

# Preschool & Children's Programs

## Home Alone Program

10+yrs

After school time and the occasional short outings for parents are easily dealt with when children are prepared. The main focus of the workshop is home and personal safety and tips for dealing with emergency situations. No class May 21.

Location: SEAPARC Leisure Complex

15565	Su	1:00pm-4:00pm	Jan 29	1/\$33.75
15566	Su	1:00pm-4:00pm	Mar 4	1/\$33.75
15567	Su	1:00pm-4:00pm	May 27	1/\$33.75

## Home Learners Sport Sampler

3-12yrs

For the beginner or intermediate, this is a great way to stay active and have fun. We can teach you the basics of a variety of sports and field games in a fun and supportive environment.

No class May 21.

Location: SEAPARC Leisure Complex

15658	M	1:00pm-2:00pm	Apr 16-Jun 18	9/\$45
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## Girls Just Wanna Have Fun

7-11yrs

Spend the night with the girls! Join us every Thursday for activities including dance, yoga, cooking, swimming, art, and "spa days". Sponsored by Victoria ProMOTION Plus Play it Forward Program and KidSport Victoria. No class March 22.

Location: SEAPARC Leisure Complex

15645	Th	7:15pm-8:30pm	Jan 12-Mar 1	8/\$40
15646	Th	7:15pm-8:30pm	Mar 8-Apr 26	7/\$35
15647	Th	7:15pm-8:30pm	May 3-Jun 14	7/\$35



# Sportball

Sports instruction for kids

## Sportball-Floor Hockey

2-7yrs

Sportball hockey programs are non-competitive, skill based and provide children with the opportunity to learn how to play hockey with the help of experienced coaches. Programs focus on the fundamental skills of hockey: passing, shooting, stick handling, goal tending and much more! Children are taught to apply hockey skills successfully and confidently in hockey games.

Location: Sooke Elementary

### Parent & Tot 2-3.5yrs

15651	W	5:45pm-6:30pm	Apr 4-May 9	6/\$96
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### 4-7yrs

15652	W	6:30pm-7:30pm	Apr 4-May 9	6/\$96
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## Sportball-Outdoor Soccer

2-7yrs

Children are taught the fundamental skills necessary to excel in soccer. These include throw-ins, dribbling, trapping, passing, goalie skills and more. Classes are dedicated to skills development and putting those skills to work in an exciting, non-competitive game. For safety reasons, parents are required to remain at the field during classes. Cool jersey included.

Location: Sooke Elementary

### 2-3yrs-Parent participation required.

15653	W	5:45pm-6:30pm	May 16-Jun 27	7/\$127
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### 4-7yrs

15654	W	6:30pm-7:30pm	May 16-Jun 27	7/\$127
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## Sportball Multi-Sport

4-7yrs

Sportball Multi-Sport Skills Development Programs introduce preschool and primary school children to the concepts and skills involved in the seven core sports of the Sportball approach. Children are introduced to a wide range of fundamental skills while developing familiarity with soccer, hockey, tennis, golf, volleyball, baseball, basketball and football. Their Sportball experience will serve as a solid foundation for future skill development.

Location: Sooke Elementary

15650

Jan 11-Mar 7

W 6:30pm-7:30pm

9/\$144

## Sportball Multi-Sport Parent & Tot

2-3.5yrs

Parents, grandparents and caregivers can have a direct hand in a preschooler's development through a variety of multi-sport programs.

This program teaches children introductory physical skills and helps them develop confidence in their abilities. Learn the basics of eight core sports: hockey, soccer, tennis, baseball, basketball, volleyball, golf and football.

Location: Sooke Elementary

15649 W 5:45pm-6:30pm

Jan 11-Mar 7 9/\$144

