

# SCHOOL AGE & YOUTH PROGRAMS

## Winter & Spring



### ARTS - VISUAL ARTS

#### ARTS AND WELLNESS GIRLS GROUP 10-13yrs

This unique arts and wellness program provides a safe and creative space for girls. Guided by themes of self love and empowerment, Tajah promotes positivity while exploring a range of art forms, from drawing and painting to writing.

ROYAL OAK MIDDLE SCHOOL

Tajah Olson

153001 Th Apr 23-May 14 5-7pm 4/\$120

### ARTS - DANCE, MUSIC & THEATRE

#### BALLET AND JAZZ 5-7yrs

This fun class combines the high energy of jazz dance with the poise and grace of ballet technique. Children will enjoy learning a choreographed dance.

SAANICH COMMONWEALTH PLACE

Dansko Staff

150896	M	Jan 5-Mar 9	3:30-4:15pm	9/\$85
150897	Sa	Jan 10-Mar 14	11:30am-12:15pm	10/\$94
150992	M	Mar 30-Jun 8	3:30-4:15pm	9/\$85
150993	Sa	Apr 11-Jun 6	11:30am-12:15pm	8/\$76

#### 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

150903	Sa	Jan 10-Mar 14	2-3pm	10/\$115
150994	Sa	Apr 11-Jun 6	2-3pm	8/\$92

### HOW TO REGISTER

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

**PHONE** 250-475-7600

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



#### 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

150905	Sa	Jan 10-Mar 14	1-2pm	10/\$115
150995	Sa	Apr 11-Jun 6	1-2pm	8/\$92

#### 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. This is an acoustic guitar class.

SAANICH COMMONWEALTH PLACE

PJ Music Studio

153528	Su	Jan 25-Mar 15	3-3:30pm	7/\$176
153529	Su	Apr 12-Jun 7	3-3:30pm	8/\$199

#### 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

153542	Sa	Jan 24-Mar 14	10-10:30am	7/\$176
153543	Sa	Jan 24-Mar 14	10:30-11am	7/\$176
153544	Sa	Jan 24-Mar 14	11-11:30am	7/\$176
153545	Sa	Jan 24-Mar 14	11:30am-12pm	7/\$176
153546	Su	Jan 25-Mar 15	2-2:30pm	7/\$176
153547	Su	Jan 25-Mar 15	2:30-3pm	7/\$176
153548	Sa	Apr 11-Jun 6	10-10:30am	8/\$199
153549	Sa	Apr 11-Jun 6	10:30-11am	8/\$199
153550	Sa	Apr 11-Jun 6	11-11:30am	8/\$199
153551	Sa	Apr 11-Jun 6	11:30am-12pm	8/\$199
153552	Su	Apr 12-Jun 7	2-2:30pm	8/\$199
153553	Su	Apr 12-Jun 7	2:30-3pm	8/\$199

## AQUATICS - WATER SPORTS

### 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](#)

152849	Su	Jan 4-Mar 8	4:30-6pm	10/\$170
152850	Su	Apr 12-Jun 21	4:30-6pm	11/\$187

### 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](#)

152851	Su	Jan 4-Mar 8	5-6pm	10/\$110
152852	Su	Apr 12-Jun 21	5-6pm	11/\$121

### POWERSWIMMING EVERGREEN AND RED LEVEL

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](#)

152853	Tu	Jan 6-Mar 10	7-8:15pm	10/\$140
152854	Tu	Mar 31-Jun 23	7-8:15pm	13/\$182
152856	Th	Jan 8-Mar 12	7-8:15pm	10/\$140
152857	Th	Apr 2-Jun 25	7-8:15pm	13/\$182

### POWERSWIMMING PURPLE, ORANGE AND WHITE LEVEL 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](#)

152859	Tu	Jan 6-Mar 10	7-8:15pm	10/\$140
152860	Tu	Mar 31-Jun 23	7-8:15pm	13/\$182
152862	Th	Jan 8-Mar 12	7-8:15pm	10/\$140
152864	Th	Apr 2-Jun 25	7-8:15pm	13/\$182

## DAY CAMPS - GENERAL

### KIDS JR COOKING CAMP 6-8yrs

Love to cook or want to learn? Each day, prepare a tasty meal using fun and creative recipes. Focus is on hands-on food prep. One delicious meal is provided daily, made by you!

