Th  May 22–Jun 26  5:30 p.m.–6:30 p.m.

Hoop Dance
A 50 minute workout that will work your core and blast away stress. You control the intensity while improving your endurance, balance and coordination. Start by learning to keep the hoop on your waist and progress to fun dance inspired moves. Easy to use adult-sized hoops will be provided. Instructor: Tyne Bloomfield
Oaklands Community Centre Drop-in $10 or 9/$72
46853  Th  May 1–Jun 26  6:15 p.m.–7:05 p.m.
Victoria West Community Centre 6/$42
46447  T  Apr 1–May 6  5:30 p.m.–6:30 p.m.

Intermediate Hoop Dance
Build on the skills you learned in Beginner Hoop Dance, or if you are already confident keeping a hoop going, jump on in here! This class teaches some trickier moves like knee/leg hooping and fancy ways to start the hoop. A variation of different hoop sizes and materials will be provided to try out and experiment with. Weather permitting, the class will be held outside.
Victoria West Community Centre 6/$42
46451  T  May 13–Jun 17  5:30 p.m.–6:40 p.m.

Kettlebell Training
Kettlebell workouts are intended to increase strength, endurance, agility and balance, challenging both the muscular and cardiovascular system with dynamic, total-body movements. Kettlebells make it easier to do get the most out of each exercise that you do in your workouts.
Crystal Pool and Fitness Centre 4/$60
46788  W  Apr 9–30  12 p.m.–12:45 p.m.
46789  W  May 7–28  12 p.m.–12:45 p.m.

Kinesis Orientation
Learn how to use the new Kinesis One by TechnoGym. Kinesis innovation and technology allows users to move three-dimensionally while providing resistance to every possible movement of the human body. Allow one of our experienced Personal Trainers guide you through the basics of creating functional workouts to meet all your fitness goals.
Crystal Pool and Fitness Centre
Contact front desk to schedule.

Align Your Spine Workshop
Do you twist more easily to one side than the other? Do you notice one of your hips is tighter than the other? Is one shoulder lifted higher than the other? If so, you may have an asymmetry or scoliosis curvature in your body. Learn how to work with your pattern to rebalance it, rather than reinforce it with tools like spinal strengthening, focused breathing, standing postures, backbends, twists, and more. Register for one or both parts of the workshop.
James Bay Community School Centre 1/$35
Part 1:
510  S  May 10  10 a.m.–12:30 p.m.
Part 2:
511  S  May 31  10 a.m.–12:30 p.m.

Pilates Barre Fitness
A dynamic fusion of Pilates and barre conditioning; this high energy full bodied workout will give you long lean muscles and leave you feeling strong of mind and body. Commit and see results of increased strength, stamina and flexibility. No experience required.
Oaklands Community Centre Drop-in $11 or 8/$72
46987  T  Apr 29–Jun 24  6:15 p.m.–7:15 p.m.
Oaklands Community Centre Drop-in $11 or 4/$36
46988  T  Jul 8–29  6:15 p.m.–7:15 p.m.
**Adult Programs**

### Barre (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.

- **Crystal Pool and Fitness Centre** 6/$52
  - 46766 Th Apr 10–May 15 6 p.m.–7 p.m.
  - 46767 Th May 22–Jun 26 6 p.m.–7 p.m.
  - 46768 Th Jul 3–Aug 7 6 p.m.–7 p.m.

### Pilates Beginner

Take this great class that everyone is talking about! Learn exercises designed to improve core strength, balance, flexibility and posture. Pilates is a whole body workout that develops long, lean and toned muscles.

- **Crystal Pool and Fitness Centre** 5/$40
  - 46826 T Apr 1–Apr 29 5:30 p.m.–6:30 p.m.
- **Crystal Pool and Fitness Centre** 8/$64
  - 46827 T May 6–Jun 24 5:30 p.m.–6:30 p.m.
  - 46828 T Jul 8–Aug 26 5:30 p.m.–6:30 p.m.
- **Victoria West Community Centre** 6/$50
  - 46323 W Apr 9–May 14 5:30 p.m.–6:30 p.m.
  - 46324 W May 21–Jun 25 5:30 p.m.–6:30 p.m.
  - 46325 W Jul 8–Aug 26 5:30 p.m.–6:30 p.m.
- **James Bay Community School Centre** 10/$80
  - 469 Th Apr 4–May 16 5 p.m.–6 p.m.
  - 469 Th May 23–Jun 27 5 p.m.–6 p.m.

### Pilates Intermediate

This is a mixed level class designed to accommodate the needs of both the new and continuing participant. Learn to improve core strength and balance the muscles around the joints, improving the way your body functions, looks and feels.

- **Crystal Pool and Fitness Centre** 5/$40
  - 46790 W Apr 2–Apr 30 5:30 p.m.–6:30 p.m.
- **Crystal Pool and Fitness Centre** 8/$64
  - 46791 W May 7–Jun 25 5:30 p.m.–6:30 p.m.
  - 46792 W Jul 2–Aug 20 5:30 p.m.–6:30 p.m.
- **Victoria West Community Centre** 6/$50
  - 46330 F Apr 4–May 16 5 p.m.–6 p.m.
  - 46331 F May 23–Jun 27 5 p.m.–6 p.m.

### Pole Dancing

Boost your confidence and fitness level with this class. Classes will take place in a private setting with an encouraging and experienced instructor. Every woman should try this class at least once.

- **Crystal Pool and Fitness Centre** 6/$99
  - 46777 M Apr 21–Jun 2 7:45 p.m.–8:45 p.m.
  - 46778 M Jun 9–Jul 21 7:45 p.m.–8:45 p.m.

### Ready, Set, Run!

Whether you are new to 10K training, or just want to improve your time, this clinic is designed to help you prepare for a 10K event. We will get you to the start line and cross the finish line as well! Goal Race: Vicotira Canada Day 10K on July 1. (Please note: Course fee does not include race registration).

- **James Bay Community School Centre** 10/$60
  - 516 W Apr 23–Jun 25 6 p.m.

### Small Group Personal Training

Small group personal training is an economic alternative to one-on-one training, plus it offers the benefits of working out with others to push you to a new levels. Register as a group or individual and make new friends. 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.

- **Crystal Pool and Fitness Centre** 4/$60
  - 46805 T Apr 8–29 8 a.m.–8:50 a.m.
  - 46806 T May 6–27 8 a.m.–8:50 a.m.
  - 46807 T Jun 3–24 8 a.m.–8:50 a.m.

### Spin

Spinning or indoor cycling is a form of high-intensity exercise that involves using a stationary exercise bicycle in a group setting. You can burn up to 450 calories during a 40 minute class. Spinning is high energy although participants can set their own pace by adjusting speed and tension on their own spinner. Make sure to bring water and a towel.

- **Crystal Pool and Fitness Centre** 7/$49
  - 46779 M Apr 21–Jun 9 6:15 p.m.–7:15 p.m.
  - 46780 M Jun 16–Jul 28 6:15 p.m.–7:15 p.m.
- **Crystal Pool and Fitness Centre** 8/$56
  - 46781 Th Apr 10–May 29 7 a.m.–7:50 a.m.
  - 46783 Th Jun 5–Jul 24 7 a.m.–7:50 a.m.

### Spring Forest Qi Gong

Spring Forest Qigong (SFQ) is a simple, efficient and effective method for helping you heal physical and emotional pain to enhance the quality of your life and the lives of others. Anyone and everyone ~ regardless of ability, age or beliefs can practice the techniques of SFQ and become healthier and happier.

- **Fairfield Community Place** 8/$80
  - 46858 W Apr 16–Jun 4 6 p.m.–7 p.m.
Strength & Stretch
Improve your strength and flexibility. Beginning with a warm-up, the focus is on exercises using tubing, free weights and gentle stretching to tone and strengthen.
James Bay Community School Centre 6/$45
456 F Apr 4–May 16 9 a.m.–10 a.m.

Total Body Workout
Come join us for a great cross-conditioning workout focused on strengthening and toning the muscles of the entire body with sculpting, core conditioning and cardiovascular interval challenges followed by a relaxing stretch. Appropriate for all fitness levels and can be adapted for high or low impact participants.
James Bay Community School Centre Drop In/$4.50
M,W,F Mar 31–Jun 13 5 p.m.–6 p.m.

Tai Chi-Chen Style
Chen Style Tai Chi emphasizes the theories of yin and yang, drawing power from proper structure, balance of fast and slow movements, and the cultivation of dynamic internal energy.
James Bay Community School Centre 10/$63
445 T Apr 1–Jun 9 6 p.m.–7 p.m.

Tai Chi–Yang Style
An introductory course—learn the steps of this gentle exercise that improves your balance and flexibility while providing a beneficial impact on conditions affecting the heart, lungs, circulation and joints.
Crystal Pool and Fitness Centre 10/$80
46810 T Apr 15–Jun 17 10:30 a.m.–11:30 a.m.

Karate for Adults
Our co-ed classes include calisthenics with a focus on flexibility, strength, stamina, and coordination.
James Bay Community School Centre 8/$80
452 T Apr 1–May 20 7:15 p.m.–8:30 p.m.

Yamuna Body Rolling
Join us for this series of classes that will provide you the space and guidance to unravel your body’s tensions whether they be from vigorous exercise, repetitive stress or past trauma. Organize and tone your body with this fresh approach to body fitness. Balls are provided.
Oaklands Community Centre 5/$70
46986 T May 6–Jun 10 7:30 p.m.–9 p.m.

Intro to Yamuna Body Rolling
Oaklands Community Centre 1/$15
46984 T Apr 29 7:30 p.m.–9 p.m.

Strength & Stretch
Improve your strength and flexibility. Beginning with a warm-up, the focus is on exercises using tubing, free weights and gentle stretching to tone and strengthen.

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!
Victoria West Community Centre 10/$70
46302 M Apr 7–Jun 23 7:30 p.m.–8:30 p.m.
Fairfield Community Place 10/$80
46560 T Apr 7–Jun 23 5:30 p.m.–6:30 p.m.
Fairfield Community Place 7/$56
46562 T Jul 7–Aug 25 5:30 p.m.–6:30 p.m.
Oaklands Community Centre 9/$72
46900 M May 5–Jun 23 6:15 p.m.–7:15 p.m.
Oaklands Community Centre 8/$64
46899 M Jun 30–Aug 25 6:15 p.m.–7:15 p.m.

ZUMBA® TONING
It’s an exciting, Latin inspired, dance ‘n tone program. This is the original dance-fitness class taken to the next level. ZUMBA® TONING is an innovative muscle training program with the addition of light weight toning sticks. We provide the 2 1/2 lb, sand filled toning sticks, which are very similar to maracas. In a relatively short period of time, this challenging workout helps in building coordination and muscle endurance. Now that you’ve worked on your lower body rhythm, it’s time to perfect the upper body! The NEW and exciting Zumba toning program is designed to offer the participant a safe, yet effective total body toning workout! This class is open to everyone, no previous dance or ZUMBA® class experience necessary.
Fairfield Community Place 11/$88
46563 F Apr 11–Jun 27 6:45 a.m.–7:45 a.m.
Fairfield Community Place 10/$80
46564 M Apr 7–Jun 23 6:30 p.m.–7:30 p.m.
Fairfield Community Place 12/$96
46565 W Apr 9–Jun 25 5:30 p.m.–6:30 p.m.
46566 T Apr 8–Jun 24 6:45 a.m.–7:45 a.m.
Crystal Pool and Fitness Centre 8/$64
46549 W May 7–Jun 11 7:30 p.m.–8:30 p.m.
46550 W Jun 18–Jul 23 7:30 p.m.–8:30 p.m.

How to Register
Contact the centre where the course is located.
See page 2 for Community Centre contacts.
See page 3 for Crystal Pool & Fitness Centre contacts.
**The Fairfield Community Place**

**Is Your Place**

Come join us here at the Fairfield Community Place on the last Monday of the month for board games, guitar jamming, clothing exchanges, book clubs, video games, and free computer access. This is your opportunity to get connected with the community by sharing a space with like-minded individuals. We welcome new ideas so bring your creativity and energy. All ages are welcome and by donation.

For more information call 250.382.4604 or email place@fairfieldcommunity.ca

**Adult Programs**

**ZUMBA 15-15-15**

Love ZUMBA TONING and love ZUMBA but want to take it to another level? Why not try ZUMBA 15-15-15? It is a combination: 15 minutes Zumba Toning, 15 minutes Zumba and 15 minutes Zumba Core and we finish with cool down and stretching. Zumba Toning combines targeted body-sculpting exercises and high-energy cardio work with Latin-infused Zumba moves to create a calorie-torching, strength-training dance fitness-party. Zumba Toning is the perfect way for enthusiasts to sculpt their bodies naturally while still getting in shape and having a total blast! You will use weighted, maraca-like Zumba Toning Sticks or light hand weights (up to 3lbs) to enhance rhythm, build strength and tone all the target zones. This class can also include older adults who wish to do a slower Zumba workout minus the weights and the Zumba Core is designed to strengthen your core and sculpt your abs within a solid total workout.

