

# SCHOOL AGE & YOUTH PROGRAMS

# SUMMER 2025



## HEALTH AND WELLNESS

### REGIONAL YOUTH WEIGHT ROOM ORIENTATION 13-15yrs

Provides youth an introduction to safe and courteous use of recreation centre weight rooms. Includes weight room guidelines and etiquette, cardio and weight-training guidelines, and 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. Regular admission fees apply. Call 250-475-7630 to register.

#### SAANICH COMMONWEALTH PLACE

Shannon Kirk

Thursdays 7:30-9pm \$15

### STRENGTH TRAINING FOR YOUTH 10-12yrs

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

#### SAANICH COMMONWEALTH PLACE

David Keta

130600 Th May 8-Jun 19 3:45-4:30pm 7/\$65

### 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

130604	Tu	May 6-May 27	4:30-5:30pm	4/\$50
130605	Tu	Jun 3-Jun 24	4:30-5:30pm	4/\$50
139079	F	Jul 4-25	4:30-5:30pm	4/\$50
139078	Tu	Jul 8-29	4:30-5:30pm	4/\$50
139130	F	Aug 1-22	4:30-5:30pm	4/\$50
139129	Tu	Aug 5-26	4:30-5:30pm	4/\$50

**PP** = PARENT OR CAREGIVER PARTICIPATION REQUIRED

## 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

130406 Sa Jun 7 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

130713 Sa May 24-May 31 1-5pm 2/\$88

130714 Sa Jun 14-Jun 21 1-5pm 2/\$88

## OUTDOOR RECREATION

### LEARN TO FISH PP 5-14yrs

Join the Freshwater Fisheries Society of BC for this two hour session and learn about hatchery roles, fish identification, proper fish handling, tackle, rod rigging and casting. Then try some hands-on fishing at the lake! Rods and tackle will be provided, parent participation required. For more information contact Fish@gofishbc.com.

#### ELK AND BEAVER LAKE REGIONAL PARK

130368	Th	May 8	6-8pm	FREE
130369	Th	May 22	6-8pm	FREE
130370	Th	Jun 5	6-8pm	FREE
130371	Th	Jun 19	6-8pm	FREE
139295	Th	Jul 3	6-8pm	FREE
139296	Th	Jul 17	6-8pm	FREE
139297	Th	Jul 31	6-8pm	FREE
139298	Th	Aug 14	6-8pm	FREE

## MARTIAL ARTS

### AIKIDO - SHIODA STYLE

12yrs+

Learn the martial art of Aikido in a family-friendly environment from world-class instructors. Non-competitive and fun, Aikido provides mind-body connection, fitness plus self-defense through collaborative partner practice. Circular movements redirect the body and energy of attackers with a focus on timing, control and sensitivity. 10 class passes available for those needing flexibility: adult 10/\$100, student 10/\$80.

#### PROSPECT LAKE COMMUNITY HALL

##### Island Aikido

138295	Tu	Jul 8-Aug 26	7-8:30pm	8/\$80
138296	Th	Jul 3-Aug 28	7-8:30pm	9/\$80
138297	Su	Jul 6-Aug 31	10:30am-12pm	9/\$90

### KARATE CLUB

6-11yrs

Our club philosophy is based on respect, discipline, selfconfidence 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

139321	Tu	Jul 8-Aug 26	6:30-7:30pm	8/\$116
139322	Th	Jul 3-Aug 28	6:30-7:30pm	9/\$131
139323	Sa	Jul 5-Aug 23	11am-12pm	7/\$102
139324	Sa	Jul 5-Aug 23	12-1pm	7/\$102
139325	Tu,Th	Jul 3-Aug 28	6:30-7:30pm	17/\$204
139326	Tu,Sa	Jul 5-Aug 26	11am-7:30pm	15/\$180
139327	Tu,Sa	Jul 5-Aug 26	12-7:30pm	15/\$180
139328	Th,Sa	Jul 3-Aug 28	6:30-7:30pm	16/\$192
139329	Th,Sa	Jul 3-Aug 28	6:30-7:30pm	16/\$192

## SPORTS

### ARCHERY - YOU AND ME

PP

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

130365	F	May 16-Jun 20	5-6pm	6/\$57
130366	F	May 16-Jun 20	6-7pm	6/\$57
130367	F	May 16-Jun 20	7-8pm	6/\$57
139337	W	Jul 2-30	5:30-6:30pm	5/\$48
139338	W	Jul 2-30	6:30-7:30pm	5/\$48
139339	W	Aug 6-27	5:30-6:30pm	4/\$38
139340	W	Aug 6-27	6:30-7:30pm	4/\$38

PP = PARENT OR CAREGIVER PARTICIPATION REQUIRED

### 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

130343 Th May 15-Jun 19 4:15-5:15pm 6/\$72

#### 11-16YRS

130339 Th May 15-Jun 19 5:15-6:15pm 6/\$72

### 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

130657 Tu May 13-Jun 17 4-4:45pm 6/\$78

### 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

130661 Tu May 13-Jun 17 4:45-5:30pm 6/\$78

### FENCING - LEVEL 3: ACADEMY

12-17yrs

Intensive and technical instruction in foil, epee and sabre for fencers seeking to develop their athleticism in a progressively competitive environment. Ideal for fencers considering transitioning to club or tournament fencing. All equipment is supplied.

#### SAANICH COMMONWEALTH PLACE

##### Miko Ross

130665 Tu May 13-Jun 17 5:30-6:15pm 6/\$78

## SWIMMING

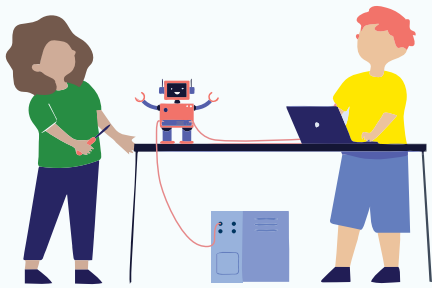
### SWIM SKILLS JUNIOR

Swim Skills Junior takes children from beginner, to comfortable, to confident in the water! Run by Island Swimming Club coaches and staff, participants in these swimming lessons are sorted into classes on the first day, and then focus on mastering the basics in a positive, safe environment.

#### SAANICH COMMONWEALTH PLACE

##### Island Swimming

138943	F	Jul 4-Aug 22	4-4:40pm	8/\$104
138944	F	Jul 4-Aug 22	4:45-5:25pm	8/\$104
138945	F	Jul 4-Aug 22	5:30-6:10pm	8/\$104
138946	F	Jul 4-Aug 22	6:15-6:55pm	8/\$104



# Summer Day Camps

5-16YRS



# Parent and Guardian's Handbook: Saanich Summer Day Camps

HANDBOOK

## Choosing a Summer Day Camp in Saanich

Saanich offers hundreds of summer day camp options to help your campers create lasting summer memories, build friendships, and grow their skills, confidence, and abilities. Here's what you need to know about our different camps:

**All summer day camps** observe the two summer statutory holidays, Canada Day, July 1, and BC Day, August 4.

★ **Saanich Neighbourhood Playground Program (SNPP) camps** are our most affordable option. They are offered at multiple convenient park locations throughout Saanich and operate outdoors, rain or shine. While offering professional, engaging supervision by Saanich staff, these camps also incorporate many opportunities for imaginative and unstructured play. SNPP camps offer a payment plan option at the time of registration.

