

SCHOOL AGE & YOUTH PROGRAMS



Saanich
Commonwealth
Place

FALL 2023



ARTS

BEGINNER ROCK AND POP GUITAR **8-12yrs**

Get ready for the campfire, or start a band in the fall - In a few short weeks, you'll learn the basics of popular styles on the guitar so you can walk away playing riffs and melodies from the songs you listen to! No previous experience necessary.

SAANICH COMMONWEALTH PLACE

PJ Music Studio

[103889](#) Su Sep 24-Dec 10 10:15-11am 9/\$162

BEGINNER UKULELE **8-12yrs**

Let's learn the musical basics like chords, melodies, note reading, and rhythms through popular songs that will kickstart your learner's musical journey! No previous experience necessary.

SAANICH COMMONWEALTH PLACE

PJ Music Studio

[102457](#) Su Sep 24-Dec 10 9:30-10:15am 9/\$162

GUITAR FOR KIDS **6-9yrs**

Guitar instruction in a fun class setting! Instruction covers reading music, tuning methods, basic theories, single string playing and finger strengthening exercises that give you the tools to play simple songs from rock to classical.

SAANICH COMMONWEALTH PLACE

PJ Music Studio

[103790](#) Su Sep 24-Dec 10 3-3:30pm 9/\$162

PIANO FOR KIDS - SMALL GROUP **6-10yrs**

A creative fun approach to learning about music and the keyboard while developing good technique, rhythm and basic note reading and composing skills. Each class is tailored to the needs of different age groups. You do not need a piano at home to participate.

SAANICH COMMONWEALTH PLACE

PJ Music Studio

[103785](#) Sa Sep 23-Dec 9 10-10:30am 9/\$180

[103786](#) Sa Sep 23-Dec 9 10:30-11am 9/\$180

[103787](#) Sa Sep 23-Dec 9 11-11:30am 9/\$180

[103788](#) Sa Sep 23-Dec 9 11:30am-12pm 9/\$180

[103789](#) Su Sep 24-Dec 10 2:30-3pm 9/\$180

DANCE

BALLET AND JAZZ **5-7yrs**

Join us as we combine basic jazz dance technique and ballet in this fun and entertaining class. The result is the poise and grace of ballet with the high energy of jazz dance! Children will learn a choreographed dance.

SAANICH COMMONWEALTH PLACE

Dansko Staff

[102279](#) M Sep 18-Dec 18 3:30-4:15pm 13/\$114

[102280](#) Sa Sep 23-Dec 16 11:30am-12:15pm 11/\$97

SCP 30th Anniversary Celebration

Join us for a celebration of community spirit and a day of free family activities, displays, and fun. Games and activities in the morning followed by a special fun swim in the afternoon.

More details to follow.

Sunday, November 26

9:00 am - 4:00 pm

Saanich Commonwealth Place

HIP HOP 7-10yrs

Hip hop dance combines a variety of freestyle movements and is fueled by upbeat music that keeps you moving. Kids will let loose, move, groove and have fun!

SAANICH COMMONWEALTH PLACE

Dansko Staff

[102284](#) Sa Sep 23-Dec 16 2:30-3:30pm 11/\$119

HIP HOP AND GROOVE 6-9yrs

This energetic class showcases a dancer's individual style. It combines a variety of freestyle movements that is fueled by upbeat music that keeps you moving. Kids will let loose, move, groove, and have fun!

SAANICH COMMONWEALTH PLACE

Talia Boughton

[103651](#) Su Oct 15-Dec 17 1:30-2:15pm 10/\$88

JAZZ/HIP HOP 6-8yrs

A perfect combo class - high energy hip hop to make you bounce to the beat combined with important elements of jazz dance technique.

SAANICH COMMONWEALTH PLACE

Dansko Staff

[102285](#) Sa Sep 23-Dec 16 1:30-2:30pm 11/\$119

JAZZ/HIP HOP 9-12yrs

A perfect combo class - high energy hip hop to make you bounce to the beat combined with important elements of jazz dance technique.

SAANICH COMMONWEALTH PLACE

Talia Boughton

[102286](#) Su Oct 15-Dec 17 12:15-1:15pm 10/\$108

DAYCAMPS

PRO D DAY - JR. MINECRAFT & LEGO 6-8yrs

Spend the morning in our creative virtual world of Minecraft where you'll solve engineering challenges using teamwork and ingenuity. Then, in the afternoon, we will continue developing our engineering skills through Lego challenges.