**Fairfield Community Place**

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**LEARN FOR LIFE**

**Compassionate Communication**

Instructor Rachelle Lamb is a recognized speaker, author and certified trainer of Compassionate Nonviolent Communication, a revolutionary approach to communication developed by Marshall Rosenberg, PhD. Also referred to as NVC, this simple and elegant model methodically helps people to identify and transform communication patterns that stimulate defensiveness and resistance and to replace them instead with a powerful way of communicating that inspires cooperation and is deeply satisfying and connecting. This 8 week course is suitable for couples, parents, people in organizational environments and all individuals who wish to raise the bar in their communication. For more information, visit www.RachelleLamb.com

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**Quadra Village Community Centre**

**LifeRing Alcohol & Drugs Peers Support Group**

LifeRing is a network of support for people who want to live free of alcohol and other addictive drugs. LifeRing works through positive social reinforcement. The meeting process empowers the Sober Self within each of us. The hallmark of a quality treatment program is to match the treatment to the individual. We encourage each participant to work out their own particular path and to use the group process as a workshop for that purpose. For more information, visit www.liferingcanada.org

**Victoria West Community Centre**

**English as a Second Language for Adults**

Do you wish to polish and upgrade your English? This course provides you with the opportunity to do just that. It will focus on speaking and reading, including grammar and vocabulary. You are welcome to choose conversation and reading topics of interest to you.

**James Bay Community School Centre**

**French Refresher**

A native French instructor with extensive experience helps you brush up your rusty French, learn beyond the basics, expand your vocabulary, improve your grammar, and feel more comfortable using this expressive language. This class is not suitable for total beginners.

**Beginner Russian**

Students will learn the alphabet, the rules of reading, structures of a sentence and different question types. The vocabulary encompasses some words from the following topics: family, publications, cities, countries, languages. Students will learn how to greet each other and introduce themselves.

**Intermediate Russian**

For those who have a basic knowledge of Russian. Students will get a better understanding of the verb system in the Russian language. Vocabulary is expanded to include places in the city, different types of vehicles, kitchen and bathroom items, clothes, and saying the time.
Spanish for Beginners
An introduction to the basics. Learn grammar, pronunciation, reading and writing, as well as common idioms and expressions. Cultural traditions and context from Latin America are taught. Students will be able to use what they have learned to travel in Spanish-speaking countries and have fun learning Spanish this way!

Victoria West Community Centre 8/$56
46425 W Apr 16–Jun 4 7:45 p.m.–9 p.m.
Fairfield Community Place 10/$90
46857 W Apr 23–Jun 25 7 p.m.–9 p.m.
James Bay Community School Centre 8/$56
495 T Mar 25–May 13 7 p.m.–8:30 p.m.

Spanish for Beginners II
This course will take a more in depth approach to developing your conversational Spanish skills. Suitable for those who have a basic knowledge of Spanish or have taken our Spanish for Beginners Course. (‘Learn Spanish The Fast And Fun Way’ textbook not included.)

Fairfield Community Place 8/$72
46901 W Jul 9–Aug 27 7 p.m.–9 p.m.

Spanish Continuing
Expand you vocabulary, improve your basic grammar, and learn more reading and writing skills. Beyond the basics!

Victoria West Community Centre 8/$56
46428 W Apr 16–Jun 4 6:15 p.m.–7:30 p.m.
James Bay Community School Centre 8/$56
496 Th Mar 27–May 15 7 p.m.–8:30 p.m.

Italian
The language of music and love! Learn the basic conversational skills in this relaxed, interactive class.

Victoria West Community Centre 8/$60
46445 W Apr 2–May 21 7:15 p.m.–8:45 p.m.

Standard First Aid and CPR (15+ yrs)
A variety of topics are covered from basic first aid such as cardiovascular and breathing emergencies, CPR Level C, prevention of disease transmission and more severe medical conditions and injuries.

James Bay Community School Centre 2/$140
498 S/Su May 24–May 25 9 a.m.–5 p.m.

CPR Recertification (15 yrs +)
Includes emergency scene management, choking, unresponsiveness, angina, heart attack, cardiac arrest, stroke, and the use of automated external defibrillators.

James Bay Community School Centre 1/$70
499 M May 12 6 p.m.–9 p.m.

Vegetarian Indian
Come and learn more about North East Indian cuisine. Sonja shares some culinary secrets from East Indian chefs she worked with at the Naa.m. restaurant in Vancouver. The menu will include chick pea (channa) curry, Baked Samosas, Pakoras, and a Mint and Cilantro Achar. There will be some hands on in this class so bring an apron and a couple of containers in case of leftovers.

James Bay Community School Centre 1/$50
472 W Apr 9 6 p.m.–8:30 p.m.

Cooking for Food Sensitivities
Do you, or does someone in your family, have an allergy to certain foods? If so, then this is the class for you! We will learn how to make recipes without using dairy, eggs, gluten, or sugar. Some of the recipes are Almond Flour Muffins, Yam & Walnut Cookies, a dairy free Cream Soup, and a Tofu Quiche. Enjoy a meal at the end of the lesson and bring some to go containers.

James Bay Community School Centre 1/$50
473 W Apr 23 6 p.m.–8:30 p.m.

Veggie Burgers with a Gourmet Twist
Throughout her travels and cooking adventures, Chef Sonja has invented some mouth-watering veggie burger recipes! Come and learn how to make from scratch a Lentil Walnut burger, almond rice burgers, and a quinoa burger. There will be some hands on in this class. Come with an appetite, as you will want to test these creations. Bring some to go containers.

James Bay Community School Centre 1/$50
474 W May 21 6 p.m.–8:30 p.m.

Good Food Box Program
Good Food Box Program, a project of Fernwood Neighbourhood Resource Group, is an alternative food distribution system for sustainably grown fruits and vegetables. We purchase only the highest quality produce and ensure variety, freshness, and, above all, affordability. We prioritize locally grown produce with a focus on seasonal harvest. Good Food Boxes are available in a variety of sizes and are delivered to your neighbourhood or home. For more information and to view the schedule visit, www.fernwoodnrg.ca.

W Ongoing 7 p.m.–9 p.m.

Parenting Programs
Quadra Village Community Centre offers accredited parenting series several times a year. Sessions meet weekly for six weeks and are free of charge.
Call Gillian at 250.388.7696 for information about the next series.

STEP by STEP Parenting
Do you feel the need to build or strengthen your parenting skills? Please join us for one, two or all six sessions! Free Childminding is available. Call Gillian or Helene to register at 250.388.7696

Quadra Village Community Centre
Mondays, 6 p.m.–7:30 p.m. Free
April 27 - Being a Parent: Stressors & Parent Traps
May 5 - Sleep Routines: 6 months - 3 yrs
May 12 - Meal Time Battles
May 26, June 2 and 9 - Managing Difficult Behaviours
Adult Programs

James Bay Community School Centre
Technology Centre
Looking for a place to run some staff computer training? Host or attend an online workshop?

The James Bay Community School Centre is home to a large, recently renovated Technology Centre. The space equipped with 30 PCU’s, a Smart Board, wireless capability (for Macs and PC’s), surround sound, and various software programs. Contact the centre for details around availability and pricing.

Adult Weekly Sport Drop-Ins
$4.50/drop-in

Mondays
Drop-In Volleyball
7 p.m. – 9 p.m.

Wednesdays
Drop-In Basketball
7 p.m. – 9 p.m.

Thursdays
Drop-In Indoor Soccer
7 p.m. – 9 p.m.

Richard Walker Food Forestry Level 1
With 26 years of Food Forestry experience, Richard Walker brings the most experience in cold climate edible forests to Victoria. This two and half day workshop is everything you need to know to start creating forests of food. Called, “The best course I’ve ever taken” by more students then trees in the forest, this is not to be missed. For more information, go to www.permaculturebc.com.

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<td>Fernwood Community Centre</td>
<td>$275+GST</td>
<td>Th Mar 27</td>
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Richard Walker Food Forestry Level 2: Medicine from the Food Forest
Not only one of Canada’s most experienced food foresters, Richard Walker is also a master herbalist who’s been helping clients from his food forest to regain their eye sight, remove chronic pain and live happier healthier lives. Learn what Richard is calling “6 months of herbalism” distilled into two and half days of the most value for your tuition. For more information go to www.permaculturebc.com.

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Home Scale Aquaponics: Growing the Healthiest Fish Right at Home!
Join Jodi Peters and Jeff Radke for a day and half introduction to the world of growing fish and vegetables with home scale aquaponic systems. Experience with 5 different small scale systems have taught these two what works but more importantly what doesn’t. Save time and money with this short and sweet course. For more information go to www.permaculturebc.com.

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Choices for Sustainable Living
In this discussion group you will explore the meaning of sustainability. Consider the ties between lifestyle choices and their impact on Earth. Learn about the steps that can be taken to move toward sustainable organizations, lifestyles, and community. Includes workbook. Facilitator: Canadian Earth Institute

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<thead>
<tr>
<th>Location</th>
<th>Price (GST incl.)</th>
<th>Dates</th>
<th>Time</th>
</tr>
</thead>
<tbody>
<tr>
<td>Oaklands Neighbourhood House</td>
<td>8/$30</td>
<td>46602 T Apr 29–Jun 17</td>
<td>6:30 p.m.–8 p.m.</td>
</tr>
</tbody>
</table>

Discover Yourself Astro Workshop
Do you want to know who you really are? Join us in a journey of exploration of your unique personality in a positive atmosphere. Your astrological birth chart will be analyzed. The date, time and place of birth are required. Let’s discover you together! Instructor: Alla Lemieszynska

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<tr>
<th>Location</th>
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<th>Dates</th>
<th>Time</th>
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<tbody>
<tr>
<td>Oaklands Community Centre</td>
<td>5/$75</td>
<td>Th May 1–May 29</td>
<td>7:15 p.m.–8:45 p.m.</td>
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</table>

Introduction to Homebrewing
Interested in making beer at home, but not sure where to start? This class will sample beer styles, interact with ingredients and discuss fermentation processes. You will learn how to navigate the local homebrew shop to provide an introduction to home brewing equipment and cleaning. This class will also provide a hands-on demonstration of making ‘kit’ beer, ‘extract’ and ‘all-grain’ beer. Must be be 19+ to register. Instructor: David Shaykewich

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<th>Time</th>
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<tbody>
<tr>
<td>Oaklands Community Centre</td>
<td>4/$75</td>
<td>W Aug 6–Aug 27</td>
<td>7 p.m.–8:30 p.m.</td>
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</table>

Reiki Workshop
Reiki is a Japanese word meaning, “The transfer of universal life energy” for the purpose of healing mind, body and spirit. This is a gentle modality that helps you learn and work with the subtle energy systems known as chakras. This workshop will teach about the different energies of the body and you will receive basic instruction on performing a mini Reiki session on yourself and others.

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<th>Time</th>
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<tbody>
<tr>
<td>Oaklands Neighbourhood House</td>
<td>5/$45</td>
<td>S May 17</td>
<td>1 p.m.–4 p.m.</td>
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</tbody>
</table>

Cob Oven Building Workshop
Join us for a three day, hands-on cob oven building experience. While building a unique cob oven with your friends, you will learn the history of cob, advantages to building with earth and the essential aspects of building, sculpting and finishing cob. Upon completion, you will know all the steps to building your very own cob oven. Instructor: Canadian Earth Institute

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<tr>
<th>Location</th>
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<th>Dates</th>
<th>Time</th>
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<tr>
<td>Oaklands Community Centre</td>
<td>3/$125</td>
<td>July 12, 13, 20</td>
<td>10 a.m.–5 p.m.</td>
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</table>

How to Register
Contact the centre where the course is located. See page 2 for Community Centre contacts. See page 3 for Crystal Pool & Fitness Centre contacts.
Kyudo—The Way of the Bow
Meeting Sunday afternoons to practice Kyudo, Japanese Archery, this course teaches the basics of form and etiquette, including the 8 stages of shooting (hassetsu) and the correct form of movements (kihontai). All equipment will be provided. Practice is done with rubber bows (gomuymui) and shooting arrows is dependent on each student’s level of achievement. This summer session is intended for those with previous experience in Kyudo. Please come and observe a class prior to registration.

Fernwood Community Centre  Monthly fee $40
Su May 4–Aug 24 1 p.m.–3 p.m.