ROYAL OAK MIDDLE SCHOOL

150824	M-F	Mar 16-20	9am-4pm	5/\$245
150829	M-F	Mar 23-27	9am-4pm	5/\$245

### KIDS COOKING CAMP 9-12yrs

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

150818	M-F	Mar 16-20	9am-4pm	5/\$265
150819	M-F	Mar 23-27	9am-4pm	5/\$265

### 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! This is for children currently in kindergarten through grade 3.

SAANICH COMMONWEALTH PLACE

153289	M-F	Mar 16-20	8:30am-4pm	5/\$185
153290	M-F	Mar 23-27	8:30am-4pm	5/\$185

### 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

153287	M-F	Mar 16-20	8:30am-4pm	5/\$185
153288	M-F	Mar 23-27	8:30am-4pm	5/\$185

## DAY CAMPS - PERFORMING ARTS

### ACTING ADVENTURES 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](#)

150834	M-F	Mar 23-27	9am-4pm	5/\$258
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## HOW TO REGISTER

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

**PHONE** 250-475-7600

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



### MUSICAL THEATRE - SHOW BIZ KIDS 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.

ROYAL OAK MIDDLE SCHOOL

[Kaleidoscope Theatre](#)

150841 M-F Mar 16-20 9am-4pm 5/\$265

### DAY CAMPS - SPORTS

#### 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](#)

153446 M-F Mar 23-27 12:30-4pm 5/\$146

#### ARCHERY CAMP 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](#)

153455 M-F Mar 23-27 2-3:30pm 5/\$99

#### BADMINTON CAMP 8-14yrs

Badminton Victoria coaches want to share their love of smashing shuttles with you. Skills and drills will be the focus on the courts for this morning camp.

ROYAL OAK MIDDLE SCHOOL

[Badminton Victoria](#)

150835 M-F Mar 16-20 9am-12pm 5/\$150

#### 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

150838 M-F Mar 23-27 9am-12pm 5/\$175

##### HALF DAY 10-14yrs

150837 M-F Mar 23-27 1-4pm 5/\$175

##### FULL DAY 8-14yrs

150836 M-F Mar 23-27 9am-4pm 5/\$297

### 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, foam pit, tumble track, bars and many more fun activities. Child must currently be in Kindergarten.

FALCON GYMNASTICS CENTRE

[Falcon Gymnastics](#)

153390 M-F Mar 16-20 9am-4pm 5/\$300

153391 M-F Mar 16-20 9am-12pm 5/\$200

153392 M-F Mar 16-20 1-4pm 5/\$200

153393 M-F Mar 23-27 9am-4pm 5/\$300

153394 M-F Mar 23-27 9am-12pm 5/\$200

153395 M-F Mar 23-27 1-4pm 5/\$200

#### VOLLEYBALL BIG DIG CAMP

##### EXPERIENCED PLAYERS GRADES 7-8

This camp is for athletes introduced to volleyball through school or club. Designed for grades 7/8, it focuses on intermediate skills with instruction and gameplay. Athletes receive a camp shirt and compete in a fun, end-of-camp tournament.

CLAREMONT SECONDARY SCHOOL

[Shon Ryan](#)

15126 Tu-Th Mar 17-19 9am-12pm 3/\$175

#### VOLLEYBALL BIG DIG CAMP

##### EXPERIENCED PLAYERS GRADES 9-10

This action-packed 3-day camp is for players looking to elevate their game. It features dynamic drills, positional and tactical play, and groups athletes by ability/age. Includes a camp shirt and a tournament on the last day!

CLAREMONT SECONDARY SCHOOL

[Shon Ryan](#)

151787 Tu,W,Th Mar 17-19 1-4pm 3/\$175

### DAY CAMPS - STEM

#### ENGINEERING: JR. MINECRAFT - DESERT ISLAND 6-8yrs

Work with your team to survive on a desert island after your ship wrecks off the coast in this new program!

Part of the day will also be spent doing hands-on building activities and playing outdoor games!

ROYAL OAK MIDDLE SCHOOL

[Engineering For Kids Vancouver Island](#)

150839 M-F Mar 16-20 9am-4pm 5/\$365

## ENGINEERING: MINECRAFT - REDSTONE UNLEASHED! 8-12yrs

Explore the wonders of computer engineering with Minecraft! Each day, campers will work in teams to complete computer engineering challenges and projects with Redstone. Part of the day will also be spent doing hands-on building activities and playing outdoor games!