🏫 **Saanich staff-led camps** offer engaging programming in our recreation centres and local middle school campuses. Developed and facilitated by Saanich staff, these camps often make use of specialty facilities like gymnasiums, pools, art studios, and more.

🤝 **Partner-led camps** are run by professional contracted operators at various Saanich locations, including our recreation centres. These camps often focus on skill building or learning while also incorporating outside and inside play and social time. Many of these camps have full and half-day options.



## Registering for Summer Day Camps

### #1 TIP

#### Do this one thing **before** registration day

Your camper's participant and emergency information is required at the time of registration. We strongly suggest that you visit [saanich.ca/register](https://saanich.ca/register) and

**pre-register your camper(s) for barcode 139300 before April 9**

so that this information will auto-populate during registration, saving you valuable time and making check-out faster and easier.



👤 **Tip: Make sure all guardians' names match their photo identification**

Anyone you authorize to pick up your camper will be asked for government-issued photo identification (ID). Make sure the name(s) you specify at the time of registration matches the name on their ID.

👉 **Tip: Create a wish list**

Take advantage of Saanich RecOnline's **wish list feature** to make registration easier and faster. When you find a camp you're interested in, click the heart icon to add it to your wish list. On registration day, your wish-listed camps will be in one place and ready to add to your cart!

📅 **Tip: Didn't get your camp? Join the waitlist!**

Registration day will be busy, and some programs will fill quickly. If one of your camps is full, don't be discouraged! **Join the waitlist.** Spaces often open before camp starts, and you'll be contacted if one becomes available. You can also contact the camp supervisor for more specific information regarding any waitlists your camper may be on.

📞 **Tip: Double-check that we have your correct phone number**

If a waitlist space becomes available, we'll call you to ask if you would like to enroll your camper. Ensure that your correct contact details are in Saanich RecOnline (or call customer service at any Saanich recreation centre) and consider adding **Saanich recreation centre phone numbers** to your contacts so that you don't miss our call. In most cases, you will be given a deadline to respond.

💬 **Tip: Share any unique needs at the time of registration**

We want your camper to have the best week possible! To better prepare us, please share any unique needs, support requirements, or limitations your camper might have in the registration prompts during registration, or afterwards with the camp supervisor (see contact information below). In some cases, extra documentation may be required to help your camper have a safe and enjoyable time at camp.





## Understanding camp charges

SNPP camps offer upfront payment at the time of registration or the option for a payment plan. Saanich staff-led and partner-led camps are charged in full at the time of registration.



## Understanding our refund policy

We know that your plans can change. Refunds will be issued for withdrawal requests received and processed by Saanich recreation centre customer service (reception) staff no later than **12 noon, five calendar days prior to the camp start date.**

*Example: if camp starts on the following Monday, the deadline for withdrawal is 12 noon on the Wednesday prior.*

Withdrawals after this deadline are accepted without a refund in accordance with our refund policy. Please contact customer service (not camp supervisors) with all withdrawal requests.



## Financial assistance options

If financial assistance would help you cover program fees, please [visit our website](#) or email us at [financialassistance@saanich.ca](mailto:financialassistance@saanich.ca) to learn more about options available to those who qualify.



The Saanich L.I.F.E. program assists individuals and families living on a low income to access recreation services and programs. Qualified clients receive two free weeks (every two years) of SNPP or Breakout Adventures camp for each child in their household. Children 5-18 also receive a \$120 credit toward registration in any Saanich Recreation registered program (including camps).

## Inclusion services for Summer Day Camps

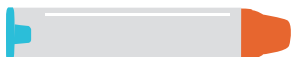
Saanich partners with the Supported Child Development Program at the Queen Alexandra Centre for Children's Health to provide one-on-one staff assistance for campers aged 5 to 12 who need extra support for a successful experience.

Inclusion support spaces are limited. When registration opens, parents and guardians may enroll in up to four weeks of inclusion support and are encouraged to join the waitlist if spaces are full. For more information, please contact Loryn Anderson by emailing [inclusionsupport@saanich.ca](mailto:inclusionsupport@saanich.ca) or calling 250-475-5473.

If your camper will have a private or external support worker, please contact [inclusion@saanich.ca](mailto:inclusion@saanich.ca) before the start of camp.

### Inclusion Registration Barcodes

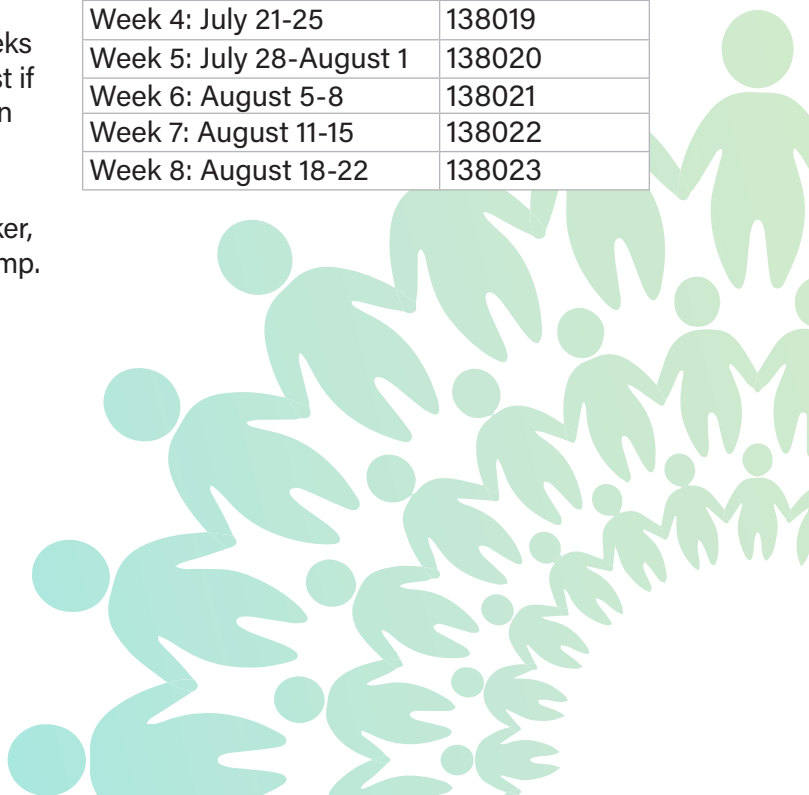
Inclusion Week:	Barcode
Week 1: July 2-4	138016
Week 2: July 7-11	138017
Week 3: July 14-18	138018
Week 4: July 21-25	138019
Week 5: July 28-August 1	138020
Week 6: August 5-8	138021
Week 7: August 11-15	138022
Week 8: August 18-22	138023



### Campers with significant allergies requiring an EpiPen



After registration and before camp begins, parents and guardians are asked to fill out an [Anaphylaxis Action Plan](#) form for campers with allergies and an EpiPen. Campers with anaphylactic allergies **must carry a non-expired EpiPen.**



## What to expect at Saanich Summer Day Camps

### Enthusiastic, friendly, professional leaders

Our day camps feature leaders who are approachable, professional, and fun! Their mission is to help your camper have a memorable and enjoyable experience.

