



School Age / Teen

Beyond Deep Diving

280392	Sa	Jan 31	5:00pm-6:00pm	1/\$25
280393	Sa	Mar 28	5:00pm-6:00pm	1/\$25
280394	Sa	May 16	5:00pm-6:00pm	1/\$25

Skateboarding 6-8yrs

Gear up to skate like the pros. Skills covered include foot positioning, balance, pushing, coasting, braking, turning, beginner ramp riding and some tricks! Skateboarding etiquette, safety and equipment maintenance also covered.

• Gordon Head Recreation Centre

Skateboarding - 6 to 8 years

283796	Sa	May 02-30	9:30am-10:15am	4/\$30
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Skateboarding - 9 - 12 years

283797	Sa	May 02-30	10:30am-11:45am	4/\$45
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Thrifty Foods World Cup Soccer 6-8yrs

A professionally developed program for kids, taught by national level coaches. A great introduction to this popular sport.

• Cedar Hill Recreation Centre

Brett Hyslop

278798	M	Jan 19-Mar 09	4:00pm-4:45pm	8/\$54
278799	M	Mar 30-Jun 01	4:00pm-4:45pm	8/\$54

• Gordon Head Recreation Centre

282583	Tu	Jan 20-Mar 10	4:00pm-4:45pm	8/\$54
282584	Tu	Mar 31-May 19	4:00pm-4:45pm	8/\$54

• Lochside Elementary School

282503	Th	Jan 22-Mar 12	4:00pm-4:45pm	8/\$54
282516	Th	Apr 02-May 21	4:00pm-4:45pm	8/\$54

• Pearkes Recreation Centre

269180	Tu	Jan 20-Mar 10	4:00pm-4:45pm	8/\$54
269181	Tu	Mar 31-May 19	4:00pm-4:45pm	8/\$54

Volleyball 8-12yrs

An introduction to Volleyball. This fun class will have beginner volleyball players working on simple skills through drills and practice games. Emphasis is on fun, teamwork and sportsmanship.

• Saanich Commonwealth Place

282999	M	Jan 19-Mar 09	5:00pm-6:00pm	8/\$48
283000	M	Mar 23-May 25	5:00pm-6:00pm	8/\$48

Yoga - Parent & Child 8yrs and up

Spend quality time connecting and exercising together. Class will be based on a beginner style yoga with emphasis on strength and flexibility development. Great for both the parent and child! Cost is per person. Child and parent must register.

Amy Nold

• Cedar Hill Recreation Centre

280601	Sa	Jan 10-Feb 21	12:15pm-1:15pm	7/\$60
280602	Sa	Mar 07-Apr 18	12:15pm-1:15pm	6/\$36
280646	Sa	May 02-Jun 13	12:15pm-1:15pm	7/\$42

• Saanich Commonwealth Place

283446	Sa	Jan 17-Mar 07	8:30am-9:30am	8/\$56
283799	W	Jan 21-Mar 11	5:00pm-6:00pm	8/\$56
283800	W	Mar 25-May 13	5:00pm-6:00pm	8/\$56
283447	Sa	Mar 28-May 16	8:30am-9:30am	8/\$56

Teen

For more Teen Programs and Events visit www.teen.saanich.ca

Arts - Dance / Music / Visual

Teen Studio and Portfolio 13-19yrs

For the art student who wants to develop his/her portfolio under the guidance of an instructor. Instruction is individual as is the choice of projects and media. Students provide their own material as they develop their own personal form of self expression.

• Cedar Hill Recreation Centre

Kelly Dunning

283449	W	Mar 04-Apr 29	6:30pm-8:00pm	8/\$65
283450	W	May 06-Jun 17	6:30pm-8:00pm	7/\$57

Arts - Dance

Belly Dance - Teens 13-16yrs

Students will learn the history of the dance, basic moves and introductory step combinations to form introductory choreography. Also covered is costuming, learning rhythms specific to Egyptian and Arabic dance in an atmosphere of fun.

