

Preschool

Creative Movement and Dance (3-5yrs)

Date: July 5—Aug 4
Tuesdays & Thursdays @4:30pm-5:00pm

Location: Sportsplex

Cost: \$36.00/9

Your little one will develop skills and confidence in this fun and imaginative class. He or she will have a great time dancing while an introduction to the basic technical steps of dance are presented. Dance in bare feet or ballet slippers.

Tiny Tots Soccer (3-5yrs)

Date: June 7-June 28 or Aug 2-Aug 23
Tuesdays @4:00pm-4:30pm
or 4:40pm-5:10pm

Location: Christy Park

Cost: \$20.00 /4

The Tiny-tot version of the big field game! Your preschooler will have an opportunity to get introduced to the different skills and participate in a variety of interactive soccer games.

Tykes T-Ball (3-5yrs)

Date: June 9-June 30 or Aug 4-Aug 25
Thursdays @4:00pm-4:30pm
or 4:40-5:10pm

Location: George Little Park

Cost: \$20.00/4

Get your superstar out in the field and ready to catch balls! Participants will learn basic t-ball skills and learn to work in a team-orientated environment. Drills include throwing, catching, running and hitting.

Super Hero For A Day 3-5yrs)

Date: Aug 3
Wednesday @10:00-11:30am

Location: Sportsplex

Cost: \$25.00/1

Children get their face painted like their favourite super hero and then fly, jump and spin their way into a variety of super games and creative activity. Come dressed as your favourite Super Hero and come prepared to battle!

Princess For A Day (3-5yrs)

Date: Aug 5
Friday @10:00-11:30am

Location: Sportsplex

Cost: \$25.00/1

Treat your little princess to a morning of fun! We will have a fashion show with games, tiaras, cookies, crafts and so much more. Come dressed in your favourite princess outfit and join in the fun!

Learn to Skate (3-5yrs)

Date: Aug 29-Sept 2
Monday-Friday @1:45-2:15pm

Location: Sportsplex

Cost: \$25.00/5

Back by popular demand! We will take you from beginner to star with our one week summer program; our trained instructors will have you ready to join figure skating or hockey for the fall sessions.

Youth

Dance Express (5-7yrs)

Date: July 5-Aug 4
Tuesdays & Thursdays @5:15-6:00pm

Location: Sportsplex

Cost: \$36.00/9

Your little one will develop skills and confidence in this fun and imaginative class. He or she will have a great time dancing while an introduction to the basic technical steps are presented.

Guitar/Bass (10-13yrs)

Date: June 6-July 25
Mondays @4:00-4:45pm

Location: Sportsplex

Cost: \$36.00/8

This is an introductory program taught in a class setting. Learn the basics of playing chords and single note melodies.

Bhangra Dance (8-14-yrs)

Date: June 7-July 26
Tuesdays @4:15-5:15 pm or 5:15-6:15pm

Location: Sportsplex

Cost: \$36.00/8

Learn how to do Bhangra moves and get a great physical workout at the same time.

Home Alone (9-12 yrs)

Date: July 21 or Aug 11
Tuesday @9:00am – 1:00pm

Location: Kalum School House

Cost: \$25.00/1

He/she will learn 1st Aid and Fire & Home safety. Reduce your worries by giving them responsible problem solving skills for when they are alone.

Red Cross Babysitting (11-14 yrs)

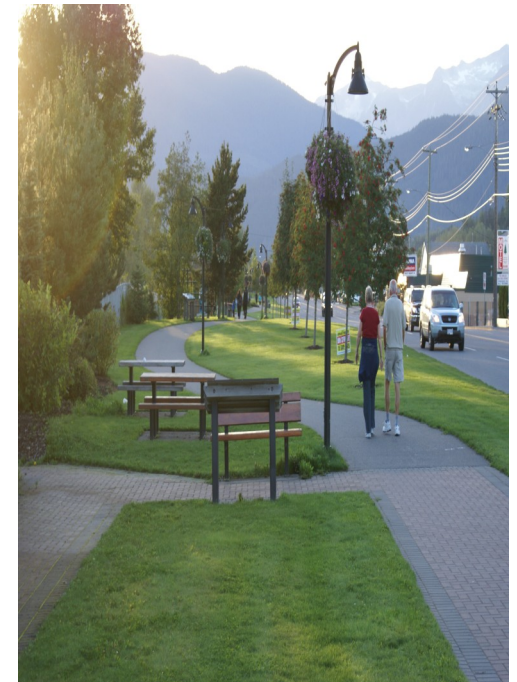
Date: July 20 & 22 or Aug 10 & 12
Wednesday & Friday @9:00am – 3:15pm

Location: Kalum School House

Cost: \$70.00/2

An excellent way to prepare young adults to be responsible and confident babysitters. Skills necessary for caring for children and safety skills are a few items that will be covered in this 2 day course.

