

SCHOOL AGE & YOUTH PROGRAMS

Fall 2024



ARTS

GUITAR - BEGINNER ROCK AND POP 8-12yrs

Get ready to rock the campfire or start a band! In a few short weeks, you'll learn the basics of popular styles on the guitar and walk away playing riffs and melodies from your favourite songs. No previous experience necessary. This is an acoustic guitar class.

SAANICH COMMONWEALTH PLACE

PJ Music Studio

123899 Su Sep 22-Dec 8 10:15-11am 9/\$204

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

123900 Su Oct 20-Dec 8 3-3:30pm 7/\$162

PIANO FOR KIDS - SMALL GROUP 6-10yrs

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

SAANICH COMMONWEALTH PLACE

PJ Music Studio

123893 Sa Sep 21-Dec 7 10-10:30am 9/\$204

123894 Sa Sep 21-Dec 7 10:30-11am 9/\$204

123895 Sa Sep 21-Dec 7 11-11:30am 9/\$204

123896 Sa Sep 21-Dec 7 11:30am-12pm 9/\$204

123897 Su Oct 20-Dec 8 2-2:30pm 7/\$162

123898 Su Oct 20-Dec 8 2:30-3pm 7/\$162

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.

SAANICH COMMONWEALTH PLACE

PJ Music Studio

123901 Su Sep 22-Dec 8 9:30-10:15am 9/\$204

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

122394 Sa Sep 21-Dec 14 11:30-12:15pm 13/\$117

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

122398 Sa Sep 21-Dec 14 1:30-2:30pm 13/\$144

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

DAY CAMPS

WINTER HOLIDAY CAMP 5-11yrs

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

SAANICH COMMONWEALTH PLACE

123854 M-Tu,Th-F Dec 30-Jan 3 8:30am-4pm 4/\$164

PRO-D DAY - JR. MINECRAFT - OUTER SPACE 6-8yrs

Join us for a day of Minecraft and space exploration! Campers will spend the morning working in teams to complete challenges in the wonderful world of Minecraft! After lunch, we will blast off with some fun, space-themed, hands-on activities.

SAANICH COMMONWEALTH PLACE

[Engineering For Kids Vancouver Island](#)

123858 F Oct 25 9am-4pm \$70

GENERAL INTEREST

ENGINEERING - ELECTRICAL ENGINEERING 8-12yrs

Are you ready to explore the exciting world of electricity? This program is the perfect place to start! Learn the basics of electricity through exciting and safe hands-on activities, including Snap Circuits and projects that light up.

SAANICH COMMONWEALTH PLACE

[Engineering For Kids Vancouver Island](#)

123862 Tu Nov 5-Dec 10 5:30-7pm 6/\$162

ENGINEERING - ENVIRONMENTAL ENGINEERING 8-12yrs

The field of environmental engineering is growing quickly as people become interested in protecting and preserving our environment. In this environmental engineering program, students use the engineering design process to design, create, test, and refine basic solutions related to alternative energy and environmental issues.

SAANICH COMMONWEALTH PLACE

[Engineering For Kids Vancouver Island](#)

123860 Tu Sep 24-Oct 29 5:30-7pm 6/\$162

HOW TO REGISTER

ONLINE at Saanich.ca/Recreation

PHONE 250-475-7600

IN PERSON at any of our
4 Recreation Centres



ENGINEERING - JR. ENVIRONMENTAL ENGINEERING

5-7yrs

Are you ready to get down and dirty searching for solutions to some of our biggest environmental problems? By investigating natural processes like erosion, animal adaptations, and plant growth, students will discover ways to be inspired by the world around us to take on all sorts of challenges.

SAANICH COMMONWEALTH PLACE

[Engineering For Kids Vancouver Island](#)

123859 Tu Sep 24-Oct 29 4-5pm 6/\$144

ENGINEERING - JR. INVENTORS WORKSHOP 5-7yrs

Unleash your imagination, as you tinker and invent a variety of fun gadgets! In this class, kids will become true inventors as they learn new concepts through exciting, hands-on engineering challenges. Each week, students will take home a project that will inspire them to continue inventing long into the future.

SAANICH COMMONWEALTH PLACE

[Engineering For Kids Vancouver Island](#)

123861 Tu Nov 5-Dec 10 4-5pm 6/\$144

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

122099 Sa Oct 19-Dec 7 10am-12:30pm 8/\$224

HEALTH AND FITNESS

STRENGTH TRAINING FOR YOUTH 10-12yrs

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

SAANICH COMMONWEALTH PLACE

123554 Th Sep 19-Oct 31 3:45-4:30pm 7/\$65

123661 Th Nov 7-Dec 19 3:45-4:30pm 7/\$65

LEADERSHIP / EDUCATION

HOME ALONE PROGRAM

9-11yrs

Before- and after-school activities 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. A booklet and handout are provided for parents and guardians.