SAANICH COMMONWEALTH PLACE

Engineering For Kids

[103826](#) F Oct 20 9am-4pm \$68

Register now for Fall Classes!

ONLINE [at Saanich.ca/Fall](http://Saanich.ca/Fall)

PHONE 250-475-7600

IN PERSON at any of our
4 Recreation Centres



PRO D DAY - MINECRAFT AND CUSTOM AIR DRAGSTERS 8-12yrs

Step into the virtual world of Minecraft and conquer engineering challenges with your awesome teamwork and ingenious ideas. In the afternoon we will unleash your inner speed demon as we build and race our own dragsters. With our air launcher, we'll test our designs and find out who has the fastest wheels.

SAANICH COMMONWEALTH PLACE

Engineering For Kids

[103822](#) M Nov 20 9am-4pm \$68

WINTER HOLIDAY CAMP 5-11yrs

Join in the fun as our experienced leaders help you celebrate the festive season. Activities may include swimming, indoor and outdoor games, and arts and crafts.

SAANICH COMMONWEALTH PLACE

[103883](#) W,Th,F Dec 27-29 8:30am-4pm 3/\$117

FULL Tu-F Jan 2-5 8:30am-4pm 4/\$156

GENERAL INTEREST

ENGINEERING - APPRENTICE SOFTWARE 8-12yrs

With video sensing, students design and program their own video games and then test them by interacting with the Scratch program via webcam. Students work together to create their own games, art, and musical instruments while exploring coding foundations.

SAANICH COMMONWEALTH PLACE

Engineering For Kids

[103821](#) Tu Sep 26-Oct 31 5:30-7pm 6/\$156

ENGINEERING - JR. CIVIL ENGINEERING 5-7yrs

Unleash your inner engineer building a house that can withstand the mighty blows of the big, bad wolf. But that's just the beginning! Dive into the fascinating world of construction and design through hands-on exploration. Discover the secrets of towering skyscrapers, magnificent bridges, and much more.

SAANICH COMMONWEALTH PLACE

Engineering For Kids

[103820](#) Tu Sep 26-Oct 31 4-5pm 6/\$138

ENGINEERING - APPRENTICE - GET WIRED WITH MAKEY MAKEY 8-12yrs

Can you make a playdough video controller or a cardboard guitar that plays music? Through the application of circuitry, acoustical engineering, and video game design, you can! Using Makey Makey Kits and the Scratch program, discover new ways to interact with technology while creating unique designs in a collaborative environment.

SAANICH COMMONWEALTH PLACE

Engineering For Kids

[103825](#) Tu Nov 7-Dec 12 5:30-7pm 6/\$156

HOME LEARNERS HANGOUT

8-12yrs

For all home learners, come join us for a fun program of engineering and Lego, mini game challenges, and skill based activities such as cooking, crafting, and creating.

SAANICH COMMONWEALTH PLACE

[103891](#) Th Oct 12-Dec 14 12-3pm 10/\$450

KIDS COOKING CLUB

8-12yrs

Calling all kids who love to cook! Join our hands-on club and learn basic cooking skills from measurements to kitchen safety. Enjoy the taste of your success each class and create your own recipe book!

ROYAL OAK MIDDLE SCHOOL

[103372](#) Sa Oct 14-Dec 9 10am-12:30pm 8/\$215

LEADERSHIP / EDUCATION

HOME ALONE PROGRAM

9-11yrs

Before and after school times or occasional outings for parents are easy with when your child is H.A.P.P.Y. - a Home Alone Program Prepared Youth! The program focuses on home and personal safety and emergency procedures. Booklet and parent/guardian handout included.

SAANICH COMMONWEALTH PLACE

Kathy Lee

[103652](#) Sa Oct 14 9am-12pm \$40

[103802](#) Sa Dec 2 9am-12pm \$40

RED CROSS BABYSITTER'S TRAINING

11-14yrs

Learn the basics of babysitting and become a qualified babysitter. A Red Cross Babysitter Certificate will be issued upon successful completion of the course. Cost includes manual.

SAANICH COMMONWEALTH PLACE

FULL Sa Oct 21-28 1-5pm 2/\$83

[103653](#) Sa Dec 2-9 1-5pm 2/\$83

SAFE KIDS PROGRAM

5-10yrs

K.I.D.S. = Keeping children Informed, Defensible, and Safer. We enlighten, not frighten. Topics include a child's six special powers, street safety, lost/in trouble rules, safe places, "my body" rules, good/bad touching and realistic physical and verbal strategies. Parent attendance is mandatory.