STEP by STEP Parenting
Do you feel the need to build or strengthen your parenting skills? Please join us for one, two or all six sessions! Free Childminding is available. Call Gillian or Helene to register at 250.388.7696
April 27–Being a Parent: Stressors & Parent Traps
May 5–Sleep Routines: 6 months–3 yrs
May 12–Meal Time Battles
May 26, June 2 & 9–Managing Difficult Behaviours

Quadra Village Community Centre  Free
Mondays  6 p.m.–7:30 p.m.

Preparing the Nest!
Come hang out each week for a DIY nursery prep session amongst other expectant parents. Together we’ll use basic sewing and crafting techniques to make everything from nursery necessities like washcloths and burp cloths to less ‘necessary’ but equally important treasures like mobiles and baby toys. Sign up for the whole 6 weeks of crafting camaraderie or drop-in (drop ins $15 per class).

Quadra Village Community Centre  Free
M-Th Ongoing 9 p.m.–8 p.m.

Nonviolent Communication for Parenting with Compassion and Empathy
Nonviolent Communication (NVC) is a powerful process for parenting children in a way to motivate without the threat of punishment or the promise of reward. Understand and learn skills using a methodology that nurtures connection and actions that are needed to create healthy relationships. This series will be focusing upon strengthening your emotional connection to your partner and children, hearing the needs behind whatever anyone does or says, staying connected to your values during any interaction and reducing family conflicts and sibling rivalry.

James Bay Community School Centre  6/$60
111 W May 7–Jun 11 6 p.m.–8 p.m.

Knowhow
Where adults share and gain talents and skills.

Quadra Village Community Centre  Free
W 1 p.m.–2:30 p.m.

The Community Hot Lunch Program
Enjoy a wonderful, healthy hot lunch for $3, consisting of a salad, main dish, desert and tea or coffee. Lunch is served from 12 p.m.–12:30 p.m., then stay and socialize until 1 p.m.

Quadra Village Community Centre  Adult/$3, Child/$1
Thursday  12 p.m.

Family Games Night
Spend time together with the family at the Youth Centre. Enjoy a structured game or activity, play pool, ping pong or enjoy arts and crafts. Make friends with your neighbours. Every family is welcome! Children of all ages must be accompanied by a caregiver.

Quadra Village Community Centre  Free
Tuesday  6 p.m.–7:30 p.m.

COMPUTERS

C.A.P.
Community Access Program—Community Centres are offering valuable Internet access to members of the community FREE of charge. Call specific community centre to confirm computer access hours.

Fairfield Community Place  Free
46938 M-F Ongoing 9 a.m.–2:30 p.m.
Fernwood Community Centre  Free
M-Th Ongoing 9 a.m.–8 p.m.
Quadra Village Community Centre  Free
M-F 9 a.m.–3:30 p.m.

Introduction
Are you thinking of, or have you just purchased a new computer? Do you want to get up to speed in a fun and easy way? Now’s your chance! Learn computer terms, basic word-processing and e-mail.

Victoria West Community Centre  2/$148
46483 T,Th Apr 15–17 6 p.m.–9 p.m.

MS Word
MS Word is the standard word processor in our Provincial and Federal Governments, most businesses and corporations. Help get yourself back into the workforce, or just upgrade your professional skills.

Victoria West Community Centre  2/$148
46486 T,Th May 13–15 6 p.m.–9 p.m.
James Bay Community School Centre  2/$148
468 T,Th Jun 3–Jun 5 6 p.m.–9 p.m.
Digital Photography Basics
Learn how to get the best possible photograph from your digital camera and find out what all those buttons and settings really do! We will cover such topics as basic exposure theory, colour temperature of light and lens selection. Suitable for the complete novice to more advanced hobby photographers. Participants should bring their camera and the camera manual to class and have access to a home computer or a laptop. Tony Bounsall
Victoria West Community Centre 6/$80
46458 Th May 1–Jun 05 6:30 p.m.–8:30 p.m.

MS Excel
MS Excel is the standard spreadsheet in our Provincial and Federal Governments, most businesses and corporations. For keeping track of your own investments or business bookkeeping.
Instructor: CompuDave
Victoria West Community Centre 2/$148
46488 T, Th May 20–22 6 p.m.–9 p.m.
James Bay Community School Centre 2/$148
467 M/W Apr 7–Apr 9 6 p.m.–9 p.m.

Travel on the Internet
Like to plan your own vacation or at least find what options there are? Interested in house-swapping, bed and breakfasts, maps, sites, rental cars, restaurants, youth hostels, cruises and tours? This course is a demonstration that provides a guided tour of Internet sites.
Victoria West Community Centre 1/$37
46497 S May 31 9 a.m.–10:30 a.m.

Intro to Mac
An introduction to a safe and easy-to-use computer technology with the features that come with a Macintosh computer including email, internet access, CD burning, photo and movie editing software etc.
Instructor: CompuDave Services.
Victoria West Community Centre 1/$74
46490 W Apr 23 6 p.m.–9 p.m.
James Bay Community School Centre 1/$74
468 Sa Apr 19 1 p.m.–4 p.m.

iPad
Learn basic iPad operation, transferring song from the internet or CD, sync with your Mac or PC and more.
Victoria West Community Centre 1/$37
46494 S May 24 9 a.m.–10:30 a.m.
James Bay Community School Centre 1/$37
500 T Apr 8 7:40 p.m.–9:10 p.m.
503 T May 27 6 p.m.–7:30 p.m.

iPad for Travelers
Discover great traveling, translating, touring, gps, mapping apps for the iPad.
Victoria West Community Centre 1/$37
46499 S May 31 10:40 a.m.–12:10 p.m.
James Bay Community School Centre 1/$37
463 Th Apr 10 7:40 p.m.–9:10 p.m.

iPhone/iPod
Bought an iPhone and don’t know how to transfer address books, calendars, photos and music. How to do texting, browsing the Internet, emailing, changing the setup. Different package plans pros and cons and interesting applications.
Victoria West Community Centre 1/$37
46496 S May 24 10:40 a.m.–12:10 p.m.
James Bay Community School Centre 1/$37
464 T Apr 8 6 p.m.–7:30 p.m.
502 T May 27 7:40 p.m.–9:10 p.m.

Pages for iPad
Learn the ins and outs of this streamlined word processor and an easy-to-use page layout tool. How to open MS Word files and save Pages files to MS Word format. Bring your iPad.
James Bay Community School Centre 1/$34
462 T May 6 6 p.m.–7:30 p.m.

Numbers for iPad
Learn how to use the formulas, and dynamic tables, in this easy to use spreadsheet. How to open MS Excel files and save Numbers files to MS Excel format. Bring your iPad.
James Bay Community School Centre 1/$34
501 T May 6 7:40 p.m.–9:10 p.m.

Mac File Management
Organize your files and folders. Learn backups and how to create shortcuts or different file types there are.
James Bay Community School Centre 1/$37
504 Sa Apr 26 1 p.m.–2:30 p.m.

iPhoto
How to organize, edit, email with different sizes, create cards, slideshows, books, calendars on your Mac.
James Bay Community School Centre 1/$37
465 Th Jun 19 6 p.m.–7:30 p.m.

iTunes
How to organize/add music, burn cd’s, listen to radio. Talk about speaker and headphone options.
James Bay Community School Centre 1/$37
466 Th Jun 19 7:40 p.m.–9:10 p.m.

SPORTS

Bill Davison Tennis Tournament
4th Annual Memorial Tennis Tournament
Oaklands Park 4/$50
46540 Su, M, F, Sa Aug 1–4 1 p.m.–7 p.m.
Yoga

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 Roberts

Oaklands Community Centre
9/$72
46893 M Apr 28–Jun 23 7:45 p.m.–8:45 p.m.
46894 M Jun 30–Aug 25 7:45 p.m.–8:45 p.m.

Dancing Lotus Yoga
Please join instructor, Tracy Boyd, as she guides you through your Yoga practice. Her compassionate approach to teaching promotes an environment that is relaxing and encouraging, empowering and fun. Tuesday’s class is for those students new to Hatha yoga or would like to build on previous experience. Wednesday’s class is a mixed “flow” class, learning to connect the breath with our body’s own natural rhythms. Classes by registration only. Please call the Fernwood Community Centre for dates.

Fernwood Community Centre
T 7 p.m.–8:30 p.m.
W 5:45 p.m.–7:15 p.m.

Gentle Yoga
Start your day off with Gentle Yoga. Learn the basics of yoga, improve your balance, strengthen your core 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 levels. Yoga mats and blocks available.
Instructor: Tanya Roberts

Oaklands Community Centre
9/$81
46895 W Apr 30–Jun 25 9:30 a.m.–10:30 a.m.

Flow Yoga
Flow Yoga is a vinyasa practice in which the postures are linked with the breath in a flowing sequence, one posture gracefully flowing into the other. Practiced mindfuly and with attention to alignment, this practice calms the mind, increases flexibility, strength and balance. No classes on stat holidays.

Victoria West Community Centre
8/$67
46438 Th Apr 3–May 29 5:15 p.m.–6:30 p.m.
46439 Th May 5–Jul 1 5:15 p.m.–6:30 p.m.

Burnside Gorge Community Centre
6/$45
46933 M May 5–Jun 16 5:15 p.m.–6:15 p.m.
46934 M Jun 23–Jul 28 5:15 p.m.–6:15 p.m.

James Bay Community School Centre
8/$67
446 W Apr 2–May 21 7 p.m.–8:15 p.m.

Freedom From Anxiety Yoga
An in-depth therapeutic series specifically designed to bring you greater ease and empowerment. Learn how to find relief from stress and anxiety with the wisdom of Yoga. This fun and informative class will help you to understand the root cause of your anxiety and eradicate it from the source in order to experience lasting results. You will get out of your head and into your body with therapeutic yoga postures, pranayama (breathing exercises), and meditations that are specifically used to treat anxiety.
Instructor: Carly Lauder

Victoria West Community Centre
7/$61
46393 Th Mar 13–Apr 24 7:30 a.m.–8:30 a.m.
46394 W Mar 26–Apr 30 5 p.m.–6:15 p.m.

Get Up and Go Flow
This gentle yoga flow synchronizes breathing, movement, and music. A stylized form of vinyasa yoga, this practice uses a graceful and uninterrupted stream of asanas to stretch, strengthen, and cultivate focused awareness. Throughout the series, ujjayi breathing is practiced helping to create a meditative state. This complete meditative workout teaches students to respect their own body’s needs as they explore their own capacity.

Victoria West Community Centre
6/$50
46413 T Apr 8–May 13 7:15 a.m.–8:15 a.m.
46414 T May 20–Jun 24 7:15 a.m.–8:15 a.m.

Hatha Yoga–Gentle
Move smoothly from one pose to the next, focusing on strengthening and stretching the body. Class is open to people of all ages and skill levels, including beginners and 55 plus.

James Bay Community School Centre
5/$45
449 W Apr 2–Apr 30 9:15 a.m.–10:30 a.m.
478 W May 7–Jun 4 9:15 a.m.–10:30 a.m.
448 F Apr 4–May 9 10:15 a.m.–11:30 a.m.
479 F May 16–Jun 13 10:15 a.m.–11:30 a.m.

Hatha Yoga
Explore various aspects of yoga like deep postures, pranayama (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.

Crystal Pool and Fitness Centre
6/$48
46818 M Apr 21–Jun 9 5:30 p.m.–6:45 p.m.
46819 M Jun 16–Jul 21 5:30 p.m.–6:45 p.m.

Crystal Pool and Fitness Centre
5/$40
46820 M Jul 28–Aug 25 5:30 p.m.–6:45 p.m.

Victoria West Community Centre
6/$50
46436 Th Apr 3–May 8 10:15 a.m.–11:30 a.m.
46437 Th May 15–Jun 26 10:15 a.m.–11:30 a.m.

James Bay Community School Centre
8/$67
450 M Apr 7–Jun 16 6:45 p.m.–8 p.m.
### Facility Rental

The Cook Street Village Activity Centre has a variety of meeting room spaces and an auditorium with stage to accommodate 180 seated theatre style. Audio-visual equipment and tea trolley service available. Call or visit our website www.cookstreetvillageactivitycentre.com to view photos or download a rental information form listing rates, room sizes and more. Negotiable rates for long term rentals. Call 250.384.6542 for additional information.

### Inspiration Yoga

A practice that offers mind, body and spiritual instruction to inspire and rejuvenate. This class will offer a few twists to the classical style. Come join us at this fresh and fun class to find a flexible body, calm mind and an inspired spirit. Yoga mats and blocks available.