SAANICH COMMONWEALTH PLACE

[Kathy Lee](#)

122440 Sa Nov 2 9am-12pm \$40

RED CROSS BABYSITTER'S TRAINING 11-14yrs

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

SAANICH COMMONWEALTH PLACE

122438 Sa Nov 23-Nov 30 1-5pm 2/\$88

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. Parent attendance is mandatory.

SAANICH COMMONWEALTH PLACE**Sheepdog Self-Protection**

123878 Sa Sep 28 1-2pm \$40

123879 Sa Nov 23 1-2pm \$40

MARTIAL ARTS**KARATE BEGINNERS - SERENITY MARTIAL ARTS****5-11yrs**

Learn the basics of Shotokan karate from 7th-degree black belt Nancy Puckett, who specializes in teaching neuro-diverse, neurotypical, and physically challenged students. In this noncontact class, you will learn stances, blocks, kicks, punches, and kata. We will also work on impulse control, sequencing, personal space, gross motor skills, personal awareness, safety, and respect.

ROYAL OAK MIDDLE SCHOOL**Nancy Puckett**

122081 M,Th Sep 9-Oct 28 5-5:45pm 12/\$168

122082 M,Th Nov 4-Dec 19 5-5:45pm 12/\$168

122083 M Sep 9-Oct 28 5-5:45pm 6/\$84

122084 Th Sep 12-Oct 17 5-5:45pm 6/\$84

122085 M Nov 4-Dec 16 5-5:45pm 6/\$84

122086 Th Nov 7-Dec 19 5-5:45pm 6/\$84

KARATE CONTINUING - SERENITY MARTIAL ARTS**5-11yrs**

A continuing karate class for existing SMA students taught by Sensei Nancy Puckett. Learn advanced basics and kata, hit mitt/kicking shield drills, introduction to escrime, and weapons training in this non-contact class.

ROYAL OAK MIDDLE SCHOOL**Nancy Puckett**

122093 M,Th Sep 9-Oct 28 5:45-6:45pm 12/\$168

122094 M,Th Nov 4-Dec 19 5:45-6:45pm 12/\$168

122095 M Sep 9-Oct 28 5:45-6:45pm 6/\$84

122096 Th Sep 12-Oct 17 5:45-6:45pm 6/\$84

122097 M Nov 4-Dec 16 5:45-6:45pm 6/\$84

122098 Th Nov 7-Dec 19 5:45-6:45pm 6/\$84

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**

123871 W Sep 18-Dec 18 4-5pm 14/\$203

KARATE CLUB 4-11yrs

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****4-6YRS**

123866 Sa Sep 21-Dec 14 10-10:50am 10/\$135

6-11YRS

123867 Tu Sep 17-Dec 17 6:30-7:30pm 14/\$203

123868 Tu,Th Sep 17-Dec 19 6:30-7:30pm 28/\$336

123869 Tu,Sa Sep 17-Dec 17 6:30-7:30pm 24/\$288

123870 Tu,Sa Sep 17-Dec 17 6:30-7:30pm 24/\$288

123872 Th Sep 19-Dec 19 6:30-7:30pm 14/\$203

123873 Th,Sa Sep 19-Dec 19 6:30-7:30pm 24/\$288

123874 Th,Sa Sep 19-Dec 19 6:30-7:30pm 24/\$288

123875 Sa Sep 21-Dec 14 11am-12pm 10/\$145

123876 Sa Sep 21-Dec 14 12-1pm 10/\$145

SPORTS**ARCHERY - YOU AND ME 8yrs+**

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**

123840 F Nov 8-Dec 20 5-6pm 6/\$57

123841 F Nov 8-Dec 20 6-7pm 6/\$57

123842 F Nov 8-Dec 20 7-8pm 6/\$57

ARCHERY FOR YOUTH 8-16yrs

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

SAANICH COMMONWEALTH PLACE**Victoria Bowmen Association****8-12YRS**

123844 Th Nov 7-Dec 19 4:15-5:15pm 7/\$84

11-16YRS

123846 Th Nov 7-Dec 19 5:15-6:15pm 7/\$84

BADMINTON - BEGINNER **6-12yrs**

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

SAANICH COMMONWEALTH PLACE[Badminton Victoria](#)

FULL W Sep 18-Oct 30 4-5pm 7/\$84
123834 W Nov 6-Dec 18 4-5pm 7/\$84

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](#)

FULL W Sep 18-Oct 30 5-6pm 7/\$84
123836 W Nov 6-Dec 18 5-6pm 7/\$84

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**

123847 Sa Oct 19-Feb 8 10-11:30am 13/\$260

8-9YRS

123848 Sa Oct 19-Feb 8 11:30am-1pm 13/\$260

10-12YRS

123849 Sa Oct 19-Feb 8 1:30-3pm 13/\$260

13-15YRS

123850 Sa Oct 19-Feb 8 1:30-3pm 13/\$260

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](#)

