

# YOUTH PROGRAMS

## DANCEZONE MIDDLE SCHOOL DANCE PARTIES

Arrr Matey! Get out of yer landlubber attire and dress in yer best Buccaneer garb! Bring all yer Mates to this Pirate inspired Dance in celebration of the end of the school year and Buccaneer Days. Prizes for best Pirate Costumes! Usual DanceZone policies and procedures apply. Tickets on sale one week prior at the Recreation Centre. Zero tolerance for alcohol, drugs or violence.

29589 Fri Jun 11 7:30PM-10:30PM  
Esquimalt Recreation Centre \$5/1

## BABYSITTERS IN TRAINING (11-14YRS)

If you are looking for some employment in child care, this course is for you. This Red Cross course prepares youth for the responsibilities of child care. Program content includes safety, discipline, children's development stages, emergency procedures, first aid, babysitters responsibilities and protocol and favorite games.

29678 Sat Apr 17 9:00AM-4:00PM  
29679 Sat May 22 9:00AM-4:00PM  
29680 Sat Jun 12 9:00AM-4:00PM  
Esquimalt Recreation Centre \$45/1

## TEEN YOGA

Yoga is really about creating balance in the body through developing both strength and flexibility by holding postures with the application of breathing techniques. In addition to developing physical, mental, and emotional strength, other benefits include increased focus, concentration, and memory.

29681 Thu Apr 8-May 13 4:45PM-5:45PM  
29682 Thu May 20-Jun 24 4:45PM-5:45PM  
Esquimalt Recreation Centre \$45/6

## CANOE KIDS

Looking for a unique outdoor sport activity? Learn to paddle canoes & kayaks through the waters to confidence, friendships, and new places. No previous experience necessary. Includes equipment and certified coaching from the Victoria Youth Paddling Club. Based on the CanoeKids national curriculum. 5 youth per instructor. Limit of 10 participants per class. Ages 11-14

29668 Wed May 19-Jun 9 5:30PM-7:00PM  
29669 Mon May 31-Jun 21 5:30PM-7:00PM  
29670 Mon/Wed Jul 19-28 5:30PM-7:00PM  
Ocean River Sports \$100/4

## GIRLS ONLY CONOEKIDS (11-14YRS)

Are you a girl between the ages of 11-14 looking for a unique outdoor sport activity? Learn to paddle canoes & kayaks through the waters to confidence, friendships, and new places. No previous experience necessary. Includes equipment and certified coaching from the Victoria Youth Paddling Club. Based on the CanoeKids national curriculum. 5 youth per instructor. Limit of 10 participants. Ages 11-14.

30261 Sat May 29-Jun 19 1:00PM-2:30PM  
Ocean River Sports \$100/4

## YOUTH OUTRIGGER & DRAGON BOAT

With no prior experience necessary, join Victoria Youth Paddling Club as we prepare to take on other teams at the Vancouver Island Dragon Boat Festival (Gorge Fest) on August 7th. Training will include time in outrigger canoes as well as dragon boats. There will be an opportunity to try sprint and whitewater kayaks as well. Cost includes coaching, race entry fee, and a performance paddling shirt. Ages 13-18. Earn hours towards your grad portfolio.

29666 Mon/Wed Jul 5-Aug 4 4:00PM-5:30PM  
Victoria Youth Paddling Club \$125/10

## YOUTH WHITewater KAYAKING

Ride the wave and learn to paddle a whitewater kayak in the mild summer waters of the Cowichan River. No previous experience is required. Includes transportation, equipment and certified instruction from the Victoria Youth Paddling Club. Bring a lunch and swimming attire. Limit of 5 participants. Ages 11-14.

29667 Wed/Fri Sep 1-3 9:00AM-4:00PM  
Cowichan River \$100/3

## FENCING FOR BEGINNERS (12+)

Learn this western martial art with high tech equipment. You will learn basic instruction foil and epee fencing. Participants will learn basic footwork, simple attack and defence, and will begin to develop skills including precision, coordination and strategy. All equipment is supplied. Check out [victoriafencing.ca](http://victoriafencing.ca) for more information.

29419 Wed Mar 31-May 19 7:00PM-9:00PM  
29420 Wed May 26-Jul 14 7:00PM-9:00PM  
29421 Wed Jul 21-Sep 8 7:00PM-9:00PM  
Esquimalt Recreation Centre \$50/8  
Instructor: Nan Sang- Victoria Fencing Club

## ADVANCED FENCING (12+)

Continue on with the Victoria Fencing Club for additional training time and sparring practice, using electronic scoring equipment. Participants must have previously completed the beginner program. Check out [victoriafencing.ca](http://victoriafencing.ca) for more information.

29422 Wed Mar 31-May 19 7:00PM-10:00PM  
29423 Wed May 26-Jul 14 7:00PM-10:00PM  
29424 Wed Jul 21-Sep 8 7:00PM-10:00PM  
Esquimalt Recreation Centre \$50/8  
Instructor: Nan Sang - Victoria Fencing

## CAPOEIRA (12+)

You may have seen this exciting martial art performed around the city, now is your chance to give it a try. This Afro-Brazilian Martial Art developed into a game between two people played in dance form. Capoeira is a game, a dance and self defence. Get fit, keep active and learn this cool Martial Art.

29671 Tue/Thu Apr 6-29 7:00PM-8:30PM  
29672 Tue/Thu May 4-27 7:00PM-8:30PM  
29673 Tue/Thu Jun 1-Jul 1 7:00PM-8:30PM  
29674 Tue/Thu Jul 6-29 7:00PM-8:30PM  
29675 Tue/Thu Aug 3-31 7:00PM-8:30PM  
Esquimalt Recreation Centre \$75/8  
Instructor: Silvan Herberger

## TAE KWON DO (14+)

This Korean Martial Art will enable you to achieve physical, mental and emotional success while having fun and gaining self confidence. Nels Silva is a world medalist competitor and instructs this 'Nels' style martial art.

Tue/Thu Apr-Aug 5:30PM-6:15PM  
Tue/Thu Apr-Aug 6:30PM-7:15PM  
\$56/mth or \$50/4mth  
Sat Apr-Aug 1:45PM-2:15PM  
Esquimalt Recreation Centre \$35/mth  
Instructor: Nels Silva

\* see pg 10 & 19 for ages under 14yrs

## DROP-IN GYM TIME UNSUPERVISED (13-15YRS)

Youth 13-15yrs are now permitted to use the gymnasium to shoot hoops during non-supervised times. A quick orientation is required. Regular admission applies. Please contact the Youth Services Supervisor at 250-412-8523 to set up your orientation appointment.