

SOUTH COWICHAN RECREATION

• • • Spring 2023 • • •

• • • REGISTRATION OPEN NOW • • •

Shawnigan Kids' Theatre Troupe | Ages 7 - 16

Our mission is to use theatre to help enhance the overall emotional growth of an individual by building self-confidence and self-esteem. This children's theatre intensive program includes 11 weeks of professional training in acting, musical voice lessons, articulation and voice projection, improvisation, and all aspects of theatre etiquette. It also includes an opportunity to perform in a live theatre production, learning to work together in a team environment towards a common goal of providing the community with a quality, professional theatre production, and best of all - making memories that last a lifetime! There will be 5 days of full production commitment required from June 14 - 18, with a dress rehearsal and 4 shows. There may be additional costs for costumes.

Instructor: Paul Belanger | **SLCC**

Ages 7 - 11

Mar 27 - June 18 | 12 Weeks \$450 | Code: 52165
Mondays | 3:30 p.m. - 5:30 p.m.
Saturdays | 3:00 p.m. - 5:00 p.m.
No session Apr 8 & 10, May 20 & 23

Ages 12 - 16

Mar 28 - June 18 | 12 Weeks \$450 | Code: 52168
Tuesdays | 3:30 p.m. - 5:30 p.m.
Saturdays | 3:00 p.m. - 5:00 p.m.
No session Apr 8 & 11, May 20 & 23

Cheer/Dance Tumbling & Flexibility | Ages 7+

This class is for cheerleaders and dancers of all ages and abilities looking to improve their tumbling skills and gain flexibility. Our coach will focus on important aspects of tumbling: strength, power, body positions and proper form, as the foundation for building new skills and improving old ones. This class will also use active and passive stretching to help increase overall flexibility. Participants can expect to improve their splits, jumps, leaps and positions specific to their individual level of cheer/dance.

Fridays | Apr 14 - June 9 | 6:00 p.m. - 7:30 p.m.
8/\$100 | Code: 52238 | Instructor: Sabrina Schillings
No session May 19 | **SLCC**

Intro to Acro | Ages 7+

Introduction to acrobatic gymnastics will provide a look at basic acrobatic foundational skills. With a focus on safety, execution, flexibility and proper form, participants will learn beginner balance and dynamic skills, working in various groupings (pairs and trios). Balance skills are different stunts where the flyers are held in a specific position for a set amount of time before dismounting safely. Dynamic skills are stunts involving flight/air time, where the flyers are thrown and safely caught by their bases. All athletes will work on tumbling, conditioning and flexibility exercises to improve their overall gymnastic skills. This will be a recreational class that hopes to spark interest in athletes and can potentially lead to more advanced programming in the future.

Saturdays | Apr 15 - June 10 | 2:30 p.m. - 4:00 p.m.
8/\$100 | Code: 52239 | Instructor: Sabrina Schillings
No session May 20 | **SLCC**

Babysitter's Training | Ages 11+

This program follows the Red Cross Guide to Babysitter's Training. We include first aid, household safety, behaviour management, child development, and dealing with strangers. We will also have some fun with games and activities that every babysitter can use. Includes a certificate upon completion. Participants must be 11 years old by the start of class.

Saturday | Apr 22 | 9:30 a.m. - 5:30 p.m. | Code: 52412 | **SLCC**
Saturday | Mar 4 | 9:30 a.m. - 5:30 p.m. | Code: 52071 | **KPRC**
1/\$60 | Instructor: Lexi Liddle

Literacy Fun | Ages 7 - 9

As an experienced teacher, our instructor believes learning should be fun. Active, cooperative game play can build literacy confidence and enhance social skills. Join us for this small group tutorial format with fun, interactive and skillbased activities.

Mon/Weds | Apr 17 - May 10 | 3:15 p.m. - 4:15 p.m.
8/\$60 | Code: 52248 | Instructor: Colette Vaisius | **SLCC**

Leaders in Training | Grades 7 - 10

This exciting new program will provide motivated youth with leadership training and hands-on experience through volunteer opportunities. Each week we will engage in discovery of new abilities and gain confidence in our budding leadership skills. There will be a ton of opportunities for team building and creating friendships! In addition to 8 weeks of development and teambuilding, you'll be invited to earn a certificate of completion by volunteering new skills and efforts at community activities and programs. After the initial series of workshops, optional training opportunities may be offered.