SAANICH COMMONWEALTH PLACE

Sheepdog Self-Protection Inc.

FULL Sa Sep 23 1-2pm \$32

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IN PERSON at any of our
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MARTIAL ARTS

KARATE CLUB

4-11yrs

We will teach you to challenge yourself, set goals and help you attain those goals. Our club philosophy is based on respect, discipline, self-confidence and excellence. Club follows the Shito-Ryu system of karate.

SAANICH COMMONWEALTH PLACE

Victoria Renshikan Karate

4-6YRS

FULL Sa Sep 23-Dec 16 10-10:50am 11/\$149

6-11YRS

[103865](#) Tu Sep 19-Dec 19 6:30-7:30pm 14/\$203

[103870](#) W Sep 20-Dec 20 4-5pm 14/\$203

[103871](#) Th Sep 21-Dec 21 6:30-7:30pm 14/\$203

[103874](#) Sa Sep 23-Dec 16 11am-12pm 10/\$145

[103875](#) Sa Sep 23-Dec 16 12-1pm 10/\$145

DOUBLE THE PRACTICE TO IMPROVE SKILL DEVELOPMENT! JOIN US BOTH DAYS FOR BETTER VALUE.

[103866](#) Tu/6:30pm Th/6:30pm Sep 19-Dec 21 28/\$336

[103867](#) Tu/6:30pm Sa/11am Sep 20-Dec 17 24/\$288

[103868](#) Tu/6:30pm Sa/12pm Sep 20-Dec 17 24/\$288

[103872](#) Th/6:30pm Sa/11am Sep 22-Dec 17 24/\$288

[103873](#) Th/6:30pm Sa/12pm Sep 22-Dec 17 24/\$288

KARATE FOR BEGINNERS

5-11yrs

Sensei Nancy Puckett, who specializes in teaching youth and adults with neurodiversity and physical challenges, introduces the basics of the Shotokan style of karate. Learn stances, hand techniques, kicking techniques and kata in this non-contact class. Develop impulse control, sequencing, personal space, gross motor skills, personal awareness, safety and respect.

ROYAL OAK MIDDLE SCHOOL

Nancy Puckett

[102715](#) M,Th Sep 11-Oct 30 5-5:45pm 14/\$200

[103186](#) M,Th Nov 2-Dec 21 5-5:45pm 14/\$200

[103200](#) M Sep 11-Oct 30 5-5:45pm 7/\$100

[103201](#) Th Sep 14-Oct 26 5-5:45pm 7/\$100

[103203](#) M Nov 6-Dec 18 5-5:45pm 7/\$100

[103204](#) Th Nov 2-Dec 21 5-5:45pm 7/\$100

SCP 30th Anniversary Celebration

Join us for a celebration of community spirit and a day of free family activities, displays, and fun. Games and activities in the morning followed by a special fun swim in the afternoon.

More details to follow.

Sunday, November 26

9:00 am - 4:00 pm

Saanich Commonwealth Place

KARATE CONTINUING 5-11yrs

Sensei Nancy Puckett, experienced in teaching youth and adults with neurodiversity and physical challenges, helps karate students further develop their skills. Learn advanced basics and kata, hit mitt/kicking shield drills, and gain an introduction to escrima, and weapons training in this non-contact class.

ROYAL OAK MIDDLE SCHOOL

Nancy Puckett

102717	M,Th	Sep 11-Oct 30	5:45-6:30pm	14/\$200
103185	M,Th	Nov 2-Dec 21	5:45-6:30pm	14/\$200
103190	M	Sep 11-Oct 30	5:45-6:30pm	7/\$100
103193	Th	Sep 14-Oct 26	5:45-6:30pm	7/\$100
103194	M	Nov 6-Dec 18	5:45-6:30pm	7/\$100
103195	Th	Nov 2-Dec 21	5:45-6:30pm	7/\$100

SPORTS

ARCHERY - YOU AND ME 8yrs+

Designed for parents/caregivers and children 8yrs+, enjoy this opportunity to learn basic archery skills together! Registration for both participants is required and cost is per person. All equipment provided.