• Colquitz Middle School

Candace Aldridge

279751	Th	Jan 29-Mar 19	5:00pm-6:00pm	8/\$64
279752	Th	Mar 26-May 14	5:00pm-6:00pm	8/\$64
279753	Th	May 21-Jun 25	5:00pm-6:00pm	6/\$48

• Royal Oak Middle School

Pamela Ball

277608	M	Mar 02-Apr 20	5:00pm-6:00pm	6/\$60
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Jazz Funk and Hip Hop - Teen 13-16yrs

The basics of funk and hip hop will be taught in this high energy class.

• Saanich Commonwealth Place

Dansko Staff

287445	F	Jan 09-Mar 13	5:30pm-6:30pm	10/\$82
287446	F	Mar 27-Jun 05	5:30pm-6:30pm	10/\$82

10-14yrs Breakdance Classes - See School Age Section

Latin Fusion - Youth 10-18yrs

Latin dance meets fitness in a sizzling class that will make you sweat. Enjoy a good work-

out with a latin flair!

• Royal Oak Middle School

Moderna Salsa

277611	Th	Jan 22-Mar 12	5:00pm-6:00pm	8/\$72
277612	Th	Mar 26-May 14	5:00pm-6:00pm	8/\$72

Arts - Theatre / Music / Literary

Electric Bass for Beginners 13-18yrs

Students will learn the rudiments of playing electric bass. Emphasis will be on learning to read music in the bass clef and understanding bass patterns as the foundation of the rhythm section of a band. Please call 474-4455 if you wish to rent a bass or have any questions about the class.

• Gordon Head Middle School

PJ Music Studio

282589	Tu	Jan 20-Mar 31	6:00pm-7:00pm	10/\$118
282590	Tu	Apr 07-Jun 09	6:00pm-7:00pm	10/\$118

Guitar Basics - Teens 13-18yrs

Students will learn basic chord forms in three keys and basic strumming patterns. This short course is designed for people with an interest in trying the guitar with a focus on developing skills for self accompaniment. Primarily folk music although all types of music of interest to the class can be explored. No previous music experience required. Please call 474-4455 if you wish to rent a guitar or have any questions about the class.

• Gordon Head Recreation Centre

PJ Music Studio

283477	M	Jan 19-Mar 09	6:00pm-7:00pm	8/\$88
283478	M	Mar 23-Jun 08	6:00pm-7:00pm	10/\$110

Guitar Lessons - Teens 13-16yrs

Learn to play simple arrangements of popular songs through the reading of music and basic classical technique that can be applied to any style of music. Please bring your guitar.

• Gordon Head Middle School

PJ Music Studio

283484	Sa	Jan 17-Mar 07	3:00pm-4:00pm	8/\$88
283485	Sa	Mar 28-Jun 13	3:00pm-4:00pm	10/\$110

• Saanich Commonwealth Place

282520	W	Jan 21-Feb 25	5:40pm-6:40pm	6/\$66
282521	W	Mar 04-Apr 08	5:40pm-6:40pm	6/\$66
282524	W	Apr 22-May 27	5:40pm-6:40pm	6/\$66

Introduction To Recording & Songwriting 12-18yrs

Using the new sound studio at Saanich Commonwealth Place, you will learn a variety of



Teen

recording, music production, and songwriting techniques. Topics covered include mixing drums and guitars, studio set-up, track comping, effect use, and dynamic control. Take your music to the next level!

• **Saanich Commonwealth Place**

Ryan Bresser

278498 M Feb 02-23 6:00pm-7:30pm 4/\$60

Education / Leadership

SUMMIT 12-18yrs

Participate in this dynamic group Leadership development group. Employment training, community service, fundraising, and event planning. Enjoy a challenging year-end leadership retreat, & be a part of making a difference in your own community. Gordon Head Rec Centre #475-7111

• **Gordon Head Recreation Centre**

M Jan 12-Oct 05 6:00pm-7:30pm

Youth Summer Employment Readiness 15-20yrs

Do you want to get paid to play with kids? Hoping to gain summer employment as a camp leader? This workshop will help you to create a winning resume, prepare you for your interview, and provide you with a wealth of games and activities to take with you to a summer camp setting. Be one step ahead of the rest!

• **Saanich Commonwealth Place**

278663 W Feb 18 6:00pm-8:00pm 1/\$5

Fitness & Health

Boot Camp for Teen Girls 12-15yrs

Designed for girls 13 and up who would like to challenge themselves. The sessions consist of nutrition tips, goal setting, running, plyometrics, speed, agility and quickness drills. In addition, participants will learn about team work and how to build their self confidence. Appropriate for all levels.