All Saanich staff, contractors, and volunteers have undergone a Police Information Check and received training in the District's **Child Protection Policy**, which includes appropriate conduct with children, recognizing signs of neglect and abuse, and responding to disclosures.

All Saanich camp staff are required to have current emergency first-aid certificates.

In SNPP and Saanich staff-led camps, your camper will be greeted by and interact with uniformed Saanich staff (look for purple and orange t-shirts).

Your camper's leaders may also include those participating in the WYLD (Willing Youth Leading Diversely)

youth mentorship program. WYLD is a natural progression for teens who have aged out of camp and wish to gain the experience and skills to become a day camp leader. Look for the lime green t-shirts to identify WYLD volunteer leaders in your camp!

In partner-led camps, your camper will be greeted by and interact with employees of partnering contractors, whether at a Saanich recreation centre, a local middle school, or a private facility.



### Respectful behaviour expectations and the Camper Code of Conduct

While participating in summer day camp programs, we expect all campers to act in accordance with our camp rules and expectations. These are based on the guiding principles of making smart, healthy choices for the well-being of all camp participants, and are founded on the three R's:

- **Respect yourself**
- **Respect others**
- **Respect the environment and the equipment**

In the event of extreme behaviour that poses a risk to the safety and well-being of participants, the public or property, immediate removal from the program may be required. In partner-led camps, Saanich staff and contractors will work together to maintain respectful behaviour standards in all situations.

For more information regarding behaviour expectations and the Camper Code of Conduct, please contact your camp supervisor.

### Program adaptations in the case of inclement weather



Our summer day camp programming may be subject to change during inclement or extreme weather.

SNPP camps operate outdoors rain or shine – so plan and pack accordingly! In the event of extreme heat, poor air quality, or other extreme weather events, our staff will consult weather advisories and adapt programming as necessary to maintain a safe and enjoyable experience.

Saanich staff-led camps that offer outdoor play may limit time outdoors when necessary.

### Swim testing and PFD usage

If your child is attending camps that include swimming in our recreation centres, here's what you need to know:

#### Campers 7yrs and under:

- At Saanich Commonwealth Place, campers 7yrs and under will be required to wear a PFD regardless of ability and will swim in small groups.
- At Gordon Head Recreation Centre, campers 7yrs and under will be required to wear a PFD while in the 25m lap pool, regardless of ability, and will swim in small groups.

#### Campers 8yrs and older:

- At Saanich Commonwealth Place, campers 8yrs+ will be required to complete a swim test to swim without a PFD in the wave pool, teach pool or dive tank.
- At Gordon Head Recreation Centre, campers 8yrs+ will be required to complete a swim test to swim without a PFD in the 25m lap pool.



## Day camp supervisor contact information

### Saanich Neighbourhood Playground Program (SNPP)

Tyler Smith, 250-475-5462  
TylerA.Smith@saanich.ca

### WYLD Leadership Program Breakout Adventures

Maddie Parks, 250-475-7624  
Maddie.Parks@saanich.ca

### Urban Adventures

Shannon Phelps, 250-475-7111  
Shannon.Phelps@saanich.ca

### Inclusion Support

Loryn Anderson, 250-475-5473  
Loryn.Anderson@saanich.ca

### Saanich Commonwealth Place Falcon Gymnastics

**Elk and Beaver Lake**  
Paige McKinlay, 250-475-7610  
Paige.McKinlay@saanich.ca

### Cedar Hill Recreation Centre

Nathan Bailey (racquet camps)  
250-475-7129  
Nathan.Bailey@saanich.ca

Jessie Demers (arts camps)  
250-475-7121  
Jessie.Demers@saanich.ca

Stephanie Arnott (ceramics camps)  
250-475-7626  
Stephanie.Arnot@saanich.ca

### Gordon Head Recreation Centre Gordon Head Middle School

Jen Pero, 250-475-7107  
Jennifer.Pero@saanich.ca

### G.R. Pearkes Recreation Centre Colquitz Middle School Layritz Park

Sadeep Keram, 250-475-5451  
Sadeep.Keram@saanich.ca

### Big Dig Volleyball Royal Oak Middle School Claremont Secondary School

Heather Galey, 250-475-7618  
Heather.Galey@saanich.ca

### Greek Church Victoria Rowing Club

Rob Phillips, 250-475-7609  
Rob.Phillips@saanich.ca

### Lambrick Park Lambrick Park Secondary School Tyndall Park

Dan Atagi, 250-475-7106  
Dan.Atagi@saanich.ca

## Going to camp: what to know

### What to bring

- ☐ Sun hat
- ☐ Water bottle
- ☐ Running shoes (or other closed-toed shoes)
- ☐ Sunscreen
- ☐ Bathing suit and towel (if needed)
- ☐ Backpack with change of clothes
- ☐ Healthy lunch and two snacks (ideally nut-free)

Depending on the program, campers may be asked to bring additional items.

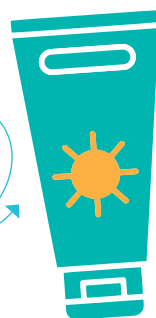
### What NOT to bring

Please leave all electronic devices and toys at home.

Thank you for helping us promote a personal-technology-free zone.



#1  
IMPORTANT  
ITEM!



**Please clearly label all belongings.**

### Campers who may sign themselves out

Parents or guardians of campers 10-16yrs may authorize them to sign out of camp by themselves by completing [this form](#), the Parental Permission for Child (10-16) Sign In/Out Form. Campers 11yrs+ may also be authorized to sign-out a sibling under 11yrs. Youth 17yrs+ do not require parent or guardian authorization to sign out of camp. All persons authorized to pick up your camper must be specified at the time of registration or added to your camper's file by contacting your camp supervisor.



### On the first day of camp

Please check in with the camp leader and be prepared to review your child's emergency contact information.



### Photo ID is required at pick-up

For safe and smooth pick-up, staff will for photo identification; please ensure that all authorized persons carry their government-issued photo ID.

## DAY CAMPS - ARTS

### LET'S GET CRAFTY CAMP S 8-11yrs

Extreme crafters, this camp is for you! We'll use all your favourite crafting supplies as well as some new tools for you to really express your creativity! Each day will have a unique theme. We'll also spend time going swimming at the pool, exploring the outdoors, and playing games.

#### SAANICH COMMONWEALTH PLACE

139357	M-F	Jul 21-25	8:30am-4pm	5/\$235
139358	M-F	Aug 18-22	8:30am-4pm	5/\$235

## DAY CAMPS - DANCE

### DANCE BOYS HIP HOP CAMP P 7-10yrs

This all-boys beginner hip-hop camp will have you dancing to the latest beats in rap, R&B and pop music. In addition to performing a full dance, you'll learn the elements of popping, locking and breaking while having a chance to develop your own freestyle movements.

