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## Dance Camps

### Bluey's Pet Pawty Dance Camp

Ages 5 - 8

If you love dancing and music, you'll PAWSitively love this Bluey themed camp as we celebrate your favourite pups in this super fun week of dance. Dancers can bring a stuffed pet and together they'll unleash the fun while exploring different styles of dance including ballet, jazz, and hip hop. We will make crafts, play games, spend time outside and at the end of the week have a PAWSitively awesome showcase of what we have learned. Campers should bring a healthy snack and water. Dance attire is suggested but not required.

Monday - Friday | July 15 - 19 | 9:00 am - 12:00 pm

5/\$120 | Code: 71602

Instructor: Ricki-Lee Allison

### In My Dance Era Camp

Ages 5 - 8

Swifties and dancers unite! Dancers channel their inner pop star by learning dances to Taylor Swift and other fun pop songs. Get ready to sing, dance, and perform with friends! Young artists will be immersed in the world of Taylor Swift, inspiring them to discover their own musical talents. Dancers will work together to create their own concert. Campers should bring a healthy snack and water. Dance attire is suggested but not required.

Monday - Friday | July 29 - Aug 2 | 9:00 am - 12:00 pm

5/\$120 | Code: 73092

Instructor: Ricki-Lee Allison

### Dance Discovery Camp

Ages 3 - 5

Come discover the love of dance! We will explore different styles of dance including ballet, jazz, hip hop, and musical theatre. We will also offer dance themed crafts and games. We will learn the basic techniques and put together choreographed dances for a fun performance at the end of the week. Campers should bring a healthy snack and water. Dance attire is suggested but not required.

Monday - Friday | Aug 12 - 16 | 9:00 am - 11:00 am

5/\$85 | Code: 71599

Instructor: Ricki-Lee Allison

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## Wizards World of Dance Camp

Ages 5 - 8

Harry Potter fans unite and join us at dance camp! Young witches and wizards will dive into their studies of spells, potions, and of course - dance! Dancers will explore jazz, ballet, hip hop, and more while sharpening their spellbinding skills. Witches and wizards will have a blast creating their very own t-shirts for their end of week performance. Campers should bring a healthy snack and water. Dance attire is suggested but not required.

Monday - Friday | Aug 19 - 23 | 9:00 am - 12:00 pm

5/\$120 | Code: 73094

Instructor: Ricki-Lee Allison

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Schedule is subject to change.

Follow us on Facebook and Instagram

@CVRDREC for all the latest updates on programs.

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### Cowichan Community Centre

2687 James Street

Duncan, BC V9L 2X5

250.748.7529 | [tcntr@cvrd.bc.ca](mailto:tcntr@cvrd.bc.ca)

#### ONLINE REGISTRATION:

To use online registration you will need login information, and a credit card. Please contact your local recreation centre to set up your family's account. You can access online registration from our website [www.cvrd.ca](http://www.cvrd.ca)

 [facebook.com/cvrdrec](https://facebook.com/cvrdrec)



SPRING/SUMMER 2024



## Early Years

## COWICHAN COMMUNITY CENTRE



[cvrd.ca](http://cvrd.ca)

## Movement

### KinderGym

Ages 1 - 5

Does your little one have an extreme amount of energy in the morning? We have just the solution! Join us for endless fun as we bring out our preschool equipment for your little ones to burn off some energy. The emphasis is on fun and letting your child explore and improve their motor skills! Parent participation required. Come play on your birthday for free! Pre-registration is recommended.

Mondays/Wednesdays | Ongoing - June 26  
9:30 a.m. - 11:00 a.m.

10 Visit Pass \$40 or Registered Drop-in \$5/class  
Code: 69829  
No session May 20

Wednesdays | July 3 - Aug 28 | 9:30 a.m. - 11:00 a.m.  
10 Visit Pass \$40 or Registered Drop-in \$5/class  
Code: 71357

### Yoga for Preschoolers

Ages 3 - 5

This fun, interactive class introduces children to yoga through stories, songs, and games. Yoga helps develop motor skills, balance, coordination, concentration, focus and more. Children will experience the benefits of yoga in a creative and playful way.

Tuesdays | May 21 - June 18 | 10:15 a.m. - 10:45 a.m.  
5/\$40 | Code: 72777  
Instructor: Sadie Bartram



## Music & Dance

### Jump into Music

Ages 6 months - 4 years

Jump into Music is a program that uses music and movement to engage, educate and entertain both parent and child on a musical journey around the world. Through a variety of well thought out activities, our classes stimulate the whole being (mind, body, spirit) to come alive. A great place for families to bond in community. Cultivating musical literacy and creative expression is our mission! For more information, visit [www.jumpintomusic.ca](http://www.jumpintomusic.ca). Parent participation required. Call to register for 25% sibling discount.

Thursdays | 9:30 a.m. - 10:20 a.m.  
June 6 - July 18 | 7/\$105 | Code: 72962  
July 25 - Aug 22 | 5/\$75 | Code: 72963  
Instructor: Orith Horwitz

## Sports

### Mini Sports Sampler

Ages 4 - 6

This program will give kids a chance to try a variety of sports and find out what they like! Sports will include basketball, floor hockey, soccer, pickleball and more. Our leaders will focus on developing sport specific skills and basic movement skills such as agility, balance, and speed.

Mondays | May 27 - June 17 | 3:30 pm - 4:15 pm  
4/\$24 | Code: 72781  
CCC - Heritage Hall

### Mini Sports Camp

Ages 4 - 6

Join us for this action-packed multi-sport camp where we will introduce your child to a variety of sports. We will keep them moving and engaged with a different sport each day, such as basketball, floor hockey, and soccer. Our leader will focus on developing fundamental movement skills, such as agility, balance, and speed. Please bring clean runners, a healthy snack and a water bottle.

Monday - Friday | June 24 - 28 | 1:00 pm - 3:00 pm  
5/\$75 | Code: 72778  
CCC - Heritage Hall

Monday - Friday | July 15 - 19 | 1:00 pm - 3:00 pm  
5/\$75 | Code: 72779  
CCC - Heritage Hall

Monday - Friday | Aug 19 - 23 | 1:00 pm - 3:00 pm  
5/\$75 | Code: 72780  
CCC - Heritage Hall

### World Cup Soccer Camp

Ages 4 - 6

This professionally developed program includes skills, drills, mini games, and fun competition for young soccer players wanting to learn new tricks and play the game of soccer. This session includes parent participation. Please remember your water bottle and appropriate clothing for rain and shine!

Ages 4 - 5

Monday - Friday | July 8 - 12 | 9:30 am - 10:30 am  
5/\$52 | Code: 72782  
Instructor: Brett Hyslop  
Cowichan Sportsplex

Ages 5 - 6

Monday - Friday | July 8 - 12 | 10:30 am - 12:00 pm  
5/\$80 | Code: 72783  
Instructor: Brett Hyslop  
Cowichan Sportsplex