

Preschool & Children's Programs

Kindergym

0-5yrs

Join us on Saturdays as we have a blast jumping in the bouncy castle, playing, bouncing, climbing and exploring. Parent participation is required. No classes on long weekends.

Sa 10:30am-12:00pm Jan 7-Jun 2 \$3 drop-in

Kicks for Kids Indoor Soccer

3-5yrs

Introduce your youngster to the exciting sport of Soccer. Children will develop their skills and increase their knowledge of the game. There will be non-competitive drills and games in a fun and safe environment.

Location: SEAPARC Leisure Complex

15568 Th 1:00pm- 1:45pm Apr 5-May 10 6/\$36

Drop-in

Steppin' Up to Preschool

2-4yrs

Wondering if your child is ready to step up to preschool? Join our Preschool Instructor for an introduction to all that preschool has to offer. This one day a week program will build your child's confidence and prepare them for preschool in September 2012.

Location: SEAPARC Leisure Complex

15607 F 1:00pm- 2:00pm May 4-Jun 15 7/\$70

T-Ball

3-5yrs

Our instructor will lead your little one through this introductory class while they explore the basics of baseball. Practice catching, throwing and hitting the ball while having fun and meeting new friends.

Location: SEAPARC Leisure Complex

15569 Th 1:00pm- 1:45pm May 17-Jun 21 6/\$36

See Sportball programs on page 9.

MIJO Little Kickers Taekwondo

3-5yrs

Led by MIJO Taekwondo Instructor, Michelle Carpenter, kids will love this fun and educational class where they will practice the basics of movement, coordination and teamwork through original games and activities, while learning foundation Taekwondo skills. Uniforms are available, but not mandatory, through MIJO Taekwondo.

Location: SEAPARC Leisure Complex

15618 Th 10:30am-11:00am Jan 12-Feb 9 5/\$32.50

15619 Th 10:30am-11:00am Feb 16-Mar 15 5/\$32.50

15620 Th 10:30am-11:00am Mar 29-May 10 7/\$45.50

15621 Th 10:30am-11:00am May 17-Jun 21 6/\$39

MIJO Fitter Families Taekwondo

5+yrs

Get the family together for a fun way to keep fit! This dynamic class includes instruction on basic WTF Taekwondo skills along with family centred activities and exercises that emphasize teamwork, cardiovascular training, body weight resistance training and core stability. Cost includes two (2) family members, additional family members can register for \$15 each.

No classes April 9 & May 21.

Location: Saseenos Elementary

15622 M 5:00pm-5:45pm Jan 9-Feb 6 5/\$32.50

15623 M 5:00pm-5:45pm Feb 13-Mar 12 5/\$32.50

15624 M 5:00pm-5:45pm Mar 26-Apr 30 5/\$32.50

15625 M 5:00pm-5:45pm May 7-Jun 18 6/\$39



MIJO Taekwondo WTF Olympic Style

6-12yrs

Your kids will enjoy fun, educational and challenging WTF Olympic style Taekwondo classes with 4th Dan Black Belt Instructor, Michelle Carpenter, of MIJO Taekwondo. Students will learn a balance of traditional and sport Taekwondo skills in an environment that is encouraging and friendly and are taught about such life skills such as confidence, perseverance and courtesy. MIJO Taekwondo is a fully sanctioned WTF Taekwondo school and member of the Woo Kim Taekwondo.

No classes April 9 & May 21.

Location: Saseenos Elementary

15626 M, W 6:00pm-7:00pm Jan 9-Feb 8 10/\$90

15627 M, W 6:00pm-7:00pm Feb 13-Mar 14 10/\$90

15628 M, W 6:00pm-7:00pm Mar 26-May 2 11/\$99

15629 M, W 6:00pm-7:00pm May 7-Jun 13 11/\$99

Licensed After School Care

Kindergarten to Grade 5

14542

Mon to Fri

3:30-5:45pm

Sept 6 to Jun 29, 2012

\$355/month. Full-time
*limited part-time spaces available.
Monthly payment plan available. Monthly fees vary depending on the number of school days. *No care on Pro D Days and Statutory holidays.