**Instructor:** NicoleD Agati

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<tr>
<th>Facility Rental</th>
<th>Cost</th>
<th>Dates</th>
<th>Time</th>
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<tbody>
<tr>
<td><strong>Oaklands Community Centre</strong></td>
<td>9/$81</td>
<td>May 1–Jun 26</td>
<td>7:30 p.m.–8:45 p.m.</td>
</tr>
<tr>
<td><strong>Oaklands Community Centre</strong></td>
<td>5/$45</td>
<td>Jul 3–31</td>
<td>7:30 p.m.–8:45 p.m.</td>
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</table>

### Iyengar Yoga

Iyengar Yoga emphasizes a stronger and leaner build, better balance, and hand-eye coordination. Working through a basic syllabus over a period of weeks in hour-long classes, this class will help participants create a clearer, more accurate knowledge of themselves and their bodies. Classes will progress towards establishing a short home practice sequence and practiced alongside a do it yourself type of yoga.

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<tbody>
<tr>
<td><strong>Fernwood Community Centre</strong></td>
<td>5/$45 or drop-in $10/class</td>
<td>May 1–Aug 28</td>
<td>5:30 p.m.–6:30 p.m.</td>
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### Iyengar Beginners

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.

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<th>Facility Rental</th>
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<th>Time</th>
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<tbody>
<tr>
<td><strong>Fairfield Community Place</strong></td>
<td>11/$121</td>
<td>Apr 1–Jun 10</td>
<td>11 a.m.–12:30 p.m.</td>
</tr>
<tr>
<td><strong>Fairfield Community Place</strong></td>
<td>7p.m.–8:30 p.m.</td>
<td>Apr 1–Jun 10</td>
<td>7p.m.–8:30 p.m.</td>
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### Iyengar Intermediate

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.

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<th>Time</th>
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<tbody>
<tr>
<td><strong>Fairfield Community Place</strong></td>
<td>11/$121</td>
<td>Apr 1–Jun 10</td>
<td>5:30 p.m.–7 p.m.</td>
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### Iyengar Support and Restore

Join us for an hour of gentle yoga in the iyengar method. A practice to support and restore you.

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<th>Time</th>
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<tbody>
<tr>
<td><strong>Fairfield Community Place</strong></td>
<td>11/$99</td>
<td>Apr 3–Jun 12</td>
<td>12:30 p.m.–1:30 p.m.</td>
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</table>

### Jenny’s Yoga for Active People

Jenny Feick offers a variety of yoga styles with a variety of yoga themes. Jenny offers both invigorating hatha flow yoga and gentle classes, all with attention to safe alignment. Suitable for all levels. No class on stat holidays.

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<tbody>
<tr>
<td><strong>Burnside Gorge Community Centre</strong></td>
<td>6/$59</td>
<td>Apr 3–May 08</td>
<td>7 p.m.–8:15 p.m.</td>
</tr>
<tr>
<td><strong>Burnside Gorge Community Centre</strong></td>
<td>6/$59</td>
<td>May 15–Jun 19</td>
<td>7 p.m.–8:15 p.m.</td>
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</table>

### Prenatal Yoga

A regular prenatal yoga practice is a wonderful way to prepare your body and mind for the transformations of pregnancy, birth and recovery. Come and improve your strength, confidence and calm, connect with yourself and your baby, and meet other pregnant women. Gentle, safe movements, stretches and yoga postures open and strengthen your body; breathing exercises increase relaxation and inward focus; a positive, supportive environment can give you a regular emotional boost and encourages connection and community with other mothers-to-be. Recommended during the second and/or third trimester (from about 12-14 weeks onwards). Beginners are welcome.

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<tr>
<td><strong>Victoria West Community Centre</strong></td>
<td>8/$73</td>
<td>Apr 7–Jun 9</td>
<td>6:15 p.m.–7:30 p.m.</td>
</tr>
<tr>
<td><strong>Victoria West Community Centre</strong></td>
<td>8/$69</td>
<td>Apr 14–Jun 16</td>
<td>12 p.m.–1 p.m.</td>
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### Mom & Baby Yoga

Poses will strengthen and tone of the postpartum body. Bond with your baby, achieve well-being, connect with other moms and reduce stress levels. Drop ins $10.

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<td><strong>Victoria West Community Centre</strong></td>
<td>8/$73</td>
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<tr>
<td><strong>Victoria West Community Centre</strong></td>
<td>8/$69</td>
<td>Apr 14–Jun 16</td>
<td>12 p.m.–1 p.m.</td>
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### Meditation and Yoga

Yoga and meditation techniques that focus on stress reduction. Short periods of sitting meditation will be combined with Asana practice to promote more ease in the body and a deeper connection to one’s inherent wisdom. Suitable for all levels.

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<tbody>
<tr>
<td><strong>James Bay Community School Centre</strong></td>
<td>6/$67</td>
<td>Apr 2–May 7</td>
<td>5:45 p.m.–6:55 p.m.</td>
</tr>
</tbody>
</table>
Shoulder, Hip and Back Care Yoga
Practice yoga poses designed to promote healing in injured and stiff back and shoulders. As we synchronize our movements with breath, we restore health to injured and tight areas. Every ‘body’ welcome.

Victoria West Community Centre  6/$67
46379  T  Apr 8–May 13  5:30 p.m.–6:30 p.m.
46380  T  May 20–Jun 24  5:30 p.m.–6:30 p.m.
46381  T  Jul 15–Aug 19  5:30 p.m.–6:30 p.m.
46382  W  Apr 9–May 14  10:30 a.m.–11:30 a.m.
46383  W  May 21–Jun 25  10:30 a.m.–11:30 a.m.

Restorative Yoga For You
Replenish yourself through the powers of restorative yoga. All of the postures will be supported with props to simulate the shape and gain the benefit of the original pose while completely relaxing. We will practice in a meditative soft atmosphere. Be prepared to be still and let go completely.

Victoria West Community Centre  6/$50
46410  Th  Apr 10–May 15  7 p.m.–8 p.m.
46411  Th  May 22–Jun 26  7 p.m.–8 p.m.
46412  Th  Jul 10–Aug 14  7 p.m.–8 p.m.

Yoga in the Park
Appreciate nature while you enjoy a flow yoga class in the fresh air in beautiful Banfield Park. All levels can participate in using yoga to build strength, improve flexibility, prevent joint injuries, enhance balance, expand lung capacity, and rejuvenate both the mind and spirit. Whether permitting, this class will be outdoors.

Victoria West Community Centre  4/$34
46440  W  Jun 4–25  5:30 p.m.–6:30 p.m.
46441  W  Jul 9–30  5:30 p.m.–6:30 p.m.

Outdoor Yoga
Awaken your senses and connect with Nature in this gentle flow style class. Slow, mindful movements are paired with held postures to establish a sense of connection to your self and the natural world. Build strength, increase flexibility, and find balance as you release stress, rejuvenate, and relax. Please bring your own mat and a cushion or blanket for comfort during seated postures and meditation. All levels welcome. We will practice indoors during inclement weather. Instructor: Tanya Roberts

Oaklands Neighbourhood House Gardens  5/$45, Drop-in $11
47012  S  Jul 5–Aug 2  11 a.m.–12:15 p.m.

Oaklands Neighbourhood House Gardens  4/$36, Drop-in $11
47013  S  Aug 9–Aug 30  11 a.m.–12:15 p.m.

Yogalates
This is the perfect practice for anyone looking to improve their health and well-being. The classes will combine elements of yoga with the therapeutic benefits of Pilates. This system is designed to develop the essence of yoga through the body, breath and mind with the core-strengthening benefits of Pilates. Yoga mats and blocks available. Instructor: Nicole Sponner

Oaklands Neighbourhood House  9/$81
46651  W  Apr 30–Jun 25  7:30 p.m.–8:45 p.m.

Oaklands Neighbourhood House  5/$45
46872  W  Jul 2–30  7:30 p.m.–8:45 p.m.

Warm Yoga
Enjoy an hour in the ‘warm room’ The warmth of Crystal Pool’s heated yoga room helps you and your muscles relax while practicing slow opening Hatha Yoga postures. Warm yoga at Crystal Pool is practiced in 30C and is about 10 degrees cooler than a typical hot yoga experience. We offer a gentle, slow and opening approach to heated yoga. No matter what your age, body type or experience level if you want to stretch it out, get your energy flowing, relax, regenerate, detoxify and smile this yoga is for you!

Crystal Pool and Fitness Centre  6/$48
46617  M  Mar 10–Apr 14  7 p.m.–8 p.m.
47033  M  Jun 9–Aug 28  7 p.m.–8 p.m.

Join the Island Breaststrokers Dragon Boat Team as we Celebrate life through the pursuit of fitness and wellness Provide hope & mutual support every breast cancer survivor

Come for a paddle anytime, islandbreaststrokers@gmail.com www.islandbreaststrokers.com
DAY TRIPS

Spend the day with us, exploring, lunching, learning and having fun. Visit gardens, museums and wineries.

Tofino/Long Beach
It's a perfect time to head to Tofino. Storm season is drawing to a close and the whales are migrating south on their way to the Baja. We will enjoy the drive to Tofino by stopping at scenic spots to stretch the legs and grab a coffee/snack. Once in Tofino you can just enjoy beach walking, or visiting the shops or art galleries or maybe even do some whalewatching (approx. $100 extra). Accommodation and transportation is included but meals are extra.

Crystal Pool and Fitness Centre

- Single Occup. $510
- Double Occup. $398

46635  T–Th Mar 25–27

Wild ARC (Animal Rehabilitation Centre)

This event features a rare opportunity to go behind-the-scenes at a wildlife rehabilitation centre! Please note that, to avoid potential stress, wild animal patients will not be available for viewing, but a live educational raptor will be on display! See what it takes to care for almost 2,500 injured and orphaned wild animals from our community. There will be the option of an outdoor tour (with some up and down) or a modified indoor only tour. Please remember to wear appropriate footwear and come dressed for any weather, as conditions this time of year are unpredictable – and the show goes on, rain or shine! Transportation and donation to Wild ARC included

Crystal Pool and Fitness Centre

- Single Occup. $510
- Double Occup. $398

46635  T–Th Mar 25–27

Learn to Dragon Boat with the Gorging Dragons

Are you looking for a fun, team-based fitness experience? Paddling builds core strength and cardio in a social group environment. All equipment provided. Additional races possible.

Victoria West Community Centre

- 4/$40

46532  T  May 27–Jun 17  5:30 p.m.–7 p.m.
46533  T  Jul 8–29  5:30 p.m.–7 p.m.

Flyfishing Intro

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

- 1/$99

46431  S  Mar 29  9:30 a.m.–4 p.m.
46294  S  May 3  9:30 a.m.–4 p.m.

Nature Walks

Spend some time enjoying the peace and tranquility of forests and natural spaces around Victoria at a pace comfortable with the group. Walks will be guided. (Includes transportation)

Crystal Pool and Fitness Centre

- 1/$15

Rithet’s Bog

46945  W  Apr 23  1 p.m.–4 p.m.

Colquitz Creek

46946  W  May 21  1 p.m.–4 p.m.

Mt. Doug Park

46947  W  Jun 18  1 p.m.–4 p.m.

How to Register

Contact the centre where the course is located.
See page 2 for Community Centre contacts.
See page 3 for Crystal Pool & Fitness Centre contacts.

I am always doing that which I cannot do, in order that I may learn how to do it.

PABLO PICASSO
Lunch at Sea Glass Waterfront Grill
Nestled in the very scenic Van Isle Marina, this contemporary west coast dining experience is a great place to go for lunch.

Crystal Pool and Fitness Centre  1/$20
46639  T  Apr 15  11 a.m.–3:30 p.m.

Riel Bird Sanctuary
Learn about the diversity of local wildlife and habitats by exploring the trails and viewing the estuary from the observation tower. Guides discuss the importance of the estuary and the role of the Sanctuary, bird identification, wildlife needs and habitats, and special terms used. Please be suitably dressed for the weather, as most of this 1.5 hour program is outside. Pack a picnic lunch to enjoy prior to the guided tour. (Ferries, transportation, admissions and tour included. Meals are not.)

Crystal Pool and Fitness Centre  $90 senior, $105 adult
46639  Th  May 1  9:30 a.m.–8 p.m.

Fairburn & Alderlea Farms
This tour includes a history of Fairburn Farm, the trials and tribulations of importing a water buffalo herd from Denmark, a tour of the milking facilities and various herds, along with a tasting of Natural Pastures' mozzarella di bufala. The tour involves moderate walking. After our tour we’ll head to the nearby Alderlea Farm for lunch. (Admission, transportation, lunch, coffee and goodies are included.)

Crystal Pool and Fitness Centre  1/$88
46640  Th  May 8  9 a.m.–4:30 p.m.