ROYAL OAK MIDDLE SCHOOL

[Engineering For Kids Vancouver Island](#)

150840 M-F Mar 23-27 9am-4pm 5/\$365

## PRO-D DAY - JR. MINECRAFT AND ROCKETS 6-8yrs

Join us for a day of Minecraft and rocket building! Campers will enjoy a fun Minecraft activity in the morning, followed by an afternoon of building and shooting off rockets. The day will include outside fun and games, weather permitting.

ROYAL OAK MIDDLE SCHOOL

[Engineering For Kids Vancouver Island](#)

153474 F Feb 13 9am-4pm \$75

## PRO-D DAY - MINECRAFT AND LEGO CRAZY CONTRAPTIONS 8-12yrs

Is there a better way to spend the day than with Minecraft and LEGO? Join us for a morning of Minecraft, followed by an afternoon tinkering with our LEGO Crazy Contraptions kits! Weather permitting, the day will include outside games.

SAANICH COMMONWEALTH PLACE

[Engineering For Kids Vancouver Island](#)

153475 F May 15 9am-4pm \$75

## HEALTH & FITNESS

### STRENGTH TRAINING FOR YOUTH 10-12yrs

This 45-minute class is suitable for youth who would like to learn about the fundamentals of weight training, and strength and conditioning in a fun and safe environment. This class meets in the functional fitness studio.

SAANICH COMMONWEALTH PLACE

[David Keta](#)

152709 Th Jan 15-Feb 5 3:45-4:30pm 4/\$38

152710 Th Feb 12-Mar 12 3:45-4:30pm 5/\$48

152712 Th Apr 9-May 14 3:45-4:30pm 6/\$57

153163 Th May 21-Jun 18 3:45-4:30pm 5/\$48

## INDOOR CYCLE AND STRENGTH FOR YOUTH 12-15yrs

Improve your cardio and build muscle with a trainer in this registered class. The workouts will include equal parts indoor cycling on Keiser spin bikes and resistance training with various weight room equipment.

SAANICH COMMONWEALTH PLACE

152655 Th Jan 15-Feb 5 5:15-6:15pm 4/\$38

153706 Sa Jan 17-Feb 7 1:15-2:15pm 4/\$38

152656 Th Feb 12-Mar 12 5:15-6:15pm 5/\$48

153708 Sa Feb 14-Mar 14 1:15-2:15pm 5/\$48

153170 Th Apr 9-May 14 5:15-6:15pm 6/\$57

153709 Sa Apr 11-May 16 1:15-2:15pm 6/\$57

152657 Th May 21-Jun 18 5:15-6:15pm 5/\$48

153710 Sa May 23-Jun 20 1:15-2:15pm 5/\$48

## PERFORMANCE TRAINING FOR YOUTH 12-16yrs

Level-up your athletic performance with a certified trainer. Come learn weight training exercises designed to help youth athletes improve their game by increasing strength, speed, power and stamina.

SAANICH COMMONWEALTH PLACE

152643 W Jan 14-Feb 25 4:15-5:15pm 7/\$67

152644 W Mar 4-Apr 29 4:15-5:15pm 8/\$76

152645 W May 6-Jun 24 4:15-5:15pm 8/\$76

## WEIGHT TRAINING FOR TEENS 13-16yrs

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

SAANICH COMMONWEALTH PLACE

[Alex Rathy](#)

152356 Tu Jan 13-Feb 3 4:30-5:30pm 4/\$52

152357 Tu Feb 10-Mar 3 4:30-5:30pm 4/\$52

152358 Tu Mar 10-31 4:30-5:30pm 4/\$52

152359 Tu Apr 7-28 4:30-5:30pm 4/\$52

152360 Tu May 5-26 4:30-5:30pm 4/\$52

152361 Tu Jun 2-23 4:30-5:30pm 4/\$52

[Sam McColl](#)

152362 F Jan 9-30 4:30-5:30pm 4/\$52

152363 F Feb 6-27 4:30-5:30pm 4/\$52

152364 F Mar 6-27 4:30-5:30pm 4/\$52

152365 F Apr 10-May 1 4:30-5:30pm 4/\$52

152366 F May 8-29 4:30-5:30pm 4/\$52

152367 F Jun 5-26 4:30-5:30pm 4/\$52

## FACILITY STATUS

Know before you go!