SAANICH COMMONWEALTH PLACE

Victoria Bowmen Association

FULL	F	Sep 22-Nov 3	5-6pm	7/\$67
FULL	F	Sep 22-Nov 3	6-7pm	7/\$67
FULL	F	Sep 22-Nov 3	7-8pm	7/\$67
FULL	F	Nov 10-Dec 22	5-6pm	6/\$57
FULL	F	Nov 10-Dec 22	6-7pm	6/\$57
FULL	F	Nov 10-Dec 22	7-8pm	6/\$57

ARCHERY FOR YOUTH 8-16yrs

Ready, aim, bullseye! Youth will enjoy learning basic archery techniques from a Level III certified coach. All equipment provided.

SAANICH COMMONWEALTH PLACE

Victoria Bowmen Association

8-12YRS

FULL	Th	Sep 21-Nov 2	4:15-5:15pm	7/\$84
FULL	Th	Nov 9-Dec 21	4:15-5:15pm	7/\$84

11-16YRS

FULL	Th	Sep 21-Nov 2	5:15-6:15pm	7/\$84
103800	Th	Nov 9-Dec 21	5:15-6:15pm	7/\$84

BADMINTON - BEGINNER 6-12yrs

Players with little or no badminton experience and who are eager to learn will have fun building their skills. Learn serves, overhead strokes and positioning. Enjoy game play to improve skills. Equipment provided.

SAANICH COMMONWEALTH PLACE

Badminton Victoria

FULL	W	Sep 20-Nov 1	4-5pm	7/\$84
FULL	W	Nov 8-Dec 20	4-5pm	7/\$84

ELI PASQUALE BASKETBALL LEAGUE 6-15yrs

Where great basketball begins! Have fun, learn and develop. We do not keep score. First half-hour is skill work, final hour is for games. Team t-shirt included.

SAANICH COMMONWEALTH PLACE

Eli Pasquale Staff

6-7YRS

103816	Sa	Oct 14-Feb 10	10-11:30am	13/\$260
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8-9YRS

103817	Sa	Oct 14-Feb 10	11:30am-1pm	13/\$260
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10-12YRS

FULL	Sa	Oct 14-Feb 10	1:30-3pm	13/\$260
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13-15YRS

103819	Sa	Oct 14-Feb 10	1:30-3pm	13/\$260
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FENCING LEVEL 1 - BEGINNER 10-16yrs

En garde! Suit up and discover the European martial art of swordplay through the modern sport of fencing. Beginners receive instruction with the foil, learn the fundamental skills and have fun. No experience necessary, all equipment is supplied.

SAANICH COMMONWEALTH PLACE

Miko Ross

103812	Tu	Sep 19-Oct 24	4-5pm	6/\$78
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103813	Tu	Nov 7-Dec 12	4-5pm	6/\$78
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FENCING LEVEL 2 - CONTINUING 10-16yrs

Continue to improve your fencing skills and receive instruction in all three weapons; foil, epee, and sabre. Then, apply your skills in bout situations. All equipment is supplied. Several seasons of Level 2 – Continuing are recommended before advancing to Academy.

SAANICH COMMONWEALTH PLACE

Miko Ross

103814	Tu	Sep 19-Oct 24	5:15-6:15pm	6/\$78
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103815	Tu	Nov 7-Dec 12	5:15-6:15pm	6/\$78
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FLOOR HOCKEY - YOU AND ME 7yrs+

A time for parents/caregivers and their kids to play floor hockey together. We'll work on skills, play games and most of all, have a great time playing together.

Registration for both participants is required and cost is per person.

SAANICH COMMONWEALTH PLACE

103827	M	Oct 16-Dec 18	5:15-6:15pm	9/\$76
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FLOOR HOCKEY FUN 7-12yrs

Plastic sticks, plastic pucks, and fast and furious action! Bring your friends and enjoy playing floor hockey together. Includes skill work and lots of time for games. Instructor will officiate games, create teams, and facilitate round-robin play. Players may be grouped by age and ability if needed.

SAANICH COMMONWEALTH PLACE

103828	M	Oct 16-Dec 18	4:15-5:15pm	9/\$95
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JUNIOR DEVELOPMENT WATER POLO 8-12yrs

Taught by competitive water polo coaches, each session includes Powerswimming™, ball handling, shooting techniques and a scrimmage component. Upon successful completion, participants enter age-group competitive water polo. Prerequisite: ability to swim in deep water.

SAANICH COMMONWEALTH PLACE

Saanich Water Polo School

[103565](#) Su Sep 24-Dec 17 4:30-6pm 12/\$204

MINI POLO 7-10yrs

Led by nationally certified coaches, these classes are taught in a shallow pool environment. Learn sport-specific strokes with the water polo ball. Emphasis is placed on the eggbeater, stop and-go, quick turns, four basic shooting techniques, and game strategy. Sessions include a scrimmage. Prerequisite: ability to swim 10 strokes of freestyle.

