

ACTIVE LIVING GUIDE



Come play
at Oak Bay!



Look inside for more
information on
preschool, child and
adult programs,
Tennis, Parks, Camps
Hockey and more!



250-595-7946
Recreation.OakBay.ca



SPRING SUMMER 2021

April 1–September 5



Mayor's Message

Above: Mayor Kevin Murdoch with his son.

Welcome to Oak Bay Parks and Recreation Active Living guide for spring and summer 2021. While public health directives will determine what's possible in the coming months, Oak Bay Recreation will be here to provide world class services and facilities to help keep you active and engaged while also keeping you safe.

Indoors, Oak Bay has many individual, partner, and family-oriented sports and activities. I hope you take the opportunity to swim, skate, or enjoy racquet sports such as tennis, badminton, table tennis, or pickleball. If you're looking for a workout, we also have COVID-safe weight training, indoor cycling, running and walking at our facilities.

Outdoors, there are of course opportunities for walking, running and racquet sports, but also Par 3 golf at Henderson: a wonderful way for families of all ages to get together at a safe distance from each other. We continue to keep our beaches, parks, and washrooms clean to help you enjoy the natural beauty and green spaces throughout Oak Bay.

We will also be offering our summer camps and activities will also be returning this year, with COVID-safe adaptations in place. We know how important these play, exploration, and learning opportunities are for children of all ages.

No matter what you choose to do, all activities are done in a safe

environment, allowing you to interact with neighbors and friends from a safe distance while participating in the same activity. The joy of "Being together while being apart" is often noted by visitors as a key benefit of Oak Bay Recreation activities.

I look forward to being outside and in our recreation centers this spring and summer, and hope you are also able to join me there as well. Stay safe, stay calm, stay kind, stay fit.

Kevin Murdoch

Mayor, District of Oak Bay

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Service Changes due to COVID-19

Thank you for your patience as we continue to reshape and redesign our services to provide a safe environment for your ongoing recreation participation. Oak Bay Parks, Recreation and Culture have followed the recommendations and guidelines from the Province, Island Health, and other authorities to develop the following protocols:

- Access to programs and facilities must be controlled and pre-registered in order to ensure we are able to control the number of people in any given space. There will be no “drop-ins” available at this time.
- Patrons will be screened either by a staff member or instructor for symptoms of COVID-19 prior to entering any facility or program. If you have any symptoms, have been exposed to someone with symptoms or have travelled outside of Canada in the last 14 days, please stay home.
- Physical distancing must be observed at all times when in a facility. Distancing measures will be implemented which include reducing the number of people

able to register for a program or be in a space at any one time. Floor markings may be used to delineate individual space allocations in programs.

- Masks are mandatory while in all facilities. Please check with Reception and/or your program instructor for any changes or exemptions to this rule.
- Program content has been redeveloped to minimize contact between patrons and to reduce the use of shared equipment and supplies.
- Access to changerooms and showers will be limited to pool patrons only at this time. Changeroom access will also be limited in occupancy and time spent in these spaces.
- Patrons are asked to come prepared to participate in their activity of choice but to bring limited additional equipment or accessories as lockers will not be available.
- Time has been allocated in the overall schedule of programs and activities to facilitate enhanced cleaning and sanitization of equipment and high touch surfaces.

- Staff will be trained to monitor and support physical distancing, hand and respiratory hygiene, sanitization, cleaning and all safety protocols.
- Movement in and out of facilities and spaces will be coordinated between programs and will also be delineated by signage and floor markings to minimize cross program contacts.
- Hand sanitization stations will be provided in common areas.

It is important that we all share in the responsibility of maintaining a safe environment in these times. Please note that failure to comply with the COVID-19 safety rules may result in a loss of access privileges to facilities and/or program cancellations or facility closures.

We appreciate that these represent major changes to the way you've experienced your recreation participation in the past but with patience and kindness we are confident you can reintroduce your favourite activities into your life again.

Admission and Passes



Punch Pass Packages

Punch passes have a 2 year expiry from the date of purchase.

Single Admission and Punch Passes are applicable for participation in our pre-registered single session activities such as fitness studio, group fitness, skating and aquatic sessions. (See schedules for appropriate sessions, some restrictions apply.)

Admission (prices include tax)	Single	10 Punch Pass	25 Punch Pass
Adult (19–59 YRS)	\$6.75	\$50.75	\$126.50
Senior (60+ YRS)	\$5.25	\$39.50	\$98.50
Student (13+ YRS) With proof of a valid student card.	\$5.25	\$39.50	\$98.50
Youth (13–18 YRS)	\$5.25	\$39.50	\$98.50
Child (6–12YRS) Children 5 YRS and under are free.	\$3.40	n/a	n/a

Punch passes are non-refundable and non-transferable.

Admission is by pre-registration only. For your safety during the COVID-19 pandemic, please consider using our online and phone-in registration options.



Recreation Oak Bay Gift Card

Available at Reception.

“ NOTICE ”

PUBLIC HEALTH ORDER (PHO)

All programs and services offered by Oak Bay Parks, Recreation and Culture are subject to changes based on the status of the Provincial Health Orders.



Aquatics COVID-19 Summary

- Access to the pool will be through the side doors off the Recreation Centre's main entrance ramp.
- Patrons will be screened for health concerns or symptoms of COVID-19 prior to entering any facility or program. If you have any symptoms, have been exposed to someone with symptoms, or have travelled in the last 14 days, please stay home.
- The pool deck will be one way traffic as much as possible, so please come water ready as there will be no access to changerooms available upon arrival. Movement will be delineated with signage and floor markings. Patrons will exit via the pool viewing area or via the changerooms.
- Please limit what you bring with you. There will be no lockers available, however, there will be designated deck space and/or baskets to store your belongings.
- Swimmers will be required to maintain adequate physical distancing while moving about the deck and while swimming.
- Swimmers are encouraged to bring their own personal swim equipment, except snorkels. Snorkels and snorkeling are not permitted at this time.
- Whenever possible, swimmers are encouraged to dry off on the pool deck and leave as soon as possible through the viewing area doors. Changerooms and showers will have limited occupancy and only be available for a limited amount of time so cleaning can occur.
- The hot tub is open and has a capacity of five people with a five minute time limit. The sauna and steam room will remain closed until further notice.
- Time is built into the schedule to facilitate new cleaning and sanitization procedures. Please allow yourself enough time at the end of your swim to be out of the changerooms before the next session.

Aquatics Spring Schedule

(March 29–May 30, 2021)

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Lane Swim 6:00–8:45am	Lane Swim 6:00–8:45am	Lane Swim 6:00–8:45am	Lane Swim 6:00–8:45am	Lane Swim 6:00–8:45am	Lane Swim 6:00–7:45am	Lane Swim 6:00–7:45am
Deep Water Aquafit 9:00–10:00am	Shallow Water Aquafit 9:00–10:00am	Water Works 9:00–10:00am	Shallow Water Aquafit 9:00–10:00am	Shallow Water Aquafit 9:00–10:00am		
Lane Swim 10:30am–1:15pm	Lane Swim 10:30am–1:15pm Bubble Swim Lessons	Lane Swim 10:30am–1:15pm Bubble Swim Lessons	Lane Swim 10:30am–1:15pm Bubble Swim Lessons	Lane Swim 10:30am–1:15pm	Shallow Water Aquafit 10:30–11:30am	Bubble Swim Lessons 10:30am–1:00pm
Shallow Water Aquafit 1:45–2:45pm	50 & Better Shallow Water Aquafit 1:45–2:45pm	Shallow Water Aquafit 1:45–2:45pm	50 & Better Shallow Water Aquafit 1:45–2:45pm	Shallow Water Aquafit 1:45–2:45pm	Bubble Swim Lessons 12:00–2:30pm	Registered Family Fun Swims 1:15–2:30pm
Registered Family Fun Swims 3:15–4:45pm	Bubble Swim Lessons 3:15–5:45pm	Bubble Swim Lessons 3:15–5:45pm	Bubble Swim Lessons 3:15–5:45pm	Registered Family Fun Swims 3:15–4:45pm	Registered Family Fun Swims 2:45–5:00pm	
Lane Swim 5:00–5:45pm				Lane Swim 5:00–5:45pm	Lane Swim 5:15–6:00pm	Lane Swim 5:15–6:00pm
Single Lane & Water Walking 6:00–7:00pm	Single Lane & Water Walking 6:00–7:00pm	Single Lane & Water Walking 6:00–7:00pm	Single Lane & Water Walking 6:00–7:00pm	Single Lane & Water Walking 6:00–7:00pm	Single Lane & Water Walking 6:15–7:15pm	Single Lane & Water Walking 6:15–7:15pm
All Sessions must be pre-registered. Lane Swims, Water Walking, Bubble Swims and Group sessions are a minimum of 45 minutes. Please check session length at booking.				Registered Family Fun Swims 7:15–9:45pm	Registered Family Fun Swims 7:30–9:45pm	Registered Family Fun Swims 7:30–9:45pm

All children, under 7 years of age, must be accompanied in the water and remain in arms reach of a responsible adult/guardian (16 years of age or older) at all times.

Registered Family Fun Swim

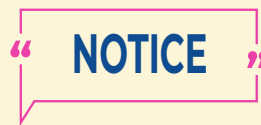
Come swim, splash, and use the water slide! This swim session offers families of up to six the opportunity to participate in a family fun-swim. Families will be responsible for maintaining 2m of physical distance from other families during this swim. Whenever possible, swimmers are encouraged to dry off on the pool deck and leave as soon as possible, as changeroom and shower space will have limited capacity.

Registered Lane Swim

This 45-minute swim session offers a double lane of continuous, fast, speedo and leisure swimming. Swimmers will be responsible for maintaining 2m of physical distance from other swimmers during this swim. Swimmers will be able to select their own pool equipment i.e. kickboard, pull-buoy, etc. Once they are done, they will put their used equipment in a “used” area for cleaning.

WHEN TO REGISTER

- Sessions can be booked online, through Reception or by phone at 250-595-7946.
- Registration will open at 10:00am Tuesdays for the following week’s sessions Tuesday-Monday.
- These are pre-registered single sessions.
- Regular admissions pricing or Punch Pass fees apply.
- These bookings are not linked to a specific lane. On duty lifeguards will help individuals select an appropriate swim lane when they arrive.
- Four hour cancellation policy.



**POOL CLOSED FOR MAINTENANCE
MAY 31–JUNE 20**

Aquafit Spring Schedule

(March 29–May 30, 2021)

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Deep Water Aquafit with Crissy 9:00–10:00am	Shallow Water Aquafit with Nelly 9:00–10:00am	Water Works with Teri 9:00–10:00am	Shallow Water Aquafit with Nelly 9:00–10:00am	Shallow Water Aquafit with Crissy 9:00–10:00am	Shallow Water Aquafit with Mary-Jane 10:30–11:30am	
Shallow Water Aquafit with Mary-Jane 1:45–2:45pm	50 & Better Shallow Water Aquafit with Teri 1:45–2:45pm	Shallow Water Aquafit with Mary-Jane 1:45–2:45pm	50 & Better Shallow Water Aquafit with Teri 1:45–2:45pm	Shallow Water Aquafit with Mary-Jane 1:45–2:45pm		

50 & Better Shallow Water Aquafit

A mild to moderate workout designed for those aged 50 and better. Work on strength, flexibility and range of motion while increasing your cardio stamina.

Deep Water Aquafit

Work on core stability while getting an excellent cardio and strength workout. This class uses weight belts, foam dumbbells and noodles for a no-impact, high energy workout. This class is a moderate to intense level. Comfort in deep water is required.

Shallow Water Aquafit

Get moving with 50 minutes of moderate level aquatic exercises. Noodles, foam dumbbells and other equipment may be used to improve strength, flexibility and stamina.

Water Works

This class is ideal for anyone suffering from joint pain. The gentle exercise will work your muscles, increase your range of motion and ease your pain. Classes begin in chest deep water in the main pool and winds up in the warm pool.

Single Lane and Water Walking Bookings

This one hour lane booking offers individuals, and up to two other lane swimmers, or up to one other water runner, to rent their own designated pool space. Swimmers booking a swim lane must be able to swim 50m continuously as all single swim lanes will have a designated stop and start end to ensure physical distance can be maintained when resting and changing equipment. Water runners will have a choice between booking a deep end or shallow end half lane. Each booking will be provided with a place for personal belongings and a basket for desired pool equipment to be selected.

WHEN TO REGISTER

- Registration opens up four days in advance at 3:30pm. Phone-in only. Please call 250-598-2665 (BOOK) to book a lane (i.e. Tuesday at 3:30pm phones in to book the 6:15pm lane on Saturday).
- \$14.75 per Single Swim Lane.
- \$7.50 per Water Walking Lane.
- Lanes can only be booked over the phone.
- Four hour cancellation policy.

Aquafit

Join your favourite instructor for their signature Aquafit class! Teri, Nelly, Mary-Jane and Crissy are back and ready to deliver a variety of in-water fitness classes, ranging from mild to intense workouts.

NOTE: These 50 minute classes start 10 minutes after the scheduled time; check-in on the start time allows 10 minutes for your daily health check, shower, and a warm up.

Look for:

- **Shallow Water Aquafit** with Nelly, Mary-Jane and Crissy.
- **Deep Water Aquafit** with Crissy.
- **Waterworks** and **50 & Better Shallow Water** with Teri.
- **Shallow Water Energizer** with Mary-Jane.

HOW TO REGISTER

- These classes are registered programs that run weekly for a set number of weeks. See page 9 for course information and dates. There is no single admission option.
- Registration will be ongoing until a class is full. Late registrants are welcome and will receive a pro-rated registration rate.
- Aquafit classes can be booked through Reception and online.

CANCELLATION POLICY:

For courses that are four (4) classes or more, credits/refunds must be requested before the second class. After the second class, credits/refunds are granted only for cases of illness supported by a doctor's note (other compassionate reasons may be considered).

Aquatics Summer Schedule

(June 28–Sept 5, 2021)

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Lane Swim 6:00–8:45am	Lane Swim 6:00–8:45am	Lane Swim 6:00–8:45am	Lane Swim 6:00–8:45am	Lane Swim 6:00–8:45am	Lane Swim 6:00–7:45am	Lane Swim 6:00–7:45am
Deep Water Aquafit 9:00–10:00am	Shallow Water Aquafit 9:00–10:00am	Water Works 9:00–10:00am	Shallow Water Aquafit 9:00–10:00am	Shallow Water Aquafit 9:00–10:00am	Shallow Water Aquafit 8:00–9:00am	
Bubble Swim Lessons 10:30am–1:00pm	Bubble Swim Lessons 10:30am–1:00pm	Bubble Swim Lessons 10:30am–1:00pm	Bubble Swim Lessons 10:30am–1:00pm	Bubble Swim Lessons 10:30am–1:00pm	Bubble Swim Lessons 9:30am–1:00pm	Bubble Swim Lessons 10:30am–1:00pm
Shallow Water Energizer 1:15–2:15pm	50 & Better Shallow Water Aquafit 1:15–2:15pm	Shallow Water Energizer 1:15–2:15pm	50 & Better Shallow Water Aquafit 1:15–2:15pm	Shallow Water Energizer 1:15–2:15pm	Family Fun Swims 1:15–4:00pm	Family Fun Swims 1:15–4:00pm
Family Fun Swims 4:00–5:00pm	Family Fun Swims 4:00–5:00pm	Family Fun Swims 4:00–5:00pm	Family Fun Swims 4:00–5:00pm	Family Fun Swims 4:00–5:00pm		
Lane Swim 5:15–6:00pm	Lane Swim 5:15–6:00pm	Lane Swim 5:15–6:00pm	Lane Swim 5:15–6:00pm	Lane Swim 5:15–6:00pm	Lane Swim 4:15–6:00pm	Lane Swim 4:15–6:00pm
Single Lane & Water Walking 6:15–8:30pm	Single Lane & Water Walking 6:15–8:30pm	Single Lane & Water Walking 6:15–8:30pm	Single Lane & Water Walking 6:15–8:30pm	Single Lane & Water Walking 6:15–8:30pm	Single Lane & Water Walking 6:15–8:30pm	Single Lane & Water Walking 6:15–8:30pm
Lane Swim 8:45–9:30pm	Lane Swim 8:45–9:30pm	Lane Swim 8:45–9:30pm	Lane Swim 8:45–9:30pm	Lane Swim 8:45–9:30pm	Lane Swim 8:45–9:30pm	Lane Swim 8:45–9:30pm

All children, under 7 years of age, must be accompanied in the water and remain in arms reach of a responsible adult/guardian (16 years of age or older) at all times.

All Sessions must be pre-registered. Lane Swims, Water Walking, Bubble Swims and Group sessions are a minimum of 45 minutes. Please check session length at booking. Advanced Aquatics may be in the pool Monday–Friday, 9:00am–2:30pm

Aquafit Summer Schedule

(June 28–Sept 5, 2021)

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Deep Water Aquafit with Crissy 9:00–10:00am	Shallow Water Aquafit with Nelly 9:00–10:00am	Water Works with Teri 9:00–10:00am	Shallow Water Aquafit with Nelly 9:00–10:00am	Shallow Water Aquafit 9:00–10:00am	Shallow Water Aquafit 8:00–9:00am	
Shallow Water Energizer with Mary-Jane 1:15–2:15pm	50 & Better Shallow Water Aquafit with Teri 1:15–2:15pm	Shallow Water Energizer with Mary-Jane 1:15–2:15pm	50 & Better Shallow Water Aquafit with Teri 1:15–2:15pm	Shallow Water Energizer with Mary-Jane 1:15–2:15pm		



DEEP WATER AQUAFIT

19 YRS+

Join us in the deep end to work on your core stability while getting an excellent cardio and strength workout. This class uses weight belts, foam dumbbells and noodles for a no-impact, high energy workout. This class is a moderate to intense level. Comfort in deep water is required.

Oak Bay Recreation Centre Pool

Jun 28-Jul 26	M	9:00-10:00am	\$32.50/5	99127
Aug 9-30	M	9:00-10:00am	\$26/4	99128

SHALLOW WATER AQUAFIT

19 YRS+

Get moving with 50 minutes of popular moderate level aquatic exercises. Foam dumb bells and other equipment may be used to improve strength, flexibility, and stamina.

Oak Bay Recreation Centre Pool

Nelly

Jun 29-Jul 27	T	9:00-10:00am	\$32.50/5	99116
Jul 8-29	Th	9:00-10:00am	\$26/4	99118
Aug 3-31	T	9:00-10:00am	\$32.50/5	99117
Aug 5-Sep 2	Th	9:00-10:00am	\$32.50/5	99119

SHALLOW WATER AQUAFIT

19 YRS+

Get moving with 50 minutes of popular moderate level aquatic exercises. Foam dumb bells and other equipment may be used to improve strength, flexibility, and stamina.

Oak Bay Recreation Centre Pool

Jul 2-30	F	9:00-10:00am	\$32.5/5	99132
Jul 10-31	S	8:00-9:00am	\$26/4	99129
Aug 6-Sep 3	F	9:00-10:00am	\$32.50/5	99134
Aug 7-28	S	8:00-9:00am	\$26/4	99130

50+ SHALLOW WATER AQUAFIT

50 YRS+

Join Teri for a mild to moderate workout designed for those aged 50 & better. Work on strength, flexibility and range of motion while increasing your cardio stamina.

Oak Bay Recreation Centre Pool

Teri

Jun 29-Jul 27	T	1:15-2:15pm	\$32.50/5	99121
Jul 8-29	Th	1:15-2:15pm	\$26/4	99123
Aug 3-31	T	1:15-2:15pm	\$32.50/5	99122
Aug 5-Sep 2	Th	1:15-2:15pm	\$32.50/5	99124

SHALLOW WATER ENERGIZER AQUAFIT

19 YRS+

Join Mary-Jane for her signature high energy, shallow water aquafit class. This class offers a moderate to intense workout focused on cardio and strength training.

Oak Bay Recreation Centre Pool

Mary-Jane

Jun 28-Jul 26	M	1:15-2:15pm	\$32.50/5	99087
Jun 30-Jul 28	W	1:15-2:15pm	\$32.50/5	99113
Jul 2-Jul 30	F	1:15-2:15pm	\$32.50/5	99114
Aug 4-Sep 1	W	1:15-2:15pm	\$32.50/5	99112
Aug 6-Sep 3	F	1:15-2:15pm	\$32.50/5	99115
Aug 9-30	M	1:15-2:15pm	\$26/4	99093

WATER WORKS

19 YRS+

This class is ideal for anyone suffering from joint pain. The gentle exercises will work your muscles, increase your range of motion and ease your pain. Class begins in chest deep water and in the main pool and winds up in the warm pool.

Oak Bay Recreation Centre Pool

Teri

Jun 30-Jul 28	W	9:00-10:00am	\$32.50/5	99125
Aug 4-Sep 1	W	9:00-10:00am	\$32.50/5	99126

Bubble Swim Lesson Summer Sessions

Book online or call 250-595-SWIM (7946) to register.

Saturday bookings between 9:30am-1:00pm

July 3-31	5/\$150
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Aug 7-Sep 4	5/\$150
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Sunday bookings between 10:30am-1:00pm

July 4-Aug 1	5/\$150
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Aug 8-Sep 5	5/\$150
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July Monday-Friday bookings between 10:30am-1:00pm

Jun 28-Jul 2	4/\$120 (No class July 1)
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Jul 5-9	5/\$150
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Jul 12-16	5/\$150
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Jul 19-23	5/\$150
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Jul 26-30	5/\$150
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August Monday-Friday bookings between 10:30am-1:00pm

Aug 3-6	4/\$120 (No class Aug 2)
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Aug 9-13	5/\$150
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Aug 16-20	5/\$150
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Aug 23-27	5/\$150
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Aug 30-Sep 3	5/\$150
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Swim Lessons

HOW IT WORKS

Recreation Oak Bay's Aquatic department is excited to offer 45 minute Bubble Lessons. Lessons have a capacity of six participants per instructor. Moving forward, this will be an effective alternative to our traditional level based format of teaching swimming and water safety. Weaker swimmers and children under the age of five are to be accompanied by a caregiver to ensure safety and to allow appropriate physical distancing.

HOW TO REGISTER

- Lessons are booked under one name with an option to add names and levels of other swimmers coming to the lesson.
- Booker is responsible for coordinating who will be in their Bubble Lesson.
- Up to six people in the lesson group.
- Full payment must be made at the time of booking.
- **NEW!** Lessons can be booked through Reception and online. Call 250-595-7946 to register.

CANCELLATION:

Pro-rated refunds or credits may be obtained if requested before the second class. Classes cannot be rescheduled. Make-up lessons are not provided.

LESSON REMINDERS

Need to register?

For specific lesson times, please refer to the chart above. Contact Reception at 250-595-7946 or register online.

- The primary registrant is responsible for full payment of the booking, and for organizing other swimmers in their Bubble Swim Lesson.
- This 45 minute Bubble Swim Lesson offers a capacity of 6 participants per instructor.

- Bubble Lesson groups will be responsible for maintaining 2m of physical distance from other Bubble Lesson groups and the instructor during their lesson.
- Weaker swimmers and children under the age of five (5) are to be accompanied by a caregiver to ensure safety and to allow appropriate physical distancing
- Access to the pool will be through the side doors of the Recreation Centre main entrance. Level entry will be provided at the Reception desk.
- We are encouraging one way traffic on the pool deck as much as possible.
- Please limit how many belongings you bring to the lesson, as there will be no lockers available; however, there will be designated on deck laundry baskets to store your belongings.
- Whenever possible, swimmers are encouraged to dry off on the pool deck and leave as soon as possible, as changerooms and showers will have limited capacity.
- Pro-rated refunds or credits may be obtained if requested before the second class. Classes cannot be rescheduled. Make-up lessons are not provided.
- If you are experiencing symptoms of COVID-19, please stay home. We will be happy to issue you a refund.

Advanced Aquatics

BRONZE STAR, MEDALLION & CROSS

BRONZE STAR

8-13 YRS

Bronze Star is a pre-Bronze Medallion training program that helps to prepare candidates for success in Bronze Medallion. The Lifesaving Society's Bronze Star develops swimming proficiency, lifesaving skill and personal fitness. Candidates refine their stroke mechanics, acquire self-rescue skills, and apply fitness principles in training workouts. Bronze Star is excellent preparation for success in Bronze Medallion and provides a fun introduction to a lifesaving sport.

Pre-requisite: Ability to complete the swim to survive standard.

- 1) Roll into deep water - Orientate oneself at the surface after an unexpected entry.
- 2) Tread water for 1 minute - Support oneself at the surface to locate the nearest point of safety.
- 3) Swim 50 metres - Reach the closest point of safety by using any method of swimming.

Oak Bay Recreation Centre - Discovery Room

Jun 28-Jun 29 M-T 9:00am-2:30pm \$81/2 99385

BRONZE MEDALLION

13 YRS+

Bronze Medallion teaches an understanding of the lifesaving principles embodied in the four components of water rescue education: judgment, knowledge, skill, and fitness. Bronze Medallion challenges the candidate both mentally and physically. Candidates acquire the assessment and problem-solving skills needed to make good decisions in, on and around the water. Bronze Medallion is a prerequisite for Bronze Cross. The Canadian Lifesaving Manual (required text) can be purchased at OBRC Reception. 100% attendance is required.

Pre-requisite: 13 years of age by last day of course, or Bronze Star by first day of course.

Oak Bay Recreation Centre - Discovery Room

Jul 5-9 M-F 9:00am-2:30pm \$162/5 99387
Aug 9-13 M-F 9:00am-2:30pm \$162/5 99388

BRONZE CROSS

13 YRS+

Bronze Cross begins the transition from lifesaving to lifeguarding and prepares candidates for responsibilities as Assistant Lifeguards. Candidates strengthen and expand their lifesaving skills and begin to apply the principles and techniques of active surveillance in aquatic facilities. Bronze Cross emphasizes the importance of teamwork and communication in preventing and responding to aquatic emergencies. Bronze Cross is a prerequisite for National Lifeguard (NL) certification. The Canadian Lifesaving Manual (required text) may be purchased at OBRC Reception. 100% attendance is required.

Pre-requisite: Bronze Medallion by first day of course.

Oak Bay Recreation Centre - Discovery Room

Jul 12-16 M-F 9:00am-2:30pm \$162/5 99389
Aug 16-20 M-F 9:00am-2:30pm \$162/5 99390



NATIONAL LIFEGUARD AWARD

15 YRS+

The NL Pool certification is designed to develop the fundamental values, judgment, knowledge, skills, and fitness required by lifeguards in swimming pool environments. The ALERT Manual (required text) may be purchased at OBRC Reception. Pocket mask and whistle are included in the cost of course. 100% attendance is required.

Pre-requisite: 1) Bronze Cross 2) Standard First Aid (must have been taken in Canada) 3) CPR C 4) 15 years of age by last day of course (no exceptions). It is strongly recommended that CPR C and Standard First Aid are current for success in this course.

Oak Bay Recreation Centre - Discovery Room

Jul 26-Aug 6 M-F 9:00am-2:30pm \$347/9 99391
Aug 23-Sep 2 M-F 9:00am-2:30pm \$347/9 99398

NATIONAL LIFEGUARD RECERT

15 YRS+

Lifeguards must recertify every two years to remain current. Candidates must provide proof of certification at the first class.

Pre-requisite: 1) Previously certified in National Lifeguard. 2) CPR C certification. It is strongly recommended that CPR C and Standard First Aid are current for success in this course. 3) Airway Management and Oxygen Administration.

Oak Bay Recreation Centre - Discovery Room

Jul 2-3 F-S 9:00am-1:00pm \$103/2 99399
Aug 28-Sep 4 S 9:00am-1:00pm \$103/2 99401

WATER SAFETY INSTRUCTOR

WATER SAFETY INSTRUCTOR - STEP 1 15 YRS+

This is the first step in the Canadian Red Cross Swim Instructor development program. The course a swim stroke and water safety skills screening, online modules, and a teaching practicum (8-10 hours). The swim stroke and water safety skills screening is designed to ensure candidates can swim to a Red Cross Swim Kids Level 10 standard and will include an evaluation (evaluation dates listed below). All online and teaching practicum components will be explained in detail at the screening session.

Pre-requisite: 1) 15 years of age by first day of the course.
2) Emergency First Aid or Bronze Cross. It is recommended that Standard First Aid or Bronze Cross are current for success in this course.

Oak Bay Recreation Centre - Discovery Room

Jun 30 W 9:00am-1:00pm \$240/1 99405

WATER SAFETY INSTRUCTOR - STEP 2 15 YRS+

Apply everything you have learned in both classroom and pool sessions! 100% attendance is required to complete this course.

Pre-requisite: Completion of Step 1. Candidates will need to provide the following to their instructor on the first day: completed swim stroke and water safety skills screening worksheet, online module completion certificate, all completed teaching practicum worksheets and teaching practicum journal assignments.

Oak Bay Recreation Centre - Discovery Room

Jul 19-23 M-F 9:00am-2:30pm \$185/5 99406

WATER SAFETY INSTRUCTOR - RECERT 15 YRS+

Red Cross Water Safety Instructors must recertify every 2 years to remain current. Please bring your WSI wallet card to the course. 100% attendance is required.

Pre-requisite: WSI

Oak Bay Recreation Centre - Discovery Room

Aug 27 F 9:00am-2:00pm \$105/1 99403

First Aid

CPR C

BASIC CPR C 13 YRS+

CPR C teaches participants the current Cardio Pulmonary Resuscitation (CPR) practices and choking procedures for adults, children, and infants. CPR C is required for lifeguards, medical personnel and paramedics, but is ideal for anyone to have. This course includes both CPR C and Automated External Defibrillator (AED) training and the certification is current for three years.

Windsor Pavilion - Rotary Hall

May 23	Su	9:00am-3:00pm	\$62/1	99066
Jun 20	Su	9:00am-3:00pm	\$62/1	99067
Jul 11	Su	9:00am-3:00pm	\$62/1	99068
Aug 29	Su	9:00am-3:00pm	\$62/1	99069

CPR C – RECERT

13 YRS+

This course will recertify those who currently hold a CPR C certification. Candidates will review the current Cardio Pulmonary Resuscitation (CPR) and choking practices for adults, children, and infants. This certification is current for three years and includes Automated External Defibrillator (AED) training.

Prerequisite: CPR C (Please bring proof of your previous certification).

Windsor Pavilion - Rotary Hall

May 22	S	9:00am-1:00pm	\$49/1	99070
Jun 19	S	9:00am-1:00pm	\$49/1	99071
Jul 10	S	9:00am-1:00pm	\$49/1	99072
Aug 28	S	9:00am-1:00pm	\$49/1	99073

FIRST AID

EMERGENCY FIRST AID + CPR C 13 YRS+

Learn what to do in an emergency! This course offers a broad foundation of basic first aid training including: CPR level C, Automated External Defibrillator (AED) training, choking procedures, bleeding, shock, broken bones, medical emergencies, and more. Both Standard First Aid & CPR C are current for three years.

Windsor Pavilion - Rotary Hall

May 23	Su	9:00am-5:30pm	\$95/1	99074
Jun 20	Su	9:00am-5:30pm	\$95/1	99075
Jul 11	Su	9:00am-5:30pm	\$95/1	99076
Aug 29	Su	9:00am-5:30pm	\$95/1	99077

STANDARD FIRST AID + CPR C 13 YRS+

Learn what to do in an emergency! This course offers a broad foundation of basic first aid training including: CPR level C, Automated External Defibrillator (AED) training, choking procedures, bleeding, shock, broken bones, medical emergencies, and more. Both Standard First Aid & CPR C are current for three years.

Windsor Pavilion - Rotary Hall

May 15-16	S-Su	9:00-5:30pm	\$140/2	99078
Jun 12-13	S-Su	9:00-5:30pm	\$140/2	99079
Jul 3-4	S-Su	9:00-5:30pm	\$140/2	99080
Aug 21-22	S-Su	9:00-5:30pm	\$140/2	99081

STANDARD FIRST AID – RECERT 13 YRS+

Recertify your Standard First Aid award in one day! Please bring proof of your previous certification to class and wear comfortable clothing. This certification is current for three years and includes both CPR C and Automated External Defibrillator (AED) training

Prerequisite: Standard First Aid (Please bring proof of your previous certification).

Windsor Pavilion - Rotary Hall

May 22	S	9:00-5:30pm	\$95/1	99082
Jun 19	S	9:00-5:30pm	\$95/1	99083
Jul 10	S	9:00-5:30pm	\$95/1	99084
Aug 28	S	9:00-5:30pm	\$95/1	99085



Located at the Oak Bay High School, the Neighbourhood Learning Centre is the home of Paddington Station Daycare, Before / After School Care for Willows Elementary School children, and other programs for all ages.