This program is offered in partnership between the Cowichan Community Centre and South Cowichan Recreation with guest presenters. Shuttle bus from KPRC available for South Cowichan participants. For more info email britney.slade@cvrdb.ca

Thursdays | Apr 6 - June 1 | 4:00 p.m. - 6:00 p.m.
8/\$50 | Code: 55843 | No session May 4
Cowichan Community Centre

SPRING BREAK HAPPENINGS

South Cowichan Parks Scavenger Hunt

During the month of March, you'll have the chance to visit 4 different beaches in Shawnigan Lake and play along with our Scavenger Hunt for your chance to win a prize! Each Wednesday, our beach ball will be hiding at a different beach for you to find. Take a photo of the kiddos playing with it and send it to Shannon at Shannon.Mckinlay@cvrdb.ca to be entered in the weekly prize draw.

Wednesdays | 9:00 a.m. - 3:00 p.m.
Mar 8 | Mason's Beach (Renfrew Rd)
Mar 15 | West Shawnigan Lake Beach (W. Shawnigan Lake Rd)
Mar 22 | Old Mill Park Beach (Recreation Rd)
Mar 29 | Shawnigan Wharf Park/Government Wharf (Heald Rd)

BC Grassroots Rugby Foundation Pop Up & Play Camp | Ages 5 - 12

Join coaches from BC Grassroots Rugby Foundation for this fun introduction to rugby. Each day will consist of skill-building, movement development, fun games, and scrimmage play. Rugby is one of the fastest growing sports in Canada and is a great way for kids to develop confidence, discipline, and fitness. Camp will be non-contact and registration fee includes a t-shirt.

Monday - Friday | Mar 13 - 17 | 9:00 a.m. - 12:00 p.m.
Ages 5 - 6 | Seeds | Code: 52811
Ages 7 - 8 | Sprouts | Code: 52814
Ages 9 - 12 | Saplings | Code: 52815
5/\$100 | Instructor: BC Grassroots Rugby Foundation
Shawnigan Lake School

Spring Break Dance Camp | Ages 6 - 11

Join Barre None Dance for this dance camp that is the place to be for all those kids who love to dance and perform. Dancers will have the opportunity to work on their technique and flexibility while learning fun choreography in a variety of different dance styles such as jazz, hip hop, tap, musical theater and contemporary dance, just to name a few.

Monday - Friday | Mar 13 - 17 | 9:00 a.m. - 3:00 p.m.
5/\$190 | Code: 51892 | Instructor: Shania Schmidt | **SLCC**

Rock Climbing & Bowling Youth Trip | Ages 11 - 15

Challenge yourself to something new and exciting! We will visit Hangout for some rock-climbing adventures and then check out bowling for more fun!

Thursday | Mar 23 | 9:00 a.m. - 3:00 p.m.
1/\$50 | Code: 52783 | **KPRC**

Mountain Biking Camp | Ages 10 - 14

Join our professionally certified coaches and take your riding to the next level as we guide and instruct you on some of Cowichan's best trails! Skills covered include on-bike balance, body position, cornering, climbs and descents, braking, gear selection and shifting, small jumps and drops, basic mechanical repairs, trail etiquette, and safe falling techniques. Featuring both Cobble Hill Mountain (Mon - Tues) and Mount Tzouhalem (Wed - Fri). This camp is ideal for kids with previous riding experience and who, at minimum, are riding at an advanced beginner to intermediate level. Riders will be assessed at first session and arranged into appropriate skill groups. Please bring a bike, helmet, lunch, and plenty to drink.

Monday - Friday | Mar 13 - 17 | 9:00 a.m. - 2:00 p.m.
5/\$380 | Code: 52768 | Instructor: Nolan Riding
Cobble Hill Mountain & Mount Tzouhalem

Mini Golf & Movie Youth Trip | Ages 11 - 15

Get off the couch this Spring Break and join us for a trip to Victoria where we will check out the latest movie and catch a few holes of mini-golf while we are there! Information about the movie choice will be made available closer to the date. Due to theatre scheduling, there is a chance that times for this activity may change.