#### DANSKO DANCE STUDIOS

Dansko Staff

136231	M-F	Jul 7-11	1:30-3pm	5/\$80
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### DANCE CAMP - TAP, JAZZ, BALLET AND HIP HOP P 7-10yrs

Join us for a fun-filled dance camp. Each day includes various dance styles, techniques and choreography. You will learn several dance routines. Comfortable clothing and appropriate footwear recommended. All skill levels welcome.

#### DANSKO DANCE STUDIOS

Dansko Staff

136256	M-F	Jul 28-Aug 1	9am-4pm	5/\$245
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### DANCE CAMP FOR SWIFTIES P 7-10yrs

Calling all Swifties. Come join the fun and learn dance routines to Taylor Swift's music. Swiftie crafts, bracelets and games will be part of the fun.

#### DANSKO DANCE STUDIOS

Dansko Staff

136440	M-F	Jul 7-11	1-4pm	5/\$160
136441	M-F	Aug 11-15	1-4pm	5/\$160

## CAMP TYPE LEGEND

- S Saanich staff-led camps
- P Partner-led camps



### DANCE HIP HOP CAMP P 7-10yrs

This fun and challenging beginner camp will have you dancing to the latest beats in rap, RandB and pop music. In addition to performing a full dance, you'll learn the elements of popping, locking and breaking while having a chance to develop your own freestyle movements.

#### DANSKO DANCE STUDIOS

Dansko Staff

136237	M-F	Jul 14-18	9:30-11:30am	5/\$110
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### DISNEY CAMP P 5-8yrs

Come join this magical camp as we dance, dress-up and sing along to our favourite Disney movies like Frozen, Little Mermaid, Moana and Beauty and the Beast. We also include crafts and other activities. Full day dance option: Register for the Supervised Lunch (code 137553) Noon to 1 pm for \$20 and stay the full day by registering for the afternoon camp. Different routines will be taught.

#### DANSKO DANCE STUDIOS

Dansko Staff

136235	M-F	Jul 14-18	9am-12pm	5/\$152
136236	M-F	Jul 14-18	1-4pm	5/\$152
136439	M-F	Aug 11-15	1-4pm	5/\$152

### DISNEY CAMP - SUPERVISED LUNCH P 5-8yrs

This is a 1 hour supervised lunch for Disney Camp participants only. You will need to bring your own nut-free lunch. Different dances will be taught in the afternoon camp.

#### DANSKO DANCE STUDIOS

Dansko Staff

137553	M-F	Jul 14-18	12-1pm	5/\$20
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## DAY CAMPS - DRAMA / THEATRE

### ACTING ADVENTURES P 9-12yrs

Embark on an acting adventure and explore the world of theatre through improvisation and storytelling. Work together to create an original play to share with family and friends on the last day of camp. Each week is a new adventure!

#### ROYAL OAK MIDDLE SCHOOL

Kaleidoscope Theatre

136962	M-F	Jul 7-11	9am-4pm	5/\$250
136967	M-F	Aug 11-15	9am-4pm	5/\$250

### DYNAMIC DRAMA P 6-8yrs

Dive into the world of theatre in this energetic and imaginative camp filled with engaging drama games, creative play, improvisation, and storytelling! End the week with a sharing for friends and family. A perfect introduction to theatre and acting.

#### ROYAL OAK MIDDLE SCHOOL

Kaleidoscope Theatre

136961	W,Th,F	Jul 2-4	9am-4pm	3/\$150
136966	Tu-F	Aug 5-8	9am-4pm	4/\$200



## MUSICAL THEATRE - SHOW BIZ KIDS P 6-8yrs

Sing, act, and dance your week away as you rehearse a mini musical to share with friends and family on the last day of camp! There will be music, dancing, and lots of fun! Each week features a different musical.

### ROYAL OAK MIDDLE SCHOOL

#### Kaleidoscope Theatre

136963 M-F Jul 14-18 9am-4pm 5/\$250

136965 M-F Jul 28-Aug 1 9am-4pm 5/\$250

## MUSICAL THEATRE - SHOWTIME! P 9-12yrs

Do you love to sing, dance and act? Well, it's showtime! This camp is full of fun theatre games, choreography and catchy musical theatre songs. Share what you've learned with family and friends on the last day of camp.

### ROYAL OAK MIDDLE SCHOOL

#### Kaleidoscope Theatre

136964 M-F Jul 21-25 9am-4pm 5/\$250

## DAY CAMPS - GENERAL

## CREATE AND EXPLORE CAMP S 8-11yrs

This dynamic camp offers kids a week of creativity, hands-on projects, outdoor exploration, and fun pool time. Campers will develop their artistic talents, build teamwork skills, and enjoy exciting activities that spark imagination and foster personal growth.

### ROYAL OAK MIDDLE SCHOOL

135831 W,Th,F Jul 2-4 9am-4pm 3/\$117

135848 M-F Jul 7-11 9am-4pm 5/\$195

135849 M-F Jul 14-18 9am-4pm 5/\$195

135850 M-F Jul 21-25 9am-4pm 5/\$195

135851 M-F Jul 28-Aug 1 9am-4pm 5/\$195

135852 Tu-F Aug 5-8 9am-4pm 4/\$156

135853 M-F Aug 11-15 9am-4pm 5/\$195

## JR. SPLASH CAMP S 5.5-8yrs

This popular camp for your child includes daily swim lessons, fun swims, games, crafts, and lots of wild, wet fun! Children must have completed Kindergarten.

### SAANICH COMMONWEALTH PLACE

139287 W-F Jul 2-4 8:30am-4pm 3/\$141

139288 M-F Jul 7-11 8:30am-4pm 5/\$235

139289 M-F Jul 14-18 8:30am-4pm 5/\$235

139290 M-F Jul 21-25 8:30am-4pm 5/\$235

139291 M-F Jul 28-Aug 1 8:30am-4pm 5/\$235

139292 Tu-F Aug 5-8 8:30am-4pm 4/\$188

139293 M-F Aug 11-15 8:30am-4pm 5/\$235

139294 M-F Aug 18-22 8:30am-4pm 5/\$235

## SCP ADVENTURES CAMP S 9-12yrs

End the summer with a week of your favourite games and camp activities! We'll get outdoors, play in the gym, and go swimming too.

### SAANICH COMMONWEALTH PLACE

139320 M-F Aug 25-29 8:30am-4pm 5/\$210

## SCP CAMP S 5.5-8yrs

This popular camp offers great weekly themes, indoor and outdoor games, sports, crafts, walking adventures, and swimming. Participants must have completed Kindergarten.

### SAANICH COMMONWEALTH PLACE

#### SUMMER KICK OFF

139301 M Jun 30 8:30am-4pm \$47

#### TROPICAL PARADISE

139302 W,Th,F Jul 2-4 8:30am-4pm 3/\$111

#### MISSION IMPOSSIBLE

139303 M-F Jul 7-11 8:30am-4pm 5/\$185

#### DISNEY ADVENTURES

139304 M-F Jul 14-18 8:30am-4pm 5/\$185

#### UNDER THE SEA

139305 M-F Jul 21-25 8:30am-4pm 5/\$185

#### DINO DIGS

139306 M-F Jul 28-Aug 1 8:30am-4pm 5/\$185

#### OUT OF THIS WORLD

139307 Tu-F Aug 5-8 8:30am-4pm 4/\$148

#### SUPER HEROES

139308 M-F Aug 11-15 8:30am-4pm 5/\$185

#### SUMMER SAFARI

139309 M-F Aug 18-22 8:30am-4pm 5/\$185

#### OUR CAMP'S GOT TALENT!

139310 M-F Aug 25-29 8:30am-4pm 5/\$185

139311 M-F Aug 25-29 8:30am-4pm 5/\$185

## GARDENING AND SWIM CAMP S 8-11yrs

Enjoy adventures to surrounding areas, learn about different plants and discover what it takes to create your own garden at home! After our time outdoors, we'll cool down in the pool.