PADDINGTON STATION • FULL TIME LICENSED DAYCARE 3-5 YRS

This full time Licensed Daycare provides children with the opportunity to learn through play in a nurturing environment. Licensed ECE educators offer a combination of both adult and child directed activities. Educators take into account the individual differences and needs of each child. There is time for both indoor and outdoor play, active and quiet times. Promoting healthy and active lifestyles, children have access to the activity rooms in the NLC along with an outdoor play area which incorporates multiple sensory areas.

Neighbourhood Learning Centre

email: paddingtons@oakbay.ca

M-F 7:30am-5:30pm

*CCOF grant will be applied

FACILITY AND PROGRAM UPDATES

Oak Bay Parks, Recreation and Culture will continue to monitor the information and guidelines provided by the Provincial and Island Health Authorities to develop and update safety plans as required. These safety plans will be approved by the District of Oak Bay's Emergency Operations Centre. All updated plans will be provided to families. Please refer to www.oakbay.ca/COVID-19 for further updates from the District of Oak Bay.

LICENSED PRESCHOOL PLAYHOUSE 3-5 YRS

This preschool program follows 'a learning through play philosophy' that provides children with numerous experiences to foster their academic, social, and independent skills. Licensed ECE/ECA's facilitate safe and enjoyable play that encourages physical, intellectual and social development. Applications for the 2021/2022 school year are currently being accepted. Please check the website for updates and information.

Windsor Pavilion

M-F 9:00am-12:00pm

LICENSED CARE KINDERGARTEN TO GRADE 5 BEFORE AND AFTER SCHOOL CARE

Energetic and enthusiastic leaders provide children with a variety of fun activities, out trips, games, crafts, and more! This licensed program is only available for children at Willows (Before and After) and Campus View Elementary (After only).

Applications for the 2021/2022 school year are being accepted. Please check the website for updates and information.

WILLOWS ELEMENTARY SCHOOL CHILDREN

Neighbourhood Learning Centre

M-F school bell-5:15pm

Before School Care 7:30am-school bell

CAMPUS VIEW ELEMENTARY SCHOOL CHILDREN

Henderson Recreation Centre

M-F school bell-5:15pm

*CCOF grant will be applied for kindergarten children.

Preschool Programs

DANCE

BALLET EXPLORATION

3-5 YRS

Have you always wanted to try ballet? This class is the perfect combination of ballet fundamentals and imagination. Students will learn the basics of ballet while creating fun imagery and personal style in their movements.

Neighbourhood Learning Centre - Activity Room 3 & 4
Westcoast Academy Of Performing Arts

Apr 8-Jun 10	Th	10:30-11:15am	\$102/10	87073
Apr 9-Jun 11	F	10:45-11:30am	\$102/10	87074
Apr 10-Jun 12	S	9:30-10:15am	\$102/10	87076

JAZZ & HIP HOP FUN

4-6 YRS


Jazz and Hip Hop are fun, energetic dance genres that showcase a dancer's individual style. During this class you will be introduced to leaps, turns, isolations, and all sorts of fancy footwork in a fun and entertaining class.

Neighbourhood Learning Centre - Activity Room 3 & 4
Westcoast Academy Of Performing Arts

Apr 9-Jun 11	F	9:00-9:45am	\$102/10	87097
Apr 10-Jun 12	S	11:15am-12:00pm	\$102/10	87166

TOTS BALLET

2-3 YRS


Welcome to the magical world of dance! If your toddler loves music they will love this class. We have combined creative dance and ballet to provide movements, imagery and fun for your child, all set to inspiring music. 

Neighbourhood Learning Centre - Activity Room 3 & 4
Westcoast Academy Of Performing Arts

Apr 8-Jun 10	Th	10:00-10:30am	\$102/10	87088
Apr 9-Jun 11	F	9:45-10:15am	\$102/10	87089
Apr 10-Jun 12	S	9:00-9:30am	\$102/10	87090
Apr 10-Jun 12	S	10:45-11:15am	\$102/10	87091

WEE ONES DANCE

18 MOS-2 YRS


Get creative with your moves and learn to jump, twirl and move to the music. This class will bring the joy of play to starting the basics of dance. 

Neighbourhood Learning Centre - Activity Room 3 & 4
Westcoast Academy Of Performing Arts

Apr 8-Jun 10	Th	9:30-10:00am	\$102/10	87171
Apr 9-Jun 11	F	10:15-10:45am	\$102/10	87172
Apr 10-Jun 12	S	10:15-10:45am	\$102/10	87173

RHYTHM KIDS I BY MUSIC TOGETHER JAGUAR SONG COLLECTION

4-5 YRS

NEW! Rhythm Kids ® by Music Together® is an exciting music, movement, and drumming class for 4's and 5's that includes lots of the same fun and silly singing games as Music Together classes, with added inspiration (and djembes!) for your older pre-schooler and kindergarten child. Children will learn multicultural drumming patterns, develop new repertoire on various percussion instruments, play games based on music, dance and drumming, and have fun with a host of rhythm activities. Material fee includes Animal Collection Songbook and CD each semester and access to online drum-play videos and other material. Level I classes are intended as a parent-child class. 

Windsor Pavilion

Sports Room 1 & 2

Apr 20-Jun 15	T	5:00-6:00pm	\$192/9	89843
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Music Together Victoria

SPECIALTY PROGRAMS

SEEDLINGS FOREST

PRESCHOOL PROGRAM

3-5 YRS

NEW! Join us Saturday morning for nature classes for kiddos aged 3-5. Seedlings Forest programs believe that nature is a child's best education. Fostering a child's sense of wonder for the great outdoors promotes lifelong learning and interest: inspirational, stimulating, and hands-on experiences manifest. Being outdoors develops appreciation for the natural world and our responsibilities related to its preservation. At Seedlings we adapt to the natural pace of the children and allow them to explore their interests to the fullest. For more information please visit seedlingsforesteducation.com.

Windsor Pavilion -

Preschool Room

May 1-Jun 19 S

Seedling Forest Program

9:30-11:00am \$105/7 97710

SPORTS

SOCCERTRON TOTS CO-ED

3-5 YRS

Soccertron's enthusiastic coaches focus on motivating young players by introducing soccer skills. This program runs for five consecutive days with each day's session being one hour long. During each session, there are themed skills that the coaches target for development to ensure that they are taught correctly to form a foundation for future growth. Each session is full of safe, nurturing and enjoyable soccer skill explorations. As always, Soccertron staff believe that fun is the most important part of FUNdamentals! Program includes a t-shirt.

SOCCERTRON TOTS CO-ED

3-4 YRS

Neighbourhood Learning Centre

Oak Bay High - Outside Turf

Elisco Enterprises Inc

Jul 5-9	M-F	9:30-10:30am	\$98/5	99143
Jul 19-23	M-F	9:30-10:30am	\$98/5	99144
Aug 23-27	M-F	9:30-10:30am	\$98/5	99147
Aug 30-Sep 3	M-F	9:30-10:30am	\$98/5	99148

Parks and Fields Windsor -

Rugby Field

Elisco Enterprises Inc

Jul 12-16	M-F	9:30-10:30am	\$98/5	99149
Jul 26-30	M-F	9:30-10:30am	\$98/5	99150
Aug 9-13	M-F	9:30-10:30am	\$98/5	99151
Aug 16-20	M-F	9:30-10:30am	\$98/5	99152

SOCCERTRON TOTS CO-ED

4-5 YRS

Neighbourhood Learning Centre

Oak Bay High - Outside Turf

Elisco Enterprises Inc

Jul 5-9	M-F	10:45-11:45am	\$98/5	99156
Jul 19-23	M-F	10:45-11:45am	\$98/5	99159
Aug 23-27	M-F	10:45-11:45am	\$98/5	99161
Aug 30-Sep 3	M-F	10:45-11:45am	\$98/5	99162

Parks and Fields Windsor -

Rugby Field

Elisco Enterprises Inc

Jul 12-16	M-F	10:45-11:45am	\$98/5	99169
Jul 26-30	M-F	10:45-11:45am	\$98/5	99170
Aug 9-13	M-F	10:45-11:45am	\$98/5	99172
Aug 16-20	M-F	10:45-11:45am	\$98/5	99188

 **PARENT PARTICIPATION REQUIRED.**

Children's Programs



PRO-D CAMPS

PRO-D SKIDADDLE 6-12 YRS

Come and spend your Pro-D day at Skidaddle! There are tons of fun activities planned for you including arts and crafts, games, and lots more fun! Children must attend kindergarten or higher to register for this course.

**Neighbourhood Learning Centre
Youth Centre Drop off and Pick up**
May 21 F 8:15am-5:15pm \$46/1 86798

DANCE

FREESTYLE DANCE 7-12 YRS

Want a great introduction to dance? Explore your creative dance style learning a variety of fundamental dance skills and styles each week. Learn the basic techniques of dance styles such as Hip Hop, Lyrical, Jazz, and even a little Break Dancing at this introductory dance class. Have fun dancing to your favorite beats as your instructor will help you break it down into simple steps and provide opportunities to create your own freestyle moves.

**Neighbourhood Learning Centre - Activity Room 3 & 4
Youth Centre Drop off and Pick up**
Westcoast Academy of Performing Arts
Apr 22-Jun 10 Th 6:30-7:30pm \$71/8 86762

NOTICE

PUBLIC HEALTH ORDER (PHO)

All programs and services offered by Oak Bay Parks, Recreation and Culture are subject to changes based on the status of the Provincial Health Orders.

SPECIALTY PROGRAMS

ENGINEERING FOR KIDS: JR MARINE ENGINEERING 5-7 YRS

Our youngest engineers will be introduced to the fundamental concepts of wind energy, boat design, and ocean protection. Through open and focused exploration, students explore and build a variety of water vehicles and effective ways to protect the reef. Parents, please note that this is a drop-off class.

Neighbourhood Learning Centre
Activity Room 3 & 4 **Engineering For Kids**
Apr 11-May 16 Su 1:00-2:00pm \$124/6 87583

ENGINEERING FOR KIDS: MARINE ENGINEERING 8-13 YRS

Our youngest engineers will be introduced to the fundamental concepts of wind energy, boat design, and ocean protection. Through open and focused exploration, students explore and build a variety of water vehicles and effective ways to protect the reef.

Neighbourhood Learning Centre
Activity Room 3 & 4 **Engineering For Kids**
Apr 11-May 16 Su 11:00am-12:30pm \$135/6 87584

NEW! IMPROV 8-13 YRS

Dive into the world of improv with instructor Maeve Poulin! Learn the basics of improv through different games and skits. Build communication, quick thinking, and teamwork skills in a safe and accepting environment. All levels are welcome in this fun and engaging class!

Neighbourhood Learning Centre - Rainforest Room
Youth Centre Drop off & Pick up
Apr 19-Jun 14 M 6:30-7:30pm \$71/8 87586

NEW! MUSICAL THEATRE 7-12 YRS

This weekly theatre program will include intermediate dancing, singing, and acting techniques along with a focus on audition skills. The lovely Alison Roberts will bring her show business expertise to a fun-filled class with a mix of skills and techniques perfect for the budding star. This class will work towards a small-scale show at the end of the 8 weeks!

Neighbourhood Learning Centre - Activity Room 3 & 4
Apr 21-Jun 9 W 6:30-7:30pm \$71/8 86796

KIDS CIRCUS YOGA WORKSHOP 4-10 YRS

NEW! Join Laura for an afternoon of yoga, meditation, acro yoga, juggling and so much more. This will be an afternoon filled with laughter and all sorts of new circus tricks! Kids will walk away with their very own hoola hoop and new acro yoga moves.

Windsor Pavilion -
Meeting Room 1 & 2 **Seedling Forest Program**
May 29 S 1:00-4:00pm \$85/1 96906
Jun 26 S 1:00-4:00pm \$85/1 96908

SPORTS

KARATE WITH THE BROTHERS 4-12 YRS

Karate is now an Olympic Sport! Learn Karate skills with Canadian champions and Pan-American Silver medalists Geoffery and Jean Newell. The Karate Brothers will teach you self-defence, confidence, respect and discipline in an environment of safety and excellence. Every class will challenge you to reach new goals. Please bring a water bottle and wear comfortable clothes.

Henderson Recreation Centre
Gymnasium **Karate Brothers**
4-6 YRS

Apr 11-Jun 13 Su 11:00-11:45am \$134/10 86765

7-12 YRS
Apr 11-Jun 13 Su 12:00-1:00pm \$178/10 86769

KARATE WITH THE BROTHERS - SUMMER MAINTENANCE 5-13 YRS

Karate is now an Olympic Sport! Learn Karate skills with Canadian champions and Pan-American Silver medalists Geoffery and Jean Newell. The Karate Brothers will teach you self-defence, confidence, respect and discipline in an environment of safety and excellence. Every class will challenge you to reach new goals. Please bring a water bottle and wear comfortable clothes.

Henderson Recreation Centre -
Gymnasium **Karate Brothers**
Jul 4-Aug 15 Su 11:00am-12:00pm \$125/7 96902

TAEKWONDO FOR CHILDREN 6-12 YRS

Let your kids learn to kick, punch, block and even break the occasional board while being taught by Master Instructors with 25+ years of experience in these fun and dynamic Taekwondo classes with Mijo Taekwondo. Beginning as a white belt, students will have the opportunity to progress through our coloured belt system while learning exciting kicks (including jumping, flying and spinning kicks), dynamic hand strikes and self-defense all in a supportive, inclusive and structured learning environment.

Neighbourhood Learning Centre -
Activity Room 1 & 2 **Mijo Sport**
May 5-Jun 26 W 6:00-6:45pm \$92/8 95028

“ NOTICE ”

PUBLIC HEALTH ORDER (PHO)

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Youth Programs

HAVE FUN.
HANG OUT.
BE ACTIVE.



YOUTH INTERNSHIP PROGRAM JOIN THE FUN!

If you have any questions about the program please contact the Sports Coordinator at 250-370-7113.

Do you remember those great leaders and mentors at summer camp?

Join the Youth Internship Program where you can give back as a summer camp intern.

The program involves working with children in the recreation environment. You will gain work experience over the summer while building leadership and employment readiness skills in a fun supportive way. A \$500 honorarium is awarded per candidate upon successful completion of the program.

Criteria to apply:

- A resident of, or attend a school in the District of Oak Bay;
- Must be 15–18 years old;
- Willing to work four weeks of summer camps with children between the ages of 4–12 years old;
- Consent to a criminal record check;
- Attend three hours of Youth Internship orientation and Leadership training at Oak Bay Recreation Centre;
- Attend Oak Bay Summer staff training.

Please email your cover letter and resume to Human Resources at humanresources@oakbay.ca

Or drop off your application in the Job Application Drop Box at

Oak Bay Recreation Centre
1975 Bee Street,
Victoria BC,
V8R 5E6

Deadline for applications is Monday May 17, 2021 at 4:00pm.

Only successful applicants will be contacted for an interview.

Youth Programs

YOUTH FITNESS ORIENTATIONS

YOUTH WEIGHT ROOM ORIENTATION

13-16 YRS

This 2-hour orientation will provide youth, ages 13-16, with an introduction to safely use the weight room. Etiquette and basic workout parameters will be covered and upon completion of this course, participants will be permitted access to the following weight rooms: Oak Bay Recreation Centre, Esquimalt Recreation Centre, City of Victoria Recreation Centre, Saanich Recreation Centres, Westshore Recreation Centre, Panorama Recreation Centre and SEAPARC. Specific rules may apply at different recreation centres.

Henderson Recreation Centre

Henderson Fitness Studio

Renata Freundlich

May 22	S	2:00-4:00pm	\$15/1	100451
Jun 26	S	2:00-4:00pm	\$15/1	100452
Jul 24	S	2:00-4:00pm	\$15/1	101011
Aug 28	S	2:00-4:00pm	\$15/1	101012

RED CROSS BABYSITTING

RED CROSS BABYSITTING TRAINING 11-15 YRS

This fun and interactive Red Cross certification course teaches the basics of childcare including: the business of babysitting, caring for babies, toddlers, preschoolers, and school age children. You will learn how to create safe environments and how to handle basic first aid situations. The Red Cross manual is included. 100% attendance is required.

Pre-requisite: Participants must be 11 years old by first day of course, or have completed grade 5.

Neighbourhood Learning Centre Youth Centre

May 22-29	S	12:00-5:00pm	\$79/2	99445
Jun 19-26	S	12:00-5:00pm	\$79/2	99446
Jun 28-Jul 2	M-W,F	9:30am-12:00pm	\$79/4	99447
Jul 5-8	M-Th	9:30am-12:00pm	\$79/4	99448
Jul 12-15	M-Th	9:30am-12:00pm	\$79/4	99449
Jul 19-22	M-Th	9:30am-12:00pm	\$79/4	99450
Jul 26-29	M-Th	9:30am-12:00pm	\$79/4	99451
Aug 3-6	T-F	9:30am-12:00pm	\$79/4	99452
Aug 9-12	M-Th	9:30am-12:00pm	\$79/4	99453
Aug 16-19	M-Th	9:30am-12:00pm	\$79/4	99454
Aug 23-26	M-Th	9:30am-12:00pm	\$79/4	99455
Aug 30-Sep 2	M-Th	9:30am-12:00pm	\$79/4	99456

YOUTH SPECIALTY PROGRAMS

UJAM YOUNG JAZZ ALLSTARS

12-18 YRS

NEW! A music program, now in its 17th year, which offers a unique chance for students to play in a coached, small ensemble, jazz combo setting, supporting the development of knowledge and skill in improvising, theory and arranging, and playing by ear. Periodic guest lecturers, and public performance opportunities will be arranged throughout the term.

Windsor Pavilion - Sports Room 1 & 2

Ujam Society

May 1-Jun 5	S	1:00-3:00pm	\$75/5	98098
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LEADERS IN TRAINING (11-18 yrs)

GETTING THE LEADING EDGE:

LEADERS IN TRAINING FOR SUMMER CAMPS

Thinking about getting your first job? This course will concentrate on basic job preparation skills but also focus on the roles and responsibilities of a summer camp leader. Course outline includes: completing your resume, and cover letter, as well as learning interview skills, behaviour management strategies, lesson planning, and working with children. Upon completion of this course students have the opportunity to successfully complete 30 hours volunteering with the summer camps. An invaluable opportunity to gain actual work experience to add to your new resume!

Neighbourhood Learning Centre Youth Centre

Jul 5-9	M-F	1:00-3:30pm	\$194/5	100192
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YOUTH EXTREME CERTIFICATION WEEK

Want to save some time and get a head start planning for employment? Extreme Certification Week provides you with the opportunity to complete Food Safe and Alert Emergency First Aid (including CPR C). As well, a full day job preparation course featuring: customer service, job commitment, interview readiness, cover letter and resume building all in one week! Sign up for the whole week or courses individually. Manuals are included.

Neighbourhood Learning Centre Youth Centre

Aug 23-27	M-F	1:00-5:00pm	\$310/5	100167
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YOUTH EXTREME CERTIFICATION WEEK - JOB PREPARATION

Full day job preparation course featuring: customer service, job commitment, interview readiness, cover letter and resume building all in one day!

Neighbourhood Learning Centre Youth Centre

Aug 23	M	1:00-5:00pm	\$84/1	100170
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YOUTH EXTREME CERTIFICATION WEEK - FOOD SAFE

Food Safe course.

Neighbourhood Learning Centre Youth Centre

Aug 24-25	T, W	1:00-5:00pm	\$143/2	100171
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EXTREME CERTIFICATION WEEK - EMERGENCY FIRST AID

First Aid (including CPR C) course.

Neighbourhood Learning Centre Youth Centre

Aug 26-27	Th, F	1:00-5:00pm	\$120/2	100175
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YOUTH WORKSHOPS

HAPPY: HOME ALONE PROGRAM PREPARING YOUTH

9-11 YRS

The before and after school times or occasional outing for parents are easily dealt with when youth are HAPPY, Home Alone Program Preparing Youth! This program, designed by Kathleen Lee, focuses on home and personal safety, and emergency procedures for situations that could occur when youth are home alone. A resource booklet with worksheets and tips, plus a parent and guardian handout is sent home with registrants.

Henderson Recreation Centre -

Quail Room

Kathleen Lee

Apr 11	Su	1:00-3:30pm	\$38/1	91110
May 15	S	1:00-4:00pm	\$38/1	98979

YOUTH ULTIMATE OUTDOOR WEEK

11-18 YRS

Youth Ultimate Outdoor Camp includes whale watching, zip-lining, paintball, SUP and kayaking, Bubble Soccer and skim boarding at the beach. No previous experience is needed. Activities are supervised by camp leaders and trained staff. Every day campers visit a different beach for lunch and finish the day swimming at Oak Bay.

What's included: Bus reserved exclusively for this camp.

Enjoy the open ocean with Eagle Wing Whale & Wildlife Tours.

Adrena LINE Zipline - Two hours guided zipline tours on eight ziplines, two suspension bridges and a 10 minute ATV ride.

TNT Paintball - Three hours of course time, 500 fifty caliber (60% lighter) paintballs for young players. All safety gear included.

Ocean River Adventures - Enjoy two hours on the ocean, as we take a tour through the Gorge on a stand up paddle board or kayak.

Bubble Soccer- Two hours of inflatable bubble soccer in the indoor turf, finishing the day with beach activities including skimboarding.

Oak Bay Recreation Centre OBRC Lobby

Jul 5-9	M-F	10:00am-5:00pm	\$380/5	101072
Jul 12-16	M-F	10:00am-5:00pm	\$380/5	101073
Jul 19-23	M-F	10:00am-5:00pm	\$380/5	101074
Jul 26-30	M-F	10:00am-5:00pm	\$380/5	101075

YOUTH ULTIMATE OUTDOOR CAMP OFFERED IN JULY ONLY.

Take off each day from Oak Bay Recreation Centre to explore five days of exciting activities including: Zip Line, paint ball, kayaking, whale watching and more. Campers will also visit a local beach each day, and finish off the day in the Pool.

Camp runs Monday-Friday from 10:00am to 5:00pm. Transportation included.



Youth Summer Games for Dayz

TOO OLD FOR CAMP BUT NEED TO GET OUT OF THE HOUSE AND DO SOMETHING FUN WITH YOUR FRIENDS?

Enjoy playing a variety of outdoor organized games including Spike Ball, Bubble Soccer, Basketball, Beach Volleyball, Ultimate Frisbee and more! Hit the beach to hang out and do some skimboarding before heading back to Oak Bay Recreation Centre for a swim.

Youth Full Day Camps

SUMMER GAMES FOR DAYZ!

11-18 YRS

Too old for camp but need to get out of the house with your friends this summer? Have fun, hang out and be active with summer games for dayz! Youth will enjoy playing a variety of outdoor organized games including: Spike ball, Bubble Soccer, Capture the Flag, Bocce Ball, California Kick Ball and more! Youth will also hit the beach to hang out and do some skim boarding.

Oak Bay Recreation Centre - Arena Lobby

Aug 3-6	T-F	12:00-5:00pm	\$75/4	100177
Aug 9-13	M-F	12:00-5:00pm	\$90/5	100178
Aug 16-20	M-F	12:00-5:00pm	\$90/5	100179
Aug 23-27	M-F	12:00-5:00pm	\$90/5	100180

FOR MORE INFORMATION ON HALF DAY
YOUTH CAMPS SEE [PAGE 26](#).

 INFORMED CONSENT





Come Play at Oak Bay

Summer CAMPS & PROGRAMS

June 28–September 3, 2021



TOP 5 Camp Checklist:

- 1 Have I reviewed the Cancellation Policy for the camp?
- 2 Have I filled out the extra Waivers and Forms that are required for this camp?
- 3 Have I reviewed the Camp Handbook, COVID-19 Childcare Handbook and Camp Schedule? (Emailed the Wednesday before the camps starts).
- 4 Have I assessed my child/children using the COVID-19 Daily Health Check before attending camp each day?
- 5 Do I have any other questions before the camps starts? Please contact Reception Oak Bay Recreation Centre 250-595-7946 or Henderson Recreation Centre 250-370-7200 if you need more assistance.

Cancellation Policy:

To serve you better Recreation Oak Bay has updated the camp cancellation policy.

All weekly camp credits/refunds/changes must be requested by 9:30am the Friday prior to the start of camp.

All daily registration (Skidaddle) camp credits/refunds/changes must be requested at least 72 hours prior to the start of camp. For example: By Friday at 9:00am if daily camp is on Monday starting at 9:00am.

What you should know about Camps at Recreation Oak Bay:

Leadership: Camp leaders are selected for their experience, abilities and dedication to provide every camper with a safe, fun summer camp experience.

A Safe Place for Children: Campers are fully supervised throughout the day. Camp leaders are trained in First Aid and CPR, have completed a criminal record check and received a minimum of sixteen hours of training. Parents/guardians are required to sign campers in and out of camp each day and provide current medical and emergency information for their camper.

Camp Schedules: For most camps, you will be emailed a schedule and parent information letter the Wednesday before the camp begins. Schedules and the parent letter will indicate items your camper should bring to camp each day. Please note: schedules are subject to change.

The First Day of Camp: Please be prepared to stay a few minutes on the first day of camp to complete sign-in, meet your camper's leaders and complete any outstanding paperwork.

Poor Weather: Camps run in rain or shine unless you are notified otherwise.

Epi-pens and Severe Allergies: If your child carries an Epi-pen, an Emergency Medical Information Form must be completed before the first day of camp. Forms are available at reception and on the website.

Please refrain from sending "products with nuts" to camp.

Extra Support Needs: If your child is eligible for a support staff through funding by Supported Child Development please contact the Licensed Care Programmer at 250-370-7902 to arrange for support staff prior to registering for a camp.

Age Requirements: All full-day camps require campers to have completed kindergarten before summer 2021 in order to register.

Preschool Camps:

All preschool camps require campers to be able to use the toilet independently.



COVID-19 Childcare Handbook:

Please visit the website for more information or call Reception. This handbook will be emailed the Wednesday before camp starts.

Questions and Concerns:

Please contact Reception at Oak Bay 250-595-7946 or Henderson 250-370-7200 and a receptionist will be happy to answer your questions or have a camp supervisor contact you.

Symbols to look for

-  After Camp Care available. See [page 24](#) for details.
-  Informed consent

Camps at a Glance

JUNE 28-JULY 2

HALF DAY

Engineering for Kids - Adventures in Electricity (pm)	5-7
Fun Unlimited (am)	6-12

FULL DAY

Skidaddle	5-12
Forts, Flags and Forces	6-12
Science Kids	6-12
Grand Slam Golf and Tennis	7-12
Byte Camp-3D Animation	11-14

JULY 5-9

HALF DAY CAMPS

Adventure Bay (pm)	3-5
Dino Days (am)	3-5
Lil Chippers (am)	3-5
Princes and Princesses Dance Camp (am)	3-5
Engineering for kids-Junior Inventors (pm)	5-7
Tiny Stars	
Tennis Camp (am)	5-7
Golf N Games (pm)	5-8
Badminton (pm)	6-10
Power Unlimited	6-10
Fun Unlimited (am)	6-12
Soccertron (am)	6-13
Summer Tennis and Swim Camp (pm)	8-14
Badminton (pm)	11-14
Leaders In Training (pm)	11-18

FULL DAY CAMPS

Friendship Fun	5-8
Skidaddle	5-12
Dance Camp	6-12
Kindness Kids	6-12
Nature Art	6-12
Ocean Explorers	6-10
Sailing	6-12
Star Wars	6-12
Summer In the Park-Coast to Coast	6-10
Theatre Camp	6-12
EcoQuest	7-11
Floor Hockey and Soccer	7-12
Soccertron	7-14
Aqua Adventures	8-12
Tennis and Swim Camp	8-14
Byte Camp-2D Tablet Animation	9-12
Film Making	9-15
Youth Ultimate Outdoor Camp	11-18

JULY 12-16

HALF DAY CAMPS

Dance Exploration Camp (am)	3-5
Moon Landers (pm)	3-5
Superhero Academy (am)	3-5
Engineering for Kids-Mission Coding Junior Camp (pm)	5-7
Tiny Stars	
Tennis Camp (am)	5-7
Soccertron (am)	6-13
Eli Pasquale	
Basketball	6-14
Fun Unlimited (am)	6-12
Tennis and Swim Camp (pm)	8-14
Street Hockey Camp (am)	9-16

FULL DAY CAMPS

Tiny Dancers	5-8
Skidaddle	5-12
Space is the Place!	5-8
Golf N Sports	6-12
Hogwarts Express	6-12
Ocean Explorers	6-10
Outdoor Adventures	6-12
Sailing	6-12
School of Art	6-12
Sports of all Sorts	6-12
Summer in the Park-Into the Wilds	6-10
Triple Threat Theatre Camp	6-12
EcoQuest	7-11
Soccertron	7-14
Eli Pasquale	
Basketball	7-14
Lego Stop Motion Animation	7-13
Tennis and Swim Camp	8-14
Aqua Adventures	8-12
Youth Ultimate Outdoor Camp	11-18

JULY 19-23

HALF DAY CAMPS

Elsa & Olaf's Adventures (pm)	3-5
Lil' Chippers (am)	3-5
Little Stars	
Dance Camp (am)	3-5
Old Macdonald's Farm (am)	3-5
Richardson Sports Multi Sport Camp (am)	3-5
Richardson Sports Multi Sport Camp (pm)	3-5
Soccer Tykes (am)	3-5
Sporty Start (pm)	4-6
Crafty Camp-Under the Sea (am)	5-8
Engineering for Kids-Junior Pirate Academy (pm)	5-7

Tiny Stars	
Tennis Camp (am)	5-7
Golf N' Games (pm)	5-8
Fun Unlimited (am)	6-12
Soccertron (am)	6-13
Crafty Camp-Under the Sea (pm)	7-10
Tennis and Swim Camp (pm)	8-14
Power Unlimited	10-14

FULL DAY CAMPS

Glitz N' Glam	5-8
Mini Musical Theatre	5-8
Skidaddle	5-12
Avengers Assemble	6-12
Beachcombers	6-12
Dancing through the Decades	6-12
Funkadelics and Spirals	6-12
Ocean Explorers	6-10
Richardson Sports Multi Sport Camp	6-9
Sailing	6-12
Soccertron	7-14
Summer in the Park-Mysteries Maps and Riddles	6-10
Aqua Adventures	8-12
Tennis and Swim Camp	8-14
Youth Ultimate Outdoor Camp	11-18

JULY 26-30

HALF DAY CAMPS

Kids of the Castle (pm)	3-5
Princes and Princesses Dance Camp (am)	3-5
Richardson Sports Multi Sport Camp (am)	3-5
Richardson Sports Multi Sport Camp (pm)	3-5
Under the Sea (am)	3-5
Engineering for Kids-Junior Robot Adventures in Problem Solving (pm)	5-7
Tiny Stars	
Tennis Camp (am)	5-7
Fun Unlimited (am)	6-12
Soccertron (am)	6-13
Tennis and Swim Camp (pm)	8-14

FULL DAY CAMPS

Pikachu and You	5-8
Skidaddle	5-12
Creepers and Creations	6-12
Go Green Go	6-12
Golf n Sports	6-12
Ninja Warrior	6-12
Ocean Art	6-12
Ocean Explorers	6-10
Richardson Sports Multi Sport Camp	6-9
Sailing	6-12
So you think you can Dance?	6-12
Summer in the Park-Outdoor Creations	6-10
Triple Threat Theatre Camp	6-12
Ecoquest	7-11
Soccertron	7-14
Aqua Adventures	8-12
Tennis and Swim Camp	8-14
Byte Camp-Introduction to Code	9-12
Film Making	9-15
Youth Ultimate Outdoor Camp	11-18

AUGUST 3-6

HALF DAY CAMPS

Fairy Tales (pm)	3-5
Pirates & Scallywags (am)	3-5
Engineering for Kids-Mission Coding Junior Camp (pm)	5-7
Tiny Stars Tennis Camp (am)	5-7
Golf n Games (am)	5-8
Badminton Camp (pm)	6-10
Fun Unlimited (am)	6-12
Golf Juniors (pm)	7-12
Inner Power Hockey	7-16
Tennis and Swim Camp (pm)	8-14
Badminton Camp (pm)	11-14
Youth Games for Dayz (pm)	11-18

FULL DAY CAMPS

Lego Builders	5-8
Skidaddle	5-12
Dance Camp	6-12
Hogwarts Express	6-12
Lake Hoppers	6-12
Ocean Explorers	6-10
Rainbows and Unicorns	6-12
Sailing	6-12
Summer in the Parks-West Coast Wonders	6-10
Theatre Camp	6-12
Floor Hockey and Soccer	7-12
Aqua Adventures	8-12
Tennis and Swim Camp	8-14
Byte Camp-Music Video Production	9-12

AUGUST 9-13

HALF DAY CAMPS

Adventure Bay (am)	3-5
Build It! (pm)	3-5
Dance Exploration Camp (am)	3-5
Soccer Tykes (am)	3-5
Little Ninja Dojo (pm)	4-6
Crafty Camp-Craft your Heart Out (am)	5-8
Engineering for Kids-Adventures in Electricity (pm)	5-7
Tiny Stars Tennis Camp (am)	5-7
Fun Unlimited (am)	6-12
Eli Pasquale Basketball	6-14
Soccertron (am)	6-13
Crafty Camp-Craft your Heart Out (pm)	7-10
Tennis and Swim Camp (pm)	8-14
Youth Games For Dayz (pm)	11-18

