

# SCHOOL AGE & YOUTH PROGRAMS

## SPRING 2024



### ARTS

#### GUITAR - BEGINNER: ROCK AND POP 8-12yrs

Get ready for the campfire, or start a band. 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

107230 Su Apr 14-Jun 9 10:15-11am 7/\$136

#### PJ'S GUITAR FOR KIDS 6-9yrs

Get to know your guitar, discover the secrets of reading music, and play your favorite songs. Learn the perfect way to hold your guitar and start strumming and plucking your way to playing easy melodies that will amaze your family and friends. Guitars can be rented.

##### SAANICH COMMONWEALTH PLACE

###### PJ Music Studio

107228 Su Apr 14-Jun 9 3-3:30pm 7/\$136

#### UKULELE - BEGINNER 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. Materials are included in fee.

##### SAANICH COMMONWEALTH PLACE

###### PJ Music Studio

108971 Su Apr 14-Jun 29 9:30-10:15am 7/\$136

#### PJ'S 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

107222	Sa	Apr 13-Jun 8	10-10:30am	7/\$150
107223	Sa	Apr 13-Jun 8	10:30-11am	7/\$150
107224	Sa	Apr 13-Jun 8	11-11:30am	7/\$150
107225	Sa	Apr 13-Jun 8	11:30am-12pm	7/\$150
107226	Su	Apr 14-Jun 9	2:30-3pm	7/\$150

### 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

108376	M	Apr 8-Jun 3	3:30-4:15pm	8/\$70
<b>FULL</b>	Sa	Apr 6-Jun 1	11:30am-12:15pm	8/\$70

#### 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

108382	Sa	Apr 6-Jun 1	2:30-3:30pm	8/\$86
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### HOW TO REGISTER

**ONLINE** at [saanich.ca/Recreation](https://saanich.ca/Recreation)

**PHONE** 250-475-7600

**IN PERSON** at any of our  
4 Recreation Centres



## JAZZ/HIP HOP

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

6-8yrs

**FULL** Sa Apr 6-Jun 1 1:30-2:30pm 8/\$86

Talia Boughton 9-12yrs

108384 Su Apr 7-Jun 2 12:15-1:15pm 9/\$97

## DAY CAMPS - GENERAL



## SPRING BREAK ADVENTURES CAMP 9-12yrs

Join us for a week of your FAVOURITE games and camp activities! We'll get outdoors, play in the gym, and go swimming too!

### SAANICH COMMONWEALTH PLACE

106981 M-F Mar 18-22 8:30am-4pm 5/\$175

106982 M-Th Mar 25-28 8:30am-4pm 4/\$140

## SPRING BREAK CAMP 5-8yrs

Let our qualified and energetic leaders keep your child active over the Spring Break holiday. Sports, crafts, games, and adventures will make for a jam-packed week! For children currently in Kindergarten through Grade 3.

### SAANICH COMMONWEALTH PLACE

**FULL** M-F Mar 18-22 8:30am-4pm 5/\$175

**FULL** M-Th Mar 25-28 8:30am-4pm 4/\$140

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## DAY CAMPS - SPORTS

### ELI PASQUALE BASKETBALL CAMP

Enjoy a great basketball experience with Eli Pasquale's classic program emphasizing skill development and team play. Learn the fundamentals of the game and improve your offensive and defensive skills in a fun-first environment. Full day campers will cool off in the pool for a few fun swims.

### ROYAL OAK MIDDLE SCHOOL

Eli Pasquale Staff

8-14yrs **FULL DAY**

**FULL** M-Th Mar 25-28 9am-4pm 4/\$220

6-9yrs **HALF DAY**

108663 M-Th Mar 25-28 9am-12pm 4/\$124

10-14yrs **HALF DAY**

**FULL** M-Th Mar 25-28 1pm-4pm 4/\$124

### FALCON GYMNASTICS - SWING INTO SPRING CAMP 5-12yrs

Our week long camp offers fun and fitness for all levels and ages! Children work and focus on the skills on all events and have the opportunity to learn tumbling, balance beam, vaulting, trampoline, tumble track, bars and many more fun activities. Child must currently be in Kindergarten.