If you are wondering if there are any closures at Saanich Commonwealth Place? View the operating status of any Saanich recreation facility on [saanich.ca](#)

[saanich.ca/status](#)



## HOW TO REGISTER

**ONLINE** at [Saanich.ca/Recreation](#)

**PHONE** 250-475-7600

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



PARKS, RECREATION  
& COMMUNITY SERVICES



## OUTDOOR RECREATION

### LEARN TO FISH 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, adult participation required. For more information contact Fish@gofishbc.com.

ELK AND BEAVER LAKE REGIONAL PARK

152146	Th	May 7	6-8pm	FREE
152147	Th	May 21	6-8pm	FREE
152148	Th	Jun 11	6-8pm	FREE
152149	Th	Jun 25	6-8pm	FREE

## SOCIAL - EVENTS

### GALENTINES PARTY 11-16yrs

Grab your gal pals or come to meet new friends and join us for this girls only Valentines Day Party. Your program fee includes dinner, swimming, an air dry clay craft and a movie. For more information, please contact maddie.parks@saanich.ca

SAANICH COMMONWEALTH PLACE

153994	Sa	Feb 14	6-10pm	\$25
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### TAYLOR SWIFT CONCERT PARTY! 10-14yrs

Grab your friends and get ready to PARTY! Come and join our amazing youth staff and recreate all the eras of a Taylor Swift Concert. Sing your hearts out and dance the night away at this do not miss event. Make friendship bracelets with us or bring your own and trade them. Come dressed in your best swiftie attire, paint that 13 on your hand and create the best memories. Enjoy all the lights, music and action. Be prepared to sing and dance! One ticket includes pizza, drinks, snacks, glow sticks and friendship bracelets. For questions please contact maddie.parks@saanich.ca

SAANICH COMMONWEALTH PLACE

153993	F	Jan 23	6-9:30pm	\$30
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## SOCIAL - EVENTS

### DUNGEONS & DRAGONS CLUB

Are you serious about Dungeons and Dragons game play? Join us for this two hour advanced D&D session. Youth coming to this program should have a focused mind set and be prepared to play for two hours. This program is free and a snack is provided.

SAANICH COMMONWEALTH PLACE

#### 10-14yrs

153979	Th	Jan 8-May 28	4-6pm	FREE
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#### 13-17yrs

153978	Th	Jan 8-May 28	6:30-8:30pm	FREE
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**P** = PARENT OR CAREGIVER PARTICIPATION REQUIRED

## TRIVIA & GAMES NIGHT 10-16yrs

Do you think you've got what it takes to be the ultimate trivia champion? Join us for an evening of fast paced games, epic team challenges and brain bending fun. From pop culture to science, sports to memes we're covering all the topics. Make new friends, win prizes and show off your smarts. This program is free!

SAANICH COMMONWEALTH PLACE

154551	Tu	Jan 13-May 26	6-7:30pm	FREE
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## SPORTS

### ARCHERY FOR YOUTH

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

153433	Th	Jan 8-Feb 5	4:15-5:15pm	5/\$60
153434	Th	Feb 12-Mar 12	4:15-5:15pm	5/\$60
153435	Th	Apr 2-May 7	4:15-5:15pm	6/\$72
153436	Th	May 14-Jun 18	4:15-5:15pm	6/\$72

#### 11-16yrs

153437	Th	Jan 8-Feb 5	5:15-6:15pm	5/\$60
153438	Th	Feb 12-Mar 12	5:15-6:15pm	5/\$60
153439	Th	Apr 2-May 7	5:15-6:15pm	6/\$72
153442	Th	May 14-Jun 18	5:15-6:15pm	6/\$72

### ARCHERY - YOU AND ME 8yrs+ **P**

This is a fun family activity for parents or guardians and children aged 8 and older. Join us to learn basic archery skills together. All equipment is provided; registration is required for each participant. The cost is per person.