FULL DAY CAMPS

Lil' Scientists	5-8
Mini Musical	5-8
Skidaddle	5-12
Dance Camp	6-12
Golf n Sports	6-12
Lake Hoppers	6-12
Ocean Explorers	6-10
Sailing	6-12
School of Art	6-12
Spy VS Spy	6-12
Star Wars	6-12
Summer in the Parks-Splashing n' Dashing	6-10
Eli Pasquale Basketball	7-14
Soccertron	7-14
Aqua Adventures	8-12
Style and Step	8-14
Tennis and Swim Camp	8-14
Byte Camp-2D Video Game Design	11-14

AUGUST 16-20

HALF DAY CAMPS

Dinos Days (pm)	3-5
Elsa & Olaf's Adventures (am)	3-5
Princes and Princesses Dance Camp (am)	3-5
Richardson Sports Multi Sport Camp (am)	3-5
Richardson Sports Multi Sport Camp (pm)	3-5
Crafty Camp-Outer Spaaaaace! (am)	5-8
Engineering for Kids-Junior Pirate Academy (pm)	5-7
Tiny Stars Tennis Camp (am)	5-7
NHL Camp (am)	5-14
Fun Unlimited (am)	6-12
Crafty Camp-Outer Spaaaaace! (pm)	7-10
Super Shooters Hockey Camp (pm)	8-14
Tennis and Swim Camp (pm)	8-14
Soccertron (am)	6-13
Youth Games For Dayz	11-18

FULL DAY CAMPS

Jedi Journeys	5-8
Skidaddle	5-12
Art Imaginarium	6-12
Beach Combers	6-12
Dance Camp	6-12
Dodgeball and Sports	6-12
Golf n Sports	6-12
Hills and Hikes	6-12
Lake Hoppers	6-12
Ocean Explorers	6-10
Richardson Sports Multi Sport Camp	6-9
Sailing	6-12
Summer in the Parks-Park Hoppers	6-10
Summertime Hits Dance Camp	6-12
Ecoquest	7-11
Soccertron	7-14
Aqua Adventures	8-12
Tennis and Swim Camp	8-14
Musical Theatre Call Backs	8-14
Byte Camp-Claymation Movie Production	9-12

AUGUST 23-27

HALF DAY CAMPS

Forest Seedlings (am)	3-5
Forest Seedlings (pm)	3-5
Lil Chippers (am)	3-5
Little Stars Dance Camp (am)	3-5
Moon Landers (am)	3-5
Richardson Sports Multi Sport Camp (am)	3-5
Richardson Sports Multi Sport Camp (pm)	3-5
Superhero Academy (pm)	3-5
Engineering for Kids-Junior Robot Adventures in Problem Solving (pm)	5-7
Tiny Stars Tennis Camp (am)	5-7
Golf N' Games (pm)	5-8
Fun Unlimited (am)	6-12
Soccertron (am)	6-13
Tennis and Swim Camp (pm)	8-14
Youth Games For Dayz (pm)	11-18
Youth Extreme Certification (pm)	11-18

FULL DAY CAMPS

Animal Planet	5-8
Skidaddle	5-12
Artsplotions!	6-12
Dance Camp	6-12
French Camp	6-12
Hogwarts Express	6-12
Oak Bay Olympics	6-12
Ocean Explorers	6-10
Lake Hoppers	6-12
Richardson Sports Multi Sport Camp	6-9
Sailing	6-12
Summer in the Park-Undercover and in Disguise	6-10
Theatre Camp	6-12
Lego Stop Motion Animation	7-13
Soccertron	7-14
Aqua Adventures	8-12
Tennis and Swim Camp	8-14
Byte Camp-Intro to Code Level 2	9-12

AUGUST 30-SEPTEMBER 3

HALF DAY CAMPS

Forest Seedlings (am)	3-5
Forest Seedlings (pm)	3-5
Engineering for Kids-Junior Inventors (pm)	5-7
Soccertron (am)	6-13
Power Unlimited (am)	7-14
Fun Unlimited (am)	6-12

FULL DAY CAMPS

Skidaddle	5-12
Golf n Sports	6-12
Lake Hoppers	6-12
Ocean Explorers	6-10
Sailing	6-12
Summer in the Park-Final Days of Summer	6-10
Soccertron	7-14
Floor Hockey and Soccer	7-12
Grand Slam Golf and Tennis	7-12
Aqua Adventures	8-12
Byte Camp-Build an App	11-14

DAILY REGISTRATION

These camps run all summer:
Skidaddle 5-12

Enjoy
Summer
Time

Daily Camps

AFTER CAMP CARE

AFTER CAMP CARE

5-13 YRS

Need to extend your camp day? Join the camp leaders after camp each day for fun games and activities outside the Neighbourhood Learning Centre. After Camp is available for camps ending their day at Oak Bay Recreation Centre and the Oak Bay High School/Neighbourhood Learning Centre.

Neighbourhood Learning Centre

Jul 5-9	M-F	4:00-5:15pm	\$37/5	99154
Jul 12-16	M-F	4:00-5:15pm	\$37/5	99155
Jul 19-23	M-F	4:00-5:15pm	\$37/5	99157
Jul 26-30	M-F	4:00-5:15pm	\$37/5	99158
Aug 3-6	T-F	4:00-5:15pm	\$30/4	99160
Aug 9-13	M-F	4:00-5:15pm	\$37/5	99181
Aug 16-20	M-F	4:00-5:15pm	\$37/5	99182
Aug 23-27	M-F	4:00-5:15pm	\$37/5	99183

DAILY REGISTERED CAMPS

SUMMER SKIDADDLE

5-12 YRS

Spend your summer with Skidaddle! This action-packed daily registration camp features beach trips, outdoor adventures, games, swimming, theme days, park visits, sports, and much, much more! You will be divided into groups by age. As out trips begin in the morning, we ask that you arrive no later than 9:00am. Sign-in: 8:15-9:00am; Sign-out: 4:15-5:15pm. Must have completed Kindergarten to register for this camp.

Registration can only be done over the phone, please call Oak Bay Reception at 250-595-7946 or Henderson Reception at 250-370-7200.

Oak Bay Recreation Centre Sportsview

Jun 25	F	8:15am-5:15pm	\$46/day
Jun 28-Jul 2	M, W-F	8:15am-5:15pm	\$46/day
Jul 5-9	M-F	8:15am-5:15pm	\$46/day
Jul 12-16	M-F	8:15am-5:15pm	\$46/day
Jul 19-23	M-F	8:15am-5:15pm	\$46/day
Jul 26-30	M-F	8:15am-5:15pm	\$46/day
Aug 3-6	T-F	8:15am-5:15pm	\$46/day
Aug 9-13	M-F	8:15am-5:15pm	\$46/day
Aug 16-20	M-F	8:15am-5:15pm	\$46/day
Aug 23-27	M-F	8:15am-5:15pm	\$46/day

Neighbourhood Learning Centre - Activity Room 3 & 4

Aug 30-Sep 3	M-F	8:15am-5:15pm	\$46/day
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**FOR ALL PRESCHOOL CAMPS
CHILDREN MUST BE ABLE TO
USE THE TOILET INDEPENDENTLY.**

Preschool Half Day Camps

FINE ARTS

PRINCES AND PRINCESSES

DANCE CAMP

3-5 YRS

Welcome all Princes and Princesses to an afternoon of dance exploration, crafts and fun! You will be learning many basics of ballet, contemporary, and jazz dance, as well as making prince and princess crafts and learning about music. There will be a mini performance for your parents on the last day. As a prince or princess, you wear comfortable clothes, ready to move (yes, prince and princess outfits are ok)! Be sure to bring a snack and drink as you will need to get refreshed after all the activities! Be prepared to feel magical!

Neighbourhood Learning Centre - Activity Room 1

Westcoast Academy Of Performing Arts

Jul 5-9	M-F	9:00am-12:00pm	\$148/5	98179
Jul 26-30	M-F	9:00am-12:00pm	\$148/5	98182
Aug 16-20	M-F	9:00am-12:00pm	\$148/5	98183

DANCE EXPLORATION CAMP

3-5 YRS

Do you love to put your favourite music on and dance around the living room? Then this is the camp for you. You will be exploring many different styles of dance like ballet, contemporary, jazz, and tap, and all the great music that comes with it. Be prepared to dance your socks off! Dancers should come in comfy clothes, ready to move, and with hard shoes available for the tap portions. Dancers should also bring a snack and drink with them as we will need a refreshment after all the activities. Invite your parents for a mini performance on the last day to see how much you have learned!

Neighbourhood Learning Centre - Activity Room 1

Westcoast Academy Of Performing Arts

Jul 12-16	M-F	9:00am-12:00pm	\$148/5	98197
Aug 9-13	M-F	9:00am-12:00pm	\$148/5	98198

LITTLE STARS DANCE CAMP

3-5 YRS

Welcome to the magical world of dance! This camp introduces you to all the basics of movement, imagery, and fun that dance has to offer. This week you make sparkly special crafts and learn about music. Little Stars please come in comfortable clothes ready to move and be sure to bring a snack and drink as you will need a refreshment after all the activities. Your parents are welcome to come see the special mini performance on the last day.

Neighbourhood Learning Centre - Activity Room 1

Westcoast Academy Of Performing Arts

Jul 19-23	M-F	9:00am-12:00pm	\$148/5	98189
Aug 23-27	M-F	9:00am-12:00pm	\$148/5	98190

GOLF

LIL CHIPPERS CAMP

3-5 YRS

Using modified equipment and games, first time golfers learn the basic body movements for holding and swinging a club and have fun hitting larger balls at bright big targets. This camp is active and incorporates games to practice balancing, rotating and hand eye coordination. All equipment supplied. Indoor activity space is available in the event of inclement weather.

Henderson Recreation Centre

Jul 5-9	M-F	9:30am-12:00pm	\$135/5	96180
Jul 19-23	M-F	9:30am-12:00pm	\$135/5	96181
Aug 23-27	M-F	9:30am-12:00pm	\$135/5	96186

SPORTS

LITTLE NINJAS DOJO

4-6 YRS

Welcome to Little Ninjas Dojo! Learn the basics of tumbling, flipping, rolling and sneaking! Try out obstacle courses and work on super-secret ninja skills like meditating and flexibility training. This camp will test you with feats of strength, fun sneaking games, and measures of speed and agility. Children must be able to use the toilet independently.

Henderson Recreation Centre - Gymnasium

Aug 9-13	M-F	9:00am-12:00pm	\$118/5	97837
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RICHARDSON SPORT MULTISPORT CAMP

3-5 YRS

Richardson Sport camps give you a positive first interaction with sports. Acquire skills in hockey, baseball, soccer, volleyball, rugby, lacrosse, golf, basketball, and football in a safe, structured environment that focuses on building self-esteem. NCCP coaches will teach games and activities designed to allow you to explore agility, timing, balance, movement, hand/eye coordination, and skill development tailored to individual skill level.

Windsor - Rugby Field

Jul 19-23	M-F	9:00am-12:00pm	\$148/5	98160
Jul 19-23	M-F	1:00-4:00pm	\$148/5	98162
Jul 26-30	M-F	9:00am-12:00pm	\$148/5	98163
Jul 26-30	M-F	1:00-4:00pm	\$148/5	98164
Aug 16-20	M-F	9:00am-12:00pm	\$148/5	98166
Aug 16-20	M-F	1:00-4:00pm	\$148/5	98168
Aug 23-27	M-F	9:00am-12:00pm	\$148/5	98169
Aug 23-27	M-F	1:00-4:00pm	\$148/5	98170

Richardson Sport

SOCCER TYKES

3-5 YRS

Are you the next little soccer superstar? This week you will learn soccer basics including: passing, dribbling, shooting, teamwork, and gameplay. Cooperative games and outdoor activities will also be included in this fun and active week!

Henderson Recreation Centre - Gymnasium

Jul 19-23	M-F	9:00am-12:00pm	\$118/5	97838
Aug 9-13	M-F	1:00-4:00pm	\$118/5	97839

SPORTY START

4-6 YRS

This camp is your perfect sports introduction for an active start in physical literacy! Sporty Start focuses on developing basic fundamental movements such as running, jumping, throwing, and balance, and also hones the most important part of being an active kid: FUN and play! Each day instructors introduce you to a variety of sports including: floor hockey, soccer, baseball, racquet sports, cooperative games, and more!

Henderson Recreation Centre - Gymnasium

Jul 19-23	M-F	1:00-4:00pm	\$118/5	97835
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TENNIS

TINY STARS TENNIS CAMP

5-7 YRS

Tennis fun during summer holidays. This half day camp will be perfect for those Red Ball players looking for a fun filled morning of tennis.

Oak Bay Recreation Centre Tennis Bubble

Jul 5-9	M-F	8:45-11:45am	\$108/5	100654
Jul 12-16	M-F	8:45-11:45am	\$108/5	100764
Jul 19-23	M-F	8:45-11:45am	\$108/5	100765
Jul 26-30	M-F	8:45-11:45am	\$108/5	100766
Aug 3-6	T-F	8:45-11:45am	\$88/4	100767
Aug 9-13	M-F	8:45-11:45am	\$108/5	100768
Aug 16-20	M-F	8:45-11:45am	\$108/5	100769
Aug 23-27	M-F	8:45-11:45am	\$108/5	100770

THEME

ADVENTURE BAY

3-5 YRS

Oak Bay has turned into Adventure Bay for all the Paw Patrol lovers. Ryder and your favourite furry friends need your help to solve problems and save the day! It is going to require team work from all paw patrollers big and small. Join in this exciting week of camp full of crafts, songs, stories and more with a Paw Patrol theme.

Windsor Pavilion - Preschool Room

Jul 5-9	M-F	1:30-3:30pm	\$95/5	98991
Aug 9-13	M-F	9:30-11:30am	\$95/5	98988

BUILD IT

3-5 YRS

Little builders come together in this action packed camp. Build all sorts of structures, sand castles, and crafts; then have the opportunity to break and make them even better. Make your own tool kit, put on your safety hat, and get ready to construct some fun!

Windsor Pavilion - Preschool Room

Aug 9-13	M-F	1:30-3:30pm	\$95/5	99003
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DINO DAYS

3-5 YRS

Travel back in time to discover the world of dinosaurs. This week you learn all about dinosaurs through stories, songs, and crafts. Track T-Rex and his friends, become a well-known palaeontologist, and carry out your very own dig for dinosaur fossils. Worry not, there are only friendly dinos allowed at this camp!

Windsor Pavilion - Preschool Room

Jul 5-9	M-F	9:30-11:30am	\$95/5	98996
Aug 16-20	M-F	1:30-3:30pm	\$95/5	98998

ELSA AND OLAF'S ADVENTURE

3-5 YRS

Oh no, Queen Elsa's spell has cast Oak Bay into perpetual winter! Calling all brave princesses, mountaineers, and snowmen to help rescue Oak Bay from the icy spell! Embark on a week full of adventures including snow making, crafts, magic and song all inspired by the Frozen movie.

Windsor Pavilion - Preschool Room

Jul 19-23	M-F	1:30-3:30pm	\$95/5	99030
Aug 16-20	M-F	9:30-11:30am	\$95/5	99029

FAIRY TALES

3-5 YRS

Fairies, trolls, dragons, oh my! Welcome to the fantastic fairy tale week of camp where all your favourite fairy tales will come to life. Build a beautiful fairy garden, create funny troll hair-dos and play make-believe during this fairy tale filled week of camp. There will be many games, stories and activities for you to enjoy.

Windsor Pavilion - Preschool Room

Aug 3-6	T-F	1:30-3:30pm	\$76/4	98999
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KIDS OF THE CASTLE

3-5 YRS

Calling all Princes, Princesses, Dragons, and Knights! Join the Kids of the Castle in our enchanted kingdom where you create your own castles, magic wands, and crowns. Royal games, tea parties, imaginative play (including dress up day on Friday), and an out trip to the secret garden make this a very special week of camp.

Windsor Pavilion - Preschool Room

Jul 26-30	M-F	1:30-3:30pm	\$95/5	98994
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MOON LANDERS

3-5 YRS

One small step for man, one big leap for your little one! Come on down for a week full of space adventures. Campers will get a chance to build their very own rocket ships, play moon games, and learn all about space! This is the perfect camp for your little astronaut.

Windsor Pavilion - Preschool Room

Jul 12-16	M-F	1:30-3:30pm	\$95/5	99028
Aug 23-27	M-F	9:30-11:30am	\$95/5	99004

OLD MACDONALD'S FARM

3-5 YRS

Join Old MacDonald down on the farm for a week of adventures! This week you explore animals, build and create machinery and barns, dig in the dirt, and learn how veggies grow. Songs, crafts, stories, and activities will keep little farmers entertained all week!

Windsor Pavilion - Preschool Room

Jul 19-23	M-F	9:30-11:30am	\$95/5	98984
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PIRATES AND SCALLYWAGS

3-5 YRS

The pirates and scallywags are going on parade this week! Join them on a nautical and whimsical week full of treasures, songs, and play! Look for treasures, build sand castles and even take a trip to the beach. You will be part of a pirate crew during this week of stories, crafts, adventures and more!

Windsor Pavilion - Preschool Room

Aug 3-6	T-F	9:30-11:30am	\$76/4	99000
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SUPER HERO ACADEMY

3-5 YRS

Calling all Super Heroes! Welcome to Super Hero Academy, where you will learn to leap over tall buildings in a single step, capture villains in your web, fly through obstacles, and learn new skills you will need to save the world! Heroes will have lots of fun with crafts, stories, outdoor games, and many more activities!

Windsor Pavilion - Preschool Room

Jul 12-16	M-F	9:30-11:30am	\$95/5	98985
Aug 23-27	M-F	1:30-3:30pm	\$95/5	98987

UNDER THE SEA

3-5 YRS

Spish, splash, you will be having a blast! Come explore the world under the sea this week as you learn about sea creatures, visit the "beaches" of Oak Bay, and create your very own ocean scenes. This week's activities will also include: crafts, indoor activities, outdoor games, songs, stories, and more!

Windsor Pavilion - Preschool Room

Jul 26-30	M-F	9:30-11:30am	\$95/5	99001
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Child/Youth Half Day Camps

AQUATICS

FUN UNLIMITED

WITH SWIM LESSONS

6-12 YRS

Fun Unlimited with Swimming Lessons includes a daily swimming lesson, with the rest of the morning jam-packed with fun games, crazy crafts, and outdoor activities (weather permitting); all with the flexibility of a half-day camp!

Neighbourhood Learning Centre - Activity Room 3

Jun 28-Jul 2	M-W,F	8:15am-1:00pm	\$120/4	99426
Jul 5-9	M-F	8:15am-1:00pm	\$150/5	99427
Jul 12-16	M-F	8:15am-1:00pm	\$150/5	99428
Jul 19-23	M-F	8:15am-1:00pm	\$150/5	99429
Jul 26-30	M-F	8:15am-1:00pm	\$150/5	99430
Aug 3-6	T-F	8:15am-1:00pm	\$120/4	99431
Aug 9-13	M-F	8:15am-1:00pm	\$150/5	99432
Aug 16-20	M-F	8:15am-1:00pm	\$150/5	99433
Aug 23-27	M-F	8:15am-1:00pm	\$150/5	99434
Aug 30-Sep 3	M-F	8:15am-1:00pm	\$150/5	99435

FINE ARTS

CRAFTY VICTORIA - UNDER THE SEA

5-10 YRS

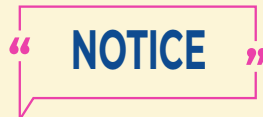
Take a deep breath and dive into the sea with Crafty to create paper maché jellyfish, tropical turtles, 'sock-to-pusses' and so many more unique art projects! Games, stories, independent art stations and lots of fun!

Windsor Pavilion - Meeting Room 1 & 2 AGES 5-8 YRS

Jul 19-23	M-F	9:00am-12:00pm	\$171/5	98971
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AGES 7-10 YRS

Jul 19-23	M-F	1:00-4:00pm	\$171/5	98972
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PUBLIC HEALTH ORDER (PHO)

All programs and services offered by Oak Bay Parks, Recreation and Culture are subject to changes based on the status of the Provincial Health Orders.

CRAFTY VICTORIA - CRAFT YOUR HEART OUT 5-10 YRS

Crafty Camp for kids wanting to get Crafty, but have the freedom to come up with their own ideas. We'll explore different mediums daily, such as felt-making, sewing, paper maché, drawing and painting. Crafty will provide instruction and guidance while encouraging the young artists to develop their own ideas using their new skills. Great for independent thinkers!

Windsor Pavilion - Meeting Room 1 & 2 Crafty School Of Art

AGES 5-8 YRS

Aug 9-13	M-F	9:00am-12:00pm	\$171/5	98974
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AGES 7-10 YRS

Aug 9-13	M-F	1:00-4:00pm	\$171/5	98976
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CRAFTY VICTORIA - OUTER SPAAAAACE! 5-10 YRS

Get into your spaceship and head to the moon with Crafty this summer! We'll be creating multi-media space ships, paper maché moons, hand-felted planets, star stuffies and lots more crafts that are out of this world. Independent art stations, stories, games and outside time as always. Campers must have completed Kindergarten to register.

Windsor Pavilion - Meeting Room 1 & 2 Crafty School Of Art

AGES 5-8 YRS

Aug 16-20	M-F	9:00am-12:00pm	\$171/5	98977
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AGES 7-10 YRS

Aug 16-20	M-F	1:00-4:00pm	\$171/5	98978
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SPECIALTY CAMPS

ENGINEERING FOR KIDS - ADVENTURES IN ELECTRICITY PM 5-7 YRS

Join us for a week of electrifying adventures in Engineering! Through hands-on activities that develop your problem-solving skills, creativity, and critical thinking, you will gain a deeper understanding of the world around you and the various forms of electricity we encounter daily!

Neighbourhood Learning Centre - Activity Room 1 Engineering For Kids

Jun 28-Jul 2	M-W, F	1:00-4:00pm	\$124/4	97678
Aug 9-13	M-F	1:00-4:00pm	\$153/5	97679

ENGINEERING FOR KIDS - JUNIOR INVENTORS PM 5-7 YRS

Do you love creating and making?! This camp is for you! Each day, you'll explore the engineering principles behind modern inventions, such as robots, toys, and airplanes, and use your imagination to create your own versions of these inventions.

Neighbourhood Learning Centre - Activity Room 1 Engineering For Kids

Jul 5-9	M-F	1:00-4:00pm	\$153/5	97680
Aug 30-Sep 3	M-F	1:00-4:00pm	\$153/5	97681

ENGINEERING FOR KIDS - MISSION CODING JUNIOR CAMP 5-7 YRS

Your mission, should you choose to accept it, will be to turn your favourite camp games virtual! To complete your mission, Scratch Jr, creativity, teamwork, and problem-solving skills will be required. Let the fun begin!

Neighbourhood Learning Centre - Activity Room 1 Engineering For Kids

Jul 12-16	M-F	1:00-4:00pm	\$153/5	97682
Aug 3-6	T-F	1:00-4:00pm	\$124/4	97683

ENGINEERING FOR KIDS - JUNIOR PIRATE ACADEMY PM 5-7 YRS

Ahoy, Me Hearties! Have you always dreamt of being a pirate? This is your chance! Hone your problem-solving and creative skills while treasure hunting through the seven seas and facing the dangers of life as a buccaneer. All Hand Hoy!

Neighbourhood Learning Centre - Activity Room 1 Engineering For Kids

Jul 19-23	M-F	1:00-4:00pm	\$153/5	97684
Aug 16-20	M-F	1:00-4:00pm	\$153/5	97685

ENGINEERING FOR KIDS - JUNIOR ROBOT ADVENTURES IN PROBLEM SOLVING PM 5-7 YRS

Junior Engineers assemble! The Ozobots need our help! They left to explore the world, but they're facing great challenges they can't overcome without you! To complete their adventures and return home safely, they need your creativity, teamwork and problem-solving skills. You're their only hope!

Neighbourhood Learning Centre - Activity Room 1 Engineering For Kids

Jul 26-30	M-F	1:00-4:00pm	\$153/5	97690
Aug 23-27	M-F	1:00-4:00pm	\$153/5	97692

GOLF

GOLF N GAMES 5-8 YRS

Learn how to swing, chip and putt in a fun, inclusive environment. Golf games and drills are complimented with exciting camp activities to ensure you have the best summer ever. Price includes golf balls and use of clubs if required. Indoor activity space is available in the event of inclement weather.

Henderson Recreation Centre

Jul 5-9	M-F	1:00-4:00pm	\$158/5	94651
Jul 19-23	M-F	1:00-4:00pm	\$158/5	94653
Aug 3-6	T-F	9:00am-12:00pm	\$127/4	94654
Aug 23-27	M-F	1:00-4:00pm	\$158/5	94657

CRAZY GOLF JUNIORS 7-12 YRS

This camp offers the perfect introduction to golf! Skills such as swinging, chipping and putting are complimented with exciting camp activities and games to ensure you have the best summer ever. Price includes golf balls and use of clubs if required. Indoor activity space is available in the event of inclement weather.

Henderson Recreation Centre

Aug 3-6	T-F	1:00-4:00pm	\$127/4	96194
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SPORTS

ELI PASQUALE BASKETBALL – MORNINGS

6–9 YRS

Eli Pasquale has been bringing basketball to the community since 1984! This camp provides you with Eli's classic half day program. Improve your 1-on-1 skills and develop offensive and defensive skills for 2-on-2, 3-on-3, and 5-on-5 team play.

Neighbourhood Learning Centre

Oak Bay High - Gymnasium		Eli Pasquale Group Inc.	
Jul 12–16	M–F	9:00am–12:00pm	\$146/5 100139
Aug 9–13	M–F	9:00am–12:00pm	\$146/5 100140

ELI PASQUALE BASKETBALL – AFTERNOONS

10–14 YRS

Eli Pasquale has been bringing basketball to the community since 1984! This camp provides you with Eli's classic half day program. Improve your 1-on-1 skills and develop offensive and defensive skills for 2-on-2, 3-on-3, and 5-on-5 team play.

Neighbourhood Learning Centre

Oak Bay High - Gymnasium		Eli Pasquale Group Inc.	
Jul 12–16	M–F	1:00–4:00pm	\$146/5 100137
Aug 9–13	M–F	1:00–4:00pm	\$146/5 100138

NHL PRE-SEASON CO-ED KIDS CAMP

5–8 YRS

Recreation Oak Bay's popular and well established Novice Hockey League (NHL), is proud to present its Summer Camp. This active half day camp for boys and girls offers 6 hours of on-ice hockey instruction. Skill development includes: skating, stick handling, passing, shooting, team play, and game play. Off-ice activities include fun in the Youth Centre, outdoor activities and cooperative team building games. Get a head start on the season and become familiar with the NHL's well established non-competitive, 'for the fun of the game' program. Full hockey gear is mandatory.

Prerequisite: Must be able skate the full ice end to end comfortably with some speed and stop.

Oak Bay Recreation Centre - Arena Lobby

Aug 16–20	M–F	9:00am–12:00pm	\$188/5 100181
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NHL PRE-SEASON CO-ED KIDS CAMP

8–14 YRS

Recreation Oak Bay's popular and well established Novice Hockey League (NHL), is proud to present its Summer Camp. This active half day camp for boys and girls offers 6 hours of on-ice hockey instruction. Skill development includes: skating, stick handling, passing, shooting, team play, and game play. Off-ice activities include fun in the Youth Centre, outdoor activities and cooperative team building games. Get a head start on the season and become familiar with the NHL's well established non-competitive, 'for the fun of the game' program. Full hockey gear is mandatory.

Prerequisite: Must be able skate the full ice end to end comfortably with some speed and stop.

Oak Bay Recreation Centre - Arena Lobby

Aug 16–20	M–F	9:00am–12:00pm	\$188/5 100183
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POWER UNLIMITED

ATOM REP PREP HOCKEY CAMP

9–11 YRS

Dennise Bowles of Power Unlimited brings years of experience to this half day hockey camp. Dennise has worked with Victoria's best hockey players helping them reach the BCJHL, WHL, NCAA, ECHL, AHL and NHL. Get ready for Rep tryouts and the upcoming hockey season. This program will work hard on player's balance, edges, skating, agility, and power on the ice. This half day camp is for Rep players only. It includes two hours and 45 minutes of ice a day with a snack break in between. Hard workers only please! Full hockey gear required.

Oak Bay Recreation Centre -

Arena Lobby

Power Unlimited

Aug 30–Sep 3	M–F	8:00–11:00am	\$330/5 103721
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POWER UNLIMITED PEEWEE/BANTAM REP PREP HOCKEY CAMP

11–14 YRS

Dennise Bowles of Power Unlimited brings years of experience to this half day hockey camp. Dennise has worked with Victoria's best hockey players helping them reach the BCJHL, WHL, NCAA, ECHL, AHL and NHL. Get ready for Rep tryouts and the upcoming hockey season. This program will work hard on player's balance, edges, skating, agility, and power on the ice. This half day camp is for Rep players only. It includes three hours of ice a day with a snack break in between. Hard workers only please! Full hockey gear required.

Oak Bay Recreation Centre -

Arena Lobby

Power Unlimited

Aug 30–Sep 3	M–F	12:00–3:15pm	\$360/5 103722
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SUPER SHOOTERS ICE HOCKEY CO-ED

8–14 YRS

The Super Shooters hockey program focus on all aspects of shooting and puck control (passing, deking, stick handling). Sessions will be devoted to teaching proper techniques for maximum power, pin-point accuracy and total puck control. Coaches will divide ice time between specific shooting, puck control instruction and shooting drills. Goalies are welcome on ice free of charge. No goalie instruction provided.

Oak Bay Recreation Centre - Arena

Aug 16–20	M–F	2:15–3:45pm	\$122/5 100191
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SOCCERTRON COED 1/2 DAY

6–13 YRS

Soccertron coaches are eager to help each young player improve their soccer skills while having fun at the same time! This program runs for five consecutive days, with each day's session being 3 hours long. During each session, there are themed skills that the coaches target for development. Children will be put into appropriate age groups and skill levels. Camp includes a t-shirt.

Neighbourhood Learning Centre -

Oak Bay High - Outside Turf

Elisco Enterprises Inc.

Jul 5–9	M–F	9:00am–12:00pm	\$164/5 100143
Jul 19–23	M–F	9:00am–12:00pm	\$164/5 100145
Aug 23–27	M–F	9:00am–12:00pm	\$164/5 100146
Aug 30–Sep 3	M–F	9:00am–12:00pm	\$164/5 100147

Windsor - Rugby Field

Elisco Enterprises Inc.

Jul 12–16	M–F	9:00am–12:00pm	\$164/5 100148
Jul 26–30	M–F	9:00am–12:00pm	\$164/5 100149
Aug 9–13	M–F	9:00am–12:00pm	\$164/5 100150
Aug 16–20	M–F	9:00am–12:00pm	\$164/5 100151

STREET HOCKEY CAMP

9 YRS+

Join your coaches for some fast paced street hockey action. Supervision and play for all levels provides fun for everyone playing. Each morning will include some coaching on rules, skill development, and team play. The camp will also include full end to end game action with an emphasis on fun!

Carnarvon - Lacrosse Box

Jul 12-16 M-F 9:00am-12:00pm \$102/5 100187

TENNIS AND SWIM CAMP

8-14 YRS

This half day camp will be perfect for those kids looking for a little taste and a lot of fun. Each week features up to 8 hours of tennis instruction. Each afternoon, kids choose whether to take a cool down swim or stay on with supervised play. Participants will be grouped according to age. Maximum eight per instructor during drills.

Oak Bay Recreation Centre - Tennis Bubble

Jul 5-9	M-F	12:45-4:00pm	\$117/5	100771
Jul 12-16	M-F	12:45-4:00pm	\$117/5	100772
Jul 19-23	M-F	12:45-4:00pm	\$117/5	100773
Jul 26-30	M-F	12:45-4:00pm	\$117/5	100774
Aug 3-6	T-F	12:45-4:00pm	\$94/4	100775
Aug 9-23	M-F	12:45-4:00pm	\$117/5	100776
Aug 16-20	M-F	12:45-4:00pm	\$117/5	100777
Aug 23-27	M-F	12:45-4:00pm	\$117/5	100778

Henderson - Outdoor Tennis Courts (Tennis only)

Jul 5-9	M-F	1:00-4:00pm	\$108/5	100780
Jul 12-16	M-F	1:00-4:00pm	\$108/5	100781
Jul 19-23	M-F	1:00-4:00pm	\$108/5	100783
Jul 26-30	M-F	1:00-4:00pm	\$108/5	100784
Aug 3-6	T-F	1:00-4:00pm	\$88/4	100785
Aug 9-23	M-F	1:00-4:00pm	\$108/5	100786
Aug 16-20	M-F	1:00-4:00pm	\$108/5	100787
Aug 23-27	M-F	1:00-4:00pm	\$108/5	100788

BADMINTON CAMP

6-14 YRS

Join Mary-Jo Randall, a NCCP Level 2 coach, and her assistants to learn basic badminton skills in unique ways. There will be time for tactics and strategies to help step up your game! Drills, skill instruction, and lots of variations of games are featured this week. Mary-Jo will introduce basics to the younger group, and reinforce the basics for the older group. This Badminton camp emphasizes the FUNdamentals of badminton as a sport for life, with fair play for all skill levels! Registration includes Badminton BC Membership.

