

SOUTH COWICHAN RECREATION

• • • Summer 2020 • • •

REGISTRATION DETAILS AND SUMMER GUIDE AVAILABLE AT WWW.CVRD.BC.CA

Little Bogeys Golf | Ages 4 - 6

This program is an ideal way to start your little one in the game of golf. These 45-minute sessions are filled with fun games and basic instruction in a safe environment. Classes are taught by GBC Golf Academy professionals, using S.N.A.G. Instructor: Jayme Young
Arbutus Ridge Golf Club

Wednesdays | 4:30 p.m. - 5:15 p.m. | 4/\$68.25
July 1 - 22 Code: 26655
Aug 5 - 26 Code: 26656
Sept 2 - 23 Code: 26657

Junior Golf Clinics | Ages 6+

Our beginner series of four clinics offers junior golfers who are new to the game a great foundation of FUN-damentals. Our qualified GBC Golf Academy instructors will teach in a fun and safe environment.

Thursdays | 5:45 p.m. - 6:45 p.m. | 4/\$78.75
July 2 - 23 Code: 26660
Aug 6 - 27 Code: 26661
Sept 3 - 24 Code: 26662
Instructor: Jayme Young
Arbutus Ridge Golf Club

Girls Golf Club | Ages 6 - 14

Led by a female LPGA Teaching Pro, this program teaches fun and safety while providing a girl-friendly environment to support learning, building confidence, and living a healthy, active life. The last session is a Junior Night, where participants will play 9 holes with prizes.

Wednesdays | 5:30 p.m. - 6:30 p.m. | 5/\$103.75
July 22 - Aug 19 | Code: 26669
Aug 26 - Sept 23 | Code: 26671
Instructor: Jody Jackson
Arbutus Ridge Golf Club

Golf & Tennis Camp | Ages 6 - 14

Each day you will receive two hours of golf instruction and one hour of tennis instruction in a fun, safe environment by GBC certified professionals. Participants will receive a golf manual and certificate at the conclusion of the course. Program fee includes lunch and all equipment use. Please advise of any food allergies at time of registration.

Monday - Friday | 9:00 a.m. - 12:30 p.m.
5/\$270.71 | **Arbutus Ridge Golf Club**

June 29 - July 3 Code: 26701
July 6 - 10 Code: 26702
July 13 - 17 Code: 26704
July 20 - 24 Code: 26705
July 27 - 31 Code: 26707
Aug 3 - 7 Code: 26708
Aug 10 - 14 Code: 26710
Aug 17 - 21 Code: 26711
Aug 24 - 28 Code: 26712
Aug 31 - Sept 4 Code: 26713

Learn to Fish | Ages 5 - 15

In this session you'll learn the basics of freshwater fishing including, hatchery roles, conservation, proper fish handling, fish identification, tackle, rod rigging, casting, safety and fishing regulations. You'll learn where, when and how to catch fish through and hands-on fishing. Parent supervision is required. Participation is by donation at event.

FREE Sessions (registration required)
July 15 | 6:00 p.m. - 8:00 p.m. | Code: 28076
Aug 15 | 10:00 a.m. - 12:00 p.m. | Code: 28077
Instructor: Freshwater Fisheries Society of BC
West Shawnigan Lake Provincial Park

Scooter Skills Camp | Ages 8 - 12

Develop your scooter skills and have a blast! This program helps all levels of scooter riders gain knowledge and technical skills in a safe environment. Classes will be filled with exciting games and instruction, and will be taught by an experienced scooter rider who has a passion for teaching his sport. Please bring your own scooter and helmet.

Monday/Tuesday | July 6 - 7 | Code: 27599
Thursday/Friday | July 23 - 24 | Code: 27601
9:30 a.m. - 11:30 a.m. | 2/\$28
Instructor: Josh Anzarut
KPRC - Skate Park

Home Alone + First Aid | Ages 10+

We have combined the At Home Alone program with the Kid Proof First Aid for Kids course to help prepare your child for an emergency. Students will learn how to respond to emergencies and stay safe while at home alone. Program is offered in an outdoor location

July 9 | 9:30 a.m. - 1:30 p.m. | Code: 28505
Aug 6 | 9:30 a.m. - 1:30 p.m. | Code: 26955
1/\$45 | Instructor: Cheryl Proctor
KPRC Sports Fields - Picnic Shelter

World Cup Soccer Summer Camp Ages 4 - 12

This professionally developed program will hype you up! Former European Pros and National Level coaches will provide skills, drills, mini games, and fun competition. Bring your water bottle and protective sun gear.