### SAANICH COMMONWEALTH PLACE

139362 M-F Jul 7-11 8:30am-4pm 5/\$215

139363 M-F Jul 21-25 8:30am-4pm 5/\$215

139364 Tu-F Aug 5-8 8:30am-4pm 4/\$172

139365 M-F Aug 18-22 8:30am-4pm 5/\$215

## CAMP TYPE LEGEND

S Saanich staff-led camps

P Partner-led camps



## JUNIOR EXPLORERS AT THE LAKE S 5-6yrs

Come together to explore the outdoors and have fun playing games, learning about nature, making crafts, and meeting new friends. Come prepared - we'll be outdoors all day! Children eligible for Kindergarten in 2025 are welcome.

### ELK AND BEAVER LAKE REGIONAL PARK

139354	M-F	Jul 14-18	9am-3pm	5/\$240
139355	M-F	Jul 28-Aug 1	9am-3pm	5/\$240
139356	M-F	Aug 18-22	9am-3pm	5/\$240

## WILDERNESS ADVENTURE CAMP S 8-11yrs

If you're looking for an exciting summer adventure or craving more time outdoors, this camp is for you! Enjoy a week of trail walking, learning basic outdoor skills, shelter building, knot tying, swimming, and so much more.

### SAANICH COMMONWEALTH PLACE

139366	W,Th,F	Jul 2-4	8:30am-4pm	3/\$126
139367	M-F	Jul 14-18	8:30am-4pm	5/\$210
139368	M-F	Jul 28-Aug 1	8:30am-4pm	5/\$210
139369	M-F	Aug 11-15	8:30am-4pm	5/\$210

## DAY CAMPS - SPECIALTY

## AQUA ADVENTURE CAMP S 9-12yrs

Join us for a week of water adventures! Activities may include water polo, kayaking, diving boards, fun swims, and awesome walking adventures. Come and see how much fun the water really is.

### SAANICH COMMONWEALTH PLACE

139312	Tu-F	Jul 2-4	8:30am-4pm	3/\$144
139313	M-F	Jul 7-11	8:30am-4pm	5/\$240
139314	M-F	Jul 14-18	8:30am-4pm	5/\$240
139315	M-F	Jul 21-25	8:30am-4pm	5/\$240
139316	M-F	Jul 28-Aug 1	8:30am-4pm	5/\$240
139317	Tu-F	Aug 5-8	8:30am-4pm	4/\$192
139318	M-F	Aug 11-15	8:30am-4pm	5/\$240
139319	M-F	Aug 18-22	8:30am-4pm	5/\$240

## FEATURE FILMMAKING CAMP P 9-14yrs

Using our equipment and under the guidance of a master filmmaker, your young filmmaker will learn to story board, develop a script, create camera angles, edit, and add special effects, music and titles. The final result will be a blockbuster to enjoy on the big screen with family and friends. Equipment provided.

### SAANICH COMMONWEALTH PLACE

#### Film Camp In A Box

139361	M-F	Aug 11-15	9am-4pm	5/\$346
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## CAMP TYPE LEGEND

- S Saanich staff-led camps
- P Partner-led camps



## FILM CAMP - LEGO STOP MOTION ANIMATION P 8-12yrs

Young filmmakers will work together to create stop motion animation with Lego using specialized software, create a set, develop a script, and add special effects, music and titles. The final result will be a blockbuster to enjoy with family and friends. Equipment provided. Participants are encouraged to bring in additional lego and toys.

### SAANICH COMMONWEALTH PLACE

#### Film Camp In A Box

139360	M-F	Jul 14-18	9am-4pm	5/\$346
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## GREEK OLYMPIC CAMP P 6-12yrs

We are all Greek at heart! Go Greek this summer in partnership with the Greek community society. Learn about this historic country and its Olympic games, mythology, language, arts, and culture through crafts, fun-filled games and activities, and more.

### GREEK CHURCH

135928	M-F	Jul 7-11	8:30am-4pm	5/\$185
135929	M-F	Jul 21-25	8:30am-4pm	5/\$185
135930	M-F	Aug 11-15	8:30am-4pm	5/\$185

## KIDS COOKING CAMP S 8-12yrs

If you love to cook or want to learn, this camp is for you. Each day will consist of making snacks and a meal with delicious and creative recipes. Camp also includes swimming and outdoor games. All food is provided.

### ROYAL OAK MIDDLE SCHOOL

135697	W,Th,F	Jul 2-4	9am-4pm	3/\$159
135698	M-F	Jul 7-11	9am-4pm	5/\$265
135699	M-F	Jul 14-18	9am-4pm	5/\$265
135700	M-F	Jul 21-25	9am-4pm	5/\$265
135701	M-F	Jul 28-Aug 1	9am-4pm	5/\$265
135702	Tu-F	Aug 5-8	9am-4pm	4/\$212
135703	M-F	Aug 11-15	9am-4pm	5/\$265

## DAY CAMPS - SPORTS

## ARCHERY CAMP P 10-14yrs

Ready, aim, bulls-eye! Learn basic archery techniques taught by a Level III certified coach. Learn different styles of shooting, use balloons for targets and play games to win prizes. All equipment provided.

### SAANICH COMMONWEALTH PLACE

#### Victoria Bowmen Association

139344	M-F	Jul 7-11	2-3:30pm	5/\$99
139345	M-F	Jul 21-25	2-3:30pm	5/\$99
139346	M-F	Aug 11-15	2-3:30pm	5/\$99

## 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



## ARCHERY AND SWIM CAMP 8-12yrs

Ready, aim, bulls-eye! Learn basic archery techniques taught by a Level III certified coach. Learn different styles of shooting, use balloons for targets and play games to win prizes. Finish the day off with a fun swim! All equipment provided.

### SAANICH COMMONWEALTH PLACE

#### Victoria Bowmen Association

139341	M-F	Jul 7-11	12:30-4pm	5/\$146
139342	M-F	Jul 21-25	12:30-4pm	5/\$146
139343	M-F	Aug 11-15	12:30-4pm	5/\$146

## BADMINTON CAMP 8-14yrs

Badminton Victoria coaches want to share their love of smashing shuttles with you. Players will learn basic skills, movement and rules of the game to end the week with a fun tournament! All coaches NCCP certified.

### ROYAL OAK MIDDLE SCHOOL

#### Badminton Victoria

136444	M-F	Jul 7-11	9am-12pm	5/\$150
136445	M-F	Jul 21-25	9am-12pm	5/\$150
136446	Tu-F	Aug 5-8	9am-12pm	4/\$120

## BIKE AND SWIM CAMP 10-14yrs

Join us for an action-packed summer biking to local parks, exploring trails, and enjoying camp games. End each day with a swim to cool off! Campers must be confident biking on the road. Must have your own bike, helmet, and lock.