Tuesday | Mar 14 | 10:00 a.m. - 4:00 p.m.
1/\$50 | Code: 52781 | **KPRC**

Flying Squirrel Trampoline Park & Hike Youth Trip | Ages 11 - 15

It's time to jump, leap and bounce! Let's get together and head to Flying Squirrel Trampoline Park for trampolines, foam pits, games and way too much fun! We'll get a taste of fresh air as well when we head into the woods for a calming hike.

Thursday | Mar 16 | 9:00 a.m. - 3:00 p.m.
1/\$60 | Code: 52782 | **KPRC**

Spring Break Art Camp | Ages 6 - 11

In this new camp, students will work on a variety of arts and crafts projects and explore different mediums such as painting, drawing, themed crafts. This camp is for all abilities and skill levels. Our instructor will tap into and awaken your creative side, while introducing students to technical skills. All supplies provided.

Monday - Friday | Mar 20 - 24 | 9:00 a.m. - 3:00 p.m.
5/\$190 | Code: 52098 | **SLCC**

SPRING BREAK PUBLIC SKATING

at Kerry Park Arena
1:00 - 2:15 p.m. | Regular rates

SUN

Mar 12
Mar 19
Mar 26

MON

Mar 13
Mar 20

WEDS

Mar 15
Mar 22

FRI

Mar 17
Mar 24



FOR MORE INFORMATION OR TO REGISTER PLEASE CALL:

Kerry Park Recreation Centre at 250.743.5922
Shawnigan Lake Community Centre at 250.743.1433

SOUTH COWICHAN RECREATION

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SPORTS PROGRAMS

SOUTH COWICHAN YOUTH SOFTBALL

This league is for youth looking to get out and play some softball. It is suitable for new or experienced players. Registration includes two field slots per week for Intro - Major teams, one slot per week for T-Ball teams. All players will receive a team shirt and a team and individual picture. Players need their own glove and batting helmet; all other equipment is provided. Volunteer parent coaches are in high demand in all divisions. Interested youth umpires (aged 14+) are needed for officiating lower divisions. Adult umpires are required for older divisions. Contact darcy.kulai@cvrld.bc.ca for info.

Apr 15 - June 24 | 11 Weeks | **KPRC - Sports Fields and Shawnigan Hills Athletic Park** | No session May 22
Early Bird Fee (until Apr 4) | Intro - Major \$70 | T-Ball \$45
Regular Fee (after Apr 4) | Intro - Major \$80 | T-Ball \$55

T-ball | Born 2017 | Code: 52331 | Sat

Intro | Born 2016 | Code: 52332 | Mon & Sat

Junior | Born 2014 - 2015 | Code: 52335 | Wed & Sat

Intermediate | Born 2012 - 2013 | Code: 52337 | Thurs & Sat

Senior | Born 2009 - 2011 | Code: 52338 | Tues & Sat

Major | Born 2004 - 2008 | Code: 52339 | Wed & Fri

Softball Development Clinics | Ages 7 - 15

All players are invited to participate in these development clinics that will hone their skills and provide them with confidence going forward. Skills will be taught in an encouraging environment that focuses on fun. New players are warmly welcomed and encouraged to join. Skills will include hitting mechanics, fielding technique, throwing, catching, and game positioning. Players are asked to bring their own glove if they own one.

Ages 7 - 10 | Sunday | Apr 2 | 12:30 p.m. - 2:30 p.m. | 1/\$12 | Code: 52838 | **Shawnigan Hills Athletic Park**

Ages 7 - 10 | Tuesday | Apr 4 | 5:30 p.m. - 7:00 p.m. | 1/\$10 | Code: 52840 | **KPRC - Sports Fields**

Ages 11 - 15 | Sunday | Apr 2 | 3:00 p.m. - 5:00 p.m. | 1/\$12 | Code: 52841 | **Shawnigan Hills Athletic Park**

Instructor: Moe Runzer

Youth Mountain Biking | Ages 10 - 14

Ride smoother, safer, and with more control with this program designed to progress young mountain bikers. Riders will learn and practice game changing skills such as body position and balance, braking and gearing techniques, cornering, terrain awareness, and pumping trail. Our PMBIA certified coaches' number one priority is the safety of our students. We teach with a challenge by choice approach and strive to keep the learning fun and engaging!