• **Saanich Commonwealth Place**

280424 Tu Mar 24-Apr 28 4:30pm-5:30pm 6/\$40
 280425 Th Mar 26-Apr 30 4:30pm-5:30pm 6/\$40
 280441 Tu May 05-Jun 09 4:30pm-5:30pm 6/\$40
 280442 Th May 07-Jun 11 4:30pm-5:30pm 6/\$40

Tight Tummies, Tush and Arms-Pilates for Teens 13-17yrs

This popular program is designed to strengthen and stretch core muscles, abs, back, butt, and thighs. Pilates will improve your alignment, balance and physique.

• **Saanich Commonwealth Place**

Emma Sproule

280504 F Jan 16-Feb 27 3:30pm-4:30pm 7/\$42
 280505 F Mar 06-Apr 24 3:30pm-4:30pm 7/\$42
 280506 F May 01-Jun 19 3:30pm-4:30pm 8/\$48

General Interest

F.U.E.L. 10-18yrs

Need a little boost to help you concentrate for those early morning classes? Every Wednesday morning stop by the Backdoor Teen Centre for some FREE food for thought and a chance to sit down before classes.

• **Gordon Head Recreation Centre**

Th Jan 08-Oct 01 7:30am-9:00am

Friday Night Youth Only Drop In 11-14yrs

For teens aged 11 and up, drop into the Gordon Head Recreation Centre on a Friday night and use the weight room, swim, play games in the Auditorium, watch a movie on the big screen, dance in the teen night club room or just hang out and play pool in the Backdoor. All access wristbands only \$5.00.

• **Gordon Head Recreation Centre**

F Jan 30 7:00pm-10:00pm \$5

Girls Group 11-16yrs

Check out this awesome program, filled with games, crafts, sports, and cool out-trip activities - for Girls Only! A monthly schedule of events can be picked at the Teen Centres.

• **Gordon Head Recreation Centre**

Tu Jan 06-Apr 07 6:00pm-8:00pm

• **Saanich Commonwealth Place**

Tu Jan 06-Jun 16 6:00pm-8:00pm

Guys Group 11-16yrs

Drop-in on this Guys Only night and brush up on your pool, ping pong, or foosball skills! Different sports activities and games every week. Program schedules are available at the Teen Centres.

• **Gordon Head Recreation Centre**

Th Jan 08-Apr 09 6:00pm-8:00pm

Pro-G-Day 11-16yrs

Pro-Girls-Day that is! Spend your Pro-D-day in style! Join in the fun & celebrate your uniqueness at this dynamic day-long workshop For Girls Only! We will inspire, entertain, and educate you with music, art, dance, cooking, and amazing games! Participate in hands-on activities and workshops designed to get you active and let your inner Diva

shine through! Pre-registration is required.

• **Royal Oak Middle School**

287448 F Feb 20 9:00am-3:30pm 1/\$7

Social Drop-in

Backdoor Teen Lounge 13-18yrs

Hours for the Backdoor Youth Centre, located at Gordon Head Recreation Centre.

• **Gordon Head Recreation Centre**

Lunch Hour Drop-in

M-F Jan 05-Jun 19 12:00pm-12:45pm

Afterschool Drop-in

M-Tu, Th-F Jan 05-Jun 11 3:00pm-5:00pm

Drop-in

W Jan 07-Jun 24 2:00pm-5:00pm

Evening Drop-in

F-Sa Jan 09-Jun 27 8:00pm-11:00pm

Flipside Teen Activity Lounge 11-18yrs

• **Pearkes Recreation Centre**

Tu-F Jan 02-Apr 29 8:00pm-11:00pm

Upside Teen Centre Drop-In 10-18yrs

Drop-in hours

• **Saanich Commonwealth Place**

M-Th Jan 05-Jun 20 3:00pm-5:00pm

F-Sa Jan 05-Jun 20 7:30pm-10:30pm

Sports

Kayaking 13yrs and up

Enjoy the fun sport of kayaking. Afterwards join in the fun at the Teen Swim. Please register your interest at the Reception Desk. Program fee included with your drop-in admission.