### SAANICH COMMONWEALTH PLACE

#### 10-12YRS

139347	M-F	Jul 7-11	9am-4pm	5/\$247
139348	M-F	Jul 21-25	9am-4pm	5/\$247
139349	M-F	Jul 28-Aug 1	9am-4pm	5/\$247
139350	M-F	Aug 11-15	9am-4pm	5/\$247
139351	M-F	Aug 18-22	9am-4pm	5/\$247

#### 11-14YRS

139352	M-F	Jul 14-18	9am-4pm	5/\$247
139353	Tu-F	Aug 5-8	9am-4pm	4/\$198

## 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. Camp includes a t-shirt.

### ROYAL OAK MIDDLE SCHOOL

#### Eli Pasquale Staff

#### HALF DAY 6-9YRS

136454	Tu-F	Jul 2-4	9am-12pm	3/\$102
136455	M-F	Jul 28-Aug 1	9am-12pm	5/\$169
136456	M-F	Aug 11-15	9am-12pm	5/\$169

#### HALF DAY 10-14YRS

136451	Tu-F	Jul 2-4	1-4pm	3/\$102
136452	M-F	Jul 28-Aug 1	1-4pm	5/\$169
136453	M-F	Aug 11-15	1-4pm	5/\$169

#### FULL DAY 8-14YRS

136448	Tu-F	Jul 2-4	9am-4pm	3/\$179
136449	M-F	Jul 28-Aug 1	9am-4pm	5/\$297
136450	M-F	Aug 11-15	9am-4pm	5/\$297

## FALCON SUMMERSAULT GYMNASTICS CAMP

Weekly full or half-day fun-filled gymnastics camps with professionally trained staff. Jump on our trampolines, swing on the bars or rings, balance on the beam and tumble on the air track - we have it all! Participants must have completed Kindergarten.

### FALCON GYMNASTICS CENTRE

#### Falcon Gymnastics

#### MORNING 5.5-12YRS

139273	M-F	Jul 7-11	9am-12pm	5/\$195
139274	M-F	Jul 14-18	9am-12pm	5/\$195
139275	M-F	Jul 21-25	9am-12pm	5/\$195
139276	M-F	Jul 28-Aug 1	9am-12pm	5/\$195
139277	M-F	Aug 11-15	9am-12pm	5/\$195
139278	M-F	Aug 18-22	9am-12pm	5/\$195
139279	M-F	Aug 25-29	9am-12pm	5/\$195



#### AFTERNOON 5.5-12YRS

139280	M-F	Jul 7-11	1-4pm	5/\$195
139281	M-F	Jul 14-18	1-4pm	5/\$195
139282	M-F	Jul 21-25	1-4pm	5/\$195
139283	M-F	Jul 28-Aug 1	1-4pm	5/\$195
139284	M-F	Aug 11-15	1-4pm	5/\$195
139285	M-F	Aug 18-22	1-4pm	5/\$195
139286	M-F	Aug 25-29	1-4pm	5/\$195

#### FULL DAY 5.5-12YRS

139266	M-F	Jul 7-11	9am-4pm	5/\$295
139267	M-F	Jul 14-18	9am-4pm	5/\$295
139268	M-F	Jul 21-25	9am-4pm	5/\$295
139269	M-F	Jul 28-Aug 1	9am-4pm	5/\$295
139270	M-F	Aug 11-15	9am-4pm	5/\$295
139271	M-F	Aug 18-22	9am-4pm	5/\$295
139272	M-F	Aug 25-29	9am-4pm	5/\$295

## CAMP TYPE LEGEND

-  Saanich staff-led camps
-  Partner-led camps



## KARATE CAMP P

This introduction to karate allows you to learn this martial art in a challenging, safe, positive atmosphere. Class will be divided into different levels. Continuing students are welcome.

### SAANICH COMMONWEALTH PLACE

[Victoria Renshikan Karate](#)

#### 5.5-8YRS

139333 M-F Aug 18-22 1-2pm 5/\$75

#### 7-12YRS

139334 M-F Aug 18-22 2:15-3:15pm 5/\$75

## SOCCERTRON P

6-14yrs

Soccertron's program provides children with the opportunity to learn and develop the fundamentals of soccer in a safe and fun environment. Emphasis is on improving individual skills and developing techniques such as communication and defensive and offensive play. Cool off in the afternoons with some fun swims at Saanich Commonwealth Place.

### ROYAL OAK MIDDLE SCHOOL

[Soccertron Staff](#)

#### HALF DAY 6-9 YRS

136463 M-F Jul 7-11 9am-12pm 5/\$169

136464 M-F Jul 21-25 9am-12pm 5/\$169

136465 Tu-F Aug 5-8 9am-12pm 4/\$136

#### HALF DAY 10-14YRS

136460 M-F Jul 7-11 9am-12pm 5/\$169

136461 M-F Jul 21-25 9am-12pm 5/\$169

136462 Tu-F Aug 5-8 9am-12pm 4/\$136

#### FULL DAY 7-14YRS

136457 M-F Jul 7-11 9am-4pm 5/\$297

136458 M-F Jul 21-25 9am-4pm 5/\$297

136459 Tu-F Aug 5-8 9am-4pm 4/\$238

## SPORTS COMBO AND SWIM CAMP S 9-11yrs

Join us for a week of all the best court and field sports such as volleyball, badminton, pickleball, dodgeball, floor hockey, disc golf, kick ball, and of course Gaga ball! Cool off some afternoons with a fun swim.

### SAANICH COMMONWEALTH PLACE

139370 M-F Jul 14-18 8:30am-4pm 5/\$210

139371 Tu-F Aug 5-8 8:30am-4pm 4/\$168

## DAY CAMPS - STEM

### PRO-D DAY - JR. MINECRAFT P MEDIEVAL DEFENSE

6-8yrs

Gear up for an exhilarating day and dive into the mesmerizing Minecraft universe, where teamwork and ingenuity rule! Use your engineering prowess to defend your castle from medieval threats and get ready to engineer the unimaginable in a day packed with fun and excitement.

### SAANICH COMMONWEALTH PLACE

[Engineering For Kids Vancouver Island](#)

130399 F May 16 9am-4pm \$70

### BYTE CAMP: CLAYMATION MOVIE PRODUCTION P 9-12yrs

Make your own clay characters come to life, just like Shaun the Sheep! Participants will work to build their own clay characters, sets and props; develop their own script; shoot their movie scenes; and then learn to edit and add sounds and special effects to complete the whole project. Don't worry parents, there will be plenty of time devoted to outdoor games and activities!

### ROYAL OAK MIDDLE SCHOOL

[Byte Camp Education Society](#)

136477 M-F Jul 14-18 9am-4pm 5/\$395

### BYTE CAMP: INTRODUCTION TO CODING P 9-12yrs

Discover how much fun it is to build your own game! Students will be introduced to basic coding skills with Scratch and get to use those skills to make their very own games. Students will learn how to create their own 2D vector artwork to make characters and levels that are entirely their own. The final project is a game that you can access and play or proudly share with friends online.

