

SCHOOL'S OUT

School's Out Camp | Ages 6 - 10

Join us for an exciting and action-packed day! There are a variety of activities, including gym games, bowling, and skating (Feb 14 only).

Friday | Feb 14 | 8:30 am - 4:00 pm
1/\$40 | Code: 88074

Monday | Apr 14 | 8:30 am - 4:00 pm
1/\$40 | Code: 88075

Friday | May 2 | 8:30 am - 4:00 pm
1/\$40 | Code: 88078

CVAC Art Explorations | Ages 6 - 10

Using paint, paper, cardboard and other fun materials, we'll make art objects to take home. We'll spend time outside.

Friday | Feb 14 | 9:00 am - 3:00 pm
1/\$85 | Code: 88213
Instructor: Sylvia Swift

CVAC: Focus on Drawing Ages 10 - 13

Learn step by step methods of drawing faces, people and more. These skills will help to create cartoon characters or basic sketches for paintings.

Friday | Feb 14 | 9:00 am - 3:00 pm
1/\$85 | Code: 88220
Instructor: Kimmer T

CVAC: Art for Teens | Ages 13 - 18

Spend your day out of school and in a creative space for a day of mixed media art - individual and collective. You'll be guided by an experienced artist and facilitator.

Friday | Feb 14 | 10:00 am - 3:00 pm
1/\$90 | Code: 88223
Instructor: CVAC Studio Artist

CVAC: Makers Day for Kids

Ages 6 - 9

Take a mix of recycled and repurposed materials and transform them creatively, adding artistic touches.

Monday | Apr 14 | 9:00 am - 3:00 pm
1/\$85 | Code: 88224
Instructor: Sylvia Swift

CVAC: Nature Art Adventures Inside & Outside | Ages 6 - 9

This is your chance to do some prints in the park, collect things to take back to the studio and get creating fun and decorative pieces. We'll spend a bunch of time outside on this spring day.

Friday | May 2 | 9:00 am - 3:00 pm
1/\$85 | Code: 88233
Instructor: Sylvia Swift

CVAC: Theatre Games Ages 10 - 13

Theatre games are the most fun introduction to acting, public speaking, and online presentations. Theatre games also foster greater ease of expression, deeper awareness of self in space, empathy toward others and confidence within team efforts.

Friday | May 2 | 9:00 am - 3:00 pm
1/\$85 | Code: 88236
Instructor: Jolanta Pyra

School's Out Skates

Monday | April 14 | 12:00 pm - 1:00 pm
Friday | Feb 14, May 2 | 12:00 pm - 1:20 pm
Student Admission \$2 | Rentals \$3.50

School's Out Family Stick & Puck Skates

Monday | April 14 | 1:30 pm - 2:20 pm
Friday | Feb 14, May 2 | 1:30 pm - 2:20 pm
Regular rates apply | Rentals \$3.50

LEADERS IN TRAINING

Call to Action | Ages 12 - 16

This exciting program will provide motivated youth with leadership training and hands-on experience through volunteer opportunities. Each week, we will engage in discovery of new skills and gain confidence in our budding leadership skills. A wide variety of topics will be explored, including coaching, public speaking, working with children, volunteer responsibilities, inclusion, self-exploration and finding success. There will be a ton of opportunities for team building and making friendships! A schedule and complete details will be available in early 2025. Register for our interest list via the code below to receive email updates. Contact Danielle.Seeliger@cvrd.bc.ca for more information.

Interest List Registration

May - June | 2 Hour Weekly
6 Weeks | Code: 88073

COWICHAN COMMUNITY CENTRE



CHILDREN & YOUTH

COWICHAN COMMUNITY CENTRE

2687 James Street
Duncan, BC
V9L 2X5



📞 250.748.7529

✉️ tcentre@cvrd.bc.ca

🌐 www.cvrd.ca

📱 @cvrdrec



📞 250.748.7529

🌐 www.cvrd.ca

ART

CVAC: Art Classes for Homeschoolers | Ages 7 - 11

Through hands-on activities, children will explore key artistic concepts and develop essential skills. From the fundamentals of drawing and painting to crafting collages and 3D creations, students will broaden their artistic abilities. Materials are provided.

Mondays | 1:00 - 3:00 pm

Jan 13 - Mar 10 | 8/\$260 | Code: 88254

Mar 31 - June 9 | 8/\$260 | Code: 88261

Instructor: Kimmer T

No session Feb 17, Apr 14, 21, May 19

CVAC: Art for Homeschooling Teens - Fostering Creativity & Confidence | Ages 14 - 18

Our mixed media program is designed to teach teens the core principles of art, like balance, rhythm, harmony, and movement. All materials provided.