Henderson Recreation Centre - Gymnasium Vancouver Island Badminton Excellence

AGES 6-10 YRS

Jul 5-9	M-F	1:00-4:00pm	\$150/5	96972
Aug 3-6	T-F	1:00-4:00pm	\$120/4	96973

AGES 11-14 YRS

Jul 5-9	M-F	1:00-4:00pm	\$150/5	96974
Aug 3-6	T-F	1:00-4:00pm	\$120/4	96975



AFTER CAMP CARE AVAILABLE.

See [page 24](#).



INFORMED CONSENT

Full Day Camps

AQUATICS

AQUA ADVENTURES CAMP 8-12 YRS

Aqua Adventures is back with an action-packed week of exciting water activities! Campers will dive in to fun at beaches and lakes, learn how to stand-up paddleboard and skim board, and go exploring by kayak! Please note: In extremely poor weather, alternate fun will be arranged.

Prerequisites: Campers must have passed Swim Kids Level 5 or equivalent and be eight years old by the first day of camp.

Oak Bay Recreation Centre - Discovery Room

Jul 5-9	M-F	8:45am-4:15pm	\$249/5	99416
Jul 12-16	M-F	8:45am-4:15pm	\$249/5	99417
Jul 19-23	M-F	8:45am-4:15pm	\$249/5	99418
Jul 26-30	M-F	8:45am-4:15pm	\$249/5	99419
Aug 3-6	T-F	8:45am-4:15pm	\$199/4	99420
Aug 9-13	M-F	8:45am-4:15pm	\$249/5	99421
Aug 16-20	M-F	8:45am-4:15pm	\$249/5	99422
Aug 23-27	M-F	8:45am-4:15pm	\$249/5	99423
Aug 30-Sep 3	M-F	8:45am-4:15pm	\$249/5	99425

LAKE HOPPERS CAMP 6-12 YRS

Did you know that there are over 100 lakes on Vancouver Island? Love swimming and exploring nature in the summer? Experience the best the lower Island has to offer with a different lakeside destination every single day! Campers will spend their days exploring, hiking, and splashing their way to fun.

Prerequisites: Campers must be six years old by the first day of camp to register for this camp and must have passed Swim Kids 1 or equivalent

Oak Bay Recreation Centre - Discovery Room

Aug 3-6	T-F	8:45am-4:15pm	\$190/4	99951
Aug 9-13	M-F	8:45am-4:15pm	\$239/5	99952
Aug 16-20	M-F	8:45am-4:15pm	\$239/5	99953
Aug 23-27	M-F	8:45am-4:15pm	\$239/5	99954
Aug 30-Sep 3	M-F	8:45am-4:15pm	\$239/5	99956

OCEAN EXPLORERS CAMP 6-10 YRS

Dive into an exciting week of ocean exploration! Campers will spend their days at nearby waterfronts discovering coastal habitats and underwater ecosystems. Explore the ocean by kayak, splash at local beaches, and play with friends to make this week an unforgettable adventure!

Prerequisites: Campers must be six years old by the first day of camp to register for this camp, be comfortable in the water, and must have passed Swim Kids 1 or equivalent

Oak Bay Recreation Centre - Discovery Room

Jul 5-9	M-F	8:45am-4:15pm	\$239/5	99957
Jul 12-16	M-F	8:45am-4:15pm	\$239/5	99958
Jul 19-23	M-F	8:45am-4:15pm	\$239/5	99959
Jul 26-30	M-F	8:45am-4:15pm	\$239/5	99960
Aug 3-6	T-F	8:45am-4:15pm	\$190/4	99961
Aug 9-13	M-F	8:45am-4:15pm	\$239/5	99962
Aug 16-20	M-F	8:45am-4:15pm	\$239/5	99963
Aug 23-27	M-F	8:45am-4:15pm	\$239/5	99964
Aug 30-Sep 3	M-F	8:45am-4:15pm	\$239/5	99965

SAILING CAMP

6-12 YRS

Ahoy, Matey! Children aged 6-12 years old will learn the basics of sailing from Sail Canada Certified coaches in a unique environment focusing on fun and boating safety. Launching, docking, steering, balancing, and propulsion are just some of the activities covered both on and off the water. This program will focus on creating confidence on-water while having fun in different styles of boats. Theme days, on-water games and activities will make learning to sail a blast!

Prerequisites: Campers must have passed Swim Kids Level 4 or equivalent and be 6 years old by the first day of camp.

Oak Bay Marina

Jul 5-9	M-F	8:45am-4:15pm	\$280/5	99436
Jul 12-16	M-F	8:45am-4:15pm	\$280/5	99437
Jul 19-23	M-F	8:45am-4:15pm	\$280/5	99438
Jul 26-30	M-F	8:45am-4:15pm	\$280/5	99439
Aug 2-6	M-F	8:45am-4:15pm	\$280/5	99440
Aug 9-13	M-F	8:45am-4:15pm	\$280/5	99441
Aug 16-20	M-F	8:45am-4:15pm	\$280/5	99442
Aug 23-27	M-F	8:45am-4:15pm	\$280/5	99443
Aug 30-Sep 3	M-F	8:45am-4:15pm	\$280/5	99444

FINE ARTS

ART IN NATURE

6-12 YRS

Art in Nature combines the wonderful outdoors with the beauty of art. Campers will make creations using the natural world, collecting materials from outside and turning them into beautiful art. This art camp will spend a little more time outside but still has all the regular fun games, an art show and more!

Neighbourhood Learning Centre - Activity Room 3

Jul 5-9	M-F	8:30am-4:30pm	\$265/5	98736
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SCHOOL OF ART

6-12 YRS

Welcome to the School of Art! This week you will experiment with painting, sketching, sculpture, colour, shape, and form. You will have lots of fun as you learn new techniques and try a variety of art mediums. You will also enjoy a variety of outdoor games throughout the week.

Neighbourhood Learning Centre - Activity Room 3

Jul 12-16	M-F	8:30am-4:30pm	\$265/5	98733
Aug 9-13	M-F	8:30am-4:30pm	\$265/5	98734

FUNKADELICS AND SPIRALS

6-12 YRS

Are you ready to get groovy? This funky camp is all about psychedelic designs and bright colours. Work on spiral art, tie dye, and much, much more. This camp is perfect for anyone looking to use all their creative juices! You will also have the opportunities to play outside, go on an out trip, and display your art.

Neighbourhood Learning Centre - Activity Room 3

Jul 19-23	M-F	8:30am-4:30pm	\$265/5	98741
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OCEAN ART

6-12 YRS

Let the Ocean be your inspiration this week at art camp! You will use a variety of Ocean inspired mediums including water colours, sand, shells, and rocks to create a variety of different art projects. Learn to make your own jellyfish, mermaids, and more during this undersea odyssey. You will also take a trip to the beach and play active outdoor games.

Neighbourhood Learning Centre - Activity Room 3

Jul 26-30	M-F	8:30am-4:30pm	\$265/5	98745
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RAINBOWS AND UNICORNS

6-12 YRS

Let your imagination and creativity shine at this sparkly new camp! Using a variety of materials you will create wonderfully whimsical art pieces while learning about colours, shapes, and forms. Create your own art using inspiration from nature and fairy tales. The creativity and possibilities for your week at camp include outdoor play and more!

Neighbourhood Learning Centre - Activity Room 3

Aug 3-6	T-F	8:30am-4:30pm	\$212/4	98728
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ART IMAGINARIUM

6-12 YRS

Let your imagination soar while experimenting with a variety of materials at Art Imaginarium! You will create unique projects while learning the basics of texture and colour. This fun, creative, and inventive environment will include drawing, sculpting, painting, and even creating your own picture book or comic. The creativity and possibilities for your week at camp include outdoor play and more!

Neighbourhood Learning Centre - Activity Room 3

Aug 16-20	M-F	8:30am-4:30pm	\$265/5	98735
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ARTSPLOSIONS

6-12 YRS

NEW! It's time to get messy at this art camp. Artsplotions will feature splatter painting, drip and splash techniques, among many other fun and messy art styles. Create your own Jackson Pollock at this camp and enjoy all the regular fun activities camps have to offer, like out trips and outdoor games!

Neighbourhood Learning Centre - Activity Room 3

Aug 23-27	M-F	8:30am-4:30pm	\$265/5	98744
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THEATRE CAMP

6-12 YRS

Explore the world of theatre with theatre games, improvisation, body work, character development, set creations, and vocal techniques. All activities will work towards the Friday performance based on a weekly theme. Your week will also include team building, and playing outdoors. Children must be able to read as they will be assigned a role in the performance.

Neighbourhood Learning Centre -

Oak Bay High - Drama Room

Jul 5-9	M-F	8:30am-4:30pm	\$251/5	98832
Aug 3-6	T-F	8:30am-4:30pm	\$201/4	98833
Aug 23-27	M-F	8:30am-4:30pm	\$251/5	98834

TRIPLE THREAT -

SING, ACT, DANCE


6-12 YRS

Become a performing arts Triple Threat! If you love to sing, dance, and act like a star, then this camp is for you! Refine your skills and work towards a performance on the final day. You will also enjoy many activities at camp including outdoor activities, and so much more.

Neighbourhood Learning Centre -

Oak Bay High - Drama Room

Jul 12-16	M-F	8:30am-4:30pm	\$251/5	98835
Jul 26-30	M-F	8:30am-4:30pm	\$251/5	98836

 **AFTER CAMP CARE AVAILABLE.**

See [page 24](#).

 **INFORMED CONSENT**

MINI MUSICAL THEATRE PM 5-8 YRS

Mini Musical Theatre camp is the perfect camp for young stars who love singing, acting, and dancing. Combine all your talents for a musical theatre production like no other! Throughout the week you will work on a script that includes acting and dance routines perfect for small stars with a big stage presence. Children must have completed Kindergarten to register.

Neighbourhood Learning Centre

Oak Bay High - Drama Room

Jul 19-23	M-F	8:30am-4:30pm	\$251/5	98837
Aug 9-13	M-F	8:30am-4:30pm	\$251/5	98838

MUSICAL THEATRE - CALLBACKS! PM 8-14 YRS

Are you ready for a call back? This theatre camp will include advanced dancing, singing, and acting techniques along with a focus on audition skills and even your own headshot. This is the perfect camp for the budding star with an interest in all things performing arts!

Neighbourhood Learning Centre

Oak Bay High - Drama Room

Aug 16-20	M-F	8:30am-4:30pm	\$251/5	98839
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DANCE CAMP PM 6-12 YRS

Explore the world of dance! This week you will learn the basics of dance and the FUNdamentals of different styles. You will be given opportunities to express yourself in various forms of dance throughout the week.

Neighbourhood Learning Centre

Oak Bay High - Dance Studio

Jul 5-9	M-F	8:30am-4:30pm	\$251/5	98694
Aug 3-6	T-F	8:30am-4:30pm	\$201/4	98695
Aug 23-27	M-F	8:30am-4:30pm	\$251/5	98696

TINY DANCERS PM 5-8 YRS

NEW! This introductory dance camp is perfect for your tiny dancer. Instructors will teach the basics of dance and help little ones explore the wonders of dancing. This camp's emphasis is on having fun and will include lots of games and outdoor time.

Neighbourhood Learning Centre -

Oak Bay High - Dance Studio

Jul 12-16	M-F	8:30am-4:30pm	\$251/5	98722
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DANCING THROUGH THE DECADES PM 6-12 YRS

This dance camp is all about the eras! Learn classic dance moves from throughout the decades. Each day you will have plenty of opportunities to practise your dance skills while also learning a new dance from each decade including the 80's and 90's and early 2000's.

Neighbourhood Learning Centre -

Oak Bay High - Dance Studio

Jul 19-23	M-F	8:30am-4:30pm	\$251/5	98698
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SO YOU THINK YOU CAN DANCE? PM 6-12 YRS

Whirl your week away during this special week of dance camp that includes an introduction to several dance styles, leading to small group performances and two group routines. You and your fellow dancers will be divided into teams and challenged to choreograph your own dance routines with the help of the leaders.

Neighbourhood Learning Centre -

Oak Bay High - Dance Studio

Jul 26-30	M-F	8:30am-4:30pm	\$251/5	98709
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STYLE AND STEP PM 8-14 YRS

NEW! This dance camp is perfect for the budding star. Instructors will include advanced techniques throughout the week and work collaboratively with campers to choreograph dances with lots of style! The show at the end of the week is sure to be a hit. Previous dance experience is recommended for this camp.

Neighbourhood Learning Centre -

Oak Bay High - Dance Studio

Aug 9-13	M-F	8:30am-4:30pm	\$251/5	98705
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SUMMERTIME HITS DANCE CAMP PM 6-12 YRS

Start the summer off dancing to the latest summertime dance hits with your friends. This week at camp you will learn new dance moves from music videos, enjoy classic beach tunes, and learn the newest summertime dance craze. Be prepared for a week of dancing, playing outside, walking out trips to the beach, and so much more!

Neighbourhood Learning Centre -

Oak Bay High - Dance Studio

Aug 16-20	M-F	8:30am-4:30pm	\$251/5	98699
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SPECIALTY CAMPS

BYTE CAMP - 3D ANIMATION 11-14 YRS

Dreaming of a career with PIXAR? Ever wonder how those awesome 3D animated movies like Shrek, Toy Story and Frozen are made? Spend the week learning how by modeling, animating and telling your own stories in 3D. You will use Blender, a wonderful (and free!) 3D software, to design characters that jump off the screen and then make them come alive by adding voices, soundtracks and completing your own animated short film. Final projects are usually group projects with each student contributing a character and a scene.

Windsor Pavilion - Rotary Hall

Byte Camp Education Society

Jun 28-Jul 2	M-W, F	9:00am-4:00pm	\$330/4	97060
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BYTE CAMP - 2D TABLET ANIMATION 9-12 YRS

Turn your drawing skills into awesome animation skills on our tablets! We'll show you how to make beautiful animations as wild as your imagination. Participants will learn to storyboard and use some advanced animation skills to make their characters really come alive on the screen. Principles like Squash and Stretch, Anticipation and Exaggeration will be introduced in fun lessons and students will produce their own animated short films by the end of the week.

Windsor Pavilion - Rotary Hall

Byte Camp Education Society

Jul 5-9	M-F	9:00am-4:00pm	\$385/5	97079
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PM AFTER CAMP CARE AVAILABLE.

See [page 24](#).

BYTE CAMP - INTRODUCTION TO CODING 9-12 YRS

Discover how much fun it is to build your own game! Students will be introduced to basic coding skills with easy to use drag-and-drop software, and get to use those skills to make their very own games. Students will also 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 take home on USB or proudly share with friends online.

Windsor Pavilion - Rotary Hall

Byte Camp Education Society

Jul 26-30 M-F 9:00am-4:00pm \$385/5 96980

BYTE CAMP - MUSIC VIDEO PRODUCTION 9-12 YRS

Make your own music and music video! Camp time will be split between digital music composition, video filming, and editing. Use amazing software tools to craft your very own song from scratch. We will show you the basics on beats, baselines, chords, and melodies so that your song will sound awesome. Experiment with video, special effects, and editing techniques to make the video as cool as your tune.

Windsor Pavilion - Rotary Hall

Byte Camp Education Society

Aug 3-6 T-F 9:00am-4:00pm \$330/4 97075

BYTE CAMP - 2D VIDEO GAME DESIGN 11-14 YRS

Learn how to build an HTML5 game from the ground up using awesome free tools. This is a coding camp, so be prepared to challenge yourself and learn some new skills. Time will be spent learning how to create advanced 2D vector artwork and animated character sprites to make your game look great. The final project is a game you can take home on USB or proudly share with friends online. No previous experience is required however Byte Camp's Introduction to Coding is recommended.

Windsor Pavilion - Rotary Hall

Byte Camp Education Society

Aug 9-13 M-F 9:00am-4:00pm \$385/5 97062

BYTE CAMP - CLAYMATION MOVIE PRODUCTION 9-12 YRS

Make your own clay characters come to life, just like Shaun the Sheep! Participants will work with a partner 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. Do not worry parents, there will be plenty of time devoted to outdoor games and activities!

Windsor Pavilion - Rotary Hall

Byte Camp Education Society

Aug 16-20 M-F 9:00am-4:00pm \$385/5 97083

BYTE CAMP - INTRODUCTION TO CODING LEVEL 2 9-12 YRS

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 take home on USB or proudly share with friends online. Previous coding experience in Scratch or Byte Camp's - Intro to Coding is recommended as a prerequisite!

Windsor Pavilion - Rotary Hall

Byte Camp Education Society

Aug 23-Aug 27 M-F 9:00am-4:00pm \$385/5 97053

BYTE CAMP - BUILD AN APP 11-14 YRS

Learn how to design, code, test, and deploy your very own app! Use the GPS, accelerometer, or anything else you can think of to build your app from scratch. This is a coding camp, so be prepared to challenge yourself and learn some new skills. Each day a new project is introduced and students are taken through the steps of understanding and working with the new code ideas. Students will get to work on their own project ideas on the final two days. They may use their own mobile devices to develop and test on, or use ours. No previous experience is required, however Byte Camp's 2D Video Game Design is recommended.

Windsor Pavilion - Rotary Hall

Byte Camp Education Society

Aug 30-Sep 3 M-F 9:00am-4:00pm \$385/5 97064

ECOQUEST EARTH SCIENCE 7-11 YRS

Come and experience the beautiful ecology that surrounds us! In this full day camp, participants will be involved in activities and adventures that will connect them to the natural environment. The program will consist of science experiments, co-operative games and plenty of outdoor adventures, including a day of kayaking. Participants will have the opportunity to visit the ocean and participate in a variety of activities that allow participants to discover the magnificent British Columbian coast. See www.ecoquestadventures.com for more complete information. Please note that Kayaking is dependent on the weather as your safety is paramount!

Henderson - Kiwanis Playground Richardson Sport

Jul 5-9 M-F 9:00am-3:00pm \$294/5 98124

Jul 12-16 M-F 9:00am-3:00pm \$294/5 98125

Jul 26-30 M-F 9:00am-3:00pm \$294/5 98126

Aug 16-20 M-F 9:00am-3:00pm \$294/5 98127

FILM MAKING 9-15 YRS

NEW! Action, adventure, comedy and suspense await the imagination and creativity of your youngest filmmaker this summer. Using our equipment and under the guidance of a master filmmaker, your child will learn to storyboard, develop a script, understand cinematography, edit, and add special effects, music and titles. The final result... a blockbuster to enjoy on the big screen with family and friends.

Windsor Pavilion - Meeting Room 1 & 2 Film In A Box

Jul 5-9 M-F 9:00am-4:00pm \$280/5 97820

Jul 26-30 M-F 9:00am-4:00pm \$280/5 97821

LEGO STOP MOTION ANIMATION 7-13 YRS

NEW! Bring your Lego, action figures and toys to life in our Stop Motion Animation workshop. Using our equipment, your toys and the guidance of a master filmmaker, your young filmmaker will learn all about the art of stop motion animation. They'll learn to storyboard, set design, develop a script, create camera angles, edit, and add special effects, music and titles. The final result... a stop motion blockbuster to enjoy on the big screen with family and friends.

Windsor Pavilion - Meeting Room 1 & 2 Film In A Box

Jul 12-16 M-F 9:00am-4:00pm \$280/5 97824

Aug 23-27 M-F 9:00am-4:00pm \$280/5 97825

GOLF

GOLF N SPORTS

7-12 YRS

This week features the best of all worlds - golf, walking out-trips and activities! Each day you work on developing your golf game through skills, drills and course play and then embark on fun games and activities including adventures to local parks and beaches. Price includes golf balls and use of clubs if required.

Henderson Recreation Centre

Jul 12-16	M-F	9:00am-4:30pm	\$249/5	94659
Jul 26-30	M-F	9:00am-4:30pm	\$249/5	94660
Aug 9-13	M-F	9:00am-4:30pm	\$249/5	94665
Aug 16-20	M-F	9:00am-4:30pm	\$249/5	94666
Aug 30-Sep 3	M-F	9:00am-4:30pm	\$249/5	94667

GRAND SLAM GOLF AND TENNIS

7-12 YRS

Grand Slam Golf and Tennis (G/S) is an exciting way for juniors to be introduced to the sports. Each sport has colourful modified equipment and targets. Coupled with exciting team games and group lessons, makes G/S the most enjoyable way for young athletes to learn. Delivered by CPGA members and Tennis Canada instructors, G/S assures proper technique and quality instruction taught in an easy to understand way. Learning while having fun makes Grand Slam the ultimate in junior athlete development. This camp runs on July 1st.

Henderson Recreation Centre - Grand Slam Golf And Tennis

Jun 28-July 2	M-F	9:30am-3:00pm	\$209/5	96195
Aug 30-Sep 3	M-F	9:30am-3:00pm	\$209/5	96196

SPORTS

FLOOR HOCKEY AND SOCCER

7-12 YRS

This week features a combination of floor hockey and soccer. Each day you work on developing your floor hockey and soccer skills through drills, game play, and other outdoor activities.

Henderson Recreation Centre - Gymnasium

Jul 5-9	M-F	9:00am-4:30pm	\$245/5	98032
Aug 3-6	T-F	9:00am-4:30pm	\$196/4	98034
Aug 30-Sep 3	M-F	9:00am-4:30pm	\$245/5	98035

SPORTS OF ALL SORTS

6-12 YRS

Learn the FUNDamentals of sport! At this camp, instructors introduce you to new sports through drills, games, and teamwork activities with an emphasis on fun and fair play. Through the week you will try your hand at a variety of sports such as floor hockey, soccer, baseball, badminton, volleyball, cooperative games and more!

Henderson Recreation Centre - Gymnasium

Jul 12-16	M-F	9:00am-4:30pm	\$245/5	98096
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ELI PASQUALE BASKETBALL

7-14 YRS

Eli Pasquale has been bringing basketball to the community since 1984! This summer you have the choice of a half day camp or a full day camp. This camp provides you with Eli's classic half day program; plus, as a full day camper, you will learn Eli's Guard Series and Miracle Circuit. Improve your 1-on-1 skills and develop offensive and defensive skills for 2-on-2, 3-on-3 and 5-on-5 team play.

Neighbourhood Learning Centre -

Oak Bay High - Gymnasium Eli Pasquale Group Inc.

Jul 12-16	M-F	9:00am-4:00pm	\$238/5	100141
Aug 9-13	M-F	9:00am-4:00pm	\$238/5	100142

RICHARDSON SPORT CAMP

6-9 YRS

Richardson Sport camps give you a positive first interaction with sports. Acquire skills in hockey, baseball, soccer, volleyball, baseball, rugby, lacrosse, golf, basketball, and football in a safe, structured environment that focuses on building self-esteem. NCCP coaches will teach games and activities designed to allow you to explore agility, timing, balance, movement, hand/eye coordination, and skill development tailored to individual skill level.

Windsor - Soccer Field

Jul 19-23	M-F	9:00am-3:00pm	\$296/5	98184
Jul 26-30	M-F	9:00am-3:00pm	\$296/5	98185
Aug 16-20	M-F	9:00am-3:00pm	\$296/5	98186
Aug 23-27	M-F	9:00am-3:00pm	\$296/5	98187

Richardson Sport

NINJAS AND WARRIORS

6-12 YRS

Learn the ways of the Oak Bay Ninja Warrior at this active week of camp. Challenge yourself on a variety of obstacle courses, learn some cool rolling and flipping moves, take time to meditate and even practise some flexibility training at this new exciting camp. Be prepared for stealth ninja missions and lots of active play. You will also visit local playgrounds during the course of this week.

Henderson Recreation Centre - Gymnasium

Jul 26-30	M-F	9:00am-4:30pm	\$245/5	98003
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DODGEBALL AND SPORTS

6-12 YRS

Come play your favourite variations of dodgeball along with a variety of different sports. This will be a week full of active team games to get you moving. You are sure to have a ball! Each day will be spent playing field and gym games along with all sorts of activities.

Henderson Recreation Centre - Gymnasium

Aug 16-20	M-F	9:00am-4:30pm	\$245/5	98041
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OAK BAY OLYMPICS

6-12 YRS

Training, dedication and hard work, that is what gets you to the top! This camp will adapt Olympic and Paralympic sports into fun daily challenges. Take part in classic events and new ones like goal ball, handball, and much more!

Henderson Recreation Centre - Gymnasium

Aug 23-27	M-F	9:00am-4:30pm	\$245/5	98043
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SOCCERTRON CO-ED

7-14 YRS

There is no better start to the season than a full week at Soccertron to prepare players for those important pre-season practices and try-outs. Emphasis is on improving individual skills and developing techniques such as communication, defensive, and offensive play. This camp is coached by Soccertron coaches. Children will be put into appropriate age groups and skill levels. Camp includes a T-shirt. Please remember sunscreen, hat, snack, lunch and water bottle.

Neighbourhood Learning Centre

Oak Bay High - Outside Turf

Elisco Enterprises Inc.

Jul 5-9	M-F	9:00am-4:00pm	\$256/5	100157
Jul 19-23	M-F	9:00am-4:00pm	\$256/5	100159
Aug 23-27	M-F	9:00am-4:00pm	\$256/5	100161
Aug 30-Sep 3	M-F	9:00am-4:00pm	\$256/5	100162

Windsor - Rugby Field

Elisco Enterprises Inc.

Jul 12-16	M-F	9:00am-4:00pm	\$256/5	100163
Jul 26-30	M-F	9:00am-4:00pm	\$256/5	100164
Aug 9-13	M-F	9:00am-4:00pm	\$256/5	100165
Aug 16-20	M-F	9:00am-4:00pm	\$256/5	100166

SUMMER IN THE PARKS

6-10 YRS

Have a blast at this fun and affordable outdoor-based weekly camp that includes walking trips to local parks, games, craft projects, theme activities, water park play, and a trip to the beach! In case of inclement weather, a covered space will be available for use as well as a regular room for afternoons. Children must have completed Kindergarten to register for this camp. Please bring your hat, sunscreen, and water bottle for this active outdoor camp!

ALL SUMMER IN THE PARK CAMPS ARE LOCATED AT WINDSOR PARK SHELTER.

SUMMER IN THE PARKS - SUMMER SIZZLE

Beat the heat in this sizzling summer camp scorcher! This week you will enjoy games and activities with friends in the water park, on the slip 'n slide, and at the beach! Have fun in the sun, swelter in the sand and wallow in the water. Summer will be over before you know it!

Jun 28-Jul 2 M-W, F 8:30am-4:30pm \$121/4 98614

SUMMER IN THE PARKS - COAST TO COAST

This week you celebrate your country with a journey from coast to coast, exploring all the different traditions, landscapes, and pastimes Canada has to offer! Remember to wear your red and white all week long!

Jul 5-9 M-F 8:30am-4:30pm \$152/5 98606

SUMMER IN THE PARKS - INTO THE WILDS

This camp is Wild! Go on an adventure each day with a different theme to learn about wild animals. You will be bugging out, have a predatory party, and enjoy a shark-tastic day. There will be a little bit of learning and a whole lot of animal adventures every day!

Jul 12-16 M-F 8:30am-4:30pm \$152/5 98620

SUMMER IN THE PARKS - MYSTERIES, MAPS AND RIDDLES

Gather the evidence, follow the clues, then put all the pieces together to discover who did it - and help to solve a number of fun mysteries along the way! If you like mysteries, solving puzzles, and making treasure maps, this is the camp for you!

Jul 19-23 M-F 8:30am-4:30pm \$152/5 98623

SUMMER IN THE PARKS - OUTDOOR CREATIONS

There are so many possibilities when you play outside! This is the perfect opportunity to enjoy unstructured and creative free play time outside and at the local parks. See what you can create in the sand on your walk to the beach, venture out to find supplies for nature crafts, and join your friends in making an outdoor obstacle course this week at camp.

Jul 26-30 M-F 8:30am-4:30pm \$152/5 98599

SUMMER IN THE PARKS - WEST COAST WONDERS

Explore the wonders of the West Coast right outside your back door. Venture to the beach, enjoy mini hikes to special locations, spot wildlife and discover all the natural wonders our beautiful city has to offer. This week includes your favourite outdoor games, crafts and more.

Aug 3-6 T-F 8:30am-4:30pm \$121/4 98603

SUMMER IN THE PARKS - SPLASHIN' AND DASHIN'

Dash around to all the best spots to cool off in Oak Bay, this camp will enjoy dipping their toes in the ocean, checking out tide pools, and splashing in the water park! Campers will also get to play fun water games and lots of active play.

Aug 9-13 M-F 8:30am-4:30pm \$152/5 98608

SUMMER IN THE PARKS - PARK HOPPERS

Ready for a playground crawl? In this camp the mission is simple, get to as many parks and playgrounds as possible! Groups will hop around town, on foot, to find the best slides, green spaces, and monkey bars!

Aug 16-20 M-F 8:30am-4:30pm \$152/5 98610

SUMMER IN THE PARKS - UNDERCOVER AND IN DISGUISE

Being undercover was never so much fun! From tip-toeing like ninjas to sneaking like spies, this week you get to decipher the codes and collect the clues to your quest as you venture forth on a mysterious journey of who's who and "who done it?"

Aug 23-27 M-F 8:30am-4:30pm \$152/5 98627

SUMMER IN THE PARKS - FINAL DAYS OF SUMMER

Try to soak up the final days of summer in this camp. One last trip to the beach! This camp will highlight all the best activities from the summer. Use up all the craft supplies and summer creativity to create one final send off to summer.

Aug 30-Sep 3 M-F 8:30am-4:30pm \$152/5 98613

TENNIS

TENNIS AND SWIM CAMP PM 8-14 YRS

This day camp will be perfect for those kids looking for a little taste and a lot of fun. Each week features up to 18 hours of tennis instruction complemented by supervised play. Each afternoon, kids choose whether to take a cool down swim or stay on with supervised play. Participants will be grouped according to age. Maximum eight per instructor during drills.

Oak Bay Recreation Centre Tennis Bubble

Jul 5-9	M-F	8:30am-4:00pm	\$265/5	100643
Jul 12-16	M-F	8:30am-4:00pm	\$265/5	100644
Jul 19-23	M-F	8:30am-4:00pm	\$265/5	100645
Jul 26-30	M-F	8:30am-4:00pm	\$265/5	100646
Aug 3-6	T-F	8:30am-4:00pm	\$213/4	100647
Aug 9-13	M-F	8:30am-4:00pm	\$265/5	100648
Aug 16-20	M-F	8:30am-4:00pm	\$265/5	100650
Aug 23-27	M-F	8:30am-4:00pm	\$265/5	100651

THEME

FRIENDSHIP FUN PM 5-8 YRS

NEW! Friendship Fun is for everyone! In this camp you will get the chance to send a positive message and work on community minded projects that focus on positivity. Crafts and activities will give children a chance to pass on compliments and nice messages. All the fun of camp is here with lots of opportunities to make new friends while playing outside and going on out trips. Must have completed Kindergarten to register.

Neighbourhood Learning Centre - Rainforest Room
Jul 5-9 M-F 8:30am-4:30pm \$251/5 98887

SPACE IS THE PLACE PM 5-8 YRS

NEW! 3, 2, 1, blast off! Your space mission awaits. Build rocket ships, play games in low gravity, and try all sorts of cool space experiments. This camp will include lots of outside time, out trips, active games, and crafts! Children must have completed kindergarten to register.

Neighbourhood Learning Centre - Rainforest Room
Jul 12-16 M-F 8:30am-4:30pm \$251/5 98842

GLITZ AND GLAM PM 5-8 YRS

Are you a future fashionista? In this glamorous, action packed week of fun, you will enjoy making jewellery, popsicles, bath fizzes, and other glitzy crafts. Throughout the week you will go on out trips, play beach games, and so much more! You will conclude the week by planning and performing your very own fashion show! Children must have completed Kindergarten to register.

Neighbourhood Learning Centre - Rainforest Room
Jul 19-23 M-F 8:30am-4:30pm \$251/5 98897

PIKACHU AND YOU PM 5-8 YRS

Get your Pokedex ready as you explore the world of Pokémon! Learn all the Pokémon strengths, create your own Pokémon to train, and help Pikachu search for his elusive cousin Bowkerchu! Each day you will use cunning and strategy in a fierce Pokémon battle. No need to bring your own Pokémon, you are supplied with camp Pokémon game cards that will be returned each day. Enjoy this week full of outdoor games and walking out trips. Children must have completed Kindergarten to register.