Mon - Fri | July 13 - 17 | **KPRC - Sports Fields**
Ages 4 - 5 | 9:30am - 10:30am | \$49 | Code: 25437
Ages 5 - 6 | 10:30am - 12:00pm | \$69 | Code: 26442
Ages 6 - 9 | 9:00am - 12:00pm | \$125 | Code: 26460
Ages 10-12 | 9:00am - 12:00pm | \$125 | Code: 26461

Mon - Fri | July 27 - 31 | **Shaw. Hills Athletic Park**
Ages 4 - 5 | 9:30am - 10:30am | \$49 | Code: 26438
Ages 5 - 6 | 10:30am - 12:00pm | \$69 | Code: 26645
Ages 6 - 9 | 9:00am - 12:00pm | \$125 | Code: 264662
Ages 10-12 | 9:00am - 12:00pm | \$125 | Code: 26463

Mon - Fri | Aug 24 - 28 | **KPRC - Sports Fields**
Ages 4 - 5 | 2:00pm - 3:00pm | \$49 | Code: 26439
Ages 5 - 6 | 3:00pm - 4:30pm | \$69 | Code: 26446
Ages 6 - 9 | 1:30pm - 4:30pm | \$125 | Code: 26465
Ages 10-12 | 1:30pm - 4:30pm | \$125 | Code: 26567

Youth Leadership Camp | Ages 11 - 15

Are you interested in becoming a leader in recreation and sport or working with children? Future leaders will learn leadership skills, strategies for working with children, skills in running games and activities, important safety and wellness practices, and basic first aid skills. We'll have fun too! As a bonus, you will come away from this program with your Red Cross Babysitter's Certification. Participants will have an opportunity to practice their leadership skills in a supportive team environment.

Mon - Fri | July 20 - 24 | 9:00 a.m. - 4:00 p.m.
5/\$175 | Code: 27007 | Instructor: Kylee Lindner
Kerry Park Recreation Centre

Byte Camp - 3D Animation Ages 11 - 14

Dreaming of a career with PIXAR? Ever wonder how those awesome 3D animated movies like Shrek, Toy Story and Frozen are made? Spend the week learning how by modeling, animating and telling your own stories in 3D. You'll use Blender, a wonderful (and free) 3D software, to design characters that jump off the screen and then make them come alive by adding voices, soundtracks and completing your own animated short film. Final projects are usually group projects with each student contributing a character and a scene.

Mon - Fri | July 13 - 17 | 9:00 a.m. - 4:00 p.m.
5/\$325 | Code: 26616
Kerry Park Recreation Centre

Byte Camp - Claymation Movie Production Ages 9 - 12

Make your own clay characters come to life, just like Shaun the Sheep! Participants will work with a partner to build their own clay characters, sets and props; develop their own script; shoot their movie scenes; and then learn to edit and add sounds and special effects to complete the whole project. Don't worry parents, there will be plenty of time devoted to outdoor games and activities!

Mon - Fri | July 27 - 31 | 9:00 a.m. - 4:00 p.m.
5/\$325 | Code: 26614
Kerry Park Recreation Centre

Mountain Bike Camp | Ages 10 - 14

Join our professionally certified coaches and take your riding to the next step with our on trail lessons and skill building sessions. Our coaches have years of experience working with youth in mountain bike settings, and our 1:6 coach to rider ratio ensures individual feedback and attention. Skill sets 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. Riders will be assessed at first session and arranged into appropriate skill groups.
Instructor: Nolan Riding
Cobble Hill Mountain - Cleasby Bike Park

Mon - Fri | July 6 - 10 | 9:00 a.m. - 2:00 p.m.
5/\$325 | Code: 27497

Tues - Fri | Aug 4 - 7 | 9:00 a.m. - 2:00 p.m.
4/\$260 | Code: 27498

FOR MORE INFORMATION OR TO REGISTER PLEASE CALL:

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



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Adventure Camp

Ages 6 - 10

Each themed week will be filled with games, crafts, outdoor play, and water activities. This year, camps are planned as home based camps without bus trips, which may be re-evaluated as Provincial guidelines change. Our primary focus this summer is to ensure the safety of children and staff in our camps. Additional health and safety protocols have been put in place. We ask that you read and consider our Summer Camp Procedures closely prior to registering your child. These procedures can be found at www.cvrld.bc.ca. Please see CVRD Summer Recreation Guide for complete explanation of program registration policies and offerings.

Monday - Friday (excluding Stat Holidays) | 9:00 a.m. - 4:00 p.m.
5 Day Weeks \$160 | 4 Day Weeks (with a Stat Holiday) \$150
Code: 27215 | **Kerry Park Recreation Centre**

Go Bananas | June 29 - July 3 | No camp July 1

Get ready for tie-dye crafts, outdoor explorations, and more!

Scientific Discoveries | July 6 - 10

Capture the flag, fun at the park, scientific experiments and more games.

Art Attack | July 13 - 17

Crazy art projects, a scavenger hunt and outdoor challenges.

Mid-Summer Scramble | July 20 - 24

Water Balloons, nature explorations, an egg-drop challenge and wild games.

Splash, Splash, Swoosh | July 27 - 31

Water games, boat-building crafts and a giant beach-inspired art project.

Around the World | Aug 4 - 7 | No camp Aug 3

Games and crafts from around the world and a passport challenge.

Treasure Hunters | Aug 10 - 14

A treasure hunt, fun crafts, games, the playground, trails and a secret surprise.

Lights, Camera, Action | Aug 17 - 21

Amateur video production, icy cold treats, tons of games, and a drive-in movie!