SAANICH COMMONWEALTH PLACE

Victoria Bowmen Association

151982	F	Jan 9-Feb 6	5-6pm	5/\$48
151983	F	Jan 9-Feb 6	6-7pm	5/\$48
151984	F	Jan 9-Feb 6	7-8pm	5/\$48
151985	F	Feb 13-Mar 13	5-6pm	5/\$48
151986	F	Feb 13-Mar 13	6-7pm	5/\$48
151987	F	Feb 13-Mar 13	7-8pm	5/\$48
151988	F	Apr 10-May 8	5-6pm	5/\$48
151989	F	Apr 10-May 8	6-7pm	5/\$48
151990	F	Apr 10-May 8	7-8pm	5/\$48
151991	F	May 15-Jun 19	5-6pm	6/\$57
151992	F	May 15-Jun 19	6-7pm	6/\$57
151993	F	May 15-Jun 19	7-8pm	6/\$57

### 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

153458	W	Jan 14-Mar 11	4-5pm	9/\$108
153461	W	Apr 1-May 6	4-5pm	6/\$72
153462	W	May 13-Jun 17	4-5pm	6/\$72

### BADMINTON - INTERMEDIATE 11-16yrs

This more advanced class is for youth looking to improve their skills and footwork. Prerequisite skills include 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

153463	W	Jan 14-Mar 11	5-6pm	9/\$108
153464	W	Apr 1-May 6	5-6pm	6/\$72
153465	W	May 13-Jun 17	5-6pm	6/\$72

### 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

153466	Sa	Apr 11-Jun 13	10-11:30am	8/\$176
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#### 8-9yrs

153467	Sa	Apr 11-Jun 13	11:30am-1pm	8/\$176
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#### 10-12yrs

153468	Sa	Apr 11-Jun 13	1:30-3pm	8/\$176
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#### 13-15yrs

153469	Sa	Apr 11-Jun 13	1:30-3pm	8/\$176
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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. 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

153491	Tu	Jan 13-Mar 3	4-4:45pm	8/\$104
153492	Tu	Mar 31-May 5	4-4:45pm	6/\$78
153493	Tu	May 12-Jun 16	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

153494	Tu	Jan 13-Mar 3	4:45-5:30pm	8/\$104
153495	Tu	Mar 31-May 5	4:45-5:30pm	6/\$78
153496	Tu	May 12-Jun 16	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

153497	Tu	Jan 13-Mar 3	5:30-6:15pm	8/\$104
153498	Tu	Mar 31-May 5	5:30-6:15pm	6/\$78
153499	Tu	May 12-Jun 16	5:30-6:15pm	6/\$78

### 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

153487	M	Jan 12-Mar 9	4:15-5:15pm	8/\$84
153488	M	Apr 13-Jun 8	4:15-5:15pm	8/\$84

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

This is a time for parents, guardians, and their kids to play floor hockey together. You'll play games, but most of all, you'll have an awesome time playing together. Registration is required for each participant; the cost is per person.

SAANICH COMMONWEALTH PLACE

153489	M	Jan 12-Mar 9	5:15-6:15pm	8/\$68
153490	M	Apr 13-Jun 8	5:15-6:15pm	8/\$68

## SPORTS - MARTIAL ARTS

### AIKIDO - SHIODA STYLE 12yrs+

Explore the martial art of Aikido and develop mind-body connection, fitness, balance and self-defence skills in a noncompetitive, collaborative partner practice. Circular movements redirect the body and energy of attackers with a focus on timing, control, and sensitivity. 10 class passes available: adult 10/\$100, student 10/\$80.

PROSPECT LAKE COMMUNITY HALL

Island Aikido

150740	Tu	Jan 6-Feb 24	7-8:30pm	8/\$80
150741	Th	Jan 8-Feb 26	7-8:30pm	8/\$80
150742	Su	Jan 11-Mar 1	10:30am-12pm	8/\$80
152009	Tu	Mar 3-Apr 28	7-8:30pm	9/\$90
152010	Th	Mar 5-Apr 30	7-8:30pm	9/\$90
152011	Su	Mar 8-May 3	10:30am-12pm	9/\$90
152012	Tu	May 5-Jun 16	7-8:30pm	7/\$70
152013	Th	May 7-Jun 18	7-8:30pm	7/\$70
152014	Su	May 10-Jun 21	10:30am-12pm	7/\$70