Neighbourhood Learning Centre - Rainforest Room
Jul 26-30 M-F 8:30am-4:30pm \$251/5 98844

LEGO BUILDERS PM 5-8 YRS

Do you like LEGO, building, and creative play? This week is packed full with all the building blocks to fun! Spend the week using LEGO, wooden blocks, cardboard, and as many tools and supplies that can be found to create as many different structures, mazes, and animals you can imagine. Games and walking out trips are also included in this week's activities. Children must have completed Kindergarten to register for this program.

Neighbourhood Learning Centre - Rainforest Room
Aug 3-6 T-F 8:30am-4:30pm \$201/4 98898

LIL' SCIENTISTS PM 5-8 YRS

This week is packed full of science games and experiments for young curious scientists. We'll mix, measure and stir our way through chemical reactions, experiments with colour, and try our hand at some kitchen 'magic'! Active games and walking out trips are also included in this week's activities. Children must have completed Kindergarten to register in this camp.

Neighbourhood Learning Centre - Rainforest Room
Aug 9-13 M-F 8:30am-4:30pm \$251/5 98965

JEDI JOURNEY PM 5-8 YRS

Young Star Wars fans will love this camp! Start out your week as a Padawan Learner and then join forces against the empire while you practice your individual and group Jedi skills to be worthy of the title Jedi Master. As a Padawan you will use the force within to conquer challenges such as obstacle courses, team building games, and out trips to Tatooine and the Forest Moon of Endor! Children must have completed Kindergarten to register.

Neighbourhood Learning Centre - Rainforest Room
Aug 16-20 M-F 8:30am-4:30pm \$251/5 98841

ANIMAL PLANET PM 5-8 YRS

NEW! Calling all animal lovers. Go on a safari tour, visit the Galapagos islands, and go swimming with dolphins! Just kidding, but this camp will focus on all things animals with tons of fun crafts and activities. Out trips will include chances to see local wildlife and games and activities will all be about animals. Children must have completed Kindergarten to register.

Neighbourhood Learning Centre - Rainforest Room
Aug 23-27 M-F 8:30am-4:30pm \$251/5 98966

SCIENCE KIDS PM 6-12 YRS

This week is packed full of science games and experiments for young curious scientists. You will mix, measure, and stir your way through chemical reactions, experiments with colour, and kitchen "magic!". Active games and walking out trips are also included in this week's activities.

Neighbourhood Learning Centre - Activity Room 2
Jun 28-Jul 2 M, W-F 8:30am-4:30pm \$201/4 97853

KINDNESS KIDS PM 6-12 YRS

This camp is all about giving back to the community. Work on projects that show you care, think of cool ideas to help our community and send a positive message. This is the perfect camp for kids who want to give back and focuses on community minded projects while including all the fun of camp.

Neighbourhood Learning Centre - Activity Room 2
Jul 5-9 M-F 8:30am-4:30pm \$251/5 97885

OUTDOOR ADVENTURES PM 6-12 YRS

This week, fresh air is your fuel! Each day you will set off on a different outdoor adventure in and around Oak Bay to discover the natural wonders outside. Activities will include: hiking, exploring local trails and parks, nature crafts and more. Don't miss out on this amazing camp that is full of excitement and discovery!

Neighbourhood Learning Centre - Activity Room 2
Jul 12-16 M-F 8:30am-4:30pm \$251/5 97989

PM AFTER CAMP CARE AVAILABLE.

See [page 24](#).

BEACHCOMBERS ^{PM}

6-12 YRS

Are you an active beach lover? You will love this camp! Join our camp leaders in exploring and discovering all the wonders to be found at some of the best local beaches. Each day will include a trip to a local beach, where you will enjoy sand activities, beach games, scavenger hunts, and more! This camp is primarily outdoors so you should come prepared for lots of outdoor exploring.

Neighbourhood Learning Centre - Activity Room 2

Jul 19-23	M-F	8:30am-4:30pm	\$251/5	97990
Aug 16-20	M-F	8:30am-4:30pm	\$251/5	97993

GO GREEN GO ^{PM}

6-12 YRS

This nature focused camp is all about sustainability! Visit the Compost Education Centre, pick your own fruit, learn about how we can give back to the earth, and work on crafts made from recyclable materials! Enjoy this week full of outdoor games and an out trip.

Neighbourhood Learning Centre - Activity Room 2

Jul 26-30	M-F	8:30am-4:30pm	\$251/5	97887
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SPY VS. SPY ^{PM}

6-12 YRS

Something is amiss in Oak Bay! Your mission, should you choose to accept it, is to investigate the parks and beaches to collect confidential clues, all the while keeping an eye out for double agents in a thrilling week of secrecy, espionage, and adventure! This message will self-destruct in 30 seconds...

Neighbourhood Learning Centre - Activity Room 2

Aug 9-13	M-F	8:30am-4:30pm	\$251/5	97844
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FRENCH CAMP ^{PM}

6-12 YRS

Bienvenue à Camp Français! Come enjoy all the fun camp has to offer, but in French. This is a great opportunity for a refresher in French with school right around the corner. Go on out trips, play games, and spend time outside all while practicing French! This is not a francophone camp.

Neighbourhood Learning Centre - Activity Room 2

Aug 23-27	M-F	8:30am-4:30pm	\$251/5	97994
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FORTS, FLAGS AND FORCES

6-12 YRS

It is all about forts, flags, and forces this week as you and your team head out to explore, build forts, play capture the flag, and join forces in a game of camouflage. Construct mini forts out of a variety of materials including Lego, twigs, leaves, twine, and glue at this fun and creative theme camp! Lots of outside time and out trips are included in your week of fun!

Henderson Recreation Centre - Quail Room

Jun 28-Jul 2	M-F	8:30am-4:30pm	\$201/4	98823
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STAR WARS

6-12 YRS

The "Force" is with you this week as you take part in Jedi training school! Young Padawans will participate in lightsaber practice, create x-wing models, communicate with aliens, travel across the galaxy, and so much more! Themed activities and outdoor games will be featured in your week of fun.

Henderson Recreation Centre - Quail Room

Jul 5-9	M-F	8:30am-4:30pm	\$251/5	98816
Aug 9-13	M-F	8:30am-4:30pm	\$251/5	98817

HOGWARTS EXPRESS

6-12 YRS

Leave the world of muggles and enter the adventures of Hogwarts School! Your weekly lessons will include magic and potions class, Harry and friends' trivia, house challenges, Quidditch matches and outdoor games! Do not miss your chance to attend this extraordinary week!

Henderson Recreation Centre - Quail Room

Jul 12-16	M-F	8:30am-4:30pm	\$251/5	98808
Aug 3-6	T-F	8:30am-4:30pm	\$201/4	98810
Aug 23-27	M-F	8:30am-4:30pm	\$251/5	98812

AVENGERS ASSEMBLE

6-12 YRS

The universe needs saving and this is the camp to do it! Form your own squad of Avengers and search for the infinity stones. You will need to build armor like Ironman, smash like the Hulk and swing your hammer like Thor. Go on out trips across the universe looking for danger and work together to save the day.

Henderson Recreation Centre - Quail Room

Jul 19-23	M-F	8:30am-4:30pm	\$251/5	98813
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CREEPERS AND CREATIONS

6-12 YRS

Create and explore in this interactive camp that brings Minecraft to life! Enter creative mode to design buildings, maze and structures. Get ready for some thrills with Minecart racing. Avoid the creepers and zombies during survival mode tag. Along the way you will find new items to build and play with your friends. This camp goes on a field trip and spends time outside playing active games.

Henderson Recreation Centre - Quail Room

Jul 26-30	M-F	8:30am-4:30pm	\$251/5	98818
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HILLS AND HIKEs

6-12 YRS

NEW! Looking for a challenge? This rewarding camp is all about hills and hikes. Ascend Mt. Doug, check out Mt. Tolmie and explore Mystic Vale, all while having fun and playing games. This camp will be a bit more of a challenge with some serious hikes, so come prepared! All the regular fun of camp, like active games and crafts, will be included.

Henderson Recreation Centre - Quail Room

Aug 16-20	M-F	8:30am-4:30pm	\$251/5	98819
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“ NOTICE ”

PUBLIC HEALTH ORDER (PHO)

All programs and services offered by Oak Bay Parks, Recreation and Culture are subject to changes based on the status of the Provincial Health Orders.

^{PM} AFTER CAMP CARE AVAILABLE.

See [page 24](#).



Playtime and Other Popular Fitness Programs

Due to the COVID-19 pandemic there are programs we are unable to offer at this time. We apologize for any inconvenience and hope we can offer these programs for you soon.

Please check back on our website for more opening information at Recreation.OakBay.ca

Youth Fitness Orientations

This 2 hour orientation will provide youth, ages 13–16, with an introduction to safe use of the weight room. Etiquette and basic workout parameters will be covered. Upon completion of this course, participants will be permitted access to many of Greater Victoria's weight rooms.

See [page 18](#) for more information

COVID-19 Fitness Protocol Summary

- Participants will be screened upon registration and/or when they arrive for classes or fitness studio sessions.
- Participant capacity for fitness programs has changed due to physical distancing guidelines. Please remain 2 meters apart from others at all times.
- Equipment which may not be sanitized will not be available in fitness programs. Instructors will focus on body weight exercise, dumbbell exercises, and mat work in their programming.
- Depending on your program, you may be asked to bring your own mat. If you do not own a mat, a vinyl mat will be provided for you.
- You will be required to clean each piece of equipment you use. We will provide disinfectant spray bottles and paper towel that is safe for you to use.
- High touch points and high traffic areas will be cleaned between classes and throughout operating hours.
- Please arrive dressed to workout, change rooms and showers will be not be available.
- Please limit what you bring with you to the Fitness Studios and classes. Only small cubbies will be available to store your items. Lockers will not be available.
- Masks are mandatory when entering, and leaving the building, going to or from classes and moving to and from pieces of fitness equipment. Masks may be removed while exercising.

Spring Fitness Class Schedule

(May 3–June 20, 2021. Classes do not run on Statutory Holidays)

Henderson Recreation Centre

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Indoor Cycling 7:15–8:00am		Indoor Cycling 7:15–8:00am		Indoor Cycling 7:15–8:00am		
Jazzercise* 8:00–9:00am		Jazzercise* 8:00–9:00am		Jazzercise* 8:00–9:00am	Fitness Fusion 8:15–9:15am	Fitness Fusion 8:15–9:15am
Fitness Fusion 9:15–10:15am		Fitness Fusion 9:15–10:15am		Fitness Fusion 9:15–10:15am	Indoor Cycling 8:30–9:15am	Jazzercise* 9:30–10:30am
Fitness Fusion 5:30–6:30pm	Jazzercise* 5:30–6:30pm	Fitness Fusion 5:30–6:30pm	Jazzercise* 5:30–6:30pm			
Indoor Cycling 7:15–8:00pm	Indoor Cycling 5:45–6:30pm	Indoor Cycling 7:15–8:00pm	Indoor Cycling 5:45–6:30pm		Gymnasium closed June 21–27 for maintenance.	

Monterey Recreation Centre, Garry Oak Room

Jazzercise* Low Impact 5:00–6:00pm		Jazzercise* Low Impact 5:00–6:00pm			Jazzercise* Low Impact 9:30–10:30am	
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Fitness Class Information

FITNESS FUSION:

Need a new challenge? Join Fitness Fusion for a low impact, full body toning and strengthening workout using a variety of equipment including bands, weights, body bars, and balls. Improve core, strength, stability and leave feeling stronger and leaner. Classes are held in a 7,800 square foot gymnasium with all levels of fitness welcomed.

CYCLING SESSIONS:

Looking to use an indoor cycle? Check out our new Individual Cycle Session at Henderson, available for 1 hour solo-cycle timeslots! Register the same way as a Fitness Studio Session – look for “Individual Cycle Session” under Fitness Studio Sessions at Henderson Recreation Centre. Please note this is not an instructed class.

Fitness Studio Sessions at Oak Bay and Henderson Recreation Centres

Good news, you can now register online in advance for your workout at the Oak Bay and Henderson Fitness Studios! Workout times are available in 1.5 hour time slots Monday–Sunday. Please follow the steps on the next page to select a time that works for you and secure your spot. Registration is available up to 1 week in advance. At this time we are unable to accommodate any drop-ins and you must register in advance to gain access to the Fitness Studio at Oak Bay or Henderson.

For more information please contact the Fitness Programmer, 250-370-7117, or Reception, 250-595-7946.

SEMI-PRIVATE FITNESS AT MONTEREY

Monterey Recreation Centre has Recumbent Bike and Treadmill sessions for Adults 60+. See more on page 74 or call Monterey Reception at 250-370-7300



COME AND GIVE JAZZERCISE A TRY!

Join us for Low Impact/Low Intensity classes with more focus on stretching and strengthening. Call Jazzercise for more information at 250-580-5299 or jazzerciseoakbay.com.

***Registration is through Jazzercise.**



How to Register Online for Fitness Classes, Fitness Studio Sessions, and Indoor Cycling

1. Ensure your Oak Bay online account and login is set up and your birthdate is accurate. If you do not have an online account, Call Reception at 250-595-7946 to set one up.
2. Login with username and password at:
oakbayrec.perfectmind.com
3. Click the **Schedule** Button near the top left of the screen.
4. Click **Fitness Studio Sessions** or **Group Fitness Classes** under the Fitness and Wellness menu.
5. Select date and the time slot/class you would like to attend and click **REGISTER**.

NOTE: All sessions are available for viewing online however, registration opens each week at 10:00am Monday for the following week. Register online and over the phone for the Fitness Studio Session time, Indoor Cycle and Total Body Training.

6. On the next screen, click **REGISTER** a 2nd time.
7. Select the person to register in the session and click **NEXT**.
8. Select your method of payment.
9. Follow instructions on screen and complete registration.
10. Registrants should not arrive earlier than five minutes before their session start time. Please line up in near the cubbies in the Fitness Studio at Oak Bay Recreation Centre or outside the Gymnasium at Henderson Recreation Centre. The instructor or Gym attendant will check-in each participant prior to entering the designated fitness area.

NOTE: Payment is required at the time of registration.

Personal Training

Personal training is an excellent way to improve your overall fitness and quality of life! A registered personal trainer will work with you one-on-one to design a specialized workout program specific to your needs and fitness goals.

Why would you choose a Personal Trainer?

- Lack motivation and need accountability to stick to your workouts.
- Never worked out before or new to the fitness studio and don't know where to begin.
- Prevent injuries and musculoskeletal imbalances.
- Would like to increase your strength or lose weight.
- Feel like you've hit a plateau and aren't seeing improvements anymore.
- Lack creativity and feel bored with your regular routine.
- Training for something specific, like a race, sport or employment test.

Steps to booking Personal Training or Active Rehabilitation:

1. Pick up a Personal Training or Active Rehab package (from a gym attendant or Reception) or download the forms from our website:
www.oakbay.ca/parks-recreation/programs-registration/personal-training
 2. You can also read our Personal Trainer Bios online to help you choose who you would like to work with:
www.oakbay.ca/parks-recreation/contact-us/staff-directory/personal-trainers
 3. Complete the forms and choose how many sessions you would like to book.
 4. Bring the completed forms to Reception with payment for your sessions. Tax not included in price.
 5. You will be contacted within 48 hours to set up your first session.
- For more information call the Fitness Programmer at 250-370-7117.

PERSONAL TRAINING OPTIONS

\$65 per Session

\$130 for 2 Sessions

\$293 for 5 Sessions

\$520 for 10 Sessions

Summer Fitness Class Schedule

(June 28–September 5, 2021. Classes do not run on Statutory Holidays)

Henderson Recreation Centre

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Indoor Cycling 7:15–8:00am		Indoor Cycling 7:15–8:00am		Indoor Cycling 7:15–8:00am	Fitness Fusion 8:15–9:15am	Fitness Fusion 8:15–9:15am
Jazzercise* 7:45–8:45am		Jazzercise* 7:45–8:45am		Jazzercise* 7:45–8:45am	Indoor Cycling 8:30–9:15am	Jazzercise* 9:30–10:30am
*Outdoor Total Body Training 9:15–10:14am		*Outdoor Total Body Training 9:15–10:15am				
Fitness Fusion 5:30–6:30pm	Jazzercise* 5:30–6:30pm	Fitness Fusion 5:30–6:30pm	Jazzercise* 5:30–6:30pm		*Registered class. See Page 43 for Outdoor Total Body Training Class information. See Page 38 for descriptions.	
Indoor Cycling 7:15–8:00pm	Indoor Cycling 5:45–6:30pm	Indoor Cycling 7:15–8:00pm	Indoor Cycling 5:45–6:30pm			

Monterey Recreation Centre, Garry Oak Room

Jazzercise* Low Impact 5:00–6:00pm		Jazzercise* Low Impact 5:00–6:00pm			Jazzercise* Low Impact 9:30–10:30am	
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Health & Wellness

HEALTHY AGING

ESSENTRICS® - AGING BACKWARDS 19 YRS+

Aging Backwards is revolutionizing the way we understand the role fitness plays in slowing down the aging process while keeping our bodies young, attractive, strong, and healthy. The movements are non-jarring to joints and designed to lubricate the body to increase range of motion, improve posture, and enhance daily life movements. No experience or previous knowledge of this workout required.

Monterey Recreation Centre **Justina Bailey**
May 3–Jun 28 M 11:30am–12:20pm \$108/8 96579

Windsor Pavilion **Phyllis Musseau**
May 7–Jun 25 F 10:10–11:00am \$108/8 94527

ESSENTRICS® BARRE

STRETCH AND STRENGTH

19 YRS+

This class incorporates challenging Essentrics® exercises that strengthen and elongate the body gently making it unique from other barre programs. You will get your heart rate up by engaging muscles with non-impact flowing movements leaving your whole body stronger and taller. Classes will involve floor, Barre (or chair) and mat work. This class is more challenging and faster paced than the Essentrics® Aging Backwards.

Windsor Pavilion Meeting Room 1 & 2 **Phyllis Musseau**
May 3–Jun 21 M 5:30–6:30pm \$108/8 94921

50+ Specialty Fitness

STRETCH, STRENGTH & CONDITION

FIT FOR 50+ BEGINNER

50 YRS+

This group fitness course addresses the importance of correct posture, abdominal strength, and balance. The classes are paced to allow participants to learn exercises correctly with individual attention provided. Expect muscular strengthening exercises, including the abdominals and stretching exercises to improve flexibility.

Neighbourhood Learning Centre

Activity Room 1 & 2

Karen Bennett
May 27–Jun 24 Th 9:45–10:45am \$48/5 94879
May 25–Jun 22 T 9:45–10:45am \$48/5 94878

INTERMEDIATE

This course is designed for participants, who have done Fit for 50+ Beginner or have participated in any other core/stretch program. The exercises are at a level to further develop your overall fitness.

Neighbourhood Learning Centre

Activity Room 1 & 2

Karen Bennett
May 25–Jun 22 T 8:30–9:30am \$48/5 94882
May 27–Jun 24 Th 8:30–9:30am \$48/5 94881
Jul 6–27 T 8:30–9:30am \$38/4 96705
Jul 8–29 Th 8:30–9:30am \$38/4 96709
Aug 3–24 T 8:30–9:30am \$38/4 96708
Aug 5–26 Th 8:30–9:30am \$38/4 96710

Dance Fitness

SENIORS

ADAPTED STRENGTH TRAINING 50 YRS+

An exercise class focusing on functional movement training designed to increase one's range of motion, balance, stability, and capacity for exercise for increased physical independence. An instructor will lead small groups of participants through various strength training exercises adapted to participants' needs and abilities. Light weights and tubing will also be used to improve flexibility and physical mobility. This course is designed for seniors that have completed rehabilitation for an injury, surgery, or chronic condition and those that require assistance in the gym. Registrants must be able to get on and off the equipment unassisted.

*An intake package is required prior to course registration, and will be given to you by the fitness programmer or reception.

Henderson Recreation Centre

Henderson Fitness Studio

			Janet Knight
May 4-27	T, Th	1:30-2:30pm	\$87/8 100436
Jun 1-24	T, Th	1:30-2:30pm	\$87/8 100447
Jul 6-29	T, Th	1:30-2:30pm	\$87/8 100876
Aug 3-26	T, Th	1:30-2:30pm	\$87/8 100877

DANCE FITNESS

BARRE FITNESS

15 YRS+

A moderate intensity, no impact class working with a ballet barre and light weights. Barre Fitness is a full body workout blending dance fitness, Yoga and Pilates and is designed to enhance posture, balance and fluid movement while toning and strengthening. Develop a strong core and lean muscle using graceful movements as you work on body alignment, core strength and dynamic stability all leading to a strong and confident you. No dance experience necessary. Modification will be given. The morning classes are suitable for patrons at a beginner fitness level.

Windsor Pavilion Sports Room 1 & 2

			Regina Flueck
May 3-Jun 21	M	9:30-10:30am	\$87/7 94488
May 5-Jun 23	W	9:00-10:00am	\$99/8 94483
Jul 5-26	M	9:45-10:45am	\$50/4 96585

Windsor Pavilion

Meeting Room 1 & 2

			Emmanuelle Hertz
May 5-Jun 23	W	7:00-8:00pm	\$99/8 94463

SOUL BODY BARRE

15 YRS+

SoulBody is dynamic and isometric exercises pulling from the principles of Pilates, the wisdom of Yoga, the intense power of dance and Barre to help develop dynamic strength, endurance, balance, flexibility, and cooperation.

Neighbourhood Learning Centre

Activity Room 1 & 2

			Kumi Smith
May 31-Jun 21	M	6:00-7:00pm	\$50/4 95181
May 6-Jun 24	Th	7:15-8:15pm	\$99/8 95182
Jul 5-26	M	6:00-7:00pm	\$50/4 99205
Aug 9-30	M	6:00-7:00pm	\$50/4 99206

SPECIALTY DANCE FITNESS

DANCE EXPRESS

15 YRS+

Elevate your heart rate with pure electric dance energy! Invigorating music and easy to follow dance combinations will make you forget you are dancing.

Neighbourhood Learning Centre

Activity Room 1 & 2

			Alexis Moores
May 26-Jun 23	W	10:00-11:00am	\$48/5 94508

ZUMBA

13 YRS+

Zumba fuses hypnotic Latin rhythms and easy to follow moves to create a dynamic fitness program that will blow you away. Fanatics achieve long term benefits while experiencing an absolute blast of exhilarating, caloric-burning, body energizing, and awe-inspiring movements meant to engage and captivate you for life! Refer to www.Zumba.com for further information and demos.

Neighbourhood Learning Centre

Activity Room 1 & 2

			Kumi Smith
May 3-Jun 21	M	7:15-8:15pm	\$87/7 95184
Jul 5-26	M	7:15-8:15pm	\$50/4 99211
Aug 9-23	M	7:15-8:15pm	\$37/3 99212

ZUMBA & ZUMBA TONING

19 YRS+

This program combines fun and functional fitness. Zumba Toning takes the original Zumba dance-fitness class to the next level utilizing an innovative muscle training protocol and the addition of lightweight dumbbells while the Zumba component provides a fun and exhilarating experience. This program is for beginners and those looking to continue on their Zumba journey. Please bring hand weights.

Monterey Recreation Centre

			Noriko Prezeau
May 6-Jun 24	Th	7:00-8:00pm	\$103/8 95869



PUBLIC HEALTH ORDER (PHO)

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INDOOR CYCLING

CORE CYCLE

15 YRS+

This combination class will lead you through an energizing indoor cycling cardio workout, followed by a concentrated core circuit to strengthen the abdominal muscles and lower back. Work on cardiovascular endurance and finish with a series of core stabilizing exercises for a well-rounded, energizing workout.

Henderson Recreation Centre

Quail Room

May 4–Jun 22	T	7:00–8:00pm	\$76/8	100429
Jul 6–27	T	7:00–8:00pm	\$36/4	100870
Aug 10–31	T	7:00–8:00pm	\$36/4	100871

Mai Meesri

CYCLE INTRO

15 YRS+

Are you new to indoor cycling or would you like to know more about bike set up, cycle terminology, technique, and drills? This class is for you! Our new Cycle Intro workshops will start out with beginner drills while taking you through a detailed explanation about how to set up your bike so it fits your body, how best to ride with proper posture, body alignment and core engagement and will introduce you to a variety of fun and exciting drills.

Henderson Recreation Centre

Quail Room

Jun 20	Su	8:15–9:15am	\$15/1	100430
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Karen Bennett

REVOLUTION CYCLE

15 YRS+

Are you ready for a great workout? This high intensity interval workout will utilize sprints, hill climbs and steady tempos to burn calories and build muscle. Suited to all levels while utilizing visualizations and guided coaching to motivate the class. Finishing with a balanced stretch and cool down will ensure you leave feeling energized for the day.

Henderson Recreation Centre

Quail Room

May 3–26	M, W	8:45–9:45am	\$67/7	100432
May 31–Jun 23	M, W	8:45–9:45am	\$76/8	100433
Jul 5–28	M, W	7:45–8:45am	\$76/8	100873
Aug 4–25	M, W	7:45–8:45am	\$67/7	100875

Rita Irwin

PRE/POST NATAL FITNESS

MOM & BABE CYCLE CIRCUIT

15 YRS+

Looking to get back into fitness with your baby or on your own? This fun and interactive fitness class will have you back in shape in no time! Alternate between indoor cycling drills and strength circuits utilizing a variety of equipment, while watching over and interacting with your baby. Finish the class with core strengthening and stretching for a full body workout.

Henderson Recreation Centre

Quail Room

May 7–Jun 25	F	11:15am–12:15pm	\$76/8	100431
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Jacque Fitts

PILATES

50+ PILATES

50 YRS+

Learn how to move your body to enhance core strength and stabilization while building better balance and physical confidence. Modifications will be offered as needed.

Windsor Pavilion Meeting Room 1 & 2

May 3–Jun 21	M	10:45–11:45am
May 5–Jun 23	W	11:15am–12:15pm
May 7–21	W	10:00–11:00am
Jul 5–Jul 26	M	11:00am–12:00pm

Regina Flueck

\$87/7	94452
\$99/8	94429
\$99/8	110562
\$50/4	96581

Windsor Pavilion Meeting Room 1 & 2

Aug 9–30	M	11:00am–12:00pm
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Spencer Irwin

\$50/4	96582
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PILATES

15 YRS+

Pilates will teach you basic Pilates principles incorporating modern exercise science for highly effective ways to stretch, generate strength and streamline your body. You will develop power, flexibility, endurance, and superior posture without building bulk or stressing joints, all while keeping within your safe range of motion. Learn how to move in a gentle, efficient way to support your skeletal system, remain injury and pain free and increase your muscle tone. Most students begin to crave Pilates soon after they begin. Give Pilates a try today! All levels welcome.

Neighbourhood Learning Centre

Activity Room 1 & 2

May 3–Jun 21	M	8:30–9:30am
May 4–Jun 22	T	6:00–7:00pm
May 5–Jun 23	W	8:30–9:30am
May 6–Jun 24	Th	6:00–7:00pm
Jul 5–26	M	8:30–9:30am
Jul 6–27	T	6:00–7:00pm
Aug 3–24	T	6:00–7:00pm
Aug 9–30	M	8:30–9:30am

Spencer Irwin

\$87/7	94927
\$99/8	94928
\$99/8	94930
\$99/8	94929
\$50/4	96569
\$50/4	99191
\$50/4	99192
\$50/4	96577

Windsor Pavilion Meeting Room 1 & 2

May 4–27	T, Th	10:15–11:15am
Jun 1–24	T, Th	10:15–11:15am

Phyllis Musseau

\$99/8	94924
\$99/8	94925

SPECIALIZED PILATES

SOMATIC STRETCH

15 YRS+

30-minute class to lengthen and release tight muscles. This class is great before or after a workout. You will learn simple exercises that can be done at home. Improve flexibility and mobility as well as your posture overall. For all ages and fitness levels.

Windsor Pavilion Meeting Room 1 & 2

May 5–Jun 23	W	10:15–10:45am
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Regina Flueck

\$50/8	94986
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Specialized Fitness

REHABILITATION

TAKE HEART MAINTENANCE 19 YRS+

This program is for people who have previously taken the 12-week program. Clients must have an assessment prior to registering for the program. Take Heart is a partnership between VIHA, the Victoria Inter-Municipal Recreation Centres and the YM-YWCA. For Take Heart information or appointments, please contact Jenny at 250-370-7120.

Henderson Recreation Centre

Henderson Fitness Studio

			Teresa Vivian	
May 3-31	M, W	12:30-2:00pm	\$75/8	95091
May 3-31	M, W	2:15-3:45pm	\$75/8	95096
May 3-31	M, W	4:00-5:30pm	\$75/8	95098
Jun 2-30	M, W	12:30-2:00pm	\$84/9	95094
Jun 2-30	M, W	2:15-3:45pm	\$84/9	95097
Jun 2-30	M, W	4:00-5:30pm	\$84/9	95099
Jul 5-28	M, W	12:30-2:00pm	\$75/8	96845
Jul 5-28	M, W	2:15-3:45pm	\$75/8	96846
Jul 5-28	M, W	4:00-5:30pm	\$75/8	96847
Aug 4-30	M, W	12:30-2:00pm	\$84/9	96848
Aug 4-30	M, W	2:15-3:45pm	\$84/9	96849
Aug 4-30	M, W	4:00-5:30pm	\$84/9	96850

CORE FITNESS

BODY CORE DYNAMICS 15 YRS+

Need a new challenge? Join Body Core Dynamics for a high paced, full body toning and strengthening workout using a variety of equipment including bands, weights, body bars, balls, BOSUs and TRX suspension trainers. Classes will include cardio circuits and body strength exercises with emphasis on core, and all abdominal muscle groups. Core exercises are woven throughout the class to keep the body guessing.

BEGINNER

Windsor Pavilion

May 3-Jun 21	M	9:45-10:45am	Janet Knight	\$87/7	94493
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Neighbourhood Learning Centre

Activity Room 1 & 2

May 5-Jun 23	W	10:00-11:00am	Janet Knight	\$99/8	94491
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Windsor Pavilion Sports Room 1 & 2

Jul 5-6	M	12:15-1:15pm	Janet Knight	\$50/4	96696
Jul 7-28	W	11:30am-12:30pm	\$50/4	96698	
Aug 9-30	M	12:15-1:15pm	\$50/4	96701	
Aug 4-25	W	11:30am-12:30pm	\$50/4	96702	

INTERMEDIATE

Neighbourhood Learning Centre

Activity Room 1 & 2

Jun 1-24	T, Th	11:00am-12:00pm	Janet Knight	\$99/8	94504
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Windsor Pavilion Sports Room 1 & 2

May 4-27	T, Th	11:00am-12:00pm	Janet Knight	\$99/8	94496
Jul 6-29	T, Th	11:00am-12:00pm	\$99/8	96692	
Aug 3-26	T, Th	11:00am-12:00pm	\$99/8	96694	

SPECIALIZED TRAINING

OUTDOOR TOTAL BODY TRAINING 15 YRS+

Looking for a change in scenery and a full body workout? Utilizing little to no equipment this outdoor class will challenge you using low intensity bodyweight exercises that focus on all major muscle groups and core stability. If you love variety and outdoor exercise, this class is ideal for you!

Henderson Kiwanis Playground

Jun 21-28	M	9:15-10:15am	\$19/2	102729
Jun 23-30	W	9:15-10:15am	\$19/2	102730
Jul 5-26	M	9:15-10:15am	\$38/4	102731
Jul 7-28	W	9:15-10:15am	\$38/4	102732
Aug 4-25	W	9:15-10:15am	\$38/4	102734
Aug 9-30	M	9:15-10:15am	\$38/4	102733

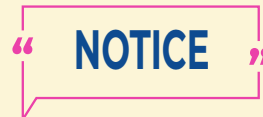
TAEKWONDO FOR ADULTS 15 YRS+

Olympic style Taekwondo is one of the most popular martial arts in the world and you can find out why in our dynamic, challenging, and fun adults Taekwondo program. Beginning at white belt, you train with a wide range of belt levels, learning the basics and technique of our curriculum-based system. This includes kicking, punching, blocking, hand strikes, self-defense, and patterns. With 25 years of teaching experience, we have developed classes that are a blend of traditional and sport Taekwondo. Training, stability and conditioning drills are suitable for all levels and students have the opportunity to advance in belt levels several times per year.

Neighbourhood Learning Centre

Activity Room 1 & 2

May 5-Jun 23	W	7:00-7:45pm	Mijo Sport	\$120/8	95025
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PUBLIC HEALTH ORDER (PHO)

All programs and services offered by Oak Bay Parks, Recreation and Culture are subject to changes based on the status of the Provincial Health Orders.

Yoga



FITNESS YOGA

FLOW YOGA

15 YRS+

This creative and fun flow yoga focuses on proper alignment in each posture. We flow mindfully and slowly through yoga poses for a safe and strong practice. Expect a balanced ratio of work and rest with a long warm up and cool down. You'll leave the class feeling grounded and calm.