Tuesdays | Jan 21 - Mar 11

10:00 am - 12:00 pm

8/\$375 | Code: 88274

Instructor: Carolyn Dawn Good

CVAC Youth Art Classes: Art Quest Age 12- 14

Join artist Chantey Dayal and continue exploring art fundamentals in a small group setting. Dive into a world of mediums and creativity, inspired by masters from around the globe. Materials are provided.

Thursdays | Feb 6 - May 1 | 3:45 - 5:15 pm

11/\$320 | Code: 88239

Instructor: Chantey Dayal

No session Mar 20 & 27

Junior Engineers - Cardboard Creations - Makedo

Ages 6 - 9

This after school club will be a chance to make some really cool cardboard creations using Makedo. Bring out your creative side and make your cool inventions come to life!

Wednesdays | Feb 5 - 26

3:30 - 5:00 pm

4/\$200 | Code: 88194

Somenos Community Hall, 3248 Cowichan Valley Hwy

Fairy Night Lights - Arts & Crafts for Kids | Ages 6 - 10

Kids will create and have fun, while making their own fairy night light projects.

Tuesday | Feb 25 | 3:30 - 5:00 pm

1/\$25 | Code: 88367

Instructor: Connie Smith

Easter Arts & Crafts for Kids Ages 6 - 10

Kids will make their own Easter-themed wood sliced bunnies projects.

Tuesday | Apr 15 | 3:30 - 5:00 pm

1/\$25 | Code: 88366

Instructor: Connie Smith

EDUCATION

Home Alone Ages 9 - 12

This course will provide your child with the basic skills to stay home alone safely. We will cover tips and real life scenarios to engage and inspire your child to be responsible and knowledgeable when home alone.

Thursdays | 3:30 - 5:30 pm

Jan 23 | 1/\$25 | Code: 87607

Apr 3 | 1/\$25 | Code: 87608

Instructor: Cheryl Proctor

COOKING

Kitchen Capers | Ages 8 - 12

Participants will learn and practice kitchen safety and cleanliness while creating healthy snacks, lunches, and a few treats.

Saturdays | Jan 25 - Feb 8 | 9:30 - 11:30 am

3/\$125 | Code: 88360

Tuesdays | Feb 4 - 18 | 3:30 - 5:30 pm

3/\$125 | Code: 88358

Fridays | Feb 7 - 21 | 3:30 - 5:30 pm

3/\$125 | Code: 88359

Somenos Community Hall, 3248 Cowichan Valley Hwy

Cooking with Connie | Ages 9 - 14

Learn delicious recipes, kitchen safety, cleanliness, organization, recycling, reducing, and reusing. Each class you will create your own dishes, take them home to share, or eat in class, enjoy the taste of your success and create your own recipe book. All ingredients and supplies provided.

Wednesdays | Jan 22 - Feb 12 | 3:30 - 5:00 pm

4/\$120 | Code: 88369

Instructor: Connie Smith

DANCE

Intro to Dance for Home Schoolers Ages 6 - 10

This class will explore different styles of dance such as ballet, jazz, hip hop and musical theatre.

Fridays | 12:00 - 12:45 pm

Jan 10 - Feb 28 | 8/\$100 | Code: 88022

Apr 4 - May 30 | 8/\$100 | Code: 88023

Instructor: Ricki-Lee Allison

No session Apr 18

TECHNOLOGY

Coding Club | Ages 7 - 11

This club will include an introduction to Scratch, Minecraft Education, and other block coding platforms. Participants will learn the basics of block coding, create their own games, and more.

Fridays | Jan 24 - Feb 28 | 3:30 - 5:00 pm

6/\$250 | Code: 88196

Somenos Community Hall, 3248 Cowichan Valley Hwy

YOUTH

Youth Drop-in Sports | Ages 13+

Come join us for some fun in the gym. We will play a variety of games and sports and have tons of fun.

Tuesdays/Fridays | Jan 7 - June 27

3:30 - 5:00 pm | FREE Drop-in

No session Jan 10, Feb 14, Mar 18, 21, 25, 28, Apr 18, May 2, June 13

After School Youth Board Games Ages 13+

Bring some friends, or meet new ones, and join us playing a variety of board and card games every Wednesday.

Wednesdays | Jan 8 - June 18

3:30 - 5:00 pm | FREE Sessions

No session Mar 19 & 26

Youth Yoga with Kim | Ages 11 - 18

We will learn tools that youth will keep for a lifetime, including yoga postures meditation, self-esteem, and breathwork.

Tuesdays | 4:00 - 5:00 pm

Jan 14 - Mar 4 | 8/\$104 | Code: 88080

Apr 8 - May 27 | 8/\$104 | Code: 88081

Instructor: Kim MacLean