### ROYAL OAK MIDDLE SCHOOL

[Byte Camp Education Society](#)

136478 M-F Jul 21-25 9am-4pm 5/\$395

### BYTE CAMP: INTRODUCTION TO CODING LEVEL 2 P 9-12yrs

Level-up your coding and artwork skills in this fun and challenging camp. Students will take on advanced character movements and level design to make characters, levels and gameplay that are entirely unique. The final project is a game that you can access and play or share with friends online. Previous coding experience in Scratch or Intro to coding is recommended for best experience.

### ROYAL OAK MIDDLE SCHOOL

[Byte Camp Education Society](#)

136479 M-F Aug 11-15 9am-4pm 5/\$395

## CAMP TYPE LEGEND

- S Saanich staff-led camps
- P Partner-led camps





## ENGINEERING: DUNGEONS AND DRAGONS

### THE ARCHITECT P

8-12yrs

Embark with us on another week of adventure! Back by popular demand, this will be our third summer of Dungeons and Dragons! Join your camp leaders on a new, original story line! Your creativity, imagination, and ingenuity will prove invaluable as you and your friends try to foil the Architect's devious plans!

ROYAL OAK MIDDLE SCHOOL

[Engineering For Kids Vancouver Island](#)

138100 M-F Jul 28-Aug 1 9am-4pm 5/\$365

## ENGINEERING: JR CODING AND GAMES WITH

### SCRATCH JR P

5.5-7yrs

Turn your favourite camp games virtual! Using the free app ScratchJr, learn the basics of coding and create virtual versions of popular camp games like tag, dodgeball, and much more. Each day will be balanced between hands-on projects and fun and games outside.

ROYAL OAK MIDDLE SCHOOL

[Engineering For Kids Vancouver Island](#)

138294 M-F Aug 11-15 9am-4pm 5/\$365

## ENGINEERING: MINECRAFT - AMUSEMENT PARK P

6-8yrs

Come one, come all, to the wonderful world of Minecraft! Campers will work in teams to design and build their very own Minecraft amusement park, including attractions like minecart roller coasters, food courts and fun houses. Each day will be balanced between hands-on projects and fun and games outside.

ROYAL OAK MIDDLE SCHOOL

[Engineering For Kids Vancouver Island](#)

138098 M-F Jul 14-18 9am-4pm 5/\$365

## ENGINEERING: JR. SPACE ENGINEERS AND LEGO P

5.5-7yrs

Blast off with us for a week of astronomical fun. In this camp, our youngest engineers will put on their space suits and use their creativity to design and build solutions to aerospace engineering challenges. Each day will be balanced between hands-on LEGO projects and fun and games outside.

ROYAL OAK MIDDLE SCHOOL

[Engineering For Kids Vancouver Island](#)

138101 Tu-F Aug 5-8 9am-4pm 4/\$292

## ENGINEERING: MINECRAFT - MEDIEVAL REDSTONE

### 8-12yrs P

Defend your castle against the mobs with the power of Redstone! Campers will complete Redstone tutorials and team challenges in our custom Minecraft worlds. Learn how to make secret doors, Redstone traps, and TNT cannons, and more. Each day will be balanced between hands-on projects and fun and games outside.

ROYAL OAK MIDDLE SCHOOL

[Engineering For Kids Vancouver Island](#)

138099 M-F Jul 21-25 9am-4pm 5/\$365

## ENGINEERING: MINECRAFT - MINIGAMES 8-12yrs P

What makes games fun? Campers will learn the fundamentals of game design while playing and creating minigames in Minecraft. Time permitting, campers may have the opportunity to build their own custom Minecraft minigame as a team. Each day will be balanced between hands-on projects and fun and games outside.

ROYAL OAK MIDDLE SCHOOL

[Engineering For Kids Vancouver Island](#)

137837 M-F Jul 7-11 9am-4pm 5/\$365

## ENGINEERING: RESCUE ROBOTS WITH LEGO EV3S

### 8-12yrs P

Are you ready to save the day? Using LEGO EV3 Mindstorms kits, campers will learn the basics of building, coding, and customizing life-saving robots to respond to disaster situations. Each day will be balanced between hands-on projects and fun and games outside.

ROYAL OAK MIDDLE SCHOOL

[Engineering For Kids Vancouver Island](#)

137836 M,W,Th,F Jun 30-Jul 4 9am-4pm 4/\$292

## SWIMMING

## JUNIOR WATER POLO CAMP P

8-15yrs

Novice and intermediate athletes of all skill levels will enjoy this high-energy, fun camp taught by nationally certified coaches. Includes water polo game play and dry-land technical components. Participants must be comfortable in deep water and will be grouped according to age and skill.

SAANICH COMMONWEALTH PLACE

[Saanich Water Polo School](#)

138772 M-F Aug 18-22 9am-12pm 5/\$195

## CAMP TYPE LEGEND

S Saanich staff-led camps

P Partner-led camps



## 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



## YOUTH DAY CAMPS

### BREAKOUT - CONCERT PARTY EXTRAVAGANZA **S** 9.5-13yrs

Are you ready for it? Let's party in this Taylor Swift, Olivia Rodrigo, and Gracie Abrams-inspired concert camp. Make all the best crafts and friendship bracelets, take pictures in our photo booth, write your own music, sing songs, dance, and design costumes as we create the concert of our dreams.

#### SAANICH COMMONWEALTH PLACE

139136 M-F Jul 14-18 9am-4pm 5/\$195

### BREAKOUT - EXTREME STRATEGY AND ADVENTURE QUEST **S** 9.5-13yrs

Game on! If you love competitive games, you'll love this special edition of Breakout Adventures camp. Rise to the challenge with strategy games, daily quests, and forest lazer tag adventures. Enjoy endless out trips with your friends and meet new ones along the way.

#### SAANICH COMMONWEALTH PLACE

139131 M-F Aug 11-15 9am-4pm 5/\$195

## YOUTH DAY CAMPS - SPECIALTY

### BABYSITTER'S TRAINING **S** 11-14yrs

Learn the fundamentals of babysitting and become a skilled, informed caregiver. Participants will receive a certificate upon completion, and a manual will be provided.

#### ROYAL OAK MIDDLE SCHOOL

136472 T,W,Th Jul 8-10 1-4pm 3/\$88

136473 T,W,Th Jul 29-31 1-4pm 3/\$88

136474 T,W,Th Aug 5-7 1-4pm 3/\$88

### JR. LEADER GAMES CERTIFICATE **S**

Future day camp leaders, this three-day intensive is your chance to learn the best games, outdoor activities, and creative crafts! This course is very active, so come prepared to run, jump, climb, and get messy and silly. Successful participants will receive a certificate. Participants must have completed Grade 7.

#### SAANICH COMMONWEALTH PLACE

139118 W,Th,F Aug 6-8 10am-3pm 3/\$140

## CAMP TYPE LEGEND

- S** Saanich staff-led camps
- P** Partner-led camps



### SUMMER SURVIVAL CAMP **S** 11-13yrs

Summer Survival Camp helps youth build confidence and life skills while having fun. Through exciting activities and challenges, campers learn self-reliance, decision-making, and time management, preparing them to enjoy a fulfilling, independent summer experience.