### FALCON GYMNASTICS CENTRE

Falcon Gymnastics

**FULL** M-F Mar 18-22 9am-4pm 5/\$290

107194 M-F Mar 18-22 9am-12pm 5/\$190

107195 M-F Mar 18-22 1-4pm 5/\$190

**FULL** M-Th Mar 25-28 9am-4pm 4/\$236

107197 M-Th Mar 25-28 9am-12pm 4/\$156

107198 M-Th Mar 25-28 1-4pm 4/\$156

## GENERAL INTEREST

### ENGINEERING: JR. MARINE ENGINEERING 5-7yrs

What causes something to sink or float? How can engineers help explore and protect the ocean? These questions and more are all explored in Junior Marine. In this class, our young engineers explore the concepts of marine engineering and mechanics, harnessing the power of water, and discovering designs that help us make the impossible, possible.

### SAANICH COMMONWEALTH PLACE

Engineering For Kids Vancouver Island

108512 Tu Apr 9-May 14 4-5pm 6/\$138

## ENGINEERING: ROBOTICS 101 WITH LEGO® EV3 ROBOTICS 8-12yrs

Do you love robots? Using LEGO Mindstorms EV3s and working in pairs, you'll learn how to build and program a robot. You'll explore how sensors can automate a robot, build a robotic arm, battle in a sumobots tournament, and more! A great introduction to the world of robotics.

### SAANICH COMMONWEALTH PLACE

Engineering For Kids Vancouver Island

108508 Tu Apr 9-May 14 5:30-7pm 6/\$156

## 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

108746 Sa Apr 13-Jun 8 10am-12:30pm 8/\$215

## LEARN TO FISH 5-14yrs

Join the Freshwater Fisheries Society of BC for this 2 hour session where you will learn about hatchery roles, fish identification, proper fish handling, tackle, rod rigging and casting, followed by hands on fishing at the lake! Rods and tackle provided. Parent participation required. For more information contact Fish@gofishbc.com.

### ELK AND BEAVER LAKE REGIONAL PARK

107199 Th May 9 6-8pm FREE

107200 Th May 23 6-8pm FREE

107201 Th Jun 6 6-8pm FREE

107202 Th Jun 20 6-8pm FREE

## LEADERSHIP / EDUCATION

## HOME ALONE PROGRAM 9-11yrs

Before and after school times or occasional outings for parents are easy 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

107262 Sa Mar 23 9am-12pm \$40

107263 Sa Jun 15 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

107265 Sa Apr 20-27 1-5pm 2/\$83

107266 Sa Jun 1-8 1-5pm 2/\$83



## MARTIAL ARTS

### KARATE BEGINNERS - SERENITY MARTIAL ARTS

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

### ROYAL OAK MIDDLE SCHOOL

5-11yrs

Nancy Puckett

109117 M, Th Apr 4-Jun 20 5-5:45pm 21/\$300

109119 M Apr 8-Jun 17 5-5:45pm 10/\$143

109121 Th Apr 4-Jun 20 5-5:45pm 11/\$158

### KARATE CONTINUING - SERENITY MARTIAL ARTS

Continuing Karate class for existing SMA students. Expand your skills from the Shotokan style with Sensei Nancy Puckett who specializes in teaching youth and adults with neurodiversity and physical challenges. Learn advanced basics and kata, hit mitt/kicking shield drills, introduction to escrima, and weapons training in this non-contact class.

### ROYAL OAK MIDDLE SCHOOL

5yrs+

Nancy Puckett

109136 M, Th Apr 4-Jun 20 5-5:45pm 21/\$300

109139 M Apr 8-Jun 17 5-5:45pm 10/\$143

109142 Th Apr 4-Jun 20 5-5:45pm 11/\$158

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PARKS, RECREATION  
& COMMUNITY SERVICES

## KARATE CLUB

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

### SAANICH COMMONWEALTH PLACE

[Victoria Renshikan Karate](#)

#### 4-6yrs

107260 Sa Apr 6-Jun 22 10-10:50am 11/\$149

#### 6-11yrs

107255 Tu Apr 2-Jun 25 6:30-7:30pm 13/\$189

107257 W Apr 3-Jun 26 4-5pm 13/\$189

107258 Th Apr 4-Jun 27 6:30-7:30pm 13/\$189

107249 Sa Apr 6-Jun 22 11am-12pm 11/\$160

107252 Sa Apr 6-Jun 22 12-1pm 11/\$160

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

107256 T/6:30pm Th/6:30pm Apr 2-Jun 27 26/\$312

107250 T/6:30pm Sa/11am Apr 2-Jun 25 24/\$288

107253 T/6:30pm Sa/12pm Apr 2-Jun 25 24/\$288

107251 Th/6:30pm Sa/11am Apr 4-Jun 27 24/\$288

107254 Th/6:30pm Sa/12pm Apr 4-Jun 27 24/\$288

## SPORTS

### ARCHERY - YOU AND ME

8yrs+

Come out and enjoy this Archery class designed for a caregiver and a child (8yrs+). Learn the basic skills of this great sport together. Cost per person.