Lunch at Royal Victoria Yacht Club
We have been invited to have lunch at the very scenic RVYC on the shores of Cadboro Bay.

Crystal Pool and Fitness Centre  1/$20
46641  Th  May 15  11 a.m.–3:30 p.m.

Metchosin Museum Tour & Lunch
Start out at the Metchosin School Museum, then visit the Pioneer Museum, have lunch at My Chosen Café, a shop at Choosin Pottery and finally a stop at a farm stand before returning home.

Crystal Pool and Fitness Centre  1/$45
46642  Th  May 22  10 a.m.–4:30 p.m.

Newcastle Island/Nanaimo
The highlight of this trip will be having dinner at the floating Dingy Dock pub on Protection Island and visiting the historic Newcastle Island. There will also be great time to walk the waterfront of Nanaimo and visit the historic downtown.

Crystal Pool and Fitness Centre  $320 single/$240 double
46643  W, Th  Jun 4 & 5  10 a.m.–6:30 p.m.

Lunch at the Snug Pub
Enjoy lunch on the patio or inside the pub. Definitely one of the best views in town.

Crystal Pool and Fitness Centre  1/$20
46833  T  Jun 10  11 a.m.–3:30 p.m.

Victoria Lavender Farm & More
This peninsula farm features 10,000 lavender bushes in production, strolling gardens, a bird sanctuary and rescue centre. Lunch at Café Zanzibar.

Crystal Pool and Fitness Centre  1/$35
46834  Th  Jun 24  9:30 a.m.–4 p.m.

Sidney Spit
Accessible only by water, Sidney Spit is one of the region’s best places to lose yourself for the day. Take a 25 minute scenic ride on board the Alpine Sidney Spit Ferry. Salt marshes, tidal flats and beautiful beaches make Sidney Spit a great time for beachcombing, hiking, or just soaking up the sun. Pack a picnic lunch.

Crystal Pool and Fitness Centre  1/$49
46835  Th  Jul 10  10 a.m.–5 p.m.

KAYAK

Gulf Islands
Located near Victoria, the beautiful Gulf Islands National Park Reserve is a kayaker’s dream! This newly formed national park has been set aside as a representation of the fast-vanishing unique Gulf Islands marine ecosystem. Kayaking is the best way, and one of the only ways, to visit this area, which features sandy spits, arbutus-studded coastlines, and numerous islands and islets. Enjoy a quick and relaxing three-day getaway – it’s just what the doctor ordered! (Ocean River Sports)

Crystal Pool and Fitness Centre  3/$635
46628  W-F  Aug 27–29  9 a.m.–9 p.m.

Introductory Navigation & Marine Weather
Planning for a safe kayaking trip and navigating during a trip are both very necessary skills. Learn how to safely and confidently interpret marine weather forecasts, predict tides and currents, read charts (marine maps), and plan routes on the ocean. You’ll learn when and where to paddle as well as how to avoid dangerous water conditions—important skills for a sea kayaker! (Ocean River Sports)

Crystal Pool and Fitness Centre  1/$65
46610  W  May 14  6 p.m.–9:30 p.m.
46611  W  Jun 18  6 p.m.–9:30 p.m.
46612  W  Jul 23  6 p.m.–9:30 p.m.
Basic (Introduction to Kayaking Skills)
This inspiring course will introduce you to the skills and knowledge you need to safely start kayaking. You will learn basic paddling skills, including forward and reverse paddling, drawing your kayak sideways, and edging (intentionally leaning your kayak). As well, you’ll learn how to capsize in a kayak, how to be rescued by another kayaker, and how to rescue a paddling partner who has capsized. This course teaches you the necessary components for Paddle Canada Basic Kayak Skills Introduction to Kayaking Certification. (Ocean River Sports)

Crystal Pool and Fitness Centre 1/$180
46588 S May 3 12 p.m.–4:30 p.m.
and 6:15 p.m.–9:45 p.m.
46589 S May 24 8:30 a.m.–4:30 p.m.
46590 S Jun 7 8:30 a.m.–4:30 p.m.
46591 S Jun 21 8:30 a.m.–4:30 p.m.
46592 Su Jul 6 8:30 a.m.–4:30 p.m.
46593 Su Jul 20 8:30 a.m.–4:30 p.m.
46594 S Aug 9 8:30 a.m.–4:30 p.m.
46595 S Aug 23 8:30 a.m.–4:30 p.m.

Introductory Rescues
With help from our qualified instructors, you will gradually and comfortably go through the steps of a safe capsize in the comfort of an indoor pool. 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. (Ocean River Sports)

Crystal Pool and Fitness Centre 1/$120
46605 S Mar 29 6:30 p.m.–9:30 p.m.
46606 S May 3 6:30 p.m.–9:30 p.m.

Sea Kayaking Level 1
This comprehensive, enjoyable, two-day course teaches you everything you need to know to confidently embark on day-long sea kayaking trips in sheltered waters. During this course, you’ll further develop your kayaking strokes and rescue skills, including turning on edge, towing, and self-rescue technique. Learn to interpret marine weather forecasts, plan routes using marine charts, and read tide tables. Upon completion of this course, you’ll be well on your way to safely enjoying the lifelong sport of sea kayaking. This course teaches you the necessary components for Paddle Canada Sea Kayaking Level-1 Skills Certification. Register early, because this is a popular course that fills up quickly. (Ocean River Sports)

Crystal Pool and Fitness Centre 2/$315
46600 S,Su Mar 29–30 12:30 p.m.–4:30 p.m.
and 6:30 p.m.–9:30 p.m.
46601 S,Su May 10–11 8:30 a.m.–5:30 p.m.
46602 S,Su Jun 28–29 8:30 a.m.–5:30 p.m.
46603 S,Su Jul 26–27 8:30 a.m.–5:30 p.m.
46604 S,Su Sep 6–7 8:30 a.m.–5:30 p.m.

Rolling Clinic (Intermediate)
This clinic will teach you rolling—the ultimate self-rescue technique—as well as give you renewed confidence in your braces and less concern for unanticipated capsizes. The instructors will teach you the building blocks to a successful roll, and lead you through the incremental steps of rolling. You will learn how to ‘spot’ your practice partner, enabling you to continue practicing this technique on your own. Before taking this clinic, we recommend that you have basic kayaking and rescue skills. (Ocean River Sports)

Crystal Pool and Fitness Centre 1/$120
46607 S Mar 29 6:30 p.m.–9:30 p.m.
46608 S May 3 6:30 p.m.–9:30 p.m.

Learn to Stand up Paddle
An emerging global sport with a Hawaiian heritage, SUP benefits participants with a strong ‘core’ workout. This introductory course will teach the subtle differences and styles of boards, paddles, and equipment. You will be taught to paddle your board in a straight line, stop, several different strokes to maneuver yourself sideways and around obstacles. (Ocean River Sports)

Crystal Pool and Fitness Centre $85
46618 Bi-monthly, Sundays Apr 6–Aug 24 10 a.m.–1 p.m.

SAILING

Adult CANSail Basic Sailing
Evening classes for Sail Canada accredited CANSail basic sailing skills. This is an adult class for the beginner sailor or those with limited experienced to learn in the Club 420 dinghies.

Crystal Pool and Fitness Centre 8/$345
46672 M,W Jun 2–25 6 p.m.–9 p.m.
46673 M,W Jul 7–30 6 p.m.–9 p.m.
46674 M,W Aug 4–27 6 p.m.–9 p.m.

Salty Sister (NEW–now open to all ages)
Join our intrepid group of ladies aged 18+ as they conquer the waters of Cadboro Bay in a fun and relaxed learning environment. Focus is on individual development and building confidence. Sessions run from 9-12 with debriefs over lunch. (Royal Victoria Yacht Club)

Crystal Pool and Fitness Centre 8/$200
46661 S May 3–Jun 21 9 a.m.–12 p.m.
46662 S Jul 5–Aug 23 9 a.m.–12 p.m.

Early Bird Discount on Sailing courses if you sign up before April 30, 2014!
Community centres that also offer programs specifically for the older adult.

**Quadra Village Community Centre**
901 Kings Road, V8T 1W5  
*Phone:* 250.388.7696, *Fax:* 250.388.7607  
Adults 50+ are invited to participate. No membership fees. For more information, drop by the centre Tuesday between 11 a.m.–12 p.m. or call the centre.

**Barnside Gorge Community Centre (BGCC)**
471 Cecelia Road, V8T 4T4  
*Phone:* 250.388.5251, *Fax:* 250.388.5269  
Enjoy social activities and learning opportunities designed specifically for adults 50+. We offer an affordable weekly Lunch and Learn, Seated Tai Chi and workshops. Volunteer opportunities are also available. We are located off of the Galloping Goose Trail and major bus routes.

**Cook Street Village Activity Centre (CSVAC)**
1–380 Cook Street, V8V 3X7  
*Phone:* 250.384.6542, *Fax:* 250.384.7156  
*Email:* info@cookstreetvillageactivitycentre.com  
*Website:* www.cookstreetvillageactivitycentre.com  
*Hours of operation:* Monday, Tuesday, Wednesday, Friday 8:30 a.m.–4 p.m., Thursday 8:30 a.m.–8 p.m. Membership open to persons 50+. We offer an affordable weekly Lunch and Learn, Seated Tai Chi and workshops. Volunteer opportunities are also available. We are located off of the Galloping Goose Trail and major bus routes.

**Fernwood Community Centre**
1240 Gladstone Avenue, V8T 1G6  
*Phone:* 250.381.1552, *Fax:* 250.381.1509  
*Website:* www.fernwoodnrg.ca  
Join our friendly group on Fridays from 12 p.m.–3 p.m. for a delicious home cooked lunch, followed by games and activities. Monthly entertainment provided. For adults 55+, lunch $4/person. New seniors are always welcome!

**James Bay Community School Centre (JBCSC)**
140 Oswego Street  
*Phone:* 250.389.1470, *Fax:* 250.370.9102  
*Website:* www.jamesbaycentre.ca  
Seniors 50+ are welcome. No membership required. Programs include James Bay Walking Group, Adapted Yoga and Seniors Dinners.

**Oaklands Community Centre (OCC)**
1–2827 Belmont Avenue, V8R 4B2  
*Phone:* 250.370.9101, *Fax:* 250.370.9102  
*Website:* www.oaklandscommunitycentre.com  
Seniors 50+ are welcome to drop by. No membership required. Seniors cards group every Thursday 12:30 p.m.–3:30 p.m.

**Victoria West Community Centre (VWest)**
521 Craigflower Road, V9A 6Z5  
*Phone:* 250.590.8922,  
*Email:* coordinator@victoriawest.ca  
*Website:* www.victoriawest.ca  
A warm welcome to all adults 50+ to join programs for “Boomers, Zoomers and Late Bloomers”!

**Silver Threads Community Seniors Centre (VST)**
1728 Douglas Street (directly across from the old Bay)  
*Phone:* 250.388.4268,  
*Fax:* 250.388.7579  
*Email:* sts@silverthreads.ca  
*Website:* www.silverthreads.ca  
Open M–F, 9 a.m.–4 p.m. We welcome both members and Non-Members to drop in and visit our convenient location. Park in Fisgard parkade or use the bus. Check out our range of programs, activities and services. Chinese Friendship Centre meets Saturdays. Membership $50 a year from whenever you join and can be used at both Silver Threads Centres. Monthly membership of $6 available for visitors.

**How to Register**
Contact the centre where the course is located.  
See page 2 for Community Centre contacts.  
See page 3 for Crystal Pool & Fitness Centre contacts.
ARTS - CREATIVE AND PERFORMING

Cantemos Juntos. Let’s sing together! This is an invitation to all those adventurers who love Spanish and enjoy singing, to join Marcelina and her guitar, for an enjoyable Spanish learning experience.

James Bay New Horizons Members 6/$45
Non-Members 6/$50

Monday May 5 11 a.m.

Chinese Brush Painting
Join us for an afternoon of art with our long-time instructor as she introduces you to this lovely painting style. To register call 250.388.4268

Victoria Silver Threads Friday 1 p.m.–3 p.m.

Crafts
Do you have a creative streak? Join us at our drop-in craft class.

Victoria Silver Threads Free if items are made for Silver Threads
Friday 9:30 a.m.–11:30 am

Greeting Card Making Workshops
Birthdays, holidays, weddings – these are all special occasions people mark by sending cards. Handmade cards give a special personal touch that tells someone you were really thinking about them. Supplies are included.

Saturdays 9 a.m.–11 a.m.

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. Please feel free to come and join us and see what we are up to. This is a friendly bunch and is a nice way to meet new people.

James Bay New Horizons Activity Centre Free
Tuesdays 1 p.m.–2:30 p.m.

