

SCHOOL AGE & YOUTH PROGRAMS

WINTER & SPRING



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

130682	Su	Jan 19-Mar 16	10:15-11am	8/\$183
130683	Su	Apr 6-Jun 8	10:15-11am	8/\$183

PJ'S PIANO FOR KIDS - SMALL GROUP 6-10yrs

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

SAANICH COMMONWEALTH PLACE

PJ Music Studio

130697	Sa	Jan 18-Mar 15	10-10:30am	8/\$183
130698	Sa	Jan 18-Mar 15	10:30-11am	8/\$183
130699	Sa	Jan 18-Mar 15	11-11:30am	8/\$183
130700	Sa	Jan 18-Mar 15	11:30am-12pm	8/\$183
130702	Su	Jan 19-Mar 16	2-2:30pm	8/\$183
130703	Su	Jan 19-Mar 16	2:30-3pm	8/\$183
130705	Sa	Apr 5-Jun 7	10-10:30am	8/\$183
130706	Sa	Apr 5-Jun 7	10:30-11am	8/\$183
130707	Sa	Apr 5-Jun 7	11-11:30am	8/\$183
130708	Sa	Apr 5-Jun 7	11:30-12pm	8/\$183
130709	Su	Apr 6-Jun 8	2-2:30pm	8/\$183
130710	Su	Apr 6-Jun 8	2:30-3pm	8/\$183

HOW TO REGISTER

ONLINE at Saanich.ca/Recreation

PHONE 250-475-7600

IN PERSON at any of our
4 Recreation Centres



PJ'S GUITAR FOR KIDS

6-9yrs

Get to know your guitar and understand how it makes beautiful sounds! Learn how to tune, read music, and start strumming and plucking your way to playing easy melodies. You will be grooving to the beat in no time. Guitars can be rented from PJ Music Studios 250-213-9343.

SAANICH COMMONWEALTH PLACE

PJ Music Studio

130684	Su	Jan 19-Mar 16	3-3:30pm	8/\$183
130685	Su	Apr 6-Jun 8	3-3:30pm	8/\$183

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. Material fee is included in the cost.

SAANICH COMMONWEALTH PLACE

PJ Music Studio

130679	Su	Jan 19-Mar 16	9:30-10:15am	8/\$183
130680	Su	Apr 6-Jun 8	9:30-10:15am	8/\$183

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

126953	M	Jan 6-Mar 10	3:30-4:15pm	9/\$83
126954	Sa	Jan 11-Mar 15	11:30am-12:15pm	10/\$92
127767	M	Mar 31-Jun 9	3:30-4:15pm	9/\$83
127768	Sa	Apr 5-Jun 7	11:30am-12:15pm	9/\$83

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

126958	Sa	Jan 11-Mar 15	2:30-3:30pm	10/\$113
127769	Sa	Apr 5-Jun 7	2:30-3:30pm	9/\$102

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

126959	Sa	Jan 11-Mar 15	1:30-2:30pm	10/\$113
127770	Sa	Apr 5-Jun 7	1:30-2:30pm	9/\$102

GENERAL INTEREST

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

128338	Sa	Jan 11-Mar 8	10am-12:30pm	8/\$224
128340	Sa	Apr 5-Jun 7	10am-12:30pm	8/\$224

HEALTH AND WELLNESS

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

129772	Th	Jan 9-Feb 27	3:45-4:30pm	8/\$74
130599	Th	Mar 6-May 1	3:45-4:30pm	9/\$84
130600	Th	May 8-Jun 19	3:45-4:30pm	7/\$65

HOW TO REGISTER

ONLINE at Saanich.ca/Recreation

PHONE 250-475-7600

IN PERSON at any of our
4 Recreation Centres



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

130400	Sa	Jan 25	9am-12pm	\$40
130401	Sa	Apr 26	9am-12pm	\$40
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

130712	Sa	Feb 22-Mar 1	1-5pm	2/\$88
130713	Sa	May 24-May 31	1-5pm	2/\$88
130714	Sa	Jun 14-Jun 21	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