Windsor Pavilion - Sports Room 1 & 2 **Bloom Yoga**
May 26-Jun 23 W 12-1:00pm \$48/5 95179

IYENGAR YOGA

15 YRS+

Create a dynamic balance between flexibility, strength, and endurance using postures and breath awareness based on the teachings of B.K.S. Iyengar, the author of 'Light on Yoga.' Emphasis will be placed on balanced sequences, precision of movement, and correct body alignment. The practice of yoga promotes health, vitality, concentration, and relaxation through the integration of body, mind, and spirit.

Windsor Pavilion - Rotary Hall **Jayne Jonas**
May 3-Jun 21 M 5:30-7:00pm \$100/7 94886
May 6-Jun 24 Th 5:30-7:00pm \$114/8 94887
Jul 19-Aug 30 M 5:30-7:00pm \$85/6 96711
Jul 22-Aug 26 Th 5:30-7:00pm \$85/6 96726

YOGA FOR RUNNERS

15 YRS+

Support your training with a yoga practice designed for runners. Yoga postures and techniques are adapted with an eye towards running, utilizing stretching, and strengthening exercises to open the body, increase endurance, and facilitate faster recovery. Classes include yoga breathing techniques to focus the mind and increase cardiovascular endurance and control.

Neighbourhood Learning Centre **Pete Rose**
Activity Room 3 & 4
May 3-Jun 21 M 7:00-8:15pm \$83/7 95104

THERAPEUTIC AND RELAXATION YOGA

GENTLE HATHA YOGA

15 YRS+

Gentle Hatha Yoga is restorative. It is an invitation to mindfulness through breath work and yoga postures (asanas). Together we practice warming up the major joints, balance, strength, and flexibility to help ease tension and return to present moment awareness. It is designed for all body types and all levels of fitness.

Neighbourhood Learning Centre

Activity Room 1 & 2

May 3-Jun 21	M	11:30am-12:45pm	Tommi Boulter	\$83/7	94883
May 7-Jun 25	F	11:30am-12:45pm		\$95/8	94884

Windsor Pavilion Sports Room 1 & 2			Tommi Boulter
Jul 9-30	F	10:45am-12:00pm	\$47/4 95085
Aug 6-27	F	10:45am-12:00pm	\$47/4 95087

YOGA FOR BACK CARE

15 YRS+

Yoga for Back Care is suitable for people with chronic back issues, including low back pain and sciatica. The focus will be on building strength and flexibility to support a healthy back. Breath awareness will be used to support pain management.

Neighbourhood Learning Centre

Activity Room 1 & 2

May 26-Jun 23	W	11:30am-1:00pm	Corinne Diachuk	\$71/5	95100
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YOGA FOR DESK WORKERS

15 YRS+

This class is for anyone who works in an office or works from home and sits in a chair for long periods of time. The postures in this course will improve posture, strengthen the core, and open the hips and shoulders. Not only will this course be good for your body physically, but work on breathing techniques and moving mindfully will create a sense of calmness in a chaotic world.

Windsor Pavilion	Kendra Clarke
May 4-Jun 22 T 6:45-8:00pm	\$95/8 102584

YOGA NIDRA AND RELAXATION YOGA

15 YRS+

The instructor is a trained yoga therapist (ICYT) and the focus of the classes is on long, slow stretching intended to open joints and connective tissues, for deep relaxation, cultivating mindfulness and increasing flexibility. The class is followed by the practice of Yoga Nidra often called the "meditative heart of yoga," which is an ancient yogic technique to learn the art of self-relaxation, traditionally used to balance the body and mind. Dress warmly and make sure to bring a blanket. New students are always welcome.

Windsor Pavilion: Rotary Hall

Jacqueline Quinless

May 3–Jun 21	M	7:30–8:45pm	\$83/7	95105
Jul 5–26	M	7:30–8:45pm	\$47/4	96841
Aug 9–30	M	7:30–8:45pm	\$47/4	96842

Windsor Pavilion: Sports Room 1 & 2

Tommi Boulter

May 6–Jun 24	Th	7:45–9:00pm	\$95/8	95107
Jul 8–29	Th	7:45–9:00pm	\$47/4	99207
Aug 5–26	Th	7:45–9:00pm	\$47/4	99208

YIN YOGA

19 YRS+

Yin Yoga is a powerful practice targeting the tendons, ligaments and fascia in the body. Class includes breathing exercise (pranayama), gentle warm-up, yin postures that are held for long periods of time to encourage the slow and safe opening of connective tissues, and a deep relaxation and closing meditation. Set to peaceful music, you will enjoy a supportive, light-hearted environment that will leave you feeling open, centered and restored. Please bring your own yoga mat and props.

Monterey Recreation Centre

Andrea Ting-Letts

May 6–Jun 24	Th	7:00–8:30pm	\$108/8	95905
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YOGA4STRENGTH

15 YRS+

Join Melissa Krieger for Yoga4Strength, a fun fusion class that combines yoga, strength training, balance, and core work. The beginning of the class is a slow warm-up, followed by a full body strength training program and finishing with a gentle yoga cool-down. If you have a regular practice or are new to strength training or yoga but are already active. Try the Moderate level. Have a strong practice in yoga, strength training or done a Moderate class before? Try the Vigorous level.

MODERATE

Windsor Pavilion Sports Room 1 & 2

Bloom Yoga

May 5–Jun 23	W	10:15–11:45am	\$114/8	95177
May 31–Jun 21	M	5:00–6:30pm	\$57/4	95176
May 27–Jun 24	Th	6:00–7:30pm	\$71/5	95113
Jul 5–26	M	6:00–7:30pm	\$50/4	96728
Jul 7–28	W	9:45–11:15am	\$50/4	96738
Aug 4–25	W	9:45–11:15am	\$50/4	96740
Aug 9–23	M	6:00–7:30pm	\$38/3	96729

VIGOROUS

Windsor Pavilion Sports Room 1 & 2

Bloom Yoga

May 3–Jun 21	M	6:45–8:15pm	\$100/7	95180
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HOURS

9:00AM-3:00PM

TUESDAY-SATURDAY

The lounge will close for summer on May 21 and re-open on September 13, 2021.

OAK BAY RECREATION CENTRE



1975 Bee Street | 250-595-7946 | recreation.oakbay.ca

Enjoy the Patio at Sports View!

The patio is open March 1, weather permitting. Come by for a coffee and baked good, or for lunch and a beverage! Hope to see you soon!

When Public Health Orders allow, the lounge will be available for booking meetings and private events. You can book by calling 250-370-7112.



PREFER TO TALK TO SOMEONE TO BOOK TEE TIMES?

Call Henderson Reception
250-370-7200.

How to Book


Henderson Park Par 3 Golf Course now has scheduled tee times to maintain distancing.

Four Players maximum per tee time.

Registration opens Thursdays at 2:00pm by phone and online to play the following week.

BOOK ONLINE:

1. Head to oakbayrec.perfectmind.com and login or create an account.
2. Click the Schedule button near the top left of the screen.
3. Click golf tee times under the Golf menu.
4. Select the date and time, click REGISTER.
5. On the next screen, click REGISTER a 2nd time.
6. Select the person to register in the session and select NEXT.
7. Select the number of players:
 - One Player - \$7.75
 - Two Players - \$15.50
 - Three Players - \$23.25
 - Four Players - \$31.00
 - Same Family Household - \$25.00. (2 adults and 2 youth under age 19 years or 1 adult and up to 3 youth, to a maximum of 4 people. Players must be from the same household.
 - There are no memberships or economy tickets available for purchase at this time.
8. Payment must be made at the time of booking.



Henderson Par-3 Golf Course

Golf rentals and equipment are not available at this time. The putting green remains closed due to Provincial Health Orders.

- 15 minutes spacing is scheduled between tee times.
- You may only arrive up to five minutes prior to your tee time.
- Please check in with Reception before proceeding to the first tee for your scheduled tee time.
- Cancellations must be a minimum of four hours in advance by calling Henderson Reception. Bookings before 10:30am must be cancelled the evening prior.
- If you are late for your tee time, the time is forfeited without refund.
- No refunds for weather. Tee times are Rain or Shine.
- Four players maximum per tee time.
- A Family Household rate is for two adults and two youth under 19 years or one adult and up to three youth, to a maximum of four people. Players must be from the same household.
- Babies or strollers are not allowed on the golf course.
- Washrooms are open at Kiwanis Park near hole #6 (Hours 6:00am-8:00pm).
- Score Cards are available online (www.oakbay.ca/parks-recreation/programs-registration/golf) to print at home and at Reception.
- Please see Henderson Park Par 3 Golf Course COVID-19 Protocol for further information on the website.

**OAK BAY STAFF WILL
BE AROUND THE GOLF
COURSE TO ASSIST WITH
QUESTIONS!**



Top 5 Parks in Oak Bay

1 Henderson:

Location: 2291 Cedar Hill Cross Road

An 8.28 hectare park containing a Par 3 golf course, putting green, tennis courts, baseball and soccer fields, a small playground, jogging trail with work out stations and a recreation centre.

Dogs

January to December: Leash mandatory at all times and no dogs on the jogging trail at any time.

2 Carnarvon:

Location: Carnarvon and Henderson Road

A 3.97 hectare park with playing fields, lacrosse box, children's water park, lawn bowling club, tennis and pickle ball courts and washrooms.

Dogs

January to December: Leash mandatory at all times.



3 Willows Park and Beach:

Location: Dalhousie Street and Beach Drive

A 1.17 hectare grassy park and sandy beach usable at all tide levels, Changerooms and washrooms, Kiwanis tea room, picnic tables (gas barbeques allowed) and playground by the beach.

Dogs:

Grassy Area: Leash mandatory at all times.

Beach Area:

May 1–September 30: No dogs allowed on beach at any time.

October 1–April 30: Dogs allowed on beach, leash optional.

4 Windsor Park

Location: Windsor Avenue at Newport Street

A 4.31 hectare park with playing fields, washrooms, pavilion (rentals available), playground and scented and rose garden.

Dogs:

Dogs may not enter the playground or rose garden at any time. On the fields, dogs must be on leash with the following exceptions:

May 1–September 15: Sunrise to 9:00am

September 16–April 30: Sunrise to 11:00am

Queens Park/Oak Bay Marina Lookout

5

Location: Close to Oak Bay Marina

A .5 hectare waterfront park with a grassy area, glide swing, beach access, public art and beautiful views toward Mt. Baker.

Dogs: Leash mandatory at all times.





Historic Victoria Harbour Migratory Bird Sanctuary

NATURE IN THE CITY

Birds, rare plants, fishes, whales and all.

The oldest Migratory Bird Sanctuary (MBS) in Pacific Canada, soon 100 years old. Established on October 27, 1923, after the Migratory Bird Convention Act (1917), to control hunting, including market hunting of waterfowl like Brant, then a favourite Christmas meal. Also to assert federal jurisdiction over migratory birds and tidal waters in a bird sanctuary previously created by the Province of British Columbia. All of this in light of declining bird populations; a concern that persists to this day.

1 of 3 historic, federal Migratory Bird Sanctuaries on Vancouver Island, all in Greater Victoria, with Shoal Harbour MBS (April 10, 1931) and Esquimalt Lagoon MBS (December 12, 1931). 1 of 92 MBSs in Canada.

Largely forgotten for decades and once considered for delisting by the Government of Canada.

28 kilometers long, 1840 hectares of coastal, marine, tidal waters, below the

high-water mark.

270 species of birds, 28 species of mammals, 95+ species at risk with diverse marine life including: Glaucous-winged Gull, Black Oystercatcher, Harlequin Duck, Brant, Pacific Great Blue Heron, Pigeon Guillemot, Marbled Murrelet, Western Purple Martin, Bald Eagle, Victoria's Owl-clover, Golden Paintbrush, Macoun's Meadowfoam, Seaside Birds-foot Lotus, Steller Sea Lion, Pacific Harbour Seal, Humpback Whale, Olympia Oyster, Northern Abalone, Coho Salmon, Cutthroat Trout, Quillback Rockfish, Pacific Herring, Pacific Sandlance and Surf Smelt.

Birds year-round with high winter numbers and diversity. Wintering birds include Bufflehead, Hooded Merganser, Surf Scoter, American Wigeon, Ancient Murrelet, Common Murre, Red-necked Grebe, Pacific Loon, Brandt's Cormorant, Mew Gull, Black Turnstone and Surfbird.

Unusual "urban" wildlife including Killer Whale, Grey Whale, Northern Elephant Seal, California Sea Lion, marine River Otter (common), Sea Otter (rare), Rhinoceros Auklet, Heermann's

Gull, Brown Pelican and Pacific Giant Octopus.

Diverse habitat including vast beds of clams, eelgrass, surfgrass, kelp forests, sandy beaches, rocky shores, islands, tidal marshes, 2 salmon-bearing estuaries (Colquitz, Craigflower) and other estuaries (Bowker, Cecelia & Gorge creeks), rare maritime meadows with Garry Oak associated ecosystems in or next to the MBS (Trial Islands, Cattle Point, Harling Point, Matson Lands and Macaulay Point).

Special sites like the Trial Islands (rare plants), the Gorge Waterway and its reversible fall in Tillicum Narrows (Olympia Oysters, Pacific Herring), and the Colquitz River estuary (Coho Salmon and Cutthroat Trout).

50+ viewpoints and 25+ ebird hotspots in 5 municipalities: Victoria, Oak Bay, Esquimalt, Saanich and View Royal (Several viewpoints on first map below.)

Located near the southern tip of Vancouver Island, an important wildlife corridor.

Facing challenges such as low numbers of many birds, invasive Canada Geese, overfished Pacific Herring, various

Continued on next page.

Explore the Ecosystems in Oak Bay!

Kitty Islet is a small seafront natural area with magnificent views of the Salish Sea, the Trial Islands, McNeill Bay and the Olympic Mountains across Juan de Fuca Strait. Ideal for watching birds, seals, sea lions, otters, whales, sunsets and storms, and for peaceful strolls and time. No access for wheeled apparatus of any kind. One of the nicest viewpoints in all of Victoria Harbour Migratory Bird Sanctuary.

Cattle Point is a beautiful natural area with magnificent views over Oak Bay, Cadboro Bay, the Oak Bay Islands and Mount Baker, a large volcano to the east in the U.S. Remnants of the original Garry Oak maritime meadow ecosystem, and several rare plants, still flourish on the point. A great location for birdwatching and a beautiful viewpoint over the eastern reaches of Victoria Harbour Migratory Bird Sanctuary, next to remarkable Uplands Park and the new Uplands National Historic Site.

Anderson Hill is a small undeveloped natural park, predominantly a Garry

Oak ecosystem, within a residential neighbourhood. It features panoramic views of the Trial Islands, Juan de Fuca Strait and the Olympic Mountains to the south in the U.S. An area with rock outcrops and open spaces where the sun shines from sunrise to sunset.

Harling Point is a small site of natural and cultural significance in Oak Bay, composed of an urban park and private property. A semi-natural coastal area, with rare plants and ecosystems, beautiful rock outcrops and Harpoon Rock, a large erratic block. Great viewpoint on Juan de Fuca Strait (Salish Sea) and the Olympic Mountains across the strait, near beautiful Gonzales Bay. It is nestled next to the unusual Chinese Cemetery National Historic site.

Walbran Park is an undeveloped natural area with scenic views from a historical WWII observation post, formerly part of the Victoria Fortress, and from a historical marker cairn with plaques on Juan de Fuca and the strait named after him. The park features panoramic views over Oak Bay's and

Victoria's glorious marine front yard. If lucky and properly equipped, you can see whales from the observation post.

Bowker Creek estuary and "Bowker Reef" at the south end of Willows Beach, is a favourite regional birdwatching site within historic Victoria Harbour Migratory Bird Sanctuary. Islets surrounded by water at high tide, large tidal flats at low tide and the availability of freshwater for drinking and bathing attract several common and rare birds regularly. Access is easy from the end of Bowker Avenue.

Gonzales Hill features a typical dry, coastal forest of Douglas Firs, Garry Oaks and Arbutus with magnificent views over Gonzales Bay and the City of Victoria to the west. A perfect place to watch the sunset over Juan de Fuca Strait, next to historic Gonzales Observatory, a landmark in Greater Victoria now used as an automated weather station. This small park, managed by the Capital Regional District, lies within a residential neighbourhood.

Migratory Bird Sanctuary Continued

forms of water pollution, invasive plants, human and pet disturbance.

Benefiting from the recovery of various species, decades of deindustrialization, restoration, cleanups, rewilding and multifaceted urban renewal.

Associated with 3 Ecological Reserves of British Columbia: Trial Island, Ten Mile Pt. and Oak Bay Island, the latter also an Important Bird and Biodiversity Area. Contains critical Southern Resident Killer Whale habitat, the Trial Island Rockfish Conservation Area, and a Closed Area for harvesting while diving at and near Ogden Point Breakwater. Surrounded by several municipal parks.

In Lekwungen traditional territory – the place to smoke herring – with or next to several important indigenous and historic sites like the Spirit Rock of Camossung, Island of the Dead, Harpoon Rock, Point Ellice House, the Chinese Cemetery and Uplands.

A new "NATUREHOOD" with biodiversity and natural beauty among the best in urban Canada. A perfect place to connect with nature and the Salish Sea in the city.



Arena

Registered Skating Schedule

(July 3-August 29, 2021)

Saturday	Sunday
Stick and puck 3:30–4:45pm (Jul 3–Aug 28)	Over 40 Duffer Hockey 8:30–10:15am (Jul 4–Aug 29)
18+ Duffer Hockey 5:00–6:00pm (Jul 3–Aug 28)	Open Skate 3:00–4:15pm (Jul 4–Aug 29)

Open Skate

Skating for all ages.

Stick and Puck

Practice your skills. Players must bring a stick and wear a helmet and gloves. Hard pucks allowed. No games.

Over 40 Duffer Hockey

Co-ed Hockey for players over 40.

18+ Duffer Hockey

Co-ed Hockey for players over 18.

Guidelines for Arena

Registered Skating Sessions

SKATE AND HELMET RENTALS ARE UNAVAILABLE AT THIS TIME.

- Please arrive in the clothing or equipment you wish to wear on the ice.
- Do not change in or out of equipment at the facility.
- Only skates and helmets can be put on and removed at the facility.
- Only bring limited personal equipment to the facility.

WHEN AND HOW TO REGISTER

- Registration opens weekly on Wednesdays for the following week's session (Wednesday-Tuesday) in order to pay for and hold your session.
 - 10:00–10:30am – online registration available only.
 - 10:30am and on – online and phone-in at 250-595-7946 are available for registration.

How to Register Online

1. Ensure your Oak Bay online account and login is set up.
2. Login with user ID and password at:
oakbayrec.perfectmind.com
3. Click the **Schedule** Button near the top left of the screen.
4. Click **Hockey** or **Public Skate** Sessions under the Skating menu.
5. Select **date** and **type of Skate Session** and click **Register**.
6. Choose your method of payment.



April—June 2021

**Registration Closes
March 26, 2021**

**\$900/Team
plus tax**

The League includes ten self-officiated games. Pick the night that works best for your team (Monday—Thursday). A **Free Year End Tournament** will be held in June. A free pizza lunch on Saturday for all players. Umpires are supplied for semi-final and final games of tournament.

*Tournament will be based on physical distancing regulations.

Call 250-370-7114 for more information.



Recreation Oak Bay Helmet Policy for Ice Skating

Anyone participating in skating classes, lessons, and programs must wear a CSA certified helmet.

Due to current health concerns, skate and helmet rentals are not available.

COVID-19 Arena Policy and Procedures for Skaters and Parents of Learn to Skate and Hockey Programs.

SKATE AND HELMET RENTALS ARE UNAVAILABLE AT THIS TIME.

- If you are sick or have any symptoms of COVID-19, please do not attend class. If you have symptoms, please call 8-1-1 or use the BCCDC self-assessment tool. Stay home if you have travelled in the past 14 days. Cancellations/refunds will be offered if you are sick or have symptoms which prevent you from attending.
- Please enter the arena by the exterior arena doors and follow the foot traffic signage posted.
- Please arrive only during the permitted 15 minute entry time prior to your lesson.
- Please enter alone unless a parent or guardian is absolutely necessary.
- Skaters remove shoes and put on skates in the lobby, taking all personal items to the on-ice area. Do not re-enter the lobby!
- Please do not leave any personal items in the lobby area.
- Spectators are permitted to view in the arena stands viewing area only! Warm room viewing is not available.
- Washrooms are available with restricted capacity.
- Skaters exit the ice via the off-ice door, collect shoes and limited personal items by the off-ice gates.
- Spectators and guardians follow the one-way foot traffic directions around the back of the rink to meet up with their skater in the exit area.
- Please exit by the separate exit doors during the permitted 15 minute exit time after the ice session you are attending.

Preschool Lessons 3–6 years

Monday– Friday	4:15–4:45pm	July 12–15 Aug 16–20	July 26–30 Aug 23–27
	4:45–5:15pm	July 12–15 Aug 16–20	July 26–30 Aug 23–27
Saturday	9:00–9:30am	May 1–June 12	

School Age Lessons 6–14 years

Monday - Friday	4:15–5:00pm	July 12–15 Aug 16–20	July 26–30 Aug 23–27
Saturday	9:45–10:30am	May 1–June 12	

Skating Lesson Levels–Preschool

Parent & Tot

No Pre-requisite: 2–4 YRS

Currently not available due to physical distancing requirements.

5/\$42

Not
available in
May–June

Preschool 1

No Pre-requisite

This class utilizes a 1:4 instructor to participant ratio to ensure that the child builds confidence and has fun on the ice. Participants will be taught basic skating skills including: balancing on two feet, touching toes, walking forwards, marching, and falling down and getting up. **Parent and Tot is not a prerequisite.**

5/\$33

7/\$47

Preschool 2

Pre-requisite Preschool 1

This class is for children who can skate independently. Skills include: gliding, two foot jumps, making snow, and walking backwards.

5/\$33

7/\$47

Preschool 3

Pre-requisite Preschool 2

Children will learn skills in this course including: v-pushes, one foot gliding, two foot jump while gliding, walking backwards with some glide, two foot quarter-turns on the spot, and stopping.

5/\$33

7/\$47

Preschool 4

Pre-requisite Preschool 3

Children will learn skills in this course including: two-foot glides on a curve, walking cross cuts, backward sculling, and backwards stopping.

Skating Lesson Levels–School Age

5/\$42

Not available
in May–June

Skate 1

No Pre-requisite. 30 min.

This class is for children that do not have a lot of skating experience. It utilizes a 1:5 instructor to participant ratio to ensure that your child builds confidence on the ice. Skills covered include: forwards gliding, marching forward, making snow, falling down and getting up, and walking backwards.

5/\$50

7/\$69

Skate 2

Pre-requisite Skate 1

This class is for children who can skate independently on the ice. Skills include: forward sculling, one foot forward glides, stopping, walking backwards with some glide, and two foot half turns on the spot.

5/\$50

7/\$69

Skate 3

Pre-requisite Skate 2
or Preschool 4

Children will learn skills including: one foot glides on a curve, forwards walking cross cuts, backwards skating and sculling, two foot backwards glide to one foot, and snowplow stop.

5/\$50

7/\$69

Skate 4

Pre-requisite Skate 3

Children will learn skills in this course including: two foot stop, forwards crosscuts, turning forwards to backwards and backwards to forwards, and two foot jump in a glide backwards.

5/\$50

7/\$69

Skate 5

Pre-requisite Skate 4

Children will learn skills in this course including: Backwards Mohawk turn, two foot stop in both directions, one foot jump gliding forward, fast backwards start and fast forward start from back stop.

5/\$50

7/\$69

Skate 6

Pre-requisite Skate 5

Learn to Skate 6 provides an introduction to advanced skating skills, while continuing to focus and enhance acquired skills. This class allows participants the opportunity to request specific skills they would like to focus on during unstructured practice time with instructor supervision.

Summer Simple Set

½ hour lessons

Simply choose a time then register online or call Reception at 250-595-7946.

P Private: one skater – one instructor

SP Semi-Private: two skaters – one instructor

SATURDAYS

May 1–June 12 **P** 7/\$197 **SP** 7/\$228

Times: 9:00-9:30am, 9:30-10:00am, 10:00-10:30am

July 3–August 28 **P** 9/\$253 **SP** 9/\$294

Times: 9:00am–12:00pm

Simple Set Cancellation Policy:

Prorated refunds or credits may be obtained if requested before the second class.

Perfect Fit

Half hour skating lessons that fits you!

1) Pick your lesson dates, times and instructor.

2) Call 250-370-7114.

3) Choose the times most convenient for you.

SATURDAYS

Times: 9:00am–12:00pm

July 3–August 28 **P** 1/\$36 **SP** 1/\$42

P Private: one skater – one instructor

SP Semi-Private: two skaters – one instructor

Perfect Fit Cancellation Policy: To cancel a private lesson, please call Reception at 250-595-7946. Morning lessons must be cancelled by 6pm the night before and afternoon and evening lessons must be cancelled by 9:00am the day of the lesson, or you will be charged for the lesson.

Please Note: All private lessons must be paid in full at the time of booking. Adults add tax.

“ LESSON REMINDERS ”

Your Community **ACTIVE**
COMMUNITIES
LEARN to SKATE



First Day of Lessons

1. Put your skates on.
2. Make sure your helmet is CSA certified.
3. Stand under your class sign with skates, gloves and helmets on. Your instructor will come to you.
4. Confirm your name is on the registration list under the class sign.
5. **HAVE FUN!**



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Skating Lessons

YOUTH BEGINNER SKATING LESSONS

12–18 YRS

Beginners will become comfortable on the ice by learning posture and balance, basic stroking, stops, and turning around cones. CSA approved helmets are required and are available free of charge at the skate shop. Skate rental cards are available for purchase at reception. Class meets in the arena lobby.

Oak Bay Recreation Centre - Arena

May 7–Jun 25 **F** 8:00–8:45pm \$77/8 101863

YOUTH INTERMEDIATE SKATING LESSONS

12–18 YRS

Intermediates will work on improved posture and balance, forward and backwards skating, snow plow and hockey stops, inside edges, and crossovers. CSA approved helmets are required and are available free of charge at the skate shop. Class meets in the arena lobby.

Oak Bay Recreation Centre - Arena

May 7–Jun 25 **F** 8:00–8:45pm \$77/8 101874

ADULT BEGINNER SKATING LESSONS

19 YRS+

Beginners will become comfortable on the ice by learning posture and balance, basic stroking, stops, and turning around cones. Class meets in the arena lobby.

Oak Bay Recreation Centre - Arena

May 7–Jun 25 **F** 8:00–8:45pm \$79/8 86893

ADULT INTERMEDIATE SKATING LESSONS

19 YRS+

Skills covered in this class include: improved posture and balance, forward and backwards skating, snow plow and hockey stops, inside edges, and crossovers. Class meets in the arena lobby.

Oak Bay Recreation Centre - Arena

May 7–Jun 25 **F** 8:00–8:45pm \$79/8 86894

YOUTH/ADULT SKATE LESSONS

CSA Helmets are required. Skates and helmets will not be available for rental during lessons.

*CSA HELMETS WITH FULL FACE CAGE

are encouraged for children new to skating! Helmets with cages can be purchased at Canadian Tire, Walmart, Kirby's Sports and Sport Chek.

IMPORTANT COVID-19 NOTICE

All programs and services offered by Oak Bay Parks, Recreation and Culture are subject to changes based on the status of the Provincial Health Orders.

Hockey - Inner Power



Summer Hockey Camps

OAK BAY RECREATION CENTRE - ARENA

- NHL Pre-Season Co-Ed Kids Hockey Camp for Novice to Bantam (ages 5-14). See Camps [page 28](#).
- Inner Power Rep Prep Camp for Novice to Bantam (ages 7-16). See this page.
- Youth Street Hockey Camp (ages 9-14). See Camps [page 29](#).
- Super Shooters Ice Hockey Camp (ages 8-14). See Camps [page 28](#).
- Power Unlimited Rep Prep Hockey Camp (ages 9-14). See Camps [page 28](#).
- Summer Hockey specific Private Lesson. Call 250-370-7114 for details.



INNER POWER

ANTONY SCANDALE

INNER POWER CUSTOM PRIVATE LESSONS

During July and August, private lessons with Inner Power are available. Please call 250-370-7113 for more information about times and costs.

INNER POWER REP PREP HOCKEY - NOVICE/ATOM

7-10 YRS

Antony Scandale of Inner Power Coaching brings 25 years of power skating, hockey knowledge and coaching to the ice. Antony has assisted many hockey players reach higher levels of hockey such as CSSHL, BCJHL, EHL, SHL and the AHL. Improve on various parts of the game, such as 1-on-1 battles, quick-feet escapes, power skating, puck protection, stick handling and quick release shooting. This is not a beginner program. It is designed to be tailored towards players currently playing rep level hockey. Full hockey equipment is mandatory.

Oak Bay Recreation Centre - Arena **Antony Scandale**
Aug 3-6 T-F 2:45-4:00pm \$199/4 99213

PEE WEE/BANTAM

11-16 YRS

Oak Bay Recreation Centre - Arena **Antony Scandale**
Aug 3-6 T-F 4:15-5:30pm \$199/4 99214

NOVICE HOCKEY LEAGUE GAME DAYS

5-14 YRS

Fun focused supervised co-ed pond hockey-like scrimmage sessions for kids of all skills and abilities. Staff divide participants into cross ice games of like-skilled players at the beginning of each session. Players must be able to skate the length of the ice and back with some speed and stop comfortably with full gear on. There is no skating or hockey instruction provided in this program. Full gear is mandatory.

Oak Bay Recreation Centre - Arena
Apr 4-25 Su 1:15-2:45pm \$50/4 86903
May 2-30 Su 1:15-2:45pm \$63/5 86906

Hockey Equipment needed to play at Recreation Oak Bay



POWER SKATING

NOVICE CAMP

6-8 YRS

Dennise Bowles of Power Unlimited brings years of experience to these programs. Dennise has worked with Victoria's best hockey players helping them reach the BCJHL, WHL, NCAA, ECHL, AHL and NHL. Come out and take your game to the next level. Balance, acceleration, agility, speed, explosive starts, edge control and game stride are all part of this challenging and rewarding program. Power Unlimited offers high quality instruction with a dedication to the improvement of each student. Full hockey gear required.

Oak Bay Recreation Centre - Arena

Jul 5-9 M-F 2:45-4:15pm

Dennise Bowles

\$180/5 99216

ATOM CAMP

8-10 YRS

Oak Bay Recreation Centre - Arena

Jul 5-9 M-F 2:45-4:15pm

Dennise Bowles

\$180/5 99215

POWER UNLIMITED ATOM REP/PEE WEE/ BANTAM CAMP

10-14 YRS

Dennise Bowles of Power Unlimited brings years of experience and expertise to these programs. Dennise has worked with Victoria's best hockey players helping them reach the BCJHL, WHL, NCAA, ECHL, AHL, and NHL. Come out and take your game to the next level. Balance, acceleration, agility, speed, explosive starts, edge control, and game stride are all part of this challenging and rewarding program. Power Unlimited offers high quality instruction with a dedication to the improvement of each student. This is not a beginner skating program. Skaters must be comfortable on the ice with skating experience, either with a hockey team or completed Level 4 of the Learn to Skate program. Full hockey gear is mandatory.

Oak Bay Recreation Centre - Arena

Jul 19-23 M-F 2:45-4:15pm

Dennise Bowles

\$180/5 99217

POWER UNLIMITED

ATOM REP PREP HOCKEY CAMP

9-11 YRS

Dennise Bowles of Power Unlimited brings years of experience to this half day hockey camp. Dennise has worked with Victoria's best hockey players helping them reach the BCJHL, WHL, NCAA, ECHL, AHL and NHL. Get ready for Rep tryouts and the upcoming hockey season. This program will work hard on player's balance, edges, skating, agility, and power on the ice. This half day camp is for Rep players only. It includes two hours and 45 minutes of ice a day with a snack break in between. Hard workers only please! Full hockey gear required.

Oak Bay Recreation Centre -

Arena Lobby

Aug 30-Sep 3 M-F 8:00am-11:00am

Dennise Bowles

\$330/5 103721

POWER UNLIMITED PEEWEE/BANTAM REP PREP HOCKEY CAMP

11-14 YRS

Dennise Bowles of Power Unlimited brings years of experience to this half day hockey camp. Dennise has worked with Victoria's best hockey players helping them reach the BCJHL, WHL, NCAA, ECHL, AHL and NHL. Get ready for Rep tryouts and the upcoming hockey season. This program will work hard on player's balance, edges, skating, agility, and power on the ice. This half day camp is for Rep players only. It includes three hours of ice a day with a snack break in between. Hard workers only please! Full hockey gear required.