Summer Programs



Call 250.615.3000 for more information
or pickup the brochure at the Sportsplex

Youth Cont.

Summer Daze (6-12yrs)

Date: July 4-July 8
July 11-July 15
July 18-July 22
July 25-July 29
Aug 2-Aug 5 * short week
Aug 8-Aug 12
Aug 15-Aug 19
Aug 22-Aug 26
Monday-Friday @9:00-3:30pm

Location: Sportsplex

Cost: \$80.00 (*short week \$64.00)

Summer camp for children with crafts, games, sports, lake and swimming days etc. with our High Five Trained leaders.

"Rock Camp" (9-16yrs)

Date: July 19, 20 & 21
Tuesday, Wednesday & Thursday
@times vary with each group

Location: Sportsplex

Cost: \$50.00/2.5 or \$100.00/Band

First time ever offered Rock Band Camp for those who always wanted to play in a rock band, or existing Rock Bands interested in improving their on stage performance skills. "Release your inner rocker" with this 21/2 day camp. The "Show" will be for family and friends on Thursday night.

Intro to Tennis (9-13yrs)

Date: July 5-July 29
Tuesdays & Fridays @5:45-6:45pm

Location: Halliwell Courts

Cost: \$60.00/8

New to the game or never had any formal instruction? Learn the basics including the rules, forehand and backhand strokes as well as some game strategy for this great summer game. Bring your own racket!

Skateboarding (8-13yrs & 14+yrs)

Date: July 4-July 25 or Aug 8-Aug 29
Mondays @6:30-7:30pm/7:30-8:30pm

Location: Sportsplex

Cost: \$40.00/4

Just learning or more advanced our helpful instruction can guide you. Whether you're learning to pop an Ollie or already stomping some tricks, Kris can help.

Rippin' Riders (8-12yrs)

Date: July 11-July 13
Monday-Wednesday @6:00-9:00pm

Location: Bike Skills Park

Cost: \$60.00/3

Introduction to the sport of Mountain-biking, improve overall abilities by learning basic to intermediate bike skills at the Skills Park. Matt will help build your confidence by setting achievable goals in a safe environment. A Helmet is require, other equipment optional.

Future Stars Basketball Camp (7-10yrs & 11-15yrs)

Date: July 18-July 22
Monday-Friday @ 9:00-11:30am /12-2:30pm

Location: Skeena Jr. Secondary School

Cost: \$140.00/5

Instructor Brody Bishop will be here to promote sports development in our community. This camp will provide participant with the highest level of developing skills. Includes T-shirt and certificate.

Vegetarian Cuisine for Teens (11-15yrs)

Date: Aug 17-Aug 31
Wednesdays @6:30-8:00pm

Location: Sportsplex

Cost: \$30.00/3

Shake, mix and stir your way to a ton of fun in the kitchen. For an adventure in vegetarian cooking join us and learn how to prepare some basic vegetarian dishes for breakfast, lunch and dinner for the whole family. Kitchen safety is also covered in this program.

Learn to Skate (6-8yrs)

Date: Aug 29-Sept 2
Monday-Friday @ 1:45-2:15pm

Location: Sportsplex

Cost: \$25.00/5

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Summer Spanish Club (7-11yrs)

Date: July 5-July 28
Tuesdays, Wednesdays & Fridays @1:00-4:00pm

Location: Sportsplex

Cost: \$180.00/12

Learning Spanish can be fun and easy with our 4 week workshop! Join our native speaker and experienced instructor and learn fun basics and some grammar. They will play games, do crafts, sing songs, learn greeting, alphabet, colors, days of the week etc.

General

Drop In Roller Hockey (16+yrs)

Date: May 3-July 26
Tuesdays @8:30-10:00pm

Location: Sportsplex

Cost: \$5.00 drop in

Maintain your hockey skills or just keep in shape by participating in this weekly inline hockey program. All skill levels welcome. All participants must wear full gear.

Mediterranean Cuisine (16+yrs)

Date: June 15 or June 29
Wednesday @6:30-9:30pm

Location: Sportsplex

Cost: \$80.00/1

Andam is the author of a fabulous cookbook called "Taste the Mediterranean". She is here to show us how healthy and balanced the Mediterranean cuisine can be.

Beyond Pilates Camp (16+)

Date: June 20-22 or July 18-July 20
Monday, Tuesday & Wednesday
@6:00-7:00pm

Location: Sportsplex

Cost: \$30.00/3 – **Registration ONLY**

Join Lorna for this workshop and add more advanced skills to your solid base of Pilates. Stretch and strengthen your core the right way. Must have completed a Pilates camp or beginner level to attend.

Guitar/Bass Lessons (14+)

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Intro to Tennis (9-13yrs)

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Tuesdays & Fridays @7:00-8:00pm

Location: Halliwell Courts

Cost: \$60.00/8

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