

# CHILDREN / Programs

## Nutrition: 11-18 yr. Healthy Youth

Curious about how much protein teens should eat? Which foods are best before and after sports? What about which fast food restaurants are best? The Healthy Youth seminar covers everything about healthy eating for energy, brains and brawn -- foods to limit, foods to load up on, and a look at healthy fast food, beverages and supplements.

*\* Sponsored by Thrifty Foods. Designed and delivered by professional registered dieticians from Springwell Nutrition.*

**Th 4:00 to 5:00 pm**  
\* **FREE / 1**  
**Jan.14 11837**  
**Feb.18 11836**

## Home Alone 10+ yr.

The Home Alone Program is designed for the modern child who spends more time than ever at home on his/her own. 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.

**Su 1:00 to 4:00 pm**  
**\$32.00 / 1**  
**Feb.21 12384**  
**Su 1:00 to 4:00 pm**  
**\$32.00 / 1**  
**May 16 12385**

## Babysitters 11+ yr. Course (Red Cross)

Learn to care for children of various ages in a number of environments. Basic first aid and personal safety measures are emphasized throughout this one-day workshop.

**Su 9:00 am to 3:30 pm**  
**\$48.25 / 1**  
**Jan.24 12380**  
**Mar.7 12381**  
**Jun.6 12383**

## School's Out!

6 -12 yr.

### Pro-D Day Camps at SEAPARC with drop-in Skate/Swim 7:30 am to 3:30 pm

Friday, February 19  
Thursday, March 4  
Thursday, April 15

Join our energetic and creative SEAPARC leaders for a fun-filled and safe Pro-D Day! These one-day 'School's Out' licensed camps are packed full of activities such as skating, swimming, field games, excursions, and crafts.

\$29.00 per day

**Fri. Feb. 19 11955**  
**Thurs. Mar. 4 11956**  
**Thurs. Apr. 15 11957**

### Fri. Feb.19 Skate/Swim

**10 to 11 am**  
**12 & Under Shiny**  
**11 am to 1 pm**  
**Toonie Skate**  
**1 to 3 pm**  
**Fun Swim**

### Thurs. Mar. 4 Skate/Swim

**1:30 to 3:15 pm**  
**Toonie Skate**  
**1 to 3 pm**  
**Fun Swim**

### Thurs. Apr.15 Swim

**1 to 3 pm**  
**Fun Swim**

## Post-Camp 3:30 to 5:45 pm

Enjoy the flexibility of picking up your child anytime between 3:30 and 5:45 pm. Our post-camp leaders will provide structured supervision and ensure your child arrives at their daily camp.

\$10.00 per day

**Feb. 19 11961**  
**Mar. 4 11962**  
**Mar.8-12\* 11964**  
**Apr. 15 11963**

\* \$50 for full week

## Spring Break Camp:

### Outrageous Adventure Camp 5-13 yr.

This camp has it all! Join us for an adventurous week of sports, games, swimming and outrageous field trips. Activities include: Swimming at Commonwealth, an afternoon at Playzone, followed by a whole day of adventure at Camp Barnard. Before camp care is FREE. Drop off anytime between 7:30 and 9:00 am.

**M-F 7:30 am to 3:30 pm Mar. 8 -12**  
**Ages 5 to 8 yr: \$139.00 / 5 12418**  
**Ages 9 to 13 yr: \$144.00 / 5 12417**

# CHILDREN / Programs

**Active Kids are  
Healthy Kids**

## **Gymnastics - School Age** 6-10 yr.

This class focuses on building balance, strength and flexibility. Students learn a series of skills that build up to form a routine which will be presented on the final class. All students will be presented with a certificate to recognize their involvement.

**M** 3:30 to 4:30 pm  
\$71.75 / 8 \$107.50 / 12  
Jan.11-Mar.1 11969 Mar.22-Jun.21 11970

## **Gymnastics - Advanced School Age** 6-10 yr.

This is a referral-based program for students who have participated in School Age Gymnastics and/or have been evaluated by our instructor to challenge advanced skills and routines. Students in this class are highly motivated and have a strong grasp of the required skills. To explore the opportunity of attending this class, please contact the reception desk to schedule a free gymnastics assessment.

**M** 4:00 to 5:15 pm  
\$71.75 / 8 \$133.80 / 12  
Jan.11-Mar.1 11971 Mar.22-Jun.21 11972

## **Tae Kwon Do** 5-13 yr.

The NELS style Tae Kwon Do program will enable you to achieve physical, mental and emotional success while having fun and gaining self confidence. Nels Silva is a Certified Master Instructor and World Championship Medalist.  
Location: Sooke Elementary School Gym.

**M** 7:00 to 7:45 pm  
\$40.00 / 4 \$30.00 / 3  
Jan.4-25 12483 Apr.12-26 12486  
Feb.1-22 12484 Jun.7-21 12488  
Mar.1-29 12485  
May 3-31 12487

## **Aikido - Kids** 8-11 yr.

Aikido is a non aggressive, non competitive Japanese martial art developed by Morihei Ueshiba, O'Sensei in the early 20th century. Aikido is an art of self defence that does not rely on physical strength but on inner energy, balance and mental alertness. Children are taught in a fun yet formal atmosphere with an emphasis on building respect for one another through actions and attitude.

**Tu** 6:00 to 7:00 pm  
\$80.00 / 8  
Jan.12-Mar.2 12472  
\$120.00 / 12  
Mar.23-Jun.8 12473

**18**

WINTER-SPRING 2010

## **Home Learners 3-12 yr. Sport Sampler**

For the beginner or intermediate this is a great way to stay active and have fun. We can teach you the basics of soccer, baseball, basketball and lacrosse in a fun and supportive environment.

**M** 2:00 - 3:00 pm  
\$49.75 / 10  
Apr.12 - Jun.21 12268

## **Sportball Soccer 4-7 yr.**

Non-competitive and skill-based, this program provides the opportunity to learn soccer with experienced coaches. Focussing on the fundamentals (throw-ins, kicking, dribbling and goalie skills), children learn to apply skills successfully and confidently in soccer games.

**W** 6:30 to 7:30 pm  
\$104.00 / 8  
Jan.6-Feb.24 12467  
May 5-Jun.23 12469  
\$91.00 / 7  
Mar.17-Apr.28 12468  
Add \$20 for soccer jersey & ball.

## **Sportball Multisport Camp** 3-5 and 6-9 yr.

Join the Sportball team on spring break. Participate in the skills and games of seven different ball sports including soccer, hockey, basketball, baseball, volleyball, tennis and golf. Also do some arts and crafts, music, cooperative games. Includes snack time and theme days. Outdoors/indoors depending on location and weather.

**M-F** 9:00 am to 12 noon  
\$120.00 / 5  
Mar.8-12 12470 3-5 yr.  
**M-F** 12:30 to 3:30 pm  
\$120.00 / 5  
Mar.8-12 12471 6-9 yr.

FOR MORE INFORMATION CALL: 250-642-8000