Oak Bay Recreation Centre -

Arena Lobby

Aug 30-Sep 3 M-F 12:00am-3:15pm

Dennise Bowles

\$360/5 103722

Power Skating



POWER UNLIMITED

DENNISE BOWLES

Dennise brings years of experience and expertise to these programs. Denise has worked with Victoria's best hockey players helping them reach the BCJHL, WHL, NCAA, ECHL, AHL, and NHL.

Come out and take your game to the next level. Balance, acceleration, agility, speed, explosive starts, edge control, and game stride are all part of this challenging and rewarding program. Power Unlimited offers high quality instruction with a dedication to the improvement of each student. This is not a beginner skating program. Skaters must be comfortable on the ice with skating experience, either with a hockey team or completed Level 4 of the Learn to Skate program. Full hockey gear required.

POWER UNLIMITED CUSTOM PRIVATE LESSONS

During July and August, private lessons with Power Unlimited are available. Please call 250-370-7113 for more information about times and costs.

POWER UNLIMITED WOMEN'S POWER SKATING

14 YRS+

Dennise Bowles of Power Unlimited brings years of experience and expertise to these programs. Dennise has worked with Victoria's best hockey players helping them reach the BCJHL, WHL, NCAA, ECHL, AHL, and NHL. Come out and take your game to the next level. Balance, acceleration, agility, speed, explosive starts, edge control, and game stride are all part of this challenging and rewarding program. Power Unlimited offers high quality instruction with a dedication to the improvement of each student. This is not a beginner skating program. Skaters must be comfortable on the ice with skating experience, either with a hockey team or completed Level 4 of the Learn to Skate program. Full hockey gear is mandatory.

Oak Bay Recreation Centre - Arena

Jun 3-Jul 1 Th

6:15-7:15pm

Dennise Bowles

\$135/5 88316

Adult Hockey



2021 SUMMER OLD TIMERS'/ADULT HOCKEY LEAGUE

GAMES HELD M-F BETWEEN 6:15PM-9:45PM

2 GAMES A WEEK

15 GAMES TOTAL PLUS PLAYOFFS

Registration

BEGINS APRIL 1, 2021

Early Bird player registration deadline: June 22 \$225

Regular Player: \$245

Goalie: \$133

OLDTIMERS' HOCKEY LEAGUE –

GOALIE & PLAYER

35 YRS+

SUMMER ADULT HOCKEY LEAGUE –

GOALIE & PLAYER

18 YRS+

Recreation Oak Bay is pleased to welcome back its Oak Bay Hockey League. This non-contact league is for adults, with all ability levels welcome to join. All games are officiated. A minimum of three days before league start up, team lists and playing schedule will be posted on the league webpage (www.oakbay.ca/parks-recreation/programs-registration/hockey-league-information). You may request to play with friends.

Full hockey gear and CSA approved helmets are mandatory.

Cancellations/Refunds

All refunds must be requested before the first game of the season is played. After which, no refunds are provided unless accompanied by an original doctor's note.



Need Practice?

Ball Machine Rentals

\$7.50 per booking

Call to book the machine (includes balls but not court time). Booking pending COVID-19 Public Health Order.

NOTICE

PUBLIC HEALTH ORDER (PHO)

All programs and services offered by Oak Bay Parks, Recreation and Culture are subject to changes based on the status of the Provincial Health Orders.

Tennis Events

Pending Tennis BC approval during the COVID-19 pandemic.

May

1

Junior Futures Tour 10U/9U

Register through www.tennisbc.org

June

25

Junior Rogers Rookie Tour – Free for Oak Bay lesson participants

Register through www.tennisbc.org

Oak Bay Tennis Bubble

August

5–8

Victoria Outdoor Open

Register through www.tennisbc.org

13–15

Victoria Outdoor Junior Open - 3-Star

Register through: www.tennisbc.org

30–31

Junior Rogers Rookie Tour – Free for Oak Bay lesson participants

Register through: www.tennisbc.org

Oak Bay Tennis Bubble

September

3–5

Grand Slam Series Island US Open (Mixed only)

Register through: www.tennisbc.org

7–12

Grand Slam Series Island US Open (MW's & Open Elimination and MW's Compass Draw)

Register through: www.tennisbc.org

Private Lessons



Player Appreciation Complimentary 20 minute Private Lesson

Are you finding you are making the same mistakes during your game?

Interested in trying a new racquet in a controlled setting?

Potential Dates: April 9 and 23.

Sign-up on the Monday prior by emailing tennis@oakbay.ca. New players prioritized if waitlist is required.

FREE FOR PLAYERS TAKING LESSONS AT RECREATION OAK BAY:

Adult Doubles Clinic with Social Tournament

Monday–Wednesday, 6:00–8:00pm
June 28–30

Course Code 90229

CANCELLATION POLICY:

To receive a refund or credit, you must cancel at least four (4) hours prior to your court time.

Private Instruction

One-on-One or Family

Private instruction is a great way to get ahead in the game of tennis!

One hour indoor or outdoor.

\$70.00 (Fall/Winter— Sept 16–April 25)

\$54.25 (Spring/Summer—April 26–Sept 15)

Multiple Private Lesson

Package (16% off regular price.)

\$58.80 (Fall/Winter— Sept 16–April 25)

\$45.50 (Spring/Summer—April 26–Sept 15)

Semi-Private Instruction

2–4 people (16% off regular price.)

Another option to improve your game of tennis!

One hour indoor or outdoor.

\$82.00 (Fall/Winter— Sept 16–April 25)

\$66.25 (Spring/Summer—April 26–Sept 15)

Multiple Semi-Private

Package (16% off regular price.)

\$68.00 (Fall/Winter— Sept 16–April 25)

\$55.50 (Spring/Summer—April 26–Sept 15)

Why Hire a Personal Tennis Coach?

Tired of making the same mistakes during your social tennis game?

Coaches are here to help with your technique and tactics so you have more fun playing.

Play a Coach!

\$40 per hour

(Only available during off-peak times.)

Price includes court rental.

Email: tennis@oakbay.ca

Tennis Lessons

FRENCH JUNIOR TENNIS

6-12 YRS

This program will be taught in French. Register on the waitlist and the Tennis Supervisor will contact you to finalize who you have organized as the 4 friends in the group. It is highly recommended all players are the same age and currently enrolled in the French Immersion program at school.

Oak Bay Recreation Centre - Tennis Court #4

Jul 13-29	T, Th	4:30-5:30pm	\$90/6	101955
Aug 10-26	T, Th	4:30-5:30pm	\$90/6	101956

JUNIOR RED BALL

JUNIOR RED BALL 1

5-7 YRS

Rally zone - ½ court. This program is designed to introduce tennis to youngsters in a fun and relaxed atmosphere. The kids will be taught in a scaled down format of 'Progressive Tennis' which will give them the sense of playing the game of tennis right away. Players learn basic rally and serve, along with activities that build tennis specific coordination. Rules of play and 'I am a Good Sport' behaviours are also introduced. This program usually requires a complete year to advance to Junior Red Ball 2 (Sept-June). Sunday lessons require one parent/guardian/grandparent to participate if Public Health Order allows.

Oak Bay Recreation Centre - Tennis Court #4

Apr 26-Jun 14	M	3:30-4:30pm	\$73/7	100789
Apr 28-Jun 16	W	3:30-4:30pm	\$83/8	100791

JUNIOR RED BALL 2

5-7 YRS

Rally zone - ½ court. This follow-up to Red Ball 1 refines the rally, serve and net play skills. This program usually requires a complete year to advance to Junior Orange Ball 2 (Sept-June). At the end of each lesson set, all players registered at the Red Ball level are invited to play in a fun mini-tournament on the final weekend. Sunday lessons require one parent/guardian/grandparent to participate.

Prerequisite: Completion of Red Ball 1 or TPA Instructor recommended. If sign up has not been recommended, players jeopardize being removed from the class without an immediate backup option.

Oak Bay Recreation Centre - Tennis Court #3

Apr 28-Jun 16	W	3:30-4:30pm	\$88/8	100793
Apr 26-Jun 14	M	3:30-4:30pm	\$78/7	100792

JUNIOR ORANGE BALL

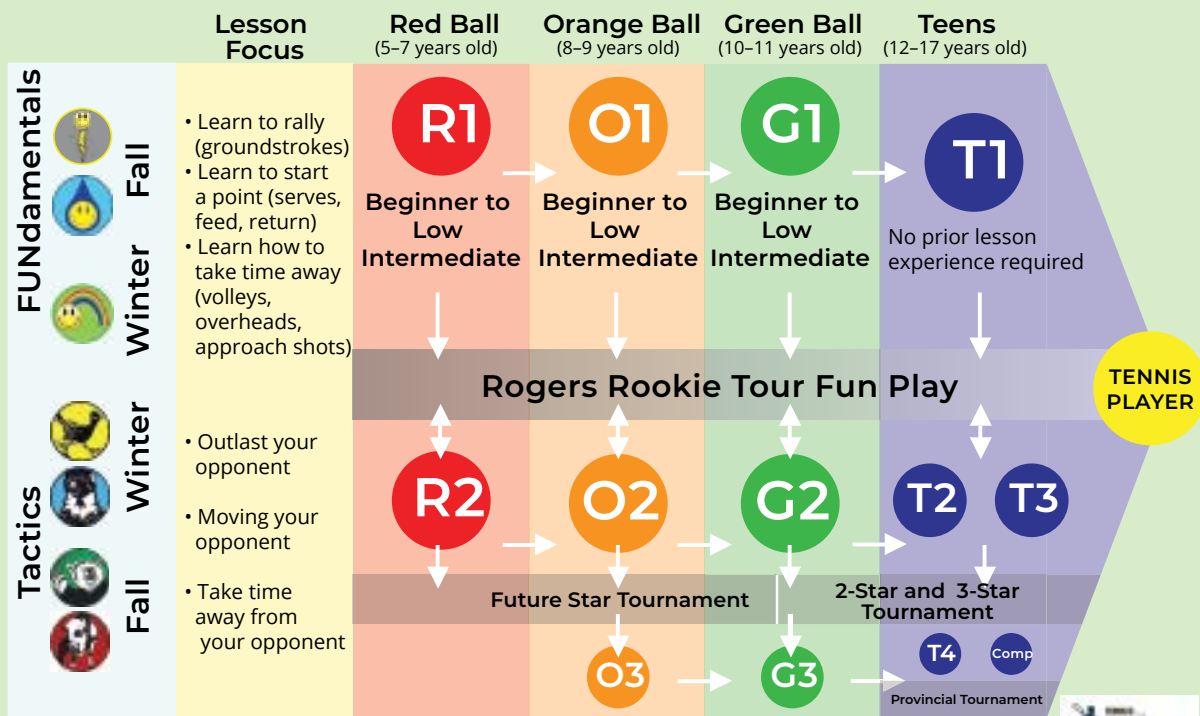
JUNIOR ORANGE BALL 1

8-9 YRS

Rally zone - 3/4 court. For those just starting the game or needing more time to develop the fundamentals of the serve, rally, net play and scoring. This program usually requires a complete year to advance to Junior Orange Ball 2 (Sept-June). At the end of each lesson set, all players registered at the Orange Ball level are invited to play in a fun mini-tournament on the final weekend. Sunday lessons require one parent/guardian/grandparent to participate Public Health Order allows.

Oak Bay Recreation Centre - Tennis Court #4

Apr 26-Jun 14	M	4:30-6:00pm	\$108/7	100327
Apr 28-Jun 16	W	4:30-6:00pm	\$122/8	100328



Age is based on the calendar year you were born.

Moving from Level 1 to Level 2 will probably take 1-2 years. Moving from Level 2 (Intermediate) to Advance Play will probably take another 2-3 years.

Are you ready for the next level?

Self-evaluate by participating in the Rogers Rookie Tour Fun Play. Coach will be there observing rallying and starting point ability for guidance.

JUNIOR ORANGE BALL 2 8-9 YRS

Rally zone - 3/4 court. In this category players will be able to display solid rally awareness such as recovery, and demonstrate technique and strategic intent. Players learn to maintain a rally when receiving more challenging shots, serve with improved placement, approach the net, and place volleys. This program usually requires a complete year to advance to Junior Green Ball 2 (Sept-June). Fun mini-tournament on the final weekend included with registration. Sunday lessons require one parent/guardian/grandparent to participate Public Health Order allows.

Oak Bay Recreation Centre - Tennis Court #3

Apr 26-Jun 14	M	4:30-6:00pm	\$108/7	100331
Apr 28-Jun 16	W	4:30-6:00pm	\$122/8	100344

JUNIOR GREEN BALL

JUNIOR GREEN BALL 1 10-11 YRS

Rally zone - Full court. For those just starting the game or needing more time to develop the fundamentals of the serve, rally, net play and scoring. This program usually requires a complete year to advance to Junior Green Ball 2 (Sept-June). At the end of each lesson set, all players registered at the Green Ball level are invited to play in a fun mini-tournament on the final weekend. Sunday lessons require one parent/guardian/grandparent to participate.

Oak Bay Recreation Centre - Tennis Court #2

Apr 26-Jun 14	M	4:30-6:00pm	\$108/7	100346
Apr 28-Jun 16	W	4:30-6:00pm	\$122/8	100348

JUNIOR GREEN BALL 2 10-11 YRS

Rally zone - Full court. In this category, the player will focus on maintaining a rally when receiving challenging shots, serving with improved placement, approaching the net, and placing volleys. This program usually requires a complete year to advance to Junior Green Ball 2- Developmental (Sept-June). Fun mini-tournament on the final weekend included with registration. Sunday lessons require one parent/guardian/grandparent to participate Public Health Order allows.

Apr 26-Jun 14	M	4:30-6:00pm	\$108/7	100350
Apr 28-Jun 16	W	4:30-6:00pm	\$122/8	100366

TEEN YELLOW BALL

TEEN YELLOW BALL 1 - BEGINNER 12-17 YRS

Rally zone - Full court. For those players just starting the game or needing more time to develop the fundamentals of the serve, rally, net play and scoring. This program usually requires a complete year to advance to Junior Green Ball 2- Developmental (Sept-June). At the end of each lesson set, all players registered at the Teen Green Ball level are invited to play in a fun mini-tournament on the final weekend.

Oak Bay Recreation Centre - Tennis Court #4

Apr 27-Jun 15	T	3:30-5:00pm	\$127/8	100368
Apr 29-Jun 17	Th	3:30-5:00pm	\$127/8	100369

TEEN YELLOW BALL 2 - DEVELOPMENTAL 12-17 YRS

Players in this class must be able to consistently hit 10 balls in a row on forehands and backhands from full court using low pressurized balls. Players will be further developing their serve, rallies, and net play while making the transition to using pressurized balls. This program usually requires two years to advance to Teen Yellow Ball 3-School Team Tennis (Sept-June). Fun mini-tournament on the final weekend included with registration.

Oak Bay Recreation Centre - Tennis Court #3

Apr 27-Jun 15	T	3:30-5:00pm	\$127/8	100370
Apr 29-Jun 17	Th	3:30-5:00pm	\$127/8	100371

TEEN YELLOW BALL 3 - SCHOOL TEAM TENNIS 14-17 YRS

Players in this class should be involved or intend to be involved with their school tennis team and must be able to consistently hit 10 balls in a row on forehands and backhands from full court using pressurized balls as well as be comfortable at the net. In this class, refinement of the smash, backhand volley and spin serves will be the focus. Singles and doubles tactics will be further explored. Fun mini-tournament on the final weekend included with registration.

Oak Bay Recreation Centre - Tennis Court #6

Apr 27-Jun 15	T	5:00-6:30pm	\$127/8	100372
Apr 29-Jun 17	Th	5:00-6:30pm	\$127/8	100373

TEEN YELLOW BALL - COMPETITIVE TOURNAMENT TENNIS

For players that regularly compete in Tennis BC 2-star tournaments or higher. Prerequisite: Completion of Teen Green Ball 3- School Team Tennis, ranked in BC or recommendation from a TPA Instructor. Includes practice courts Monday-Friday, 5:00-7:00am. Contact the Tennis Supervisor to book.

Oak Bay Recreation Centre -

Tennis Court #3

Ed Bakker and Dean Gillis

Apr 27-Jun 17	T, Th	5:00-6:30pm	\$299/16	100374
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TENNIS ADULT / YOUTH LESSONS

TENNIS ADULT LEVEL 1 - BEGINNER 16 YRS+

Designed for those players just taking up the game for the first time. Ball sense, introduction to the forehand, backhand, and the serve will be covered at this level. Foam and low compression balls will be used. Players will be exposed to the major components of the game in a scaled down mini-court. Players in Level 1.0 should also consider the Novice PRACTICE & PLAY programs for further development.

Oak Bay Recreation Centre - Tennis Court #3

Jul 13-Jul 29	T, Th	6:30-8:00pm	\$105/6	100477
Aug 10- 26	T, Th	6:30-8:00pm	\$105/6	100478

Henderson - Tennis Court #1

Jul 12-28	M, W	6:00-7:30pm	\$105/6	100463
Aug 9-25	M, W	6:00-7:30pm	\$105/6	100476

LEVEL 2 - NOVICE 16 YRS+

For players that have completed Adult Level 1 or players who have not played for many years and would like to review the fundamentals of groundstrokes, serve, and volley. The class will also spend time developing a full motion on the serve, and will cover basic doubles and singles strategies. Low compression balls will primarily be used, rallying on ¾ court. This program usually requires a complete year (Sept-June). Players should also consider the PRACTICE & PLAY programs for further development.

Oak Bay Recreation Centre - Tennis Court #2

Apr 29-Jun 17	Th	6:30-8:00pm	\$140/8	100479
Jul 13-29	T, Th	6:30-8:00pm	\$105/6	100482
Aug 10-26	T, Th	6:30-8:00pm	\$105/6	100483

Henderson - Tennis Court #2

Jul 12-28	M, W	6:00-7:30pm	\$105/6	100480
Aug 9-25	M, W	6:00-7:30pm	\$105/6	100481

LEVEL 2.5 - LOW INTERMEDIATE 16 YRS+

Players should be able to rally 5 balls in a row using their forehand or backhand. This rally is from $\frac{3}{4}$ court using pressurized balls. Players in this class will learn the approach shot, and will carry on reviewing serves, volleys and groundstrokes with a primary focus on placement. Players should be familiar with basic singles and doubles positions. This program usually requires a complete year to advance to Level 3.0- Intermediate (Sept-June).

Prerequisite: Completion of Adult Level 2 or recommendation from a TPA Instructor. If sign up has not been recommended, players jeopardize being removed from the class without an immediate backup option. Players should also consider the PRACTICE & PLAY programs for further development.

Oak Bay Recreation Centre

Apr 27-May 20	T, Th	9:00-10:30am	\$144/8	100484
Apr 29-May 17	Th	6:30-8:00pm	\$144/8	100486
May 25-June 17	T, Th	11:00am-12:30pm	\$144/8	100485
Jul 13-29	T, Th	8:00-9:30pm	\$109/6	100489
Aug 10-26	T, Th	8:00-9:30pm	\$109/6	100490

Henderson - Tennis Court #3

Jul 12-28	M, W	6:00-7:30pm	\$109/6	100487
Aug 9-25	M, W	6:00-7:30pm	\$109/6	100488

LEVEL 3 - INTERMEDIATE 16 YRS+

Players should be able to rally 10 balls in a row using their forehand OR backhand. This rally is from $\frac{3}{4}$ court using pressurized balls. This player has a serve which is developing rhythm but little consistency when trying for power. In this level, the difference between a flat and slice serve, the smash, the lob and their role in doubles will be emphasized as well as continued development of groundstrokes and backhand volley. The player will also work on returning short and wide balls from moderately paced balls. This program usually requires two years to advance to Level 3.5-High Intermediate (Sept-June).

Oak Bay Recreation Centre

Apr 27-May 20	T, Th	9:00-10:30am	\$144/8	100491
May 25-June 17	T, Th	11:00am-12:30pm	\$144/8	100492
Jul 13-29	T, Th	8:00-9:30pm	\$109/6	100496
Aug 10-26	T, Th	8:00-9:30pm	\$109/6	100497

Henderson - Tennis Court #1

Jul 12-28	M, W	7:30pm-9:00pm	\$109/6	100493
Aug 9-25	M, W	7:30pm-9:00pm	\$109/6	100494

LEVEL 3.5 - HIGH INTERMEDIATE 16 YRS+

Players should be able to rally 20 balls in a row using their forehand AND backhand. This rally is from $\frac{3}{4}$ court using pressurized balls. In this level, there will be a focus on moving the opponent around the full court, and maximizing pace and placement when receiving easier balls. Speed or placement of first serve, and second serve to the opponent's weakness without double-faulting on a regular basis will also be required prior to moving to the next level. Intense net play will be incorporated while learning attacking and defending tactics for both singles and doubles.

Oak Bay Recreation Centre

Apr 27-May 20	T, Th	10:30am-12:00pm	\$154/8	100505
Apr 29-Jun 17	Th	8:00-9:30pm	\$154/8	100507
May 25-Jun 17	T, Th	12:30-2:00pm	\$154/8	100506

Henderson - Tennis Court #2

Jul 12-28	M, W	7:30-9:00pm	\$116/6	100508
Aug 9-25	M, W	7:30-9:00pm	\$116/6	100509

LEVEL 4 - ADVANCED 16 YRS+

Players entering this level must have a good understanding of the game, be able to rally 10 balls in a row from the baseline with top spin on the forehand, maintain a 10 ball cross court rally on the backhand, be able to serve with spin, and be able to angle volley high balls and volley deep off of low balls. In this class, emphasis will be on shot placement for both groundstrokes and volleys. Through the use of advanced drills, the aim of this class is to provide players with an opportunity to fine-tune all their shots. Specialty shots such as the drop shot and singles and doubles tactics will be discussed.

Oak Bay Recreation Centre -

Tennis Court #3

Apr 29-Jun 17	Th	8:00-9:30pm	Nyles Moisson	\$154/8	100503
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TENNIS CLINICS

CARDIO COURT - CIRCUIT TRAINING 12 YRS+

This program will energize you with active drills and dynamic fitness moves to music. Weights and ladder work for footwork are included.

Oak Bay Recreation Centre

Apr 28-Jun 16	W	6:00-7:30pm	\$172/8	100504
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CARDIO COURT DRILL SESSION 16 YRS+

This is a non-instructional program for 3.0 - 4.0 level tennis players. Maximum repetitions in the five game situations: rally-groundstrokes, approach and volley, passing shots, serve, and return of serve.

Oak Bay Recreation Centre

Apr 26-May 17	M	9:00-10:00am	\$57/4	100633
Apr 26-May 17	M	10:00-11:00am	\$57/4	100634
Apr 30-May 21	F	9:00-10:00am	\$57/4	100637
Apr 30-May 21	F	10:00-11:00am	\$57/4	100638
May 28-Jun 18	F	11:00am-12:00pm	\$57/4	100639
May 28-Jun 18	F	12:00-1:00pm	\$57/4	100641
May 31-Jun 14	M	12:00-1:00pm	\$43/3	100636
May 31-Jun 14	M	11:00am-12:00pm	\$43/3	100635
Jul 13-29	T, Th	6:30-8:00pm	\$86/6	101601
Jul 13-29	T, Th	8:00-9:00pm	\$86/6	101602
Aug 10-26	T, Th	6:30-8:00pm	\$86/6	101604
Aug 10-26	T, Th	8:00-9:00pm	\$86/6	101605

TENNIS SOCIALS

PRACTICE & PLAY INTERMEDIATE 18 YRS+

Perfect for additional practice and social play for men and women who have completed level 2.5 or higher. Half of the time will be dedicated to tactics, such as net rushing tactics (serve and volley / approach and volley), moving the opponent around with placed shots (lobs and drop shots), and setting up your quick strike tactic (power forehand groundstroke). The remaining time will be spent playing doubles.

Oak Bay Recreation Centre - Tennis Court #5

Apr 28-Jun 16	W	11:00am-12:30pm	\$136/8	102014
Apr 30-21	F	11:00am-12:30pm	\$68/4	102016

Tennis Court Rentals

OUTDOOR COURTS

2021 Outdoor Court Fees are as follows:

Daylight 1 hour:	\$9.25
Lighted Play 1 hour:	\$12.25

How to book an Outdoor Court

1. Reserve four (4) days in advance to the hour.
For example: To book a court on a Thursday at 8:30am you can call on Sunday after 8:30am.
2. Call Henderson Recreation Reception at 250-370-7200 or book online at Recreation.OakBay.ca.
3. Book by phone: 250-370-7200 after 8:30am, Monday-Sunday.

INDOOR COURTS

Fall Indoor Court Fees are as follows:

September 16, 2020–April 25, 2021

- \$15.75 per hour before 8:00am daily and after 8:00pm on Saturdays and Sundays.
- \$31.50 per hour between 8:00am and 11:30pm, Monday–Friday.
- Summer court fees are half of the fall fee.

How to Book an Indoor Court?

If you have bookings in Fall 2020, and would like to keep the same bookings for Winter 2021, you will be contacted one week prior to the draw for confirmation.

How to book an Indoor Court

1. Reserve up to four (4) days in advance to the hour.
For example: To book a court on a Thursday at 8:30am you can call on Sunday after 8:30am.
2. Call Oak Bay Recreation Reception at 250-598-2665 or book online at Recreation.OakBay.ca
3. Book by phone: 250-598-2665 after 8:30am, Monday-Sunday.

BLOCK BOOKING INDOOR AND OUTDOOR COURTS

Indoor Block Bookings for Oak Bay Bubble (2020 Fall fees apply)

March 29–April 25 (4 weeks) Session 2

Multiple Court	Jan 9 at 9:00am	90231
Single Court	Jan 9 at 9:00am	90233

How to block book online:

1. Ensure your Oak Bay online account and login is set up.
2. Go to oakbayrec.perfectmind.com
3. Login with username and password.
4. Click the **Schedule** Button near the top of the screen.
4. Under **Racquet Sports** click **Block Bookings** (you may need to click Show Courses).
5. Select **date and type of Block Booking** and click **Register**.
6. Click on the **WAITLIST**.
8. Answer the questionnaire.

Outdoor Block Bookings for Henderson Courts

April 26–Sept 12 (20 weeks for cost of 17 weeks)	Registration Time Friday, April 16 at 9:00am
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Single and Multiple Courts

90234

Note: If you are not home when the call is made, your court will be held until payment is made unless you have not inputted all the relevant information for your booking to be held (i.e. Time, day and session).

CANCELLATION POLICY:

To receive a refund or credit, you must cancel at least four hours prior to your court time.

Pickleball

LESSONS

PICKLEBALL LEVEL 1

16 YRS+

Have you heard about Pickleball? Pickleball is a fun combination of badminton, tennis and table tennis and is an enjoyable activity that accommodates people at every level of fitness. Pickleball is accessible to a wide range of players, since the court is smaller and the ball moves slower. Learn to play this great sport at Pickleball Level 1 where you will be provided with an introduction to the game, rules, basic shots, and strategy. Paddles are supplied.

Henderson Recreation Centre - Gym

May 4-Jun 15 T 11:45am-12:45pm \$81/7 101063

PICKLEBALL LEVEL 2

16 YRS+

Take your pickleball to the next level! Join Level 2 Pickleball to develop more technical skills and drills including: serve and return to serve; positioning and net play; shot selection and placement; overhead and smash defence; soft game and lob. Equipment supplied.

Henderson Recreation Centre - Gym

May 4-Jun 15 T 12:45-1:45pm \$81/7 101065

PICKLEBALL LEVEL 3

16 YRS+

Learn the next step up in techniques, strategies and drills for improvement. This course will further cover serve, second shot, smash, lob, volley, attacking and defending. This course would benefit players 3.0 playing ability and above. Paddles are supplied.

Henderson Recreation Centre- Gym

May 4-Jun 15 T 1:45-2:45pm \$81/7 101066

PICKLEBALL CAMP

19 YRS+

Register in Level 1, 2 or 3 Pickleball camp for an intensive week of learning the fundamentals and tactics of pickleball.

LEVEL 1

Carnarvon - Pickleball Court A/B

Jul 7-9	W-F	1:00-3:30pm	\$102/3	101031
Jul 14-16	W-F	1:00-3:30pm	\$102/3	101033
Aug 4-6	W-F	1:00-3:30pm	\$102/3	101037
Aug 11-13	W-F	1:00-3:30pm	\$102/3	101038

LEVEL 2

Carnarvon - Pickleball Court A/B

Jul 21-23	W-F	1:00-3:30pm	\$102/3	101040
Aug 18-20	W-F	1:00-3:30pm	\$102/3	101042

LEVEL 3

Carnarvon - Pickleball Court A/B

Jul 28-30	W-F	1:00-3:30pm	\$102/3	101043
Aug 25-27	W-F	1:00-3:30pm	\$102/3	101044

Outdoor Pickleball Court Rental

How to book a Court

1. Call 250-370-7200 or book online at Recreation.OakBay.ca.
2. Reserve four (4) days in advance to the hour.
3. Book by phone: 250-370-7200 after 8:30am, Monday-Sunday.

Block Booking

APRIL 26-SEPTEMBER 12, 2021.

20 weeks for cost of 17

Registration is April 12, 2021 at 9:00am

Register online. Course Code 90235

How to block book online:

1. Ensure your Oak Bay online account and login is set up.
2. Go to oakbayrec.perfectmind.com
3. Login with username and password.
2. Click the **Schedule** Button near the top of the screen.
4. Under **Racquet Sports** click **Block Bookings**.
5. Select **date and type of Block Booking** and click **Register**.
6. Click on the **WAITLIST**.
8. Answer the questionnaire.

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Registered Table Tennis Sessions

WEDNESDAYS 7:15-9:15PM

Have fun and socialize while working on agility, fitness and strategy. Bring your own paddles and balls. Partner play is encouraged however sanitizing spray is available when switching opponents or tables.

Steps to Register Online

1. Ensure your Oak Bay online account and login is set up.
2. Go to: oakbayrec.perfectmind.com and login using your user ID and password.
3. Click the **Schedule** button near the top left of the screen.
4. Under the Racquet Sports menu select **Table Tennis Drop in**.
5. Select the date of the session you wish to register for, click **Register**.
NOTE: All sessions are available for viewing online however registration will only open 24 hours prior to the start of each session.
6. On the next screen, click **Register** a second time.
7. Select the person to register in the session and select **Next**.
8. Select your method of payment.
NOTE: Payment is required. You may cancel your session up to four hours in advance. If you feel symptoms of COVID-19 please stay home, we will be happy to issue you a refund. Ten years old and up are welcome to participate in the court rentals, however one adult 19 years or above must be present and playing.

Please Note: Table Tennis Rent-A-Courts are available on Saturdays and Sundays.

Indoor Rent-A-Court Sports Schedule (Starts April 1, 2021)

Henderson Recreation Centre

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Pickleball Court Rental 10:45–11:45am (Ends June 14)	Pickleball Court Rental 9:15–10:15am (Ends June 15)	Pickleball Court Rental 10:45–11:45am (Ends June 16)	Pickleball Court Rental 9:15–10:15am (Ends June 17)			
Pickleball Court Rental 12:00–1:00pm (Ends June 14)	Pickleball Court Rental 10:30–11:30am (Ends June 15)	Pickleball Court Rental 12:00–1:00pm (Ends June 16)	Pickleball Court Rental 10:30–11:30am (Ends June 17)	Pickleball Court Rental 10:45–11:45am (Ends June 18)	Table Tennis Court Rental 1:30–2:30pm	Pickleball Court Rental 1:30–2:30pm
Badminton Court Rental 1:30–2:30pm (Ends June 14)	Pickleball Lessons	Pickleball Court Rental 1:15–2:15pm (Ends June 16)	Pickleball Court Rental 11:45am–12:45pm (Ends June 17)	Badminton Court Rental 12:15–1:15pm (Ends June 18)	Table Tennis Court Rental 2:45–3:45pm	Pickleball Court Rental 2:45–3:45pm
		Table Tennis Pre-registered Session 7:15–9:15pm	Pickleball Court Rental 1:00–2:00pm (Ends June 17)	Badminton Court Rental 1:30–2:30pm (Ends June 18)	Badminton Court Rental 4:30–5:30pm	Table Tennis Court Rental 4:30–5:30pm
	Badminton Court Rental 7:00–8:00pm		Badminton Court Rental 7:00–8:00pm	Pickleball Court Rental 5:45–6:45pm	Badminton Court Rental 5:45–6:45pm	Table Tennis Court Rental 5:45–6:45pm
	Badminton Court Rental 8:15–9:15pm		Badminton Court Rental 8:15–9:15pm	Pickleball Court Rental 7:00–8:00pm	Gymnasium closed June 21–27 for maintenance.	

Racquet Sport Rent-A-Court \$14.30/hour

Guidelines for Rent-A-Court

- 1) Call 250-370-7200 or book online.
- 2) Reserve four days in advance, to the hour.
 - Two to four players maximum per court booking, depending on the Provincial Health Order.
 - No changing courts during the rental period to allow for proper physical distancing.

Steps to Register Online

Court bookings will open up four days in advance (to the hour).