Knitting & Crochet
Beginners are welcome...Knitting for Silver Threads fundraising is a wonderful and rewarding experience. We provide the wool and patterns for these projects. This delightful group of people are fun, social and friendly. Coffee and cookies are supplied. You are welcome to come and work on a personal project for a drop in fee. Knitters for Silver Threads are exempt from the drop in fee.

Victoria Silver Threads Members $1.25
Non-Members $4

Monday 9:30 a.m.–11:30 a.m.

Learn to Play Ukulele
Playing the ukulele engages a person in so many ways. Ukulele is simple to learn, but still challenging enough for new musicians. Our instructor, Molly, has years of experience and talent to share.

James Bay New Horizons Members 6/$45.
Non-Members 6/$50.

Thursdays May 8 1 p.m.–2:30 p.m.

Painting Group
This group of friendly and creative painters invite you to join them. They encourage you to bring a friend and/or family member. Bring your own supplies and meet some new people. Come and express yourself through art and enjoy the company.

Cook Street Village Activity Centre Drop-in fee Members $1.75
Non-Members $3.50

Wednesday 1 p.m.–3:30 p.m.

Saints & Singers
Join our fun loving, full of life choir! No previous singing experienced required, no need to be musically talented, simply a genuine appreciation for music. Membership required.

James Bay New Horizons 6 months/$10
Mondays 9:30–11 a.m.
HEALTH AND WELLNESS

Yoga for 50 Plus
This class is for people aged 50 or better and is safe for all ‘bodies’. Relax, stretch, balance and renew your body in this gentle class designed to promote health and wellness.

Victoria West Community Centre 10/92 46386 M Apr 7–Jun 23 10:30 a.m.–11:30 a.m.

Zumba Gold
Based on the original Zumba dance and fitness program, Zumba Gold is a program adapted for beginners, active older adults and other participants who may need program modifications. Participants will enjoy rhythms such as Merengue, salsa, cumbia, belly dance, rumba, tango and cha cha along with other fun and exciting rhythms and dances. Zumba Gold is a safe, effective total body workout that is also incredibly fun and easy to follow!

Victoria West Community Centre 6/42 46304 F Apr 4–May 16 10:30 a.m.–11:30 a.m.
46305 F May 23–Jun 27 10:30 a.m.–11:30 a.m.
Crystal Pool and Fitness Centre 6/48 46988 Th Apr 10–May 15 11:30 a.m.–12:30 p.m.
46989 Th May 22–Jun 27 11:30 a.m.–12:30 p.m.
46990 Th Jul 10–Aug 14 11:30 a.m.–12:30 p.m.

Foot Care Nurse Appointments
A qualified foot care nurse will provide an assessment, filing, clipping, debriding of nails, soaks and foot massage. Please bring own towel.
By appointment only.

James Bay New Horizons Members $40 Non-Members $45
Contact our Reception desk at 250.386.3035.

Cook Street Village Activity Centre Members $45 Non-Members welcome

Foot Detox Spa Appointments
JBNH is delighted to offer a computerized foot spa designed to remove a variety of toxins from the body, including heavy metals. 45 minutes appointments.
By appointment only. Contact our Reception desk at 250.386.3035.

James Bay New Horizons Members $29 Non-Members $39

Blood Pressure Clinics
Get Your Blood Pressure Checked! Former Registered nurses with recent Public Health experience provide a special service by taking and recording blood pressure readings.

Crystal Pool and Fitness Centre Free Dates???

James Bay New Horizons Activity Centre Free
Tuesdays Bi-weekly 9 a.m.–10:30 a.m.
Cook Street Village Activity Centre Free
Second Thursday of each month 2 p.m.–3 p.m.

Chair Massage Appointments
Jacquie from Hummingbird Relation Chair Massage visit JBNH to offer a 15 minute gentle form of relaxation massage that is customized to help with unique wellness needs of each client. By appointment only. Contact our Reception desk at 250.386.3035.

James Bay New Horizons Members $25/Non-Members $30
Mondays and Fridays 9 a.m.–11 a.m.

Diabetes Support Group
Our goal for the Diabetes Support Group is to help you deal with the daily effects of living with Type 2 Diabetes. Discuss a variety of topics with special interest to diabetics. We encourage you to bring your questions and concerns. No meetings in July and August

Cook Street Village Activity Centre Free
4th Thursday of each month 10:15 a.m.–11:15 a.m.

Community Access Computers (CAP Program)
Our 2 CAP computers provide free Internet and email access.
Monday to Friday at Victoria Silver Threads 9 a.m.–3 p.m.

Chinese Community Services
Our Chinese Community offer; workshops, guest speakers and a comfortable environment for new members to learn the english language.
Saturday and Sundays 8:30 a.m.–4 p.m.

Cook Street Village Activity Centre
First Thursday of each month 10 a.m.–12 p.m.

Hearing Clinic
Connect Hearing (formerly Island Hearing) is pleased to be offering complimentary hearing screenings the first Thursday of each month. Everyone welcome.
Sign up at reception. This service will be part of our future Healthy Living Program and the day and time of the week may change.

Cook Street Village Activity Centre Free

Hearing Test
An audiologist from Connect Hearing visits our Centre twice a year to offer hearing examinations.
By appointment only. Contact our Reception desk at 250.386.3035.

James Bay New Horizons Free Dates to be announced

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. Call to book your appointment 250.384.6542.

Cook Street Village Activity Centre $44 per ½ hour $77 per hour

Biomagnetism and Energy Healing

Cook Street Village Activity Centre $85 per hour
Thursdays 10 a.m.–2 p.m.
**50+ Programs**

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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 at home 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 volunteers will call each of the contacts until the person’s well-being is confirmed.

Both Short-term and Long-term options are available.

**James Bay New Horizons Activity Centre** Free!

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### Weight Watchers
Meetings held twice a week at the Cook Street Village Activity Centre 1-380 Cook Street.

- **Thursdays**: 5 p.m.–7 p.m.
- **Saturdays**: 9 a.m.–11 a.m.

### Stretch & Strength
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 elastic tubes will be used.

**Victoria Silver Threads**
- **Members**: $2.50
- **Non-Members**: $5

- **Monday/Thursday**: 10 a.m.–11 a.m.
- **Cook Street Village Activity Centre**
- **Drop-In Members**: $3.25
- **Non-Members**: $6.25

- **Monday, Wednesday, Friday**: 9:30 a.m.–10:30 a.m.

### 50+ Strength and Conditioning
Strength training is VITAL as we grow older! This class is designed to meet the needs of those over 50. This is a fun but challenging workout will build and maintain strength, flexibility and strong cardiovascular fitness.

**Victoria West Community Centre**
- **6/$50**
- **46310**
- **M May 12–Jun 23**
- **9 a.m.–10 a.m.**

### Fun and Fitness
Lightweights and cardiovascular exercises will get you on the road to a healthy lifestyle. Watch your endurance and mobility improve in this popular class.

**Cook Street Village Activity Centre**
- **Drop-In fee Members**: $3.25
- **Non-Members**: $6.25

- **Tuesdays & Thursdays**: 9 a.m.–10 a.m.

### Active Seniors Enjoying Life (ASEL)
A low impact program chair aerobics, with little standing. Exercise weights and other prop, which are supplied, will be utilized to improve muscle strength, flexibility and range of motion. Suitable for those with physical limitations or mobility issues. Membership required.

**James Bay New Horizons**

- **$2**

- **Tuesdays/Thursdays**: 10 a.m.–11 a.m.

### Table Tennis/Wii
Bring a friend and challenge them to a game.

**Victoria Silver Threads**
- **Members**: $1.25
- **Non Members**: $4

- **Wednesday/Friday**: 1 p.m.–3 p.m.

### Weight Watchers
Meet at Victoria Silver Threads Centre 1728 Douglas St.

- **Thursdays**: 11:45 a.m. and 12:15 p.m.

### Memory P.L.U.S.
For those having memory problems and their caregivers. For a referral call Sue McCauley 250.382.3151

**Victoria Silver Threads**

- **‘The Journey’**
The best time to look for help is before you need it. Free 6 week program funded by VIHA for adults 55+ (families and friends welcome). Learn about various health related topics and understand the Home and Community Care system available in order for you to live safely in your own home for as long as possible.

- **Also discussed**, housing options available in the community for those no longer able to live at home.

For more information call Bridey at Victoria Silver Threads 250.388.4268

### Be Alive!
Participants are joined by facilitator, Guido, to share in 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.

**James Bay New Horizons Activity Centre**

- **$2**

- **Tuesdays Bi-weekly**: 2 p.m.–3:30 p.m.

### Carpet Bowling
This activity is similar to lawn bowling, but is played using a carpet rather than a lawn! The object of the game is to put your bowl as close as possible to the ‘jack’.

**James Bay New Horizons**

- **Members**: $2
- **Non-Members**: $4

- **Saturdays**: 10 a.m.–12 p.m.

### Men’s Get-together
Facilitator Ron invites all men to join in this casual atmosphere to meet other men and discuss a variety of topics which may include photography, travel, relationships and other matters of interest. Men only!

**James Bay New Horizons**

- **Members**: $2
- **Non-Members**: $4

- **Mondays**: 1 p.m–3:30 p.m.

### Over 55 Women’s Group
We all long for understanding, compassion, and respect, and sometimes it’s easiest to find this among others who share our situation or outlook. Whether you’re coping with a health issue or trying to change your life for the better, there’s nothing like sharing stories and experiences with others on the same path. Women only!

**James Bay New Horizons**

- **$1**

- **Saturdays**: 10 a.m.–12 p.m.

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**Senior Reassurance Program**

**James Bay New Horizons**

**Active Living Guide**

**www.victoria.ca/recservices** | 250.361.0732
Facility Rental
The Cook Street Village Activity Centre has a variety of meeting room spaces and an auditorium with stage to accommodate 180 seated theatre style. Audio-visual equipment and tea trolley service available. Call or visit our website www.cookstreetvillageactivitycentre.com to view photos or download a rental information form listing rates, room sizes and more. Negotiable rates for long term rentals. Call 250.384.6542 for additional information.

How to Register
Contact the centre where the course is located.
See page 2 for Community Centre contacts.
See page 3 for Crystal Pool & Fitness Centre contacts.
50+ Programs

Jim Bay Community School Centre

55+ Dinners

Come to the James Bay Community School Centre (140 Oswego Street) for a dining event Tuesday and Thursday evenings at 5 p.m. Make new friends or bring someone along for a three course meal at an affordable cost. All are welcome! Monthly menus available online or at the community centre front desk.

Bridge Tournament
Come and Play to win one of the cash prizes. Members and Non-Members All Welcome. Then join us for a light snack and coffee or tea; present tournament ticket to obtain free snack and coffee or tea. Sign up today to guarantee your place.

Cook Street Village Activity Centre

<table>
<thead>
<tr>
<th>Members $5</th>
<th>Non-Members $5</th>
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<tr>
<td>Tuesday</td>
<td>12:45 p.m.–4 p.m.</td>
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<tr>
<td>June 10</td>
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Cribbage Tournament
All members and Non-Members Welcome. WIN A CASH PRIZE for 1st place, 2nd place, 3rd place and 1 of 3 random draws. Includes a light snack and tea or coffee. Purchase your ticket at reception.

Cook Street Village Activity Centre

<table>
<thead>
<tr>
<th>Members $5</th>
<th>Non-Members $5</th>
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<tr>
<td>Wednesday</td>
<td>1 p.m.–3:30 p.m.</td>
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<td>May 14</td>
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Legal Service Appointments
We are pleased to have G. Benn, from Pearlman Lindholm Barristers and Solicitors, come to our facility and offer free legal advice to our members. Book your 30-minute appointment in advance, limited space available. Membership required.

James Bay New Horizons

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<tr>
<th>Free</th>
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<tr>
<td>Mondays</td>
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<td>2 p.m.–4 p.m.</td>
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Scooter Service
Canada Scooters visits our Centre to do quick repairs to walkers and scooters on the first Wednesday monthly. This is a free service for anyone with a scooter or walker that requires attention.

James Bay New Horizons

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<tr>
<th>Free! First come first served</th>
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<td>Wednesdays</td>
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Senior Reassurance Program
JBNH’s Senior Reassurance Program is a community service providing a familiar voice to Victoria residents who live at home 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. Both Short-term and Long-term options are available. It’s easy to sign up for this Program, either by calling 250.386.4432 or visiting our Centre. Arrangements will be made for a short intake interview to record essential health and contact information.

James Bay New Horizons

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Current Events
Join this group for lively conversation of current events, politics, science, health, the arts and so much more. Membership required.