Badass with Class

130673	Sa	Jan 18	2-3pm	\$40
130674	Sa	Mar 1	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

128349	M,Th	Jan 6-Mar 13	5-5:45pm	19/\$266
128350	M,Th	Mar 31-Jun 19	5-5:45pm	18/\$252
128351	M	Jan 6-Mar 10	5-5:45pm	9/\$126
128352	Th	Jan 9-Mar 13	5-5:45pm	10/\$140
128353	M	Mar 31-Jun 16	5-5:45pm	8/\$112
128354	Th	Apr 3-Jun 19	5-5:45pm	10/\$140

KARATE CONTINUING - SERENITY MARTIAL ARTS 5-11yrs

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

ROYAL OAK MIDDLE SCHOOL

Nancy Puckett

128363	M	Jan 6-Mar 10	5:45-6:45pm	9/\$126
128365	M	Mar 31-Jun 16	5:45-6:45pm	8/\$112
128364	Th	Jan 9-Mar 13	5:45-6:45pm	10/\$140
129499	Th	Apr 3-Jun 19	5-5:45pm	10/\$140
128360	M,Th	Jan 6-Mar 13	5:45-6:45pm	19/\$266
128362	M,Th	Mar 31-Jun 19	5:45-6:45pm	18/\$252

KARATE CLUB

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

SAANICH COMMONWEALTH PLACE

Victoria Renshikan Karate

4-6YRS

130392	Sa	Jan 11-Mar 15	10-10:50am	9/\$122
130393	Sa	Apr 5-Jun 21	10-10:50am	10/\$135

6-11YRS

130372	Tu	Jan 7-Mar 11	6:30-7:30pm	10/\$145
130373	Th	Jan 9-Mar 13	6:30-7:30pm	10/\$145
130374	Sa	Jan 11-Mar 15	11am-12pm	9/\$131
130375	Sa	Jan 11-Mar 15	12-1pm	9/\$131
130376	Sa	Apr 5-Jun 21	11am-12pm	10/\$145
130377	Sa	Apr 5-Jun 21	12-1pm	10/\$145
130378	Tu	Apr 1-Jun 24	6:30-7:30pm	13/\$189
130379	Th	Apr 3-Jun 26	6:30-7:30pm	13/\$189
130380	Tu,Th	Jan 7-Mar 13	6:30-7:30pm	20/\$240
130381	Tu,Sa	Jan 7-Mar 15	6:30-7:30pm	19/\$228
130382	Tu,Sa	Jan 7-Mar 15	6:30-7:30pm	19/\$228
130383	Th,Sa	Jan 9-Mar 15	6:30-7:30pm	19/\$228
130384	Th,Sa	Jan 9-Mar 15	6:30-7:30pm	19/\$228
130385	Tu,Sa	Apr 1-Jun 24	6:30-7:30pm	23/\$276
130386	Th,Sa	Apr 3-Jun 26	6:30-7:30pm	23/\$276
130387	Tu,Sa	Apr 1-Jun 24	6:30-7:30pm	23/\$276
130388	Th,Sa	Apr 3-Jun 26	6:30-7:30pm	23/\$276
130389	Tu,Th	Apr 1-Jun 26	6:30-7:30pm	26/\$312

HOW TO REGISTER

ONLINE at Saanich.ca/Recreation

PHONE 250-475-7600

IN PERSON at any of our
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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

130390	W	Jan 8-Mar 12	4-5pm	10/\$145
130391	W	Apr 2-Jun 25	4-5pm	13/\$189

OUTDOOR RECREATION

LEARN TO FISH P

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

SPORTS

ARCHERY - YOU AND ME P

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

130356	F	Jan 10-Feb 7	5-6pm	5/\$48
130357	F	Jan 10-Feb 7	6-7pm	5/\$48
130358	F	Jan 10-Feb 7	7-8pm	5/\$48
130359	F	Feb 14-Mar 14	5-6pm	5/\$48
130360	F	Feb 14-Mar 14	6-7pm	5/\$48
130361	F	Feb 14-Mar 14	7-8pm	5/\$48
130362	F	Apr 4-May 9	5-6pm	5/\$48
130363	F	Apr 4-May 9	6-7pm	5/\$48
130364	F	Apr 4-May 9	7-8pm	5/\$48
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

