

YOUTH

For other youth events in Sooke
& the Greater Victoria area:
www.youthvictoria.com

INFO: 250-642-8008

Nutrition: Healthy Youth 11-18 yr.

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

**SEAPARC Teen
Nights sponsored
in part by ANDY's
2 for 1 Pizza.**



Regular
Admission
Rates

Friday TEEN NIGHTS

Ages 11-16

Join us
for:

8:00 to 10:00 pm

MONTHLY THEMES

AT SEAPARC

Swimming, Rock Band, Wii
Sports, Night Basketball

Bellydance 14+
See pg. 33

**Tae Kwon Do
14+** See pg. 34

Zip Line Adventure Camp 11-16 yr.



Meet at SEAPARC to depart on this afternoon of tree-top adventure. AdrenaLINE sprawls across 100 lush acres of ecologically coastal temperate rainforest in the Sooke Hills. We'll ride ATV's, cross over some suspension bridges, and zip through the forest. Supervision and transportation included.

F 10:00 am to 2:00 pm
\$65.00 / 1
Mar. 12 12458

Teen Outdoor Survivor Camp 14 to 18 yr.

Practice wilderness survival skills while hiking the Juan de Fuca Marine Trail. Set up camp each night. Basic biology and geology will be discussed. Wear hiking shoes & rain gear. Tents can be provided. Bring backpack to carry your share of food, learn to build fires and cook evening meals even in the rain! Breakfast/lunch are nutritious snacks. Pre-advise about allergies or health conditions. Parental written consent required.

Tu 10:00 am to Th 6:00 pm
\$150.00 / 3 days, 2 nights
Mar. 9-11 12597

FREE SOOKE YOUTH DROP-IN

FREE SNACKS

Downstairs @ the Community Hall
2037 Shields Road
Right here in Sooke.

ACTIVITIES include:
Wii sports, skate videos,
pool, and guitar hero.

**Saturday
nights:**

8:00 to 10:00 pm

Ages 13+

Snowboarding & Skiing



14 to 18 yr.

Head up the mountain with us for another extreme teen out-trip. Transportation and supervision provided for first-time and experienced snowboarders and skiers.

Fri. Feb.19	Thurs. Mar.4
5:30 am to 6:30 pm	5:30 am to 7:00 pm
\$110 / 12425	\$110 / 12426
\$90 without rentals	\$90 without rentals
Register by Feb.9	Register by Feb.22

Fencing 11-18 yr.

BEGINNER & INTERMEDIATE:

Sa
5:00 to 6:30 pm
Jan.16-Mar.6
\$72.00 / 8
12498
Mar.20-Jun.19
\$108.00 / 12
12499

ADVANCED:

Sa
5:00 - 7:00 pm
Jan.16-Mar.6
\$72.00 / 8
12500
Mar.20-Jun.19
\$108.00 / 12
12501

In this Fencing program you will learn the basic footwork and blade work of what is now the world's most advanced Olympic sport, catering to all ages. Fencing is the Western world's oldest martial art and romantic pastime. Learn to initiate attacks, defence and basic footwork. This sport and art develops the mind, body and encourages discipline.

JOURNALISM CAREER TRAINING Ph.: 250.642.7729 **17+ yr.**
www.maplelinemagazine.com/jprogram **Register by Jan.18**

FOR MORE INFORMATION VISIT: www.seaparc.ca