James Bay New Horizons

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<tbody>
<tr>
<td>Wednesdays</td>
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<td>10 a.m.–11:30 a.m.</td>
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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.

James Bay New Horizons

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<td>Fridays</td>
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Friendship Tea Hour
Just come and say ‘Hello’ Our Friendship Tea is a gathering of members held monthly on the first Monday. It’s a time to enjoy conversing, storytelling and laughing with old friends and meeting and welcoming new. An added bonus if refreshments at no charge.

James Bay New Horizons

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Fernwood Autumn Glow Senior’s Lunch
(55 years +)
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

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<tr>
<th>Lunch $4</th>
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<td>On Going</td>
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<td>12 p.m.–2:30 p.m.</td>
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Seniors Lunch ‘N 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 21/$3.50
Drop-In rate is $3
46931 T Apr 1–Aug 19 11 a.m.–2:30 p.m.

Chili Lunch Thursdays
Grilligan’s at Fisherman’s Wharf donates a large pot of chili cooked over an open flame weekly. Our hot chili lunch includes coffee/tea, dinner roll, a bowl of chili and a light dessert. We invite everyone to join us for this delicious meal.

James Bay New Horizons $4
Thursdays 11:45 a.m.

Hot Lunch Tuesdays
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 (250.386.3035) no later than Monday at noon.

James Bay New Horizons $6
Tuesdays 11:45 a.m.

Mah Jong
Play this fascinating tile game even if you have not played before, you may participate or you might just choose to watch for a while. Before long you will find yourself sitting down to a game.

Victoria Silver Threads Members $1.25
Non-Members $4
Wednesday 9:30 a.m.–11:30 a.m.

Sewing Beginner/Refresher
Andrea Bailey of Andrea’s Sew Easy, will refresh your memory of sewing with: which needle to use; how to keep machine running well; what are grains and much more. Some of the projects we will be making are fabric garbage bag tubes, a simple shrug, and a grocery bag. Machines are needed; if you do not have your own the Centre has three. Come and join us and sign up early.

Cook Street Village Activity Centre Members 6/$65
Non-Members 6/$70
Tuesday Apr 3–May 8 10 a.m.–12 p.m.

Spanish for Beginners
Learning Spanish is child’s play when you do it through conversation and song. Sit in a circle with Marcelina, our native Spanish-speaking instructor and musician, and let her teach you to speak and understand a new language.

James Bay New Horizons Members 6/$45
Non-Members 6/$50
Monday May 5 1 p.m.

Spanish for Conversation
Spend an afternoon conversing in a lively, welcoming environment and you’re guaranteed an authentic Spanish speaking teacher who will serve as a reference point, guiding you toward correct speech, addressing all of your questions and helping you to express yourself fluently on any topic.

Monday May 5 3 p.m.

Conversational Italian
Join Anna for an afternoon of Italian
Victoria Silver Threads Members 4/$20
Non-members 4/$26
Wednesday 1 p.m.–3 p.m.

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.

James Bay New Horizons Members $2
Non-Members $4
Wednesday 1 p.m.–3 p.m.

L.I.F.E. Program
The L.I.F.E. program supplies a $40 credit to eligible residents of the City of Victoria (income criteria) for participation in programs in Victoria’s Senior Centres. Life Membership applications can be picked up at the Crystal Pool.

Victoria Silver Threads Fernwood Community Centre

SWAP (Senior/Student Work Assistance Program)
This is a joint program between Silver Threads and UVic, connecting seniors who need assistance with housework, gardening, odd jobs etc. with students who need work. The rate is $12 per hour and a two hour minimum. To hire a student call 250.388.4268

Victoria Silver Threads

250.388.7696
Adults 50+ are invited to participate. No membership fees. For more information drop by the centre Tuesdays between 11 a.m.–12 p.m. or call the centre.

www.quadravillage.com

Cook Street Village Activity Centre
1–380 Cook Street, Victoria V8V 3X7
T 250.386.6542
F 250.384.7156
www.cookstreetvillageactivitycentre.com

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

James Bay New Horizons
234 Menzies Street, Victoria, V8T 1W5
Ph: 250.388.4268
www.jamesbaynewhorizons.ca

Oaklands Community Centre
1–2827 Belmont Avene, Victoria, V8T 2G7
T 250.386.3035
F 250.386.3045
www.oaklandscommunitycentre.com

Victoria Silver Threads
1728 Douglas Street, Victoria (across from the old Bay building)
T 250.388.4268
F 250.388.7579
www.silverthreads.ca/centres

250.388.7696 | www.victoria.ca/recservices | Active Living Guide Spring + Summer 2014 73
ON THE GO' Program
This is an 8 week session to introduce seniors to other seniors in their area, giving them information on services and activities in their community. To register or for information call 250.382.3151.

Grief & Loss
This is a program for those dealing with a loss. This could be from loss of a beloved one, a driver’s license, your independence, health, a best friend or a beloved pet. For appointments, call Julie at 250.382.3151

Experience Works (Seniors Employment Centre)
Mature workers seeking employment are supported through interviews, workshops and job placement. There is no fee for this service and print material can be picked up at Victoria Silver Threads 1728 Douglas St. Coordinator Sharon Klein is in the office Tuesdays and Thursdays from 11 a.m.–3 p.m. You can also email Sharon at sklein@silverthreads.ca

Victoria Golden Rods & Reels
This is a senior citizens fishing and conversation club. Members include saltwater fishermen and women, stream fishers and fly fishers. Fishing techniques are taught and shared.

Cook Street Village Activity Centre
$37 Members
Non-Members $42

Computers – Introduction
Are you thinking of or have you just purchases your first computer? Do you want to get up to speed in a fun and easy way? Now’s your chance! Learn computer terms, basic word-processing and email. Limited seats; register early.

iPad
Bought or received an iPad and don’t know how to use it? Or thinking of getting or giving one and want to know what the craze is all about? Demonstrate; transferring songs to your iPad from Internet or CD, sync with your Mac or PC, playback options, transferring podcasts to your iPad, basic operation.

iPod for Travelers
Discover great travelling, translating, touring, gps, mapping apps for the iPad.

iPhone/iPod
Bought an iPhone and don’t know how to transfer address books, calendars, photos, and music. How to do texting, browsing the Internet, emailing, changing the setup. Different package plans pros and cons. Interesting Applications (Apps).

File Management
Organize your files and folders. Learn backups and how to create shortcuts or aliases, rename and delete files, and what different file types there are.

How to Register
Contact the centre where the course is located.
See page 2 for Community Centre contacts.
See page 3 for Crystal Pool & Fitness Centre contacts.

Victoria Silver Threads

Daisy Dollars Fundraising
You can help raise money for Silver Threads/Meals on Wheels simply by cutting out any Island Farms “Bar Code” and dropping them off at Silver Threads, 1728 Douglas Street Island Farms gives Silver Threads/Meals on Wheels a rebate for each bar code collected. This is an easy way for you to help us out! Thank you for your ongoing support in so many ways.

Victoria Silver Threads

Do You Need to Rent Space?
Hosting an event?
Planning a meeting?
Your community centre has space available for meetings, events, classes, etc. that is ready for you to use. Please contact your local community centre for more information.

Victoria Silver Threads
APRIL/MAY

Tartan Day
April 5
Location: Market Square
Contact for more Information: 250.598.0120 or visit www.victoriahighlandgames.com
Victoria will celebrate the 4th annual Tartan Day Victoria event in Market Square in recognition of 'National Tartan Day' which is celebrated officially throughout Canada. Market Square will be decked out in full Tartan with Scottish Cultural booths, Tartan Weavers, Scottish Shortbread & Baking, Pipers, Highland and Scottish Country Dancers, a Highland dog breed display, Scottish entertainment and Celtic bands. Whether you have Scottish roots, or you’re just a closet Braveheart, you’re sure to have a bonnie grand day!

Creatively United for the Planet Festival
April 25 – 26
Location(s): St. Ann’s Academy, 835 Humboldt St.
Contact for more Information: www.creativelyunited.org
The Creatively United for the Planet Earth Week Festival will be a free indoor/outdoor all ages arts, cultural and healthy living event that unites the artistic community with environmentally focused organizations, businesses and charities to bring the public an entertaining and education-filled weekend.

Kaleidoscope Theatre’s Family Theatre Festival
May 1 – 11
Location: Ship Point
Contact for more Information: 250 383 8124 or www.kaleidoscope.bc.ca
Kaleidoscope Theatre’s Family Theatre Festival generates and celebrates new theatre for youth production over a 4-day festival for all ages to build Canadian repertoire and to stimulate future YTA touring. Located in the new inflatable IGLOO theatre.

12th Annual Quadra Village Day
Saturday, May 10, 2013, 9:30 a.m.-1:00 p.m.
Location(s): Kings Road between Quadra and Dowler
Contact for more Information: Quadra Village Day Planning Committee at 250.388.7696 or quadravillageday@gmail.com
Quadra Village Day is an exciting, annual community celebration. Come out and meet your neighbours and enjoy this free, family-friendly event. Come for the Pancake and Healthy Start breakfasts at 9:30 a.m. and stay for musical and dance demonstrations on the main stage, community displays and lots of fun activities for children. Volunteers are welcomed to help on event day. Please register to volunteer by April 15 at above contact.

Victoria Highland Games and Celtic Festival Tartan Parade
Tartan Parade: May 10
Highland Games: May 17 – 18
Location(s): Centennial Square to Parliament Buildings /Topaz Park
Contact for more Information: 250.598.0120 or visit www.victoriahighlandgames.com
Enjoy a family-focused weekend of Celtic art, culture, music and sport including the Canadian Heavy Events Championship featuring all the top strong men from across Canada! The 151st annual event includes kilted mile athletics, haggis hurling, sheep dog herding, pipe band competitions, highland dancing, massed pipe band performances, falconry and sword fighting demonstrations, solo piping and drumming, Celtic rock bands, military demonstrations, and Celtic vendors.
Arts and Culture

Royal McPherson Centennial Festival
Location(s): Centennial Square, Royal Theatre, McPherson Playhouse
May 18th 11a.m.–4 p.m May 21st–25th various times
Contact for more information: Visit www.rm100.ca or call McPherson Box Office 250.386.6121
Enjoy a free family-friendly 100th Birthday Party in Centennial Square – including performances, backstage tours, storytelling, cake and ice cream! Then choose from these exceptional special performances:
Kidd Pivot’s The Tempest Replica, Victoria Conservatory of Music with Vox Humana, Victoria Symphony and POV with Ben Heppner, A West Coast Roots Celebration musical direction by Daniel Lapp, Rock the Royall produced by Atomique Productions, VOS Celebrates the American Musical, Raffi, and Chris Botti with the Victoria Symphony.

Island Farms Victoria Day Parade
May 19
Location: Downtown Victoria along Douglas Street
Contact for more Information: 250.382.3111
Victoria’s largest parade event – marching bands, floats, clowns, and much more. Over 120,000 spectators watch this popular annual event in person and on television. Fun for the whole family.

Uno Fest: Canada’s Singular Live Theatre Event
May 21 – 31
Location(s): Centennial Square, Market Square, Langham Court Theatre and other downtown locations.
Contact for more information: www.intrepidtheatre.com or 250.590.6291
Over the past 17 years Uno Fest has featured more than 280 solo performers from around the world in a unique international festival devoted to the power of the one-person show. Catch internationally renowned performers, Fringe Fest favourites and local emerging talents at this unique festival of one-person shows.

Selkirk Waterfront Festival
May 24
Location: Selkirk Waterfront/Gorge Waterway
Contact for more Information: 250.388.5251 or www.burnsidegorge.ca
Family fun for everyone! The Selkirk Waterfront Festival is an annual event hosted by the Burnside Gorge Community Association. This festival offers the thrills of carnival-style rides and activities, tasty treats in the Food Court and unique items for sale in the Vendors Market. Participants will also enjoy live entertainment by talented performers.

JUNE

Heritage DanceFest
June 14
Location(s): Cameron Bandshell, Beacon Hill Park
Contact for more information: www.veselkadancers.com
Come celebrate Victoria’s ethnic energy as dance groups take to the stage with vibrant costumes, traditional music, and exquisite choreography! With such diverse groups participating as Chinese, Norwegian, French, Ukrainian, Irish and more – it is a feast for the senses and a celebration of the multicultural communities within Victoria!

Father’s Day Ceilidh in the Park
June 15
Location(s): Cameron Bandshell, Beacon Hill Park
Contact for more information: www.victoria.ca or 250.361.0708
‘Ceilidh’ or ‘kitchen party’ is the Gaelic word for an informal gathering of Celtic music, dance, fiddling and storytelling. Music brings people together like nothing else! The City of Victoria invites you to spend some quality time with dad and the whole family at the 12th Annual Father’s Day Ceilidh in the Park.