#### ROYAL OAK MIDDLE SCHOOL

136475 W,Th,F Jul 2-4 9am-4pm 3/\$120

## YOUTH DAY CAMPS - SPORTS

### PERFORMANCE TRAINING CAMP **S** 13-15yrs

Make the most of your off season with sport performance training. This week of small group training with our certified coaches will increase your cardio, speed, and power, while teaching you weight room skills and program planning. You will leave with your own program, a completed weight room orientation, and an understanding of performance training.

#### SAANICH COMMONWEALTH PLACE

##### Trevor Beck

139104 M-F Jul 7-11 1-4pm 5/\$175

139105 M-F Jul 28-Aug 1 1-4pm 5/\$175

### ROWING - LEARN TO RACE PROGRAM 12-14yrs **P**

No experience required! Certified coaches teach the basic movements of rowing and the tactical elements of racing while developing physical literacy in a supportive and engaging environment. Athletes train to compete in their first race at the annual Challenge West Regatta at Elk Lake on the first weekend of July.

#### VICTORIA CITY ROWING CLUB

##### Rowing Club Victoria City

139020 Su,Tu,Th,F Jun 3-Jul 31 4-6pm 33/\$550

### ROWING CAMP - HALF DAY **P** 12-18yrs

Designed for beginners, this half-day, morning session introduces the fundamentals of rowing in a fun and supportive environment alongside our full-day campers. Led by Rowing Canada-certified coaches, you'll build confidence on the water while learning the basics. Loving it? Talk to our camp leaders about upgrading to the full-day experience!

#### VICTORIA CITY ROWING CLUB

##### Rowing Club Victoria City

135943 M-F Jul 7-11 9am-12pm 5/\$265

135944 M-F Jul 14-18 9am-12pm 5/\$265

135945 M-F Jul 21-25 9am-12pm 5/\$265

135946 M-F Jul 28-Aug 1 9am-12pm 5/\$265

135947 Tu-F Aug 5-8 9am-12pm 4/\$212

135950 M-F Aug 11-15 9am-12pm 5/\$265

139015 M-F Aug 18-22 9am-12pm 5/\$265

139018 M-F Aug 25-29 9am-12pm 5/\$265

**ROWING CAMP - FULL DAY P 12-18yrs**

A fun and engaging environment to build rowing skills for beginners and experienced athletes! With two rowing sessions daily, plus games and activities to enhance movement and flexibility, campers stay active while learning the sport. It's a great way to have fun, make friends, and discover the joy of rowing.

**VICTORIA CITY ROWING CLUB****Rowing Club Victoria City**

135935	M-F	Jul 7-11	9am-3pm	5/\$371
135936	M-F	Jul 14-18	9am-3pm	5/\$371
135937	M-F	Jul 21-25	9am-3pm	5/\$371
135938	M-F	Jul 28-Aug 1	9am-3pm	5/\$371
135939	T-F	Aug 5-8	9am-3pm	4/\$296
135940	M-F	Aug 11-15	9am-3pm	5/\$371
135941	M-F	Aug 18-22	9am-3pm	5/\$371
135942	M-F	Aug 25-29	9am-3pm	5/\$371

**VOLLEYBALL BIG DIG CAMP P GRADES 7-8 EXPERIENCED PLAYERS**

Designed for athletes who have been introduced to the game through the school season and are looking to grow their skills. Our instructors blend intermediate volleyball skill development with gameplay to keep athletes learning and having fun. Includes T-shirt and tournament play

**CLAREMONT SECONDARY SCHOOL****Shon Ryan**

139023	M-F	Jul 14-18	9am-12pm	5/\$275
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**VOLLEYBALL BIG DIG CAMP P GRADES 8-9 EXPERIENCED PLAYERS**

Designed for players with some training and experience playing on a school and/or club team. Dynamic multi-skill drills, positional and tactical play, and physical skill training will help improve your performance and prepare you for the upcoming school season. Includes T-shirt and tournament play, not intended for beginner players.

**CLAREMONT SECONDARY SCHOOL****Shon Ryan**

139024	M-F	Aug 18-22	9am-12pm	5/\$275
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**VOLLEYBALL BIG DIG CAMP P GRADES 9-10 EXPERIENCED PLAYERS**

Designed for players with some training and experience playing on a school and/or club team. Dynamic multi-skill drills, positional and tactical play, and physical skill training will help improve your performance and prepare you for the upcoming school season. Includes T-shirt, prizes, and tournament play, not intended for beginner players.

**CLAREMONT SECONDARY SCHOOL****Shon Ryan**

139025	M-F	Jul 14-18	1-4pm	5/\$275
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**VOLLEYBALL BIG DIG CAMP P GRADES 10-12 ELITE PLAYERS**

Designed exclusively for experienced club volleyball players. Dynamic multi-skill drills, positional and tactical play, and physical and mental play training will help take your performance to a higher level, preparing you for the upcoming high school season. Includes T-shirt and tournament play.

**CLAREMONT SECONDARY SCHOOL****Shon Ryan**

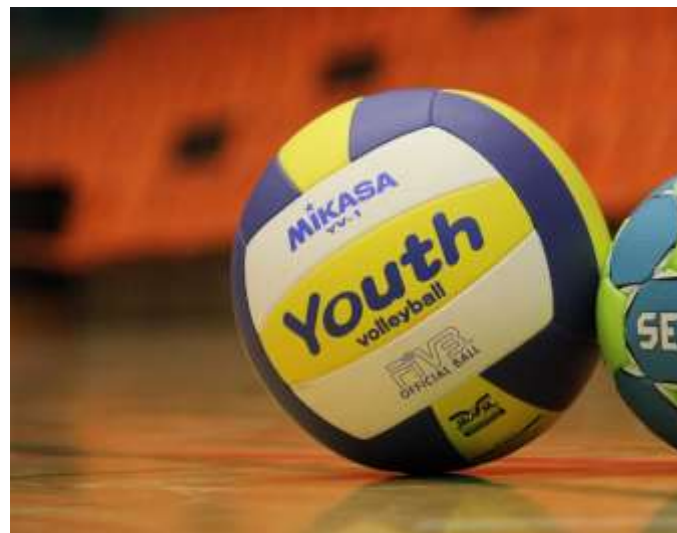
139022	M-F	Aug 18-22	1-4pm	5/\$275
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**VOLLEYBALL BIG DIG CAMP P HIGH SCHOOL BOYS TRYOUT PREP CAMP**

Get game ready for the high school season! This full day camp is designed for players with previous school and club volleyball experience looking to work on their individual and team skills and tactics to prepare for school tryouts. Dynamic game scenarios and competitive drills will be led by the experienced and professional staff. Not suitable for beginner/novice players.

**CLAREMONT SECONDARY SCHOOL****Shon Ryan**

139026	Sa	Aug 23	9am-3pm	\$120
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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



PARKS, RECREATION  
& COMMUNITY SERVICES

**CAMP TYPE LEGEND**

**S** Saanich staff-led camps

**P** Partner-led camps