SAANICH COMMONWEALTH PLACE

Saanich Water Polo School

[103566](#) Su Sep 24-Dec 17 5-6pm 12/\$136

POWERSWIMMING™ - EVERGREEN AND RED LEVEL - DIVE TANK 8-12yrs

Children registering in these levels must have completed Powerswimming™, White Level, or be able to swim 25 meters freestyle non-stop in deep water. Practices are held by competitive swimming & water polo coaches. Graduates of this program receive a proficient swimmer P.O.W.E.R certificate.

SAANICH COMMONWEALTH PLACE

Saanich Water Polo School

[103640](#) Th Sep 21-Dec 21 7-8:15pm 14/\$198

[103641](#) Tu Sep 19-Dec 19 7-8:15pm 14/\$198

POWERSWIMMING™ - PURPLE, ORANGE AND WHITE LEVEL - TEACH POOL 7-10yrs

This innovative swimming program combines competitive swimming, water polo and lifesaving skills. Emphasis is on speed and endurance. Purple, Orange and White levels are in shallow water. Program can be combined with traditional swim lessons, Minipolo and/or Junior Development Water Polo.

SAANICH COMMONWEALTH PLACE

Saanich Water Polo School

[103635](#) Tu Sep 19-Dec 19 7-8:15pm 14/\$198

[103639](#) Th Sep 21-Dec 21 7-8:15pm 14/\$198

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PHONE 250-475-7600

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Youth: DAYCAMPS

VOLLEYBALL BIG DIG CAMP Grades 6&7

These exciting and dynamic three-day camps are specially designed to meet the needs of aspiring players. The emphasis is on skill development, individual and team offensive and defensive skills, team play and fun! Players are grouped by ability/age to develop their game sense, confidence, and skills. Includes a player t-shirt.

CLAREMONT SECONDARY SCHOOL

Shon Ryan

[103347](#) W,Th,F Jan 3-5 9am-12pm 3/\$145

VOLLEYBALL BIG DIG CAMP - EXPERIENCED PLAYERS Grade 8 & 9

These exciting and dynamic three-day camps are specially designed to meet the needs of aspiring players. The emphasis is on skill development, individual and team offensive and defensive skills, team play and fun! Players are grouped by ability/age to develop their game sense, confidence, and skills. Includes a player t-shirt.

CLAREMONT SECONDARY SCHOOL

Shon Ryan

[103350](#) W,Th,F Jan 3-5 1-4pm 3/\$145

Youth: GENERAL INTEREST

ANIME CLUB 11-15yrs

Explore the world of anime! Join us weekly to hang out, make friends and connect with other youth who are also interested in anime. An opportunity to learn to draw, create, watch and design all things anime. Bring your creative ideas, learn from others and enjoy our amazing art supplies.

SAANICH COMMONWEALTH PLACE

[103268](#) Th Sep 14-Nov 16 4-5:30pm 10/\$30

DUNGEONS & DRAGONS CLUB 11-16yrs

Join us to play Dungeons & Dragons with your friends! Bring your own game supplies or use ours at the Upside Teen Centre. Beginners welcome and snacks provided.

SAANICH COMMONWEALTH PLACE

[103264](#) Th Sep 21-Jun 13 6-8pm FREE

INTERGENERATIONAL HOLIDAY CARD MAKING

Celebrate the holiday season and the bond between older adults 55+ and youth 10-17 in this card making workshop! Enjoy tea, hot chocolate and light refreshments while you make paper cards together. The leader will offer ideas and guidance. Registration covers two participants and includes all materials and refreshments.

SAANICH COMMONWEALTH PLACE

[103286](#) Sa Nov 18 10am-12pm \$30

[103285](#) Sa Nov 18 1-3pm \$30

FRIDAY NIGHTS AT SAANICH COMMONWEALTH PLACE - PIZZA, SWIMMING AND A MOVIE 11-16yrs

Friday nights just got a whole lot better! Hang out at The Upside Youth Centre with your friends and meet new ones. Enjoy everything the space has to offer, plus pizza, swimming, and a movie. Our awesome staff can't wait to hang out with you and your pals.