123881 Tu Sep 24-Oct 29 4-4:45pm 6/\$78
123884 Tu Nov 5-Dec 17 4-4:45pm 7/\$91

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](#)

123882 Tu Sep 24-Oct 29 4:45-5:30pm 6/\$78
123885 Tu Nov 5-Dec 17 4:45-5:30pm 7/\$91

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](#)

123883 Tu Sep 24-Oct 29 5:30-6:15pm 6/\$78
123886 Tu Nov 5-Dec 17 5:30-6:15pm 7/\$91

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

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

123888 M Oct 21-Dec 16 5:15-6:15pm 8/\$68

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

123887 M Oct 21-Dec 16 4:15-5:15pm 8/\$84

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](#)

123802 Su Sep 22-Dec 22 4:30-6pm 12/\$204

MINI POLO **7-10yrs**

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

SAANICH COMMONWEALTH PLACE[Saanich Water Polo School](#)

123801 Su Sep 22-Dec 22 5-6pm 12/\$132

YOUTH: DAYCAMPS - SPORTS

VOLLEYBALL BIG DIG CAMP GRADES 6-7

Accelerate your progress and success, no matter what your skill level. These exciting sessions are designed to meet the needs of aspiring players by focusing on the fundamental aspects of the game through skill development and team play with an emphasis on fun! The talented, courteous and professional instructors will make your experiences memorable. Includes a camp shirt, prizes and lots of FUN!

CLAREMONT SECONDARY SCHOOL

Shon Ryan

122526 Su-Tu Dec 29-Dec 31 9am-12pm 3/\$156

VOLLEYBALL BIG DIG CAMP EXPERIENCED PLAYERS GRADES 8-9

This action packed three-day, multi-court camp is for experienced volleyball players who want to take their performance to a higher level. These sessions include dynamic multi-skill drills and practice addressing positional and tactical play. This camp includes a camp shirt and last day tournament.

CLAREMONT SECONDARY SCHOOL

Shon Ryan

122105 Su-Tu Dec 29-Dec 31 1-4pm 3/\$156

YOUTH: GENERAL INTEREST

YOUTH HOLIDAY BAKING SERIES 10-13yrs

Come and join us for all things holiday baking. In this program, you will have the chance to try six new recipes that you can take home and bake with your family and friends. So here's to cookies, cakes, bars and anything else your heart desires.

ROYAL OAK MIDDLE SCHOOL

FALL AND HALLOWEEN

123171 Th Sep 26-Oct 31 6:15-8:15pm 5/\$75

FALL AND CHRISTMAS

123170Th Nov 7-Dec 19 6:15-8:15pm 6/\$90

YOUTH: HEALTH & WELLNESS

REGIONAL YOUTH WEIGHT ROOM ORIENTATION

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

SAANICH COMMONWEALTH PLACE

Tyson Roe 13-15yrs

Thursdays 7:30-9pm \$15

TEEN WEIGHTS - ADVANCED 13-17yrs

Comfortable in the weight room but wanting to learn more? This course will teach you basic training principles, how to build a program for your own needs, and advanced training techniques to improve your results. Includes instructional time in the weight room and classroom, as well as self-directed weight room time. Open to youth who have completed Teen Weights or have equivalent knowledge and experience.

Ash Powell

123720 Th Oct 31-Dec 19 4:30-5:30pm 8/\$100

TEEN WEIGHTS 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

Troy Urlacher

123721 Tu Oct 15-Nov 5 4:30-5:30pm 4/\$50

123722 Tu Nov 12-Dec 3 4:30-5:30pm 4/\$50

Ash Powell

123723 F Oct 18-Nov 8 4:30-5:30pm 4/\$50

123724 F Nov 15-Dec 6 4:30-5:30pm 4/\$50

YOUTH: MARTIAL ARTS

KARATE BEGINNERS - SERENITY MARTIAL ARTS 12yrs+

Learn the basics of Shotokan karate from 7th-degree black belt Nancy Puckett, who specializes in teaching neuro-diverse, neurotypical, and physically challenged students. In this noncontact class, you will learn stances, blocks, kicks, punches, and kata.

ROYAL OAK MIDDLE SCHOOL

Nancy Puckett

122076 M,Th Nov 4-Dec 19 6:45-7:45pm 12/\$192

122079 M Nov 4-Dec 16 6:45-7:45pm 6/\$96

122078 Th Sep 12-Oct 17 6:45-7:45pm 6/\$96

122080 Th Nov 7-Dec 19 6:45-7:45pm 6/\$96

KARATE CONTINUING - SERENITY MARTIAL ARTS 12yrs+

A continuing karate class for existing SMA students taught by Sensei Nancy Puckett. 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

122088 M,Th Nov 4-Dec 19 6:45-8:15pm 12/\$192

122090 Th Sep 12-Oct 17 6:45-8:15pm 6/\$96

122091 M Nov 4-Dec 16 6:45-8:15pm 6/\$96

122092 Th Nov 7-Dec 19 6:45-8:15pm 6/\$96