P = 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

130340	Th	Jan 9-Feb 6	4:15-5:15pm	5/\$60
130341	Th	Feb 13-Mar 13	4:15-5:15pm	5/\$60
130342	Th	Apr 3-May 8	4:15-5:15pm	6/\$72
130343	Th	May 15-Jun 19	4:15-5:15pm	6/\$72

11-16YRS

130336	Th	Jan 9-Feb 6	5:15-6:15pm	5/\$60
130337	Th	Feb 13-Mar 13	5:15-6:15pm	5/\$60
130338	Th	Apr 3-May 8	5:15-6:15pm	6/\$72
130339	Th	May 15-Jun 19	5:15-6:15pm	6/\$72

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

130332	W	Jan 8-Mar 12	4-5pm	10/\$120
130333	W	Apr 2-Jun 11	4-5pm	11/\$132

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

130334	W	Jan 8-Mar 12	5-6pm	10/\$120
130335	W	Apr 2-Jun 11	5-6pm	11/\$132

ELI PASQUALE BASKETBALL LEAGUE

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

SAANICH COMMONWEALTH PLACE

Eli Pasquale Staff

6-7YRS

130415	Sa	Apr 5-Jun 7	10-11:30am	8/\$160
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8-9YRS

130416	Sa	Apr 5-Jun 7	11:30am-1pm	8/\$160
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10-12YRS

130417	Sa	Apr 5-Jun 7	1:30-3pm	8/\$160
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13-15YRS

130418	Sa	Apr 5-Jun 7	1:30-3pm	8/\$160
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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

130655	Tu	Jan 14-Mar 4	4-4:45pm	8/\$104
130656	Tu	Apr 1-May 6	4-4:45pm	6/\$78
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

130659	Tu	Jan 14-Mar 4	4:45-5:30pm	8/\$104
130660	Tu	Apr 1-May 6	4:45-5:30pm	6/\$78
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

130662	Tu	Jan 14-Mar 4	5:30-6:15pm	8/\$104
130663	Tu	Apr 1-May 6	5:30-6:15pm	6/\$78
130665	Tu	May 13-Jun 17	5:30-6:15pm	6/\$78

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

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

SAANICH COMMONWEALTH PLACE

130419	M	Jan 13-Mar 10	5:15-6:15pm	8/\$68
130420	M	Apr 7-Jun 16	5:15-6:15pm	9/\$77

FLOOR HOCKEY FUN **7-12yrs**

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

SAANICH COMMONWEALTH PLACE

130421	M	Jan 13-Mar 10	4:15-5:15pm	8/\$84
130422	M	Apr 7-Jun 16	4:15-5:15pm	9/\$95

P = PARENT OR CAREGIVER PARTICIPATION REQUIRED

MINI POLO

6-10yrs

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

130412	Su	Jan 5-Mar 9	5-6pm	10/\$110
130414	Su	Apr 6-Jun 22	5-6pm	11/\$121

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

130411	Su	Jan 5-Mar 9	4:30-6pm	10/\$170
130413	Su	Apr 6-Jun 22	4:30-6pm	11/\$187

POWERSWIMMING™ -

PURPLE, ORANGE & 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 - TEACH POOL

Saanich Water Polo School

130404	Tu	Jan 7-Mar 11	7-8:15pm	10/\$140
130405	Th	Jan 9-Mar 13	7-8:15pm	10/\$140
130409	Tu	Apr 1-Jun 24	7-8:15pm	13/\$182
130410	Th	Apr 3-Jun 26	7-8:15pm	13/\$182

POWERSWIMMING™ -

EVERGREEN & RED LEVEL

8-12yrs

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 - DIVE TANK

Saanich Water Polo School

130402	Tu	Jan 7-Mar 11	7-8:15pm	10/\$140
130403	Th	Jan 9-Mar 13	7-8:15pm	10/\$140
130407	Tu	Apr 1-Jun 24	7-8:15pm	13/\$182
130408	Th	Apr 3-Jun 26	7-8:15pm	13/\$182

DAY CAMPS

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.