• **Saanich Commonwealth Place**

281304 F Jan 30 7:30pm-9:00pm 1/\$0
 281306 F Mar 20 7:30pm-9:00pm 1/\$0
 281307 F Apr 03 7:30pm-9:00pm 1/\$0
 281308 F May 08 7:30pm-9:00pm 1/\$0
 281309 F Jun 19 7:30pm-9:00pm 1/\$0
 281305 F Feb 20 7:30pm-9:00pm 1/\$0

Lansdowne Drop in Basketball

15yrs+

the Mecca for all ballers, play pick up ball full or cross court, ages 15 and up co-ed.

• **Lansdowne Secondary School**

Tu Jan 13-Oct 20 8:00pm-10:00pm \$2

Lansdowne Drop in Floor Hockey 11-18yrs

drop in floor hockey for a toonie, all goalie equipment supplied, sticks as well.

• **Lansdowne Secondary School**

Tu Jan 13-Oct 20 6:00pm-7:30pm \$2



Teen / Family

Rowing - Learn To - Youth 10-17yrs
Learn how to row this spring and be ready for your High School Rowing Team! No experience necessary. Upon completion, you can continue in our Recreational Rowing program.

• **Elk Lake**

Rowing Club Victoria City

281495 M-F Mar 16-20 9:30am-11:30am 5/\$130

Teen Scuba Diving 13-18yrs

Experience the underwater adventures of scuba diving. A PADI 'discover scuba' program just for teens.

• **Saanich Commonwealth Place**

Beyond Deep Diving

280434 Th Feb 12 7:30pm- 8:30pm 1/\$25
280435 Th Apr 16 7:30pm- 8:30pm 1/\$25
280436 Th Jun 18 7:30pm- 8:30pm 1/\$25

Teen Weights for Girls 13-16yrs

Learn how to use weight training to get in shape, improve your sports performance and reach your fitness goals. Includes a 5x pass.

• **Gordon Head Recreation Centre**

278751 Tu Jan 13-Feb 24 4:30pm- 5:30pm 7/\$37
278752 Tu Mar 31-May 12 4:30pm- 5:30pm 7/\$37

• **Saanich Commonwealth Place**

278754 Th Jan 22-Feb 12 4:30pm- 5:30pm 4/\$22
287501 Th Feb 19-Mar 12 4:30pm- 5:30pm 4/\$22
287502 Th Mar 26-Apr 16 4:30pm- 5:30pm 4/\$22
287503 Th Apr 23-May 14 4:30pm- 5:30pm 4/\$22

Teen Weights for Guys 13-16yrs

Learn how to use weight training to get in shape, improve your sports performance and reach your fitness goals. Includes a 5x pass.

• **Gordon Head Recreation Centre**

278755 Th Jan 08-Feb 19 4:30pm- 5:30pm 7/\$37
278756 Th Feb 26-Apr 09 4:30pm- 5:30pm 7/\$37
278757 Th Apr 30-Jun 11 4:30pm- 5:30pm 7/\$37

• **Saanich Commonwealth Place**

278758 F Jan 23-Feb 13 4:30pm- 5:30pm 4/\$22
287497 F Feb 20-Mar 13 4:30pm- 5:30pm 4/\$22
287498 F Apr 03-May 01 4:30pm- 5:30pm 4/\$22
287499 F May 08-29 4:30pm- 5:30pm 4/\$22

Underwater Hockey 12-15yrs

Hockey like you have never played before. Come and try out 'underwater' hockey on the bottom of our pool. All equipment provided. Enjoy the Everyone Welcome Swim from 7-8pm before your class!

• **Saanich Commonwealth Place**

282054 W Jan 21-Mar 11 8:00pm- 8:45pm 8/\$32
282055 W Mar 25-May 06 8:00pm- 8:45pm 7/\$28
282060 W May 13-Jun 24 8:00pm- 8:45pm 7/\$28

Wheels in Motion 12-16yrs

For mountain bikers interested in learning and improving techniques for safer and more mindful off-road cycling. Offered by our fun and supportive team, our superior 1:6 ratio provides appropriate supervision levels for this age group. Skills include descending and climbing, getting on and off the bike, and crossing various trail challenges. Bike repairs are also covered. All skill levels welcome, some equipment required; call for more information.