## 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



P = PARENT OR CAREGIVER PARTICIPATION REQUIRED

## KARATE CLUB 4-11yrs

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

153508	Sa	Jan 10-Mar 14	10-11am	9/\$126
153509	Sa	Apr 11-Jun 20	10-11am	10/\$140

### 6-11yrs

153510	Tu	Jan 6 -Mar 10	6:30-7:30pm	10/\$145
153514	Th	Jan 8-Mar 12	6:30-7:30pm	10/\$145
153517	Sa	Jan 10-Mar 14	11am-12pm	9/\$131
153518	Sa	Jan 10-Mar 14	12-1pm	9/\$131
153519	Tu	Mar 31-Jun 23	6:30-7:30pm	13/\$189
153523	Th	Apr 2-Jun 25	6:30-7:30pm	13/\$189
153526	Sa	Apr 11-Jun 20	11am-12pm	10/\$145
153527	Sa	Apr 11-Jun 20	12-1pm	10/\$145

Double the practice to improve skill development! Join us both days for better value.

153511	T/6:30pm Th/6:30pm	Jan 6-Mar 12	20/\$240
153512	T/6:30pm Sa/11am	Jan 6-Mar 14	19/\$228
153513	T/6:30pm Sa/12pm	Jan 6-Mar 14	19/\$228
153515	Th/6:30pm Sa/11am	Jan 8-Mar 14	19/\$228
153516	Th/6:30pm Sa/12pm	Jan 8-Mar 14	19/\$228
153520	T/6:30pm Th/6:30pm	Mar 31-Jun 25	26/\$312
153521	T/6:30pm Sa/11am	Mar 31-Jun 23	23/\$276
153522	T/6:30pm Sa/12pm	Mar 31-Jun 23	23/\$276
153524	Th/6:30pm Sa/11am	Apr 2-Jun 25	23/\$276
153525	Th/6:30pm Sa/12pm	Apr 2-Jun 25	23/\$276

## KARATE CLUB - YELLOW BELTS+ 6-11yrs

This class is for returning participants who have their Yellow Belt or higher. 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

153506	W	Jan 7-Mar 11	4-5pm	10/\$145
153507	W	Apr 1-Jun 24	4-5pm	13/\$189

## TRAINING & EDUCATION - BABYSITTING

### 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

152150	Sa	Feb 14-21	1-5pm	2/\$88
152151	Sa	May 23-30	1-5pm	2/\$88

## TRAINING & EDUCATION - COOKING

### KIDS COOKING CLUB 8-12yrs

Join our hands-on club and learn basic cooking skills from measurements to kitchen safety. Perfect for kids who love to cook or want to learn. Each participant will create their own recipe book.

ROYAL OAK MIDDLE SCHOOL - HOME EC ROOM

150757	Sa	Jan 10-Mar 7	10am-12:30pm	7/\$224
150758	Sa	Apr 11-Jun 6	10am-12:30pm	7/\$224

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

Let's get cooking! Come and try all of 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 - HOME EC ROOM

153995	W	Jan 7-Mar 11	6:15-8:15pm	9/\$135
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### YOUNG CHEFS NIGHT OUT 8-13yrs

Don't miss out on this delicious adventure! Young chefs will explore new recipes, learn kitchen skills, and unleash their creativity. After dinner, they'll play games and activities. Perfect for a parents' night off.

ROYAL OAK MIDDLE SCHOOL - HOME EC ROOM

150814	Sa	Jan 24	5-9:30pm	\$45
150815	Sa	Feb 21	5-9:30pm	\$45
150816	Sa	Apr 18	5-9:30pm	\$45
150817	Sa	May 30	5-9:30pm	\$45

## TRAINING & EDUCATION - GENERAL

### FIGHT BACK FOR TWEEN GIRLS 9-12yrs

This inclusive and interactive program includes promoting positive body image, boundary setting, assertive communication, and situational awareness. We empower girls with the knowledge and skills to trust their instincts while learning basic personal safety skills that are simple, realistic, and retainable under stress. Pizza included!

SAANICH COMMONWEALTH PLACE

Badass with Class

153480	F	Jan 16	6-8:30pm	\$50
153481	F	Mar 20	6-8:30pm	\$50

### 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

Kate Lee

151459	Sa	Jan 31	9am-12pm	\$42
151460	Sa	Apr 11	9am-12pm	\$42

## 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 or in-trouble rules, safe places, my body rules, good and bad touching and realistic physical and verbal strategies. Adult attendance is mandatory.