ROYAL OAK MIDDLE SCHOOL

Kaleidoscope Theatre

129136	M-F	Mar 24-28	9am-4pm	5/\$250
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KIDS COOKING CAMP

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

128378	M-F	Mar 17-21	9am-4pm	5/\$250
128379	M-F	Mar 24-28	9am-4pm	5/\$250

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

129135	M-F	Mar 17-21	9am-4pm	5/\$250
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SPRING BREAK CAMP

5-8yrs

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

SAANICH COMMONWEALTH PLACE

130425	M-F	Mar 17-21	8:30am-4pm	5/\$180
130426	M-F	Mar 24-28	8:30am-4pm	5/\$180

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

130423	M-F	Mar 17-21	8:30am-4pm	5/\$180
130424	M-F	Mar 24-28	8:30am-4pm	5/\$180

SPRING BREAK CRAFTY CAMP GRADES 1-3

6-8yrs

All your favourite crafting supplies from glue, to paint to googly eyes will be used to express our creativity! This camp is for children in grades 1-3 who love to get crafty. We'll also spend time playing games and exploring the outdoors.

ROYAL OAK MIDDLE SCHOOL

128380	M-F	Mar 17-21	9am-4pm	5/\$210
128888	M-F	Mar 24-28	9am-4pm	5/\$210

DAY CAMPS - SPORTS

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](#)

130434 M-F Mar 24-28 2-3:30pm 5/\$95

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](#)

130433 M-F Mar 24-28 12:30-4pm 5/\$145

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](#)

129139 M-F Mar 17-21 9am-12pm 5/\$142

ELI PASQUALE BASKETBALL CAMP 6-14yrs

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](#)

FULL DAY 8-14YRS

129141 M-F Mar 24-28 9am-4pm 5/\$290

HALF DAY 6-9YRS

129142 M-F Mar 24-28 9am-12pm 5/\$165

HALF DAY 10-14YRS

129143 M-F Mar 24-28 1-4pm 5/\$165

FALCON GYMNASTICS - SWING INTO SPRING CAMP 5-12yrs

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

FALCON GYMNASTICS CENTRE

[Falcon Gymnastics](#)

130427 M-F Mar 17-21 9am-4pm 5/\$295

130428 M-F Mar 17-21 9am-12pm 5/\$195

130429 M-F Mar 17-21 1-4pm 5/\$195

130430 M-F Mar 24-28 9am-4pm 5/\$295

130431 M-F Mar 24-28 9am-12pm 5/\$195

130432 M-F Mar 24-28 1-4pm 5/\$195

DAY CAMPS - STEM

ENGINEERING: JR. MINECRAFT 6-8yrs

A special camp for our youngest Minecrafters. No experience necessary; some keyboard and mouse skills are ideal. Using our laptops, you'll first learn the basics of Minecraft and will then work together to solve engineering-related challenges in our unique worlds. We'll also spend part of the day doing art, science, and engineering projects and playing fun outdoor games!

ROYAL OAK MIDDLE SCHOOL

[Engineering For Kids Vancouver Island](#)

129138 M-F Mar 24-28 9am-4pm 5/\$350

ENGINEERING: RESCUE ROBOTICS WITH LEGO EV3 8-12yrs

Using LEGO EV3 Mindstorms kits, campers build, customize, and program their robots to respond to disaster situations. Students will learn the basics of building and coding robots while learning about how robots can save lives! We'll also enjoy hands-on building activities and play outdoor games.

ROYAL OAK MIDDLE SCHOOL

[Engineering For Kids Vancouver Island](#)

129137 M-F Mar 17-21 9am-4pm 5/\$350

PRO-D DAY - MINECRAFT AND 3DOODLERS 8-12yrs

Step into the extraordinary realm of Minecraft and unlock the wonders of engineering with your team. Build, craft, and complete challenges using teamwork and ingenuity! In the afternoon, get ready to unleash your inner artist as we print our own designs with our 3D printing pens. How much can you design in one day?