Stage in the Park
Contact for more information: 250.361.0708 or www.victoria.ca
Commonly known as the Cameron Bandshell, Stage in the Park is an outdoor performance venue located in the heart of Victoria’s renowned Beacon Hill Park. The Bandshell hosts a variety of free events and concerts on its stage including the Concerts in the Park series, dance, theatre, and band and choral performances. Bench seating and the surrounding grass areas provide perfect spots for spectators to relax and enjoy free performances.

The popular Concerts in the Park series runs Fridays, Saturdays, Sundays and holiday Mondays from June 20–September 12 from 1:30 p.m. – 3:20 p.m.
**TD Victoria International JazzFest**  
*June 20 – June 29*  
**Location(s):** Various locations  
**Contact for more information:**  [www.jazzvictoria.ca](http://www.jazzvictoria.ca) and 250.388.4423  
TD Victoria International JazzFest is a multi-day music festival that presents musicians and attracts audiences from the region, across Canada and around the world. The festival will present over 325 individual artists and over 80 performances over 10 days at 13 different venues. The festival continues to provide an annual forum for jazz artists to present their diverse styles of music (including all styles of jazz: from traditional to mainstream to avant-garde, as well as blues and world music) to fellow musicians, and to the widest range of audiences possible in both free and paid admission performances at several indoor and outdoor stage venues in Greater Victoria.

**July**

**Summer in the Square Lunchtime Concerts**  
*Tuesday to Thursday, July 2 – September 12*  
**Location:** Centennial Square  
**Contact for more information:** For a list of performances go to [www.victoria.ca/CityVibe](http://www.victoria.ca/CityVibe) (available May 12)  
Spend your lunch break enjoying an eclectic mix of live music on the Spirit Stage. Bands range from classical, folk to jazz, baroque to blues and everything in between.

**Dancing in the Square**  
*Every Monday in July and August*  
**Location:** Centennial Square  
**Contact for more information:** 250.721.JIVE or visit [www.vbds.org](http://www.vbds.org)  
Free dance instruction followed by dancing to live music. Presented by the City of Victoria and the Victoria Ballroom Dance Society.

**Victoria Pride Week**  
*June 29 – July 6*  
**Location(s):** Fisherman’s Wharf, Dallas Road Waterfront and other venues  
**Contact for more information:** [www.victoriapridesociety.org](http://www.victoriapridesociety.org)  
Dig those rainbow streamers out and wrap that feather boa around your neck, because Victoria Pride Week celebrations come to us June 29–July 6! There’s Youth Pride Dance; the Big Gay Dog Walk; Pride and the Word; Drag Ball–Baseball and the much anticipated annual parade and festival, featuring more than 100 vendors and new stage acts for all to enjoy. Free.

**Canada Day Celebration**  
*July 1*  
**Location(s):** Legislative Grounds and Victoria’s Inner Harbour  
**Contact for more information:** [www.victoriacanadaday.ca](http://www.victoriacanadaday.ca)  
The City of Victoria is proud to host Greater Victoria’s annual Canada Day celebration. Victoria Celebrates Canada Day is the largest public celebration on Vancouver Island. The dawn to dusk program includes an international food village, performances by well-known Canadian artists, a Living Flag, an evening fireworks display and lots of family activities. Please join us and celebrate what it means to be Canadian!

**Afro-Caribbean Festival**  
*July (date TBC)*  
**Location(s):** Selkirk Waterfront  
**Contact for more information:** 250.415.1808  
A celebration of African and Afro-Caribbean cultures through music, dance, food, education and fashion.

**Victoria’s 15th Annual Ska Festival**  
*July 2 – 5*  
**Location(s):** Ship Point (Inner Harbour), Long and McQuade Music Education Centre, Sugar Nightclub, Club 9ONE9  
**Contact for more information:** [www.victoriaskafest.ca](http://www.victoriaskafest.ca)  
The Victoria Ska Fest is celebrating its 15th year with four jam-packed days of concerts and workshops. The largest festival of its kind in North America, Victoria Ska Fest is dedicated to showcasing the world’s best reggae, ska, punk, Latin, jazz, soul and rock during a hyped festival for the people. With headlining ticketed and free shows in the Inner Harbour, tens of thousands of music fans will be entertained, educated and united under one sky in the middle of summer. This festival is not to be missed!

**Pacific Tattoo**  
*July 12 – 13*  
**Location:** Save-On-Foods Memorial Centre  
**Contact for more Information:** [www.pacifictattoo.ca](http://www.pacifictattoo.ca)  
The Pacific Tattoo is unique and spectacular showcase of live music and performances in a large arena venue. Performances include cultural, Celtic, military, pipes and drums, brass and reed marching bands and dancers.
8th Annual International Accordion Festival
July 11 – 13
Location(s): VCM, Market Square, St. Andrew’s Presbyterian Church
Contact for more Information: 778.402.8151 or www.bcaccordion.ca
The Victoria International Accordion Festival is the most significant accordion festival in North America, bringing the best international accordion soloists and ensembles to Victoria.

Theatre SKAM’s Bike Ride
July 12 – 13, July 19 – 20
Location(s): Cecelia Ravine Park and along the Galloping Goose Regional Trail
Contact for more information: www.skam.ca or 250.386.7526
Participate in Theatre SKAM’s annual mobile feast of live performance! Audiences ride their bikes from show to show, taking in new, independent and local performance works along the Galloping Goose Trail. With bike decorating, local food and surprise bursts of entertainment, Bike Ride has something for the entire family!

The Victoria International Buskers Festival
July 18 – 27
Location(s): Inner Harbour and Centennial Square
Contact for more information: 250.661.5350 or www.victoriabuskers.com
Professional street performers from around the world present more than 600 shows at outdoor venues across the waterfront and in the downtown core. This free festival is for the whole family and includes magicians, acrobats, fire throwers, comedians, jugglers, unicyclists, clowns and more!

Art Gallery Paint In
July 19
Location(s): 1040 Moss Street and Moss Street from Fort Street to Dallas Road
Contact for more information: 250.384.4171 or www.aggv.ca
The TD Art Gallery Paint-In is a free, fun-filled community event based on art awareness and education. The event has grown to feature 150 invited professional and emerging artists from Greater Victoria. Artists take their studios to the street to display and produce their work on Moss Street. The event also features an open house at the Art Gallery of Greater Victoria from 10 a.m.– 9 p.m., a food and beverage garden, and dancing to live music.

Symphony in the Summer
July 22 – August 5
Location(s): Various
Contact for more information: www.victoriasymphony.ca
This series of outdoor concerts includes full orchestra and small ensemble performances in some of Victoria’s most picturesque locations.

AUGUST

Symphony Splash
August 3
Location: Victoria’s Inner Harbour
Contact for more Information: www.victoriasymphony.ca
The 2014 Splash will be particularly spectacular, as it is its 25th anniversary. The Splash event is known around the country as the biggest orchestral event to take place outdoors, drawing audiences of 45,000 for a day of music and fun! Kids activities begin at 1 p.m., music on the main stage begins at 4 p.m. and the Victoria Symphony takes the stage at 7:00 p.m. Be there for the biggest event of the summer!

Free B Film Festival
August 1, 2, 8, 9, 15, 16, 22, 23
Location: Cameron Bandshell
Contact for more information 250.389.0444 or www.victoriafilmfestival.com
Go beyond the summer blockbusters and enjoy a movie under the stars with another great line-up of B-movies from the ‘Family-Friendly’ to the ‘Funky and Fun’. Please check the Victoria Film Festival website in July for complete details on Victoria’s favourite film event under the stars. Bring your own snacks, blankets and flashlights.

Tango Festival
August 1 – 3
Location(s): Downtown Victoria
Contact for more information: 778.432.0112 or www.passion4tango.com
The Victoria Latin and Tango Festival is a five day arts festival featuring concerts with the best of local, national and international live performance in Latin American and Argentinian music and dance.
Victoria Indian Mela  
**August 8 – 10**
*Location:* Centennial Square  
*Contact for more information:* 250.382.6620  
This event features a main stage with professional and budding semi-professional, Indian entertainment including classical and modern Bollywood dances and music, Gidda, Bhangra, Garba/Dhándia dances and highly energetic entertainment from many other multicultural communities. Enjoy a menu of mouth-watering Indian food, Indian fashions, jewellery, arts and crafts, henna, palm reading, balloon animals, face painting, clowns, and much more that will appeal to everyone.

Victoria Flamenco Festival  
**August 11 – 17**  
*Location:* Centennial Square  
*Contact for more information:* www.flamencodelaisla.org  
The festival features local musicians and dancers in Centennial Square, plus an open-stage event for student performers and an artist market.

Ursa Fair  
**August 16**  
*Location:* Fernwood Community Centre  
*Contact for more information:* 250.381.1552  
The second annual Ursa Handmade Market is a one day showcase of the incredible talent that Vancouver Island and the surrounding areas has to offer. Saturday August 16th from 10 a.m.–5 p.m., come and check out some wonderful handmade items and meet the great folks who make them!  
Admission is free and by bringing in a non-perishable food item to be donated to the food bank, you will be entered to win a door prize donated by some of the vendors. Four door prizes will be drawn throughout the day!  
Come and support Victoria’s fabulous handmade community at this late summer event!

ROMP! Festival of Independent Dance  
**August 21 – 24**  
*Location:* Centennial Square  
*Contact for more information:* www.suddenlydance.ca  
Suddenly Dance Theatre presents ROMP! In the Square – a free outdoor dance showcase in Victorias downtown Centennial Square. Each show features a different program from dance artists of diverse styles to create a kinetic urban spectacle. Meet the performers and guests in the beer garden and enjoy dance in the open air!

**SEPTEMBER**

28th Annual Victoria Fringe Theatre Festival  
**August 21 – 31**  
*Location(s):* Various downtown locations, see victoriafringe.com for details  
*Contact for more information:* 250.590.6291 or www.victoriafringe.com  
The Victoria Fringe Festival is a celebration of live theatre from around Canada and the world in a dozen venues across town. Vancouver Island’s biggest theatre event features over 50 comedy, drama, spoken word and physical theatre shows, plus free special events such as FringeKids Fest in Market Square, a nightly cabaret at the FringeClub, and a pre-fest concert in Centennial Square. Fringe-going is easy, fun and slightly addictive. This weird and wonderful festival is like nothing you’ve ever experienced before!

Vancouver Island Blues Bash  
**August 30 – September 1**  
*Location(s):* Ship Point, Inner Harbour  
*Contact for more information:* 250.388.4423  
The Vancouver Island Blues Bash is a three-day festival that features all styles of blues and R&B on the Labour Day weekend at Ship Point, situated in Victoria’s Inner Harbour. Free afternoon performances with ticketed performances in the evening. The full festival line-up will be announced mid-July.

Victoria International Chalk Art Festival  
**September 13 – 14**  
*Location(s):* The Bay Centre, Government Street (Humboldt St. to Yates St.)  
*Contact for more information:* www.victoriachalkfestival.com
Welcome to our family friendly, free-to-attend festival presenting an array of international and local chalk artists! Over two days, come and join in the building excitement downtown led by a renowned international 3D chalk artist who will create a 20’ by 20’ 3D chalk art drawing at The Bay Centre’s lower level, centre court. Both international and local artists will present works on the pavement of Government Street.

Multicultural Food and Health Fair  
**September 20**  
*Location(s):* CDI College, 950 Kings Road  
*Contact for more information:* www.vircs.bc.ca  
The event includes a performance stage, booths, cultural food preparation, demonstrations, and sampling.

Puppets for Peace Celebration  
**September 21**  
*Location(s):* Government House, Craigdarroch Castle, Rockland Neighbourhood  
*Contact for more information:* www.cacgv.ca  
Opening with a puppet parade for peace, which progresses through Rockland to the Craigdarroch Castle where there will be mini puppet performances inside and giant puppets outside with activities, information booths, music and food.
Burnside Gorge Community Centre Room Rentals

For meetings, conferences, parties and family gatherings, we have a wide variety of rooms available to suit your needs. We offer wireless internet, in-house, order-in catering services, and rental equipment, all at affordable prices. For more information, or to make a booking, call 250.388.5251 ext.226.

Activity Centre: max 120 guests
$65/hr  $250/half day  $400/full day

Education Centre: max 40 guests
$55/hr  $200/half day  $300/full day

Group Room: max 10 guests
$45/hr  $150/half day  $200/full day

Board Room: max 8 guests
$35/hr  $110/half day  $180/full day

Gymnasium: max 150 guests
$35/hr  $150/half day  $250/full day

For more information on Facility Rentals, look at our website www.burnsidegorge.ca