SAANICH COMMONWEALTH PLACE

### Badass with Class

153483	Sa	Jan 24	1-2pm	\$40
153484	Sa	Feb 28	1-2pm	\$40
153485	Sa	May 16	1-2pm	\$40

## TRAINING & EDUCATION - STEM

### ENGINEERING - JR. CIVIL ENGINEERING 5-7yrs

Prepare to dive into the fascinating world of construction and design through hands-on exploration. Discover the secrets of towering skyscrapers, magnificent bridges, and much more. Get ready to design, build, and create!

SAANICH COMMONWEALTH PLACE

### Engineering For Kids Vancouver Island

153470	Tu	Jan 20-Feb 24	4-5pm	6/\$150
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### ENGINEERING - CIVIL ENGINEERING 8-12yrs

Our older engineers put on their hard hats to explore the science and engineering behind our buildings, bridges, and cities. Make sure to bring your blueprints and join us for six weeks of hands-on fun and engineering challenges!

SAANICH COMMONWEALTH PLACE

### Engineering For Kids Vancouver Island

153471	Tu	Jan 20-Feb 24	5:30-7pm	6/\$168
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### ENGINEERING - JR. MARINE ENGINEERING 5-7yrs

Dive into the wet world of marine engineering with this program for our junior engineers! Students will explore the concepts that allow our boats to float, subs to sink, and ships to sail. Join the new wave of seafaring scientists!

SAANICH COMMONWEALTH PLACE

### Engineering For Kids Vancouver Island

153472	Tu	Apr 14-May 19	4-5pm	6/\$150
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### ENGINEERING - MARINE ENGINEERING 8-12yrs

Explore the depths of marine engineering with hands-on activities and projects! Each week, students will learn about the science and engineering that allows us to explore our oceans and travel to far off lands.

SAANICH COMMONWEALTH PLACE

### Engineering For Kids Vancouver Island

153473	Tu	Apr 14-May 19	5:30-7pm	6/\$168
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## FRIDAY NIGHT YOUTH PROGRAMS @ SCP



### FRIDAY NIGHTS - PIZZA, SWIMMING & MOVIE 10-16yrs

Friday Nights just got a whole lot better! Come hang out at SCP's Upside Youth Centre with your friends or come here to meet new ones. Enjoy all the amenities that 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

154499	F	Feb 6	6-10pm	\$10
154517	F	Mar 6	6-10pm	\$10
154518	F	May 8	6-10pm	\$10

### FRIDAY AIR DRY CLAY & SWIMMING 10-13yrs

Friday's have never been so fun. Join our staff for an evening of air dry clay creation, swimming, pizza and a movie. Participants will have an opportunity to channel their inner creative side and then race the staff on the Wibit obstacle course in the pool. Hang with your friends or come and meet new ones. For more information, please contact [maddie.parks@saanich.ca](mailto:maddie.parks@saanich.ca)

SAANICH COMMONWEALTH PLACE

154521	F	Feb 20	6-10pm	\$25
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### FRIDAY DESIGN YOUR OWN TOTE BAG & SWIMMING 10-13yrs

Friday's have never been so fun. Join our staff for an evening of designing your own tote bag creation, swimming, pizza and a movie. Participants will have an opportunity to channel their inner creative side and then race the staff on the Wibit obstacle course in the pool. Hang with your friends or come and meet new ones.

For more information, please contact

[maddie.parks@saanich.ca](mailto:maddie.parks@saanich.ca)

SAANICH COMMONWEALTH PLACE

154524	F	Apr 24	6-10pm	\$25
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### FRIDAY FOREST LASER TAG & SWIMMING 10-16yrs

Friday's have never been so fun. Join our staff for an evening of forest laser tag, strategy games, obstacle courses, swimming, pizza and a movie. Participants will have an opportunity to battle it out in an epic game of hide and seek then race the staff on the Wibit obstacle course in the pool. Hang with your friends or come and meet new ones. For more information, please contact [maddie.parks@saanich.ca](mailto:maddie.parks@saanich.ca)

SAANICH COMMONWEALTH PLACE

154520	F	May 22	6-10pm	\$25
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