SAANICH COMMONWEALTH PLACE

[Engineering For Kids Vancouver Island](#)

130398 F Feb 14 9am-4pm \$70

HOW TO REGISTER

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

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PRO-D DAY - JR. MINECRAFT - 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

YOUTH: 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

Tyson Roe

129767 Th Jan 9 7:30-9pm \$15

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

Ash Powell

129775	F	Jan 17-Feb 7	4:30-5:30pm	4/\$50
130606	F	Feb 14-Mar 7	4:30-5:30pm	4/\$50
130607	F	Mar 14-Apr 4	4:30-5:30pm	4/\$50
130608	F	Apr 11-May 9	4:30-5:30pm	4/\$50
130609	F	May 16-Jun 6	4:30-5:30pm	4/\$50
129774	Tu	Jan 14-Feb 4	4:30-5:30pm	4/\$50
130601	Tu	Feb 11-Mar 4	4:30-5:30pm	4/\$50
130602	Tu	Mar 11-Apr 1	4:30-5:30pm	4/\$50
130603	Tu	Apr 8-Apr 29	4:30-5:30pm	4/\$50
130604	Tu	May 6-May 27	4:30-5:30pm	4/\$50
130605	Tu	Jun 3-Jun 24	4:30-5:30pm	4/\$50

HOW TO REGISTER

ONLINE at Saanich.ca/Recreation

PHONE 250-475-7600

IN PERSON at any of our
4 Recreation Centres



TEEN WEIGHTS - ADVANCED

13-16yrs

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.

SAANICH COMMONWEALTH PLACE

Ash Powell

129773 Th Jan 16-Mar 6 4:30-5:30pm 8/\$100

130610 Th Apr 10-May 29 4:30-5:30pm 8/\$100

YOUTH: MARTIAL ARTS

KARATE BEGINNERS - SERENITY MARTIAL ARTS 12yrs+

Learn the basics of Shotokan karate from 7th degree black belt, Nancy Puckett. Sensei Nancy Puckett has been teaching neurodiverse, neuro typical, and physically challenged students for 35 years. Learn stances, blocks, kicks, punches, and kata in this non-contact class. Other skills developed are impulse control, sequencing, teamwork, personal space, gross motor skills, personal awareness, safety, and respect.

ROYAL OAK MIDDLE SCHOOL

Nancy Puckett

128343 M,Th Jan 6-Mar 13 6:45-7:45pm 19/\$304

128345 M Jan 6-Mar 10 6:45-7:45pm 9/\$144

128346 Th Jan 9-Mar 13 6:45-7:45pm 10/\$160

128344 M,Th Mar 31-Jun 19 6:45-7:45pm 18/\$288

128347 M Mar 31-Jun 16 6:45-7:45pm 8/\$128

128348 Th Apr 3-Jun 19 6:45-7:45pm 10/\$160

KARATE CONTINUING - SERENITY MARTIAL ARTS 12yrs+

A continuing karate class for existing SMA students. Expand your skills from the Shotokan style with Sensei Nancy Puckett who specializes in teaching youth and adults with neurodiversity and physical challenges.

Learn advanced basics and kata, hit mitt/kicking shield drills, introduction to escrima, and weapons training in this non-contact class.

ROYAL OAK MIDDLE SCHOOL

Nancy Puckett

128360 M,Th Jan 6-Mar 13 5:45-6:45pm 19/\$266

128355 M,Th Jan 6-Mar 13 6:45-8:15pm 19/\$304

128357 M Jan 6-Mar 10 6:45-8:15pm 9/\$144

128358 Th Jan 9-Mar 13 6:45-8:15pm 10/\$160

128356 M,Th Mar 31-Jun 19 6:45-8:15pm 18/\$288

128359 M Mar 31-Jun 16 6:45-8:15pm 8/\$128

128366 Th Apr 3-Jun 19 6:45-8:15pm 10/\$160

AIKIDO - SHIODA STYLE

12+yrs

Explore the martial art of Aikido in a family-friendly classes from world-renowned instructors. Non-competitive and fun, Aikido develops mind-body connection, fitness balance and self-defence 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