Thursdays | May 4 - June 22 | 4:00 p.m. - 6:00 p.m.

8/\$300 | Code: 52826 | Instructors: Nolan Riding

Cobble Hill Mountain

BC Grassroots Rugby Foundation - Pop up & Play | Ages 5 - 12

Join BC Grassroots Rugby Foundation for this fun introduction to rugby. Each session will consist of skill-building, movement development, and scrimmages. Rugby is one of the fastest growing sports in Canada and is a great way for kids to develop confidence, discipline, and fitness. Program will be non-contact and registration fee includes a t-shirt.

Wednesdays | Apr 19 - June 7 | 4:15 p.m. - 5:15 p.m.

Ages 4 - 6 | Seeds | 8/\$48 | Code: 52344

Ages 7 - 8 | Sprouts | 8/\$48 | Code: 52345

Ages 9 - 12 | Saplings | 8/\$48 | Code: 52346

Instructor: Clay Panga | **KPRC - Sports Fields**

World Cup Soccer Camp | Ages 6 - 8

Join our coach as he encourages teamwork, skill development, and fun in this professionally developed program.

Wednesdays | Apr 5 - May 24 | 4:00 p.m. - 4:45 p.m.

8/\$85 | Code: 52191 | Instructor: Brett Hyslop | **SLCC**

Bearings, Spokes & Wheels

Bring your skateboard, scooter, bike or rollerblades and participate in this fun event. Learn about traffic safety, how to have your bike helmet properly fit, and see how fast you can go!

Saturday | June 3 | 10:00 a.m. - 12:00 p.m.

\$10/rider | Code: 52784 | **KPRC - Lower Parking Lot**

Squash | Ages 4 - 10+

This program will introduce participants to the game of squash and the skills needed to have fun! Content of the lessons grows with participants as they learn more. Discounts are available for the same child participating in multiple days.

Instructor: Colin Whitney | **Shawnigan Lake School**

Munchkins | Ages 4 - 6 | 8/\$96

Sun | Apr 16 - June 4 | 9:15 a.m. - 10:00 a.m. | Code: 52648

Weds | Apr 19 - June 7 | 4:15 p.m. - 5:00 p.m. | Code: 52649

Active Start | Ages 7 - 11 | 8/\$120

Sun | Apr 16 - June 4 | 10:00 a.m. - 11:00 a.m. | Code: 52650

Mon | Apr 17 - June 5 | 5:00 p.m. - 6:00 p.m. | Code: 52651

Weds | Apr 19 - June 7 | 5:00 p.m. - 6:00 p.m. | Code: 52652

Improver | Ages 10+ | 8/\$120

Sun | Apr 16 - June 4 | 11:00 a.m. - 12:00 p.m. | Code: 52653

Mon | Apr 17 - June 5 | 6:30 p.m. - 7:30 p.m. | Code: 52654

Weds | Apr 19 - June 7 | 6:30 p.m. - 7:30 p.m. | Code: 52655

After School Sports & Games Drop-in | Ages 7 - 10

Looking for something to do after school these days? Come join us in the gym for some fun after school sports and games. We will play a variety of sports and have tons of fun. Do you have a game or sport you love? Let us know and we will give it a try. This program is registered drop-in. Register 72 hours ahead of time for the class that fits your schedule.

Wednesdays | Jan 11 - May 31 | 5:15 p.m. - 6:15 p.m.

Registered Drop-in \$5 | Code: 52243

No session Mar 15 & 22 | **SLCC**

Open Gym Time | Ages 13+

Looking for something to do, but nowhere to go? Join us for some gym fun where we'll play a variety of games and sports. Just want to hang out? You can do that too, we even have lots of board games. Got a game or sport you love? Let us know and we will give it a try. This program is registered drop-in. Register 72 hours ahead of time for the class that fits your schedule.