### SAANICH COMMONWEALTH PLACE

[Victoria Bowmen Association](#)

107177 F Apr 5-May 10 5-6pm 6/\$57

107178 F Apr 5-May 10 6-7pm 6/\$57

107179 F Apr 5-May 10 7-8pm 6/\$57

107180 F May 17-Jun 21 5-6pm 6/\$57

107181 F May 17-Jun 21 6-7pm 6/\$57

107182 F May 17-Jun 21 7-8pm 6/\$57

### ARCHERY FOR YOUTH

8-16yrs

Ready, aim, bulls-eye! Learn basic archery techniques taught by a Level III certified coach. All equipment provided.

### SAANICH COMMONWEALTH PLACE

[Victoria Bowmen Association](#)

#### 8-12yrs

107187 Th Apr 4-May 9 4:15-5:15pm 6/\$72

107189 Th May 16-Jun 20 4:15-5:15pm 6/\$72

#### 11-16yrs

107188 Th Apr 4-May 9 5:15-6:15pm 6/\$72

107190 Th May 16-Jun 20 5:15-6:15pm 6/\$72

## BADMINTON - BEGINNER

6-12yrs

For players with minimal or no experience who are eager to learn and have fun! Skills such as serving, overhead strokes, and positioning will be taught. Enjoy lots of game play to improve on skills. Participants will be divided upon ability. Equipment provided.

### SAANICH COMMONWEALTH PLACE

[Badminton Victoria](#)

**FULL** W Apr 3-Jun 12 4-5pm 11/\$132

## BADMINTON - INTERMEDIATE

11-16yrs

This more advanced class is for youth looking to improve their skills and footwork. Requires skills such as serving, overhead strokes, and knowledge of basic grips and court positioning. Our goal is to refine overhead strokes, grips, and net play to increase speed and agility.

### SAANICH COMMONWEALTH PLACE

[Badminton Victoria](#)

**FULL** W Apr 3-Jun 12 5-6pm 11/\$132

## ELI PASQUALE BASKETBALL LEAGUE

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

107281 Sa Apr 13-Jun 8 10-11:30am 8/\$160

#### 8-9yrs

107282 Sa Apr 13-Jun 8 11:30am-1pm 8/\$160

#### 10-12yrs

107283 Sa Apr 13-Jun 8 1:30-3pm 8/\$160

#### 13-15yrs

107284 Sa Apr 13-Jun 8 1:30-3pm 8/\$160





### FENCING - LEVEL 1: BEGINNER 10-16yrs

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

#### SAANICH COMMONWEALTH PLACE

Miko Ross

107272	Tu	Apr 9-May 14	4-5pm	6/\$78
107273	Tu	May 21-Jun 18	4-5pm	5/\$65

### FENCING - LEVEL 2: CONTINUING 10-16yrs

Continue to improve your fencing skills! Fencers will receive instruction in all three weapons; foil, epee, and sabre and will apply their skills in bout situations. All equipment is supplied. Several seasons of Continuing recommended before advancing to Academy.

#### SAANICH COMMONWEALTH PLACE

Miko Ross

107275	Tu	Apr 9-May 14	5:15-6:15pm	6/\$78
107276	Tu	May 21-Jun 18	5:15-6:15pm	5/\$65

### FLOOR HOCKEY - YOU AND ME 7-10yrs

A time for caregivers and kids to play floor hockey together. You'll play games but most of all have an awesome time. Price is per person.

#### SAANICH COMMONWEALTH PLACE

107270	M	Apr 15-Jun 17	5:15-6:15pm	9/\$77
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### FLOOR HOCKEY FUN 7-12yrs

Plastic sticks, plastic pucks, fast and furious action! Bring your friends and have some fun playing floor hockey. Work on skills and have lots of time for games! Instructor will officiate games, create teams, and facilitate round-robin play. Children will be divided by age and ability if needed.