126815	Tu	Jan 7-Feb 25	7-8:30pm	8/\$80
126923	Th	Jan 9-Feb 27	7-8:30pm	8/\$80
126931	Su	Jan 12-Mar 2	10:30am-12pm	8/\$80
126816	Tu	Mar 4-Apr 29	7-8:30pm	9/\$90
126818	Th	Mar 6-May 1	7-8:30pm	9/\$90
126820	Su	Mar 9-May 4	10:30am-12pm	9/\$90
126910	Tu	May 6-Jun 17	7-8:30pm	7/\$70
126817	Th	May 8-Jun 19	7-8:30pm	7/\$70
126819	Su	May 11-Jun 22	10:30am-12pm	7/\$70

YOUTH: DAY CAMPS

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

Designed for athletes who have been introduced to the game through the school season, this camp teaches the intermediate skills of volleyball. Our instructors blend instruction with gameplay to maximize learning while having a ton of fun. This camp includes a camp shirt and a tournament!

CLAREMONT SECONDARY SCHOOL

Shon Ryan

129522 Tu,W,Th Mar 18-20 9am-12pm 3/\$165

VOLLEYBALL BIG DIG CAMP - EXPERIENCED PLAYERS - GRADES 9-10

This action-packed three-day, multi-court camp is for volleyball players who want to improve their performance. Sessions include dynamic multi-skill drills and practice addressing positional and tactical play. Athletes are grouped by ability and age to improve their game, confidence, and skill level. This camp includes a camp shirt and last-day tournament!

CLAREMONT SECONDARY SCHOOL

Shon Ryan

129523 Tu,W,Th Mar 18-20 1-4pm 3/\$165

HOW TO REGISTER

ONLINE at Saanich.ca/Recreation

PHONE 250-475-7600

IN PERSON at any of our 4 Recreation Centres



YOUTH: SOCIAL PROGRAMS

DIABETES AND FRIENDS YOUTH SOCIAL 11-17yrs

Calling youth 11-17yrs with diabetes or a chronic illness: join this social hangout to connect with others with similar experiences. Lead by our TD1 leaders, you will find relatable friends, enjoy games, crafts, pool, swimming, snacks and all the youth centre has to offer. Attendees must be able to independently manage their health for the two-hour program.

SAANICH COMMONWEALTH PLACE

130544 W Jan 8-Jun 4 6-8pm FREE

SCP YOUTH CENTRE - AFTER SCHOOL DROP IN 10-16yrs

Middle and high schoolers, join us at SCP's supervised Upside Youth Centre! Enjoy music, games like pool, ping pong, foosball, and Xbox, along with snacks and dinner. Located near Royal Oak MS, Glanford MS, Claremont Secondary, and SIDES Discovery School. Secure your spot by registering or feel free to drop in.

SAANICH COMMONWEALTH PLACE

130563 Tu Jan 7-Jun 3 3:30-7:30pm FREE

SOCIAL AND SWIM - WINTER SESSION 10-14yrs

Who's feeling ready to make some new friends? Join us for an evening of crafting, painting, art, games, foosball, ping pong, baking etc. Then, hop in the pool for an hour of fun. This is the place to be on a Monday Night!

SAANICH COMMONWEALTH PLACE

130559 M Jan 6-Mar 10 6-8pm 9/\$45

YOUTH BAKING AND 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. This program takes place at Royal Oak Middle School.

ROYAL OAK MIDDLE SCHOOL

130550 Th Jan 16-Mar 13 6:15-8:15pm 9/\$135

YOUTH OPEN MIC AND SOCIAL NIGHT 13-17yrs

Attention high school musicians, poets, singers, and storytellers! Join us to showcase your talents. Enjoy our open sound studio and youth center, all for free. Food provided. Bring your friends for a great time. Sign up to reserve your spot or just drop in. For info, contact the Teen Centre at 250-475-7624.

SAANICH COMMONWEALTH PLACE

130580 F Feb 28 6-10pm FREE

130583 F Apr 25 6-10pm FREE