• **Hartland Landfill**

Alex Jefthas

282533 Sa Jan 17-Mar 07 1:00pm- 3:30pm 8/\$100
282534 Sa Mar 28-May 30 1:00pm- 3:30pm 8/\$100
282535 Sa Jun 13-Aug 01 1:00pm- 3:30pm 8/\$100

Yoga - Teens 12-16yrs

If you play sports or are simply interested in a new style of wellness, yoga is the way to go. With our instructor's easygoing attitude and guidance you will improve your flexibility and strength to feel balanced on your feet and in your mind.

• **Saanich Commonwealth Place**

Ty Chandler

276699 Tu Jan 06-Feb 24 4:00pm- 5:00pm 8/\$48
276700 Tu Mar 03-Apr 28 4:00pm- 5:00pm 8/\$48
276701 Tu May 05-Jun 23 4:00pm- 5:00pm 8/\$48

Floor Hockey 11-14yrs

Drop in floor hockey at Gordon Head Middle School on Wednesday nights for only a toonie! Coed ages 11-14 welcome.

• **Gordon Head Middle School**

W Jan 14-Jun 24 6:30pm- 8:00pm \$2

Family Programs

Family Kayaking 8 yrs +

Experience kayaking with your family. Each registered participant will get 45 minutes of kayaking. Enjoy the Family Swim as well! Children aged 5 -7 years must be accompanied in a kayak by an adult. Program fee included with your drop-in admission.

• **Saanich Commonwealth Place**

280126 Sa Jan 31 4:30pm-5:15 pm 1/Free
280127 Sa Jan 31 5:15pm-6:00 pm 1/Free
280128 Sa Feb 21 4:30pm-5:15 pm 1/Free
280129 Sa Feb 21 5:15pm-6:00 pm 1/Free
280130 Sa Mar 28 4:30pm-5:15 pm 1/Free
280131 Sa Mar 28 5:15pm-6:00 pm 1/Free

Nutrition For You-Healthy Families

18 yrs +

Children who eat family meals together tend

to have less eating disorders, less obesity, and higher academic achievement. Discover tips to inspire your family's nutrition. Designed for parents of children up to 12 years of age.

• **Colquitz Middle School**

280225 M Feb 23 7:00pm-9:00pm 1/Free

PJ Party

4 - 10 yrs

Let our experienced leaders entertain while you have a night out! Toys, games, crafts, snacks, movies and more! Children must be potty-trained.

• **Pearkes Recreation Centre**

277745 Sa Jan 17 6:00pm-10:00pm 1/\$25
277746 Sa Feb 14 6:00pm-10:00pm 1/\$25
277747 Sa Mar 21 6:00pm-10:00pm 1/\$25
277748 Sa Apr 18 6:00pm-10:00pm 1/\$25
277749 Sa May 23 6:00pm-10:00pm 1/\$25

Adult

Arts - Crafts & Visual

All About Art 16yrs +

Learn about drawing, mixed media, water-colour, acrylic paint and more! An emphasis is placed on learning skills to provide confidence in all your art making adventures. All supplies included.

• **Cedar Hill Recreation Centre**

Claudia Lorenz

282995 Th Jan 22-Mar 12 7:00pm- 9:30pm 8/\$140
282996 Tu Jan 20-Mar 10 1:00pm- 3:30pm 8/\$140
282997 Tu Mar 31-May 19 1:00pm- 3:30pm 8/\$140
282998 Th Apr 02-May 21 7:00pm- 9:30pm 8/\$140

Crocheting Basics 16yrs +

Learn the basics of crocheting including reading a pattern. Start with a scarf or dishcloth to learn how easy it is to crochet! Supplies not included.

• **Colquitz Middle School**

Esther Anderson

283555 M Jan 12 - Feb 16 6:30 PM - 8:00 PM 6/\$50

Drawing Portraits 16yrs +

For beginner and returning students. No rulers, no erasers, only a positive attitude is expected. Learn how to take proportions and transfer your inner character onto paper using various media. Some supplies must be purchased.

• **Cordova Bay Community Place**

Ella Szomborg

281414 Tu Jan 27-Mar 03 7:00pm- 8:30pm 5/\$75