This exciting and active after school care program is available for children who are attending Elementary School. Our licensed and enthusiastic staff will pick your child up after school and keep them in a safe, friendly, fun, and active environment utilizing all of the amenities that SEAPARC has to offer. Each day your child will be exposed to healthy lifestyle activities such as swimming, skating (skates provided), field games, crafts and out trips. A healthy snack is provided each day.

Register your child for after school skating or swimming lessons and we will make sure they arrive on time.

Transportation to SEAPARC is available from: Sooke, Saseenos, Ecole Poirier and John Muir Elementary Schools.



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	W	6:30pm- 7:30pm	Jan 11-Mar 7	9/\$144
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Sportball Multi-Sport Parent & Tot

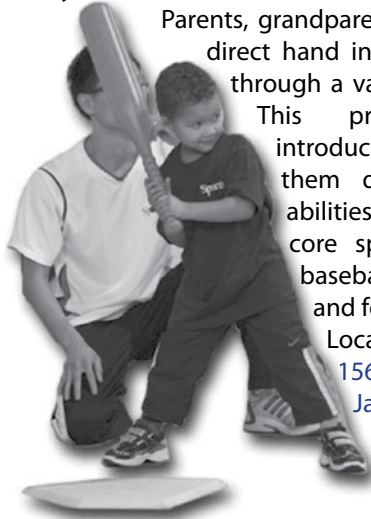
2-3.5yrs

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
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Pro D Day Programs & Spring Break Camps



Spring Break Adventure Camps

5-12yrs

This camp has it all. Join us for an adventurous week of swimming, crafts, field trips and a trip to Camp Barnard on Friday. Flexible drop off between 7:30-9:00am.

Location: SEAPARC Leisure Complex

15610 M-F 7:30am-3:30pm Mar 19-Mar 23 5/\$160
1/\$34

Spring Break Out Trips:

Monday – Camp Barnard-Canoeing

Tuesday – East Sooke Park

Wednesday – ALL FUN Zone & Ice Cream Parlour

Thursday – Field Games & Swim at SEAPARC

Friday – Camp Barnard

Spring Break Post Camp Care

5-12yrs

Enjoy the flexibility of picking up your child anytime between 3:30-5:45pm. Our post camp leaders will provide structured supervision until you arrive.

Location: SEAPARC Leisure Complex

15611 M-F 3:30pm-5:45pm Mar 19-Mar 23 5/\$45
1/\$10



Pro D Day Camps

5-12yrs

Come and join our energetic and creative SEAPARC leaders for a fun-filled and safe Pro-D Day! These one-day camps are packed full of activities such as skating, swimming, field games, excursions, and crafts. Flexible drop off between 7:30-9:00am.

Location: SEAPARC Leisure Complex

15612 F 7:30am-3:30pm Feb 17 1/\$34
15613 F 7:30am-3:30pm Mar 2 1/\$34
15614 F 7:30am-3:30pm Apr 20 1/\$34

Pro D Post Care

5-12yrs

Enjoy the flexibility of picking up your child anytime between 3:30-5:45pm. Our post camp leaders will provide structured supervision until you arrive.

15615 F 3:30pm-5:45pm Feb 17 1/\$10
15616 F 3:30pm-5:45pm Mar 2 1/\$10
15617 F 3:30pm-5:45pm Apr 20 1/\$10

Pro D Day Toonie Swims & Skates

Date	Skate	Swim
Friday, Feb. 17	11:00am - 1:00pm	1:00 - 3:00pm
Friday, Mar. 2	11:00am - 1:00pm	1:00 - 3:00pm
Friday, Apr. 20	No skating	1:00 - 3:00pm