Tuesdays | Jan 10 - May 30 | 3:15 p.m. - 4:30 p.m.

Registered Drop-in \$5 | Code: 52245

No session Mar 14 & 21 | **SLCC**

Youth Basketball | Grades 1 - 7

This active program will give kids a chance to build skills and play basketball in a fun, supportive environment. Each session will feature skill development, movement training, fun games, and scrimmages. Please bring indoor shoes and a water bottle.

Thursdays | Apr 13 - June 1 | **George Bonner Elementary School**

Grades 1 - 2 | 5:00 p.m. - 6:00 p.m. | 8/\$48 | Code: 52833

Grades 3 - 4 | 6:10 p.m. - 7:10 p.m. | 8/\$48 | Code: 52834

Grades 5 - 7 | 5:00 p.m. - 6:10 p.m. | 8/\$54 | Code: 52836

Grades 5 - 7 | 6:20 p.m. - 7:30 p.m. | 8/\$54 | Code: 52837

World Cup Soccer Academy

This program will focus on developing basic skills and teaching small sided game tactics. Our coach has coached professionally for more than 20 years, has worked with our National Team Program, and trained at Barcelona Academy of South America.

Fridays | Apr 21 - June 9

8/\$110 | Instructor: Brett Hyslop | **KPRC - Sports Fields**

U8 - U10 (Born 2013 - 2015) | 4:00 p.m. - 5:00 p.m. | Code: 52534

U11 - U13 (Born 2010 - 2012) | 5:15 p.m. - 6:15 p.m. | Code: 52535

U14 - U16 (Born 2007 - 2009) | 5:15 p.m. - 6:15 p.m. | Code: 52537

Sports Sampler for Girls | Ages 6 - 9

This program will give girls a chance to try a variety of sports and find out what they like! Sports may include soccer, softball, lacrosse, and rugby. We will focus on developing sport-specific skills and basic movement skills in a fun and safe environment.

Mondays | May 1 - June 12 | 4:15 p.m. - 5:15 p.m.

6/\$42 | Code: 52828 | Instructor: Tianna Chau

KPRC - Sports Fields | No session May 22

Tennis | Ages 8 - 14

In this beginner program players will learn to serve, rally, play points, and have fun! We will use modified equipment and red and green dot balls to make learning easier, faster, and more enjoyable. Racquets and balls are provided.

Mondays | Apr 3 - May 15 | No session Apr 10

Instructor: Art Hobbs | **Arbutus Ridge Golf Club**

Ages 8 - 10 | 3:30 p.m. - 4:30 p.m. | 6/\$150 | Code: 52321

Ages 11 - 14 | 4:30 p.m. - 5:30 p.m. | 6/\$150 | Code: 52323

Drop-in Bouldering | Ages 7 - 18

No experience necessary for these sessions. We will have trained staff on site during the drop-in times to assist you. Program requires a Membership (which is free) and pre-registration. Once you've been given the Membership from office staff you'll be able to pre-register.

Wednesdays | Jan 11 - May 31 | 6:30 p.m. - 7:45 p.m.

Registered Drop-in \$8 | Code: 52244

No session Mar 15 & 22 | **SLCC**

Street Smart Cycling Skills for Kids | Ages 6 - 14

Do you want to feel more comfortable and safe riding your bike on the road? Learn to become a Street Smart cyclist. The day will include basic bike maintenance, rules of the road, common cycling routes, rider visibility and safety, road positioning, traffic lights, bike set up, bike handling, proper braking, and understanding your gears. Gain confidence through cycling games and have fun. All participants must have a certified biking helmet, fully functioning bike and basic riding skills. Bring snack, water and weather appropriate clothing.

Saturday | Apr 15

Ages 6 - 9 | 9:00 a.m. - 12:00 p.m. | 1/\$45 | Code: 52800

Ages 10 - 14 | 12:30 p.m. - 3:30 p.m. | 1/\$45 | Code: 52802

Instructor: Stephen Pilcher | **KPRC**