SAANICH COMMONWEALTH PLACE

103294	F	Sep 22	6-10pm	\$10
103269	F	Sep 29	6-10pm	\$10
103271	F	Oct 13	6-10pm	\$10
103272	F	Oct 27	6-10pm	\$10
103273	F	Nov 3	6-10pm	\$10
103274	F	Nov 17	6-10pm	\$10
103283	F	Dec 15	6-10pm	\$10

MUSIC JAM SESSIONS 11-16yrs

Enjoy jamming out on Tuesday evenings with a special blend of music introduction, and free play just for youth! The Upside Teen Centre is a safe, welcoming space for youth to socialize in a friendly environment. Free program, register to drop in!

SAANICH COMMONWEALTH PLACE

103385	Tu	Sep 26-Dec 12	6-7:30pm	FREE
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OUTDOOR ADVENTURE GAMES & SWIM 10-12yrs

Let's Party! Spend the first hour outside playing a variety of strategy games, forest games and circle games. Then, head down to the pool for an evening of fun in the wave pool and on the diving boards.

SAANICH COMMONWEALTH PLACE

103265	W	Sep 20-Nov 1	6-8pm	7/\$45
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SOCIAL AND SWIM 11-14yrs

Ready to make some new friends? This is the place to be on Monday nights! Join us for an evening of crafting, painting, art, games, foosball, ping pong, baking and more. Then, hop in the pool for an hour of fun.

SAANICH COMMONWEALTH PLACE

103266	M	Sep 25-Dec 11	6-8pm	11/\$45
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UPSIDE YOUTH CENTRE AFTER SCHOOL DROP IN MIDDLE SCHOOL 11-14yrs

Looking for after-school fun? Hang out together, listen to music, enjoy snacks, and play a game of pool, ping pong, or foosball. This free, supervised after-school program is ideal for Royal Oak Middle School, Glanford Middle School, SIDES and Discovery School students. Register to guarantee a spot or drop-in!

SAANICH COMMONWEALTH PLACE

103287	Tu	Sep 26-Jun 11	3:30-5:30pm	FREE
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Youth: HEALTH & FITNESS

STRENGTH TRAINING FOR YOUTH 10-12yrs

This 45 minutes class is suitable for those youth that would like to learn about the fundamentals of strength and conditioning in a fun and safe environment.

SAANICH COMMONWEALTH PLACE

David Keta

102780	Th	Sep 21-Oct 26	3:30-4:15pm	6/\$54
103756	Th	Nov 2-Dec 21	3:30-4:15pm	8/\$72

TEEN WEIGHTS - ADVANCED 13-16yrs

The next step after Teen Weights - now you're ready to make some progress! This class introduces progressive overload to take your strength to the next level

SAANICH COMMONWEALTH PLACE

Ash Powell

103674	M	Sep 18-Oct 16	4:30-5:30pm	4/\$44
103910	M	Oct 23-Nov 13	4:30-5:30pm	4/\$44
103911	M	Nov 20-Dec 11	4:30-5:30pm	4/\$44

TEEN WEIGHTS FOR GIRLS 13-15yrs

Learn how to use weight training to get in shape, improve your sports performance and reach your fitness goals! Course completion qualifies as regional teen orientation.

SAANICH COMMONWEALTH PLACE

102781	Th	Sep 28-Oct 19	4:30-5:30pm	4/\$44
102836	Th	Oct 26-Nov 16	4:30-5:30pm	4/\$44
102837	Th	Nov 23-Dec 14	4:30-5:30pm	4/\$44

TEEN WEIGHTS FOR GUYS 13-15yrs

Learn how to use weight training to get in shape, improve your sports performance and reach your fitness goals! Course completion qualifies as regional teen orientation.

SAANICH COMMONWEALTH PLACE

Ash Powell

102782	F	Sep 29-Oct 20	4:30-5:30pm	4/\$44
102904	F	Oct 27-Nov 17	4:30-5:30pm	4/\$44
102905	F	Nov 24-Dec 15	4:30-5:30pm	4/\$44

REGIONAL YOUTH WEIGHT ROOM ORIENTATION

Provides youth an introduction to safe and courteous use of recreation centre weight rooms. Includes weight room guidelines and etiquette, cardio & weight-training guidelines, basic cardio and strength equipment instructions. Upon completion, participants receive a regional sticker that is required for access to Greater Victoria recreation centre weight rooms.

SAANICH COMMONWEALTH PLACE 13-15yrs

David Keta

Thursday's 7:30-9pm \$15

Call 250-475-7600 for available dates and times