#### SAANICH COMMONWEALTH PLACE

107269	M	Apr 15-Jun 17	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

108591	Su	Apr 7-Jun 16	4:30-6pm	11/\$187
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### POWERSWIMMING™ PURPLE, ORANGE & 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

108595	Tu	Apr 9-Jun 18	7-8:15pm	11/\$154
108596	Tu	Apr 11-Jun 20	7-8:15pm	11/\$154

### POWERSWIMMING™ EVERGREEN & 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

108593	Th	Apr 11-Jun 20	7-8:15pm	11/\$154
108594	Tu	Apr 9-Jun 18	7-8:15pm	11/\$154

### 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

108592	Su	Apr 7-Jun 16	5-6pm	11/\$121
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## YOUTH - MARTIAL ARTS

### KARATE BEGINNERS - SERENITY MARTIAL ARTS 12yrs+

Learn the basics of Karate from the Shotokan style from Sensei Nancy Puckett who specializes in teaching youth and adults with neurodiversity and physical challenges. Learn stances, hand techniques, kicking techniques, and kata in this noncontact class.

#### ROYAL OAK MIDDLE SCHOOL

Nancy Puckett

109107 M,Th Apr 4-Jun 20 6:30-7:30pm 21/\$338

109113 M Apr 8-Jun 17 6:30-7:30pm 10/\$161

109115 Th Apr 4-Jun 20 6:30-7:30pm 11/\$177

### KARATE CONTINUING - SERENITY MARTIAL ARTS 12yrs+

Continuing Karate class for existing SMA students. Expand your skills from the Shotokan style with Sensei Nancy Puckett who specializes in teaching youth and adults with neurodiversity and physical challenges. Learn advanced basics and kata, hit mitt/kicking shield drills, introduction to escrima, and weapons training in this non-contact class.

#### ROYAL OAK MIDDLE SCHOOL

Nancy Puckett

109123 M,Th Apr 4-Jun 20 6:30-8pm 21/\$338

109125 M Apr 8-Jun 17 6:30-8pm 10/\$161

109130 Th Apr 4-Jun 20 6:30-8pm 11/\$177

### SHIODA AIKIDO 13yrs+

Learn the basic movements and techniques of Shioda Aikido in a family-friendly club environment. This martial art provides fun, fitness and self-defense training. It promotes learning through partner practice, rather than sparring and competition. Circular movements are used to redirect the body and energy of an attacker. 10 class pass available for those needing schedule flexibility. Adult 10/\$100 or Student 10/\$80.

#### PROSPECT LAKE COMMUNITY HALL

Island Aikido

108956 Tu Mar 5-Apr 30 7-8:30pm 9/\$90

108957 Tu May 7-Jun 25 7-8:30pm 8/\$80

### YOUTH BAKING AND COOKING CLASS 10-14yrs

Let's get cooking! Come and try all the best recipes and meet new friends while you're at it. Enjoy making appetizers, main courses, baking, desserts and much more. Make some for class and take the rest home.

#### ROYAL OAK MIDDLE SCHOOL

110252 Th Apr 4-Jun 6 6-8pm \$135

## YOUTH - HEALTH & WELLNESS

### STRENGTH TRAINING FOR YOUTH 10-12yrs

This 45-minute 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

108870 Th Mar 7-May 2 3:45-4:30pm 7/\$63

108873 Th May 9-Jun 20 3:45-4:30pm 7/\$63

### TEEN WEIGHTS 13-16yrs

Learn how to use weight training to get in shape, improve your sports performance and reach your fitness goals!

#### SAANICH COMMONWEALTH PLACE

Ash Powell

108954 F Apr 19-May 10 4:30-5:30pm 4/\$44

108955 F May 17-Jun 7 4:30-5:30pm 4/\$44

Troy Urlacher

108937 Tu Apr 9-Apr 30 4:30-5:30pm 4/\$44

108938 Tu May 7-May 28 4:30-5:30pm 4/\$44

### TEEN WEIGHTS - ADVANCED 13-16yrs

Learn to perform essential weightlifting exercises to improve your strength! This class will focus on how to exercise to maximize your strength gains and reach your fitness goals.

#### SAANICH COMMONWEALTH PLACE

Ash Powell

108904 M Mar 18-May 6 4:30-5:30pm 8/\$94

108939 M May 13-Jun 24 4:30-5:30pm 6/\$71

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