1. Ensure your Oak Bay online account and login is set up and your birth date is accurate. If you do not have an account, you will need to set one up by calling Reception at 250-370-7200
2. Login with username and password at:
oakbayrec.perfectmind.com
3. Under the **Facilities** menu select type of court rental.
4. Search for availability or scroll through the list, locate court of choice and select **Choose** to view availability.

5. Select time of choice on the grid.
 6. Review the summary at the bottom of the page and click **Register**.
 7. Select booker (this will default to the primary contact on your account) and click **Next**.
 8. Answer questionnaire listing the names of all individuals that will be playing on this court booking and click **Next**.
 9. Review booking and click **Checkout** to choose payment method or Add another reservation if you would like to book another court. (If your booking is incorrect click Modify Booking to amend).
 10. Select payment method and click **Place My Order** to complete the reservation.
 11. Select Print Receipt or Print Contract to have the option to print or email documents. This is your record of who you played with, please save for a 1 month period.
- NOTE:** Payment is required. You may cancel your session up to four hours in advance. If you feel symptoms of COVID-19 please stay home, we will be happy to issue you a refund. Ten years old and up are welcome to participate in the court rentals, however one adult 19 years or above must be present and playing. A maximum of four players per court booking for pickleball and badminton. A maximum of two players per court for table tennis (according to the current Provincial Health Order).

Adult Programs at Monterey



Oak Bay Emergency Program (OBEP)

Emergency Preparedness and Response Information Sessions

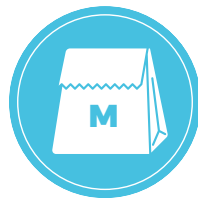
To recover from an emergency you need to prepare for the risks, have response and recovery plans, have kits and supplies and know your neighbours. These information sessions will be your first step to recovery.

The spring schedule will be posted on the oakbay.ca website. Reserve your seat by contacting the OBEP at 250-592-9121 or by email at obep@oakbay.ca

1703 Monterey Avenue,
Victoria, BC V8R 5V6

OBEP

*Neighbours Helping Neighbours Build a
Disaster Resilient Community*



MONTEREY FERN CAFÉ

**OPEN: MONDAY-FRIDAY
9:30AM-1:00PM**

Delicious, affordable, fresh, and frozen meals made in-house with quality ingredients. Entées, chilis, soups, salads, baked goods, coffee and more. Gluten-free and vegetarian options. Pre-orders available by calling 250-883-7162.

Entrance is located on the side of Monterey Recreation Centre, just up the ramp from Hampshire Road.

Fern Café's menu changes weekly, call in or view online for details. The café has limited seating due to the current Public Health Order.

Monterey Recreation Centre

1971-2021

**MONTEREY RECREATION
CENTRE IS PROUDLY
CELEBRATING 50 YEARS
OF LIFESTYLE ENHANCING
PROGRAMS AND CLUBS
FOR ADULTS.**

Located in the heart of Oak Bay Village.
1442 Monterey Avenue

**CALL 250-370-7300 TO BOOK
YOUR PROGRAM TODAY!**

Monterey Group Fitness



MODERATE & MILD FITNESS 50 YRS+

Work out to motivational music with qualified and enthusiastic instructors. Classes include warm-up, cardiovascular and strength components, and cool down. The strength portion of mild fitness utilizes chairs for assistance. Space is limited.

MODERATE FITNESS

Monday	9:00–9:45am (Alexis Moores)
Tuesday	8:45–9:30am (Leslie Glover)
Wednesday	9:00–9:45am (Karen Bennett)
Thursday	8:45–9:30am (Leslie Glover)
Friday	9:00–9:45am (Alexis Moores)

MILD FITNESS

Monday	10:15–11:00am (Alexis Moores)
Wednesday	10:15–11:00am (Karen Bennett)
Friday	10:15–11:00am (TBD)

SIT & FIT 50 YRS+

Join in a safe and invigorating workout from standing or sitting in your chair. After a sitting or standing warm-up, you will work on strength, flexibility, balance, and mobility. Light hand weights will be provided; however, please bring your own resistance band.

Friday	1:00–1:45pm (Nicola Attree)
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For the above programs, call 250-370-7300 on Thursdays starting at 10:30 am or register online recreation.oakbay.ca to pre-book and pay for your spot(s) the following week. No classes on statutory holidays. Please bring your own resistance bands and hand weights.

Cost is \$5.25 per session. Econo passes can be pre-purchased: 10 for \$39.50 or 25 for \$98.50 .

STRETCH, STRENGTH & CONDITION

OSTEOFIT 50 YRS+

Osteofit is a specially designed exercise and education program for those with osteoporosis and low bone mass, and for those at risk of falling. The course includes strength, balance, posture, and stretching exercises that are essential for creating an effective Fall Prevention strategy. Bands and light weights are examples of some of the equipment used to improve strength. Classes have an educational component and are designed for adults who can participate without the use of an aid or walker. Please bring your own resistance band.

Monterey Recreation Centre			Karen Bennett	
May 3–Jun 30	M, W	1:15–2:15pm	\$178/17	95856
Jul 5–Aug 30	M, W	1:15–2:15pm	\$167/16	95857

AGE STRONGER 50 YRS+

Let's build some muscle! Time to flex your fitness routine? Strength training in a group environment is an encouraging and fun way to add a strength component to your exercise routine. Hand weights, resistance bands and your own body weight will be used to develop muscular strength and endurance. A gentle aerobic warm-up and terrific stretch will complete your exercise experience. Participants must be able to get up and down from the floor without assistance. Please bring your own resistance band and hand weights.

Monterey Recreation Centre			Karen Bennett	
May 4–Jun 29	T	12:30–1:15pm	\$65/9	95864
May 6–Jun 24	Th	12:15–1:00pm	\$58/8	95860
Jul 6–Aug 31	T	12:30–1:15pm	\$65/9	95866
Jul 8–Aug 26	Th	12:15–1:00pm	\$58/8	95862

STRETCH & STRENGTH 50 YRS+

After a 10-minute, low impact warm-up you will use bands and hand weights to develop muscular strength and endurance. The full body stretch at the end of class will leave you feeling longer and stronger. Participants must be able to get up and down from the floor without assistance. Please bring your own resistance band and hand weights.

Monterey Recreation Centre			Nicola Attree	
May 4–Jun 29	T	3:00–4:00pm	\$86/9	102559
Jul 6–Aug 31	T	3:00–4:00pm	\$86/9	102560

“ NOTICE ”

PUBLIC HEALTH ORDER (PHO)

All programs and services offered by Oak Bay Parks, Recreation and Culture are subject to changes based on the status of the Provincial Health Orders.



THERAPEUTIC AND RELAXATION YOGA

GENTLE HATHA YOGA – INTERMEDIATE

19 YRS+

This class will focus on improving flexibility and will help to strengthen all systems of the body. Emphasis will be on chakras, meridian alignment and proper posture. Please bring your own yoga mat and props.

Monterey Recreation Centre

May 4–25	T	9:30–11:00am	\$58/4	95906
Jun 1–29	T	9:30–11:00am	\$72/5	95907
Jul 6–27	T	9:30–11:00am	\$58/4	95908
Aug 3–31	T	9:30–11:00am	\$72/5	95909

Meah Wojno

YIN YOGA

19 YRS+

Yin Yoga is a powerful practice targeting the tendons, ligaments and fascia in the body. Class includes breathing exercise (pranayama), gentle warm-up, yin postures that are held for long periods of time to encourage the slow and safe opening of connective tissues, and a deep relaxation and closing meditation. Set to peaceful music, you will enjoy a supportive, light-hearted environment that will leave you feeling open, centered and restored. Please bring your own yoga mat and props.

Monterey Recreation Centre

May 6–Jun 24	Th	7:00–8:30pm	\$108/8	95905
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Andrea Ting-Luz

YOGA 50+

HATHA YOGA - BEGINNERS 50+

50 YRS+

Hatha Yoga is a gentle and effective way to relieve stress, as well as improve flexibility, balance, circulation, concentration and eliminate tension. Please wear loose, comfortable clothing. Please bring your own yoga mat. Participants need to be able to get up and down from the floor.

Monterey Recreation Centre

May 3–Jun 28	M	9:15–10:30am	\$108/8	95899
May 7–Jun 25	F	8:45–10:00am	\$108/8	95895
Jul 2–Aug 27	F	8:45–10:00am	\$122/9	95896
Jul 5–Aug 30	M	9:15–10:30am	\$108/8	95901

Christine Balinski

Monterey Recreation Centre

May 7–Jun 25	F	10:30–11:45am	\$108/8	95897
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Noelle Lucas

Jul 2–Aug 27 F 10:30–11:45am \$122/9 95898
STRENGTH AND YOGA 50+ 50 YRS+

Join Christine Balinski for this fun class. A great full body workout, starting with a warm-up and then using weights and yoga to develop strength. The class includes a full stretch and cool down at the end with yoga. Please bring your own resistance band, hand weights, and yoga mat. Please wear runners for warm-up activity.

Monterey Recreation Centre

May 3–Jun 28	M	11:00am–12:15pm	\$108/8	95893
May 6–Jun 24	Th	9:00–10:15am	\$108/8	95891
Jul 5–Aug 30	M	11:00am–12:15pm	\$108/8	95894
Jul 8–Aug 26	Th	9:00–10:15am	\$108/8	95892

Christine Balinski

“ PROGRAM TIPS ”

Check your confirmation for everything you need on your first day. You might need yoga props, hand weights, or other equipment. Check your printed or emailed confirmation to know what you need to make your experience the best it can be.

Dance Fitness

Monterey Recreation Centre – Pre-Registered Fitness

Monday	Wednesday	Saturday
Jazzercise* Low Impact 5:00–6:00pm	Jazzercise* Low Impact 5:00–6:00pm	Jazzercise* Low Impact 9:30–10:30am



Jazzercise is the original dance party workout. Blending dance with Pilates, yoga, kick boxing and strength training, one 55-minute session can burn up to 800 calorie/1

ZUMBA

ZUMBA & ZUMBA TONING 19 YRS+

This program combines fun and functional fitness. Zumba Toning takes the original Zumba dance-fitness class to the next level utilizing an innovative muscle training protocol and the addition of lightweight dumbbells while the Zumba component provides a fun and exhilarating experience. This program is for beginners and those looking to continue on their Zumba journey. Please bring hand weights.

Monterey Recreation Centre **Noriko Prezeau**
May 6–Jun 24 Th 7:00–8:00pm \$103/8 95869

ZUMBA GOLD 50+ 50 YRS+

Zumba Gold is an exhilarating dance fitness class that uses the exciting Latin dance rhythms as its structure and inspiration. It teaches basic steps and routines specifically designed for the older active adult. The Zumba Gold program creates a party-like atmosphere that facilitates agility, balance, co-ordination, body awareness, good posture and core strength while having fun.

Monterey Recreation Centre
Sandra Perez De Lamplugh

May 4–25	T	10:00–10:50am	\$52/4	95879
May 6–27	Th	10:00–10:50am	\$52/4	95873
Jun 1–29	T	10:00–10:50am	\$65/5	95881
Jun 3–24	Th	10:00–10:50am	\$52/4	95874
Jul 6–27	T	10:00–10:50am	\$52/4	95882
Jul 8–29	Th	10:00–10:50am	\$52/4	95875
Aug 3–31	T	10:00–10:50am	\$65/5	95883
Aug 5–26	Th	10:00–10:50am	\$52/4	95878

Arts & Crafts

DRAWING AND PAINTING

EXPLORING COLOUR IN WATERCOLOURS 19 YRS+

Keep the magic, banish the mystery! Explore watercolour pigments' unique characteristics and how to use staining, granulating, opaque, and transparent properties effectively while learning about colour mixing, temperature, and saturation using the Double Primary System. All levels welcome. Supplies required.

Monterey Recreation Centre **Dixie MacUisdin**
May 5–Jun 9 W 9:30am–12:00pm \$150/6 98211

CREATIVE ACRYLICS 19 YRS+

This introduction to acrylics explores creative approaches to painting while introducing foundational skills. Working with subject matter of their choice, students will learn about colour mixing, brush techniques, and composition while practicing basic techniques including blending, glazing, texture, and collage. Supplies required.

Monterey Recreation Centre **Dixie MacUisdin**
Jul 12–16 M-F 1:00–3:30pm \$125/5 98212

DRAWING IMMERSION 19 YRS+

This weeklong drawing immersion introduces you to the glories of black and white, pencil, graphite sticks, and stumps. Discover the beauty of nature in black, white, and values of grey. We will use summer fruits, flowers and more to create still lifes and studies. Immerse yourself in the fine art of drawing. Supplies required.

Monterey Recreation Centre **Bryony Wynne-Jones**
Aug 9–13 M-F 1:00–3:30pm \$125/5 97730

EXPRESSIVE WATERCOLOURS 19 YRS+

Discover the beautiful, expressive qualities of watercolours through the exploration of contemporary approaches to wet-into-wet, layering, masking, and using ink for dramatic effect. Suitable for adventurous beginners and those looking to refresh inspiration! Supplies required.

Monterey Recreation Centre **Dixie MacUisdin**
Aug 16–20 M-F 1:00–3:30pm \$125/5 98213

“ PROGRAM TIPS ”

DRAWING AND PAINTING

All Drawing and Painting classes require supplies – please check your confirmation for details.



PAINT THE FLOWERS OF PROVENCE 19 YRS+

Join Bryony for a journey into the brilliant sun-soaked palette of a French market town. Sunflowers, figs, roses, aubergines and all the colour and texture at your paint brush's tip. Paint a basket of roses, lilies or pears. Bryony will take you from the first pencil stroke to the finishing touches of a bright and luscious painting. Beginners most welcome. Come and paint and brighten your day with the colours of spring and summer in the south of France. Please bring a \$10 fee to the instructor for flowers. Supplies required. Or if you wish, bring \$20 and Bryony will provide a palette with all the colours you need, a loan of paint brushes and a 1/2 sheet of BFK paper. If you prefer Bryony provides you a palette, please note this will be quarantined in advance of the course; therefore, early registration and confirmation of this request is required.

Monterey Recreation Centre		Bryony Wynne-Jones	
May 11-Jun 29	T	1:00-3:30pm	\$200/8 97732
Jul 19-23	M-F	1:00-3:30pm	\$125/5 97734

PEN AND INK - A CLASSIC APPROACH

19 YRS+

Join Bryony for a fascinating foray into creating art with pen and ink. Render a flower for example, with the delicacy of an engraving, or splash out and use your ink to form a calligraphic gesture. You can swoosh in your textures and values with a clear water wash and watch what happens! Explore your imagination with the classic beauty of pen and ink. Supplies required. Or if you wish, bring \$20 and Bryony will provide ink, a loan of paint brushes, 1/2 sheet of BFK paper and pen and nib. If you prefer Bryony provides you a palette, please note this will be quarantined in advance of the course; therefore, early registration and confirmation of this request is required.

Monterey Recreation Centre		Bryony Wynne-Jones	
May 12-Jun 16	W	1:00-3:30pm	\$150/6 97737

WATERCOLOUR BIRDS FOR BEGINNERS: TAKE FLIGHT!

19 YRS+

Join Bryony in an introductory course in painting birds in watercolour. With some straight-forward steps in drawing and brushwork, learn how to represent our feathered friends in soft and washy colours, with a bright eye on the process to create feathers you can feel. Please bring a \$10 fee to the instructor to cover the taxidermy bird maintenance. Supplies required. Or, if you wish, bring \$20 and Bryony will provide a palette with all the colours you need, a loan of paint brushes, and 1/2 sheet of BFK paper. If you prefer Bryony provides you a palette, please note this will be quarantined in advance of the course; therefore, early registration and confirmation of this request is required.

Monterey Recreation Centre		Bryony Wynne-Jones	
May 14-Jun 18	F	1:00-3:30pm	\$150/6 97725
Aug 23-27	M-F	1:00-3:30pm	\$125/5 97728

“ NOTICE ”

PUBLIC HEALTH ORDER (PHO)

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Nuline Dance

Nuline Dancing Beginners – Level 1 is not being offered this season. The current programs, including Level 1+, require prior experience in Nuline Dancing. We hope to offer Level 1 in the coming seasons.

NULINE DANCING BEGINNERS PLUS - LEVEL 1+ 19 YRS+

Nuline teaches routines danced to all genres of music: Latin, Waltz, Jazz, Funk, Pop, Rumba, Celtic and Country. A great way to learn dance while enjoying a low impact physical and mental workout. Suitable for all ages. No partner required. For those who have completed a year of the Beginner class and want to move into the Continuing class. This class helps bridge the Beginner 1 to the Improver Level 2 class. Dances taught will be at Improver levels but at a slower pace with exposure to new steps and moves.

Monterey Recreation Centre			Cindy Archer	
May 5–Jun 30	W	1:00–2:15pm	\$103/9	94289
May 5–Jun 30	W	2:30–3:45pm	\$103/9	94041
Jul 7–Aug 25	W	1:00–2:15pm	\$91/8	94290
Jul 7–Aug 25	W	2:30–3:45pm	\$91/8	94046

NULINE DANCING IMPROVER - LEVEL 2 19 YRS+

Nuline teaches routines danced to all genres of music: Latin, Waltz, Jazz, Funk, Pop, Rumba, Celtic and Country. A great way to learn dance while enjoying a low impact physical and mental workout. Suitable for all ages. No partner required. For those who have completed three sessions of the Beginners or Beginners Plus courses and are ready to learn some exciting new dances with more advanced moves.

Monterey Recreation Centre			Cindy Archer	
May 4–Jun 29	T	1:00–2:15pm	\$103/9	95796
May 7–Jun 25	F	2:15–3:30pm	\$91/8	95799
Jul 2–Aug 27	F	2:15–3:30pm	\$103/9	95800
Jul 6–Aug 24	T	1:00–2:15pm	\$91/8	95798

NULINE DANCING INTERMEDIATE - LEVEL 3 19 YRS+

Nuline teaches routines danced to all genres of music: Latin, Waltz, Jazz, Funk, Pop, Rumba, Celtic and Country. A great way to learn dance while enjoying a low impact physical and mental workout. Suitable for all ages, levels and no partner required. For those who have a minimum of two years of experience.

Monterey Recreation Centre			Cindy Archer	
May 7–Jun 25	F	12:45–2:00pm	\$91/8	95801
Jul 2–Aug 27	F	12:45–2:00pm	\$103/9	95802



HEALTHY AGING

ESSENTRICS® - AGING BACKWARDS 19 YRS+

Aging Backwards is revolutionizing the way we understand the role fitness plays in slowing down the aging process while keeping our bodies young, attractive, strong and healthy. The movements are non-jarring to joints and designed to lubricate the body to increase range of motion, improve posture, and enhance daily life movements. No experience or previous knowledge of this workout required.

Monterey Recreation Centre			Justina Bailey	
May 3–Jun 28	M	11:30am–12:20pm	\$108/8	96579

Windsor Pavilion			Phyllis Musseau	
May 7–Jun 11	F	10:10–11:00am	\$81/6	94527

ESSENTRICS® BARRE STRETCH AND STRENGTH 19 YRS+

This class incorporates challenging Essentrics® exercises that strengthen and elongate the body gently making it unique from other Barre programs. You will get your heart rate up by engaging muscles with non-impact flowing movements leaving your whole body stronger and taller. Classes will involve floor, barre (or chair) and mat work. This class is more challenging and faster paced than the Essentrics® Aging Backwards.

Windsor Pavilion Meeting Room 1 & 2			Phyllis Musseau	
May 3–Jun 21	M	5:30–6:30pm	\$108/8	94921



QI GONG

All courses on this page have been cancelled.

QI GONG-BEGINNERS

19 YRS+

Qi Gong is a system of health maintenance and is a branch of traditional Chinese medicine. These gentle, flowing movements combine breathing, movement, and concentration to increase strength, flexibility, and endurance while relieving stress. Similar to Tai Chi, Qi Gong is easier to learn as the movements are simpler.

Monterey Recreation Centre		Gordon Muir	
May 3-Jun 21	M	9:30-10:30am	\$71/7 95803
Jul 5-Aug 23	M	9:30-10:30am	\$71/7 95804

TAI CHI

YANG STYLE TAI CHI SIMPLIFIED BEGINNERS

19 YRS+

Tai Chi is an ancient Chinese exercise for health and self defense. The most popular version in the world today is Yang Style Tai Chi. It is useful for strengthening and loosening the body and can help to alleviate many chronic ailments. Currently the Arthritis Society strongly promotes Tai Chi and it has been found to have a strong effect on balance and on improving circulation. Learn the first 22 movements of the traditional Yang Style long form.

Monterey Recreation Centre		Gordon Muir	
May 3-Jun 21	M	2:45-3:45pm	\$71/7 95807
Jul 5-Aug 23	M	2:45-3:45pm	\$71/7 95809

YANG STYLE TAI CHI CONTINUING

19 YRS+

This class is for people with experience in Tai Chi and who want to go a little further with their art. We mainly work on the first section, but also delve further into the mechanics of body movement. Students should have attended Beginners Tai Chi at least once.

Monterey Recreation Centre		Gordon Muir	
May 4-Jun 22	T	9:30-10:30am	\$81/8 95810
Jul 6-Aug 24	T	9:30-10:30am	\$81/8 95811

SILK REELING

19 YRS+

Silk Reeling is an ancient Chinese exercise related to Tai Chi and Qi Gong and is a part of Traditional Chinese Medicine. It is a health art that provides strength and flexibility where it counts most: in the joints and connective tissue. Developed as a unique method of strengthening the bones, tendons and muscles, this extraordinary exercise system offers robust health and a great boost to the immune system. These weight bearing and low impact exercises will improve or prevent arthritis and other chronic ailments. They will improve your balance, your blood circulation and will strengthen all major and minor parts of the body in a very enjoyable and unique way.

Monterey Recreation Centre		Gordon Muir	
May 4-Jun 22	T	10:45-11:45am	\$81/8 95812
Jul 6-Aug 24	T	10:45-11:45am	\$81/8 95813

Book a Treadmill or Recumbent Bike

ADULT INDIVIDUAL SPORT 60+ AT MONTEREY RECREATION CENTRE



SEMI PRIVATE ROOM

Two adults maximum.

One fitness machine per person for up to 1 hour.

Switching machines is not permitted.

Dress in layers to ensure comfort. Bring your own mat for stretching.

COVID-19 protocols in effect. Masks are required inside the Centre except while exercising on fitness machine.

Health screening, hand sanitization and attendance at Reception.

Parking is off Hampshire Road in the covered parking. Entrance upstairs next to Reception.

HOW TO BOOK

1. Call Monterey Reception-250-370-7300 starting Mondays at 10:00am weekly.
2. Choose the Treadmill or Recumbent bike for a one-hour timeslot between Tuesday-Friday 9:00am, 10:30am, 12:30pm, 2:00pm or 3:30pm
3. Cost is \$5.25 or use a Punch Pass: 10/\$39.50 or 25/\$98.50

MONTEREY RECREATION CENTRE
1442 Monterey Avenue | 250-370-7300
recreation.oakbay.ca



Monterey Recreation Activity Association Clubs



Select Monterey Recreation Activity Association (MRAA) Clubs for Adults 50+ are running.

Contact Monterey Recreation Reception at 250-370-7300
for more information.

MRAA club activities held at 1442 Monterey Avenue.



DUPLICATE BRIDGE

Nicole Dupuis, ACBL Director

DOUGLAS FIR ROOM

SATURDAYS 12:15PM-4:00PM

\$7.50/PER PERSON/BRIDGE GAME
(COVID-19 SPECIAL PRICING).

NOVICE BRIDGE

Leader: Peg Pepper

DOUGLAS FIR ROOM

WEDNESDAYS 9:00-11:30AM

\$7.00/PER PERSON/BRIDGE GAME
(COVID-19 SPECIAL PRICING).

Welcome Back to Novice Bridge!

If you are new to bridge or want to improve your
game this recreational, guided session is for you.
The friendly leader is available for advice on bidding
and play.

We have COVID-19 protocols in place to keep you
safe. Players must register in advance by phone-call
250-370-7300. No same day registration.



Nursing Foot Care for Adults 50+

—Lorna Gail Proudfoot, RN, Foot Care Nurse

Upcoming Sessions



Located in the Cedar Room

\$65 for one hour.

Select Monday appointment
times available:
9:00am, 10:15am,
11:30am, or 12:45pm

Book an appointment at
Monterey Centre today!

Call Reception at
250-370-7300.

Access and Inclusion

Recreation Oak Bay is committed to providing programs and services that eliminate barriers and create social, physical and economic environments that enable all residents to participate actively in the community.

Leisure Assistant Pass

District of Oak Bay residents may now apply for a Leisure Assistant Pass directly from Recreation Oak Bay. The Leisure Assistant Pass is for people with disabilities, of all ages, who wish the assistance of a support person when engaging in recreation and leisure activities in Greater Victoria. Upon presentation of the Leisure Assistant Pass at a participating venue, one person will be given free or reduced admission to provide assistance to facilitate participation in recreation and leisure activities. The Leisure Assistant Pass ensures that supported participation does not cost more than general admission fees. For more information, please contact Reception at 250-595-7946 or visit recreation.oakbay.ca.

Leisure Assistant Request

For those in need of an on-site Leisure Assistant, Recreation Oak Bay is now accepting requests for Leisure Assistant pairings. Once a request has been received, Recreation Oak Bay will work towards finding a volunteer to meet your specific needs. Requests for on-site Leisure Assistants can be made through the Licensed Care Programmer at 250-370-7902 or inclusion@oakbay.ca. Additional information can be found online at recreation.oakbay.ca.

Volunteer Opportunities

As a Leisure Assistant Volunteer, you will be providing one-to-one support for a person in need of extra help with their recreation needs. You are matched based on your shared interests, experience, availability, and the facilities you are willing to visit. If you are interested in volunteering for Recreation Oak Bay as a Leisure Assistant, please contact the Licensed Care Programmer at 250-370-7902 or inclusion@oakbay.ca. Additional information such as volunteer registration forms can be found online at recreation.oakbay.ca.

Accessible Facilities

OAK BAY RECREATION CENTRE:

- Power-operated entrance doors;
- Elevator to second floor;
- Portable ramp for ice access in the Arena;
- Aquatic E2 Ladder;
- Accessible change rooms with change bed and lift;
- Aquatic lifts with access to all three pools;
- 2 pool wheelchairs;
- Adaptable strength training equipment in Fitness Studio.

HENDERSON RECREATION CENTRE:

- Power-operated entrance doors and Fitness Studio doors;
- Adapted strength training equipment
- Accessible washrooms;
- Single storey building.

MONTEREY RECREATION CENTRE:

- Power-operated entrances;
- External elevator from parking lot;
- Accessible activity rooms and washrooms.

WINDSOR PAVILION:

- Power-operated entrances;
- Elevator to second floor;
- Accessible washrooms.

NEIGHBOURHOOD LEARNING CENTRE:

- Power-operated entrance;
- Accessible washroom;
- Single storey building.



Oak Bay LIFE Enhancement Program

Oak Bay Parks, Recreation and Culture continues to remain a partner with the Greater Victoria Regional LIFE Program. If you are an eligible resident for the LIFE program you will be able to access Oak Bay Recreation Centre Facilities and Programs.

The LIFE program is designed to assist individuals and families with low income to access recreation services and programs at all municipal recreation centres in Greater Victoria. For more information on how to apply please go to the financial assistance page on our website at www.oakbay.ca or contact Reception at 250-595-7946.

Facilities



Henderson Recreation Centre

2291 Cedar Hill X Road
250-370-7200

Henderson Recreation Centre serves as a social, recreational and fitness community hub for patrons of all ages and demographics. With childrens' programs, camps, Licensed After School Care, registered sports, fitness classes, a weight room and a Par 3 Golf Course, Henderson Recreation Centre is a place where everyone is welcome and feels at home.

Oak Bay Recreation Centre

1975 Bee Street
250-595-7946

Oak Bay Recreation Centre offers a variety of facilities to stay active including swimming, skating, hockey, tennis and group fitness, as well as a wide range of aquatic, fitness and rehabilitation programs. Whether you are looking for a place to exercise, to improve your well-being, or to enjoy recreational activities with your family or friends, the Oak Bay Recreation Centre is the place for you!



Neighbourhood Learning Centre

2121 Cadboro Bay Road
250-595-7946

Located in the south-west corner of the Oak Bay High School. The Neighbourhood Learning Centre (NLC) is home to the full-day Paddington Station Daycare, Licensed Before and After School Care and the Youth Centre. Programs are offered for all ages including fitness programs, childrens' activities and camps. Local art is showcased throughout the building. NLC rooms are available for community rentals; call 250-370-7902 to book.



Monterey Recreation Centre

1442 Monterey Avenue
250-370-7300

Monterey Recreation Centre features lifelong learning courses and fitness programs for adults of all ages. There are food services on the premises and facility rentals based on availability.



Windsor Pavilion

2451 Windsor Road
250-592-7275

A legacy from Oak Bay's Centennial year, Windsor Pavilion was completely rebuilt in 2005 on the site of the original building. This beautiful facility houses a children's program room, a main hall, and changerooms — all on the first floor. The second floor holds spacious and bright multi-purpose rooms. Windsor Pavilion is also available for rentals by community sports, cultural groups and for private functions.



Registration & Building Hours

OAK BAY RECREATION CENTRE

Phone: 250-595-7946
Fax: 250-370-7127

1975 Bee Street
Victoria, B.C. V8R 5E6

REGISTRATION HOURS:

Monday-Sunday: 6:30am-9:30pm

BUILDING HOURS:

Monday-Sunday: 6:00am-10:00pm

HENDERSON RECREATION CENTRE

Phone: 250-370-7200
Fax: 250-595-7607

2291 Cedar Hill X Road
Victoria, B.C. V8P 5H9

REGISTRATION HOURS:

Monday-Thursday: 7:30am-8:30pm

Friday: 7:30am-7:30pm

Weekends: 8:30am-6:30pm

Statutory Holidays: 8:30am-6:30pm

BUILDING HOURS:

Monday-Thursday: 7:00am-9:00pm

Friday: 7:00am-8:00pm

Weekends: 8:00am-7:00pm

Statutory Holidays: 8:00am-7:00pm

MONTEREY RECREATION CENTRE

Phone: 250-370-7300
Fax: 250-370-7306

1442 Monterey Avenue
Victoria, B.C. V8S 4W1

REGISTRATION HOURS:

Monday-Wednesday: 8:30am-4:00pm

Thursday: 8:30am-8:30pm

Friday: 8:30am-4:00pm

Saturday and Sunday: Closed

Statutory Holidays: Closed

BUILDING HOURS:

Monday-Wednesday: 8:30am-4:30pm

Thursday: 8:30am-9:00pm

Friday: 8:30am-4:30pm

Saturday and Sunday: Closed

Statutory Holidays: Closed

Registration Opens Thursday, April 1 at 6:30am

Register online at:

oakbayrec.perfectmind.com

Call Reception to create an account if you are new to the facilities.

Or contact Recreation Oak Bay Reception by phone at the facilities listed on this page.

For your safety during the COVID-19 pandemic, please consider using our online and phone-in registration options.

Please add:

communication@perfectmind.com
and registrationinfo@oakbay.ca
to your email safe list to receive log-in information and registration confirmations.

Facilities are only open for select pre-registered programs.

PAYMENT

All fees are payable in full at the time of registration.

We accept cash, cheques, American Express, VISA, MasterCard, Debit Card or Recreation Oak Bay Gift Card. There will be a \$20 NSF charge on all returned payments. Patrons eligible for Child Care Subsidy must have authorization before time of registration.

Receipts will be emailed to you. Please add "communication@perfectmind.com" and "registrationinfo@oakbay.ca" to your safe list for incoming emails. (Receipts will be mailed to you if requested.) Duplicate receipts will not be issued, please keep your receipts for income tax purposes.

REFUNDS AND CREDITS

Course Refunds: For courses (excluding camps) that are four (4) classes or more, credits/refunds must be requested before the second class. After the second class, credits/refunds are granted only for cases of illness supported by a doctor's note (other compassionate reasons may be considered).

For courses with less than 4 classes, or that require 100% attendance, a credit or refund must be requested at least 72 hours prior to the start of the course.

For single session bookings (i.e. fitness studio, group fitness and lane swimming) cancellations must be requested at least four hours prior to start of the session.

Camps: All weekly camp credits/refunds must be requested by 9:30am the Friday prior to camp.

All daily registration credits/refunds must be requested 72 hours prior to the start of camp.

Please allow four weeks for refunds to be processed.

No refunds/credits for unattended classes which have passed.

Cancelled Programs: Programs with insufficient registration will be cancelled and a full refund or credit will be issued.

OAK BAY RECREATION, PARKS
AND CULTURE

1975 Bee Street
recreation.oakbay.ca

HENDERSON RECREATION CENTRE
2291 Cedar Hill X Road

MONTEREY RECREATION CENTRE

1442 Monterey Avenue
NEIGHBOURHOOD LEARNING
CENTRE

2121 Cadboro Bay Road



PARKS, ARTS & CULTURE