Camp Champs | Aug 24 - 28

Sports skills, mini Olympics, silly games, arts and crafts.

Camp Survivors | Aug 31 - Sept 4

Survivor challenges, Minute to Win It, and outdoor skills and games.

Free Drop-in Parks Programs in South Cowichan

For children ages 3 - 5 and 6 - 12

During the summer months we offer free summer parks programs. These programs are generously sponsored by your local Area Parks Commission. All of our program staff are enthusiastic, fun, highly motivated, and love to play. These fully qualified facilitators will lead a variety of games, sports, crafts, and other fun activities. Our primary focus this summer is to ensure the safety of children and staff in our programs. Additional health and safety protocols have been put in place.

June 29 - Aug 28 | Monday - Friday | No program July 1, Aug 3

Preschool Parks Program | Ages 3 - 5 | 9:30 a.m. - 11:30 a.m.

Playground Program | Ages 6 - 12 | 12:30 p.m. - 3:30 p.m.

Locations:

Shawnigan Hills Athletic Park | Hurley Road, Shawnigan Lake

Farnsworth Park | Farnsworth Road, Cobble Hill

Coverdale Watson Park | Wilmot Road, Cowichan Bay

Deloume Park (**July only**) | McLaren Road in Mill Springs, Mill Bay

Huckleberry Park (**August only**) | off Frayne Road, Mill Bay

Junior Sports Camp | Ages 6 - 9

Join us for this exciting camp where we will put away the screens and get active! Our leaders will promote a fun and safe environment for developing sport-specific skills and basic movement skills, with any necessary modifications. Spend time outdoors, play sports, and try new activities in this dynamic camp.

Mon - Fri | July 6 - 10 | 9:00 a.m. - 4:00 p.m.

5/\$160 | Code: 27418 | Instructor: Kylee Lindner

Kerry Park & Shawnigan Lake Community Centre

Sports Camp | Ages 9 - 13

Join us for this exciting camp where we will put away the screens and get active! Our leaders will promote a fun and safe environment for developing sport-specific skills and basic movement skills, with any necessary modifications. Spend time outdoors, play sports, and try new activities in this dynamic camp.

Mon - Fri | 9:00 a.m. - 4:00 p.m. | 5/\$160

July 27 - 31 | Code: 27629

Aug 10 - 14 | Code: 27628

Instructor: Kylee Lindner

Kerry Park & Shawnigan Lake Community Centre

EcoQuest Kayaking Camp | Ages 8 - 12

Paddle your way to becoming a kayaking pro! This camp is great for first-timers and those who are looking to develop more skills. Explore different locations on the water while learning safety, terminology, tips, and tricks! All required safety equipment, kayaks, and transportation are included.

Mon - Fri | June 29 - July 3 | 9:00 a.m. - 3:00 p.m.

4/\$249 | Code: 26495 | No session July 1

Instructors: EcoQuest Adventures

Shawnigan Lake Community Centre

Girls on the Move Camp | Ages 9 - 13

This action-packed camp is for girls only! Our leaders will create a fun and safe environment where we will put away the screens and get active. Spend time outdoors, play sports, and try new crafts and activities in this dynamic camp.

Mon - Fri | Aug 24 - 28 | 9:00 a.m. - 4:00 p.m.

5/\$160 | Code: 27630

Kerry Park & Shawnigan Lake Community Centre

Acro Arts Ambition | Ages 6 - 10

Acro Arts Ambition is the perfect introduction to Acro Dance! Students will build strength and flexibility while exploring Acro Dance tricks and skills alongside creative choreography and proficient dance steps. Each day offers an exciting new activity including a black light dance party, creative arts and crafts, outdoor games and scavenger hunts, a pyjama day with an afternoon movie and more! The whole week is wrapped up with a showcase performance for parents on the last day.

Mon - Fri | Aug 24 - 28 | 8:30 a.m. - 2:30 p.m.

5/\$190 | Code: 27843 | Instructor: LT Dance

Shawnigan Lake Community Centre

Kerry Park Hockey Player Development | Ages 5 - 14

Join head instructor Aaron Spotts for fast-paced fun and learning. Coverage of fundamental hockey skills will be provided with an emphasis on stick handling, puck control, passing, skating, and fun. Skill development will be tested in scrimmage-like drills. Small group sizes will facilitate maximum space and attention. Full gear is required. Instructor: Aaron Spotts | **KPRC - Arena**

Kerry Park Mini Player Development Ages 5 - 7 (Born 2013 - 2015)

Mon - Fri | Aug 17 - 21

10:15 a.m. - 11:35 a.m. | Code: 25283 | 5/\$95

2:00 p.m. - 3:20 p.m. | Code: 28417 | 5/\$95

Kerry Park Junior Player Development Ages 8 - 10 (Born 2010 - 2012)

Mon - Fri | Aug 17 - 21

8:30 a.m. - 10:00 a.m. | Code: 28418 | 5/\$105

12:15 p.m. - 1:45 p.m. | Code: 28419 | 5/\$105

Kerry Park Player Development Ages 11 - 14 (Born 2006 - 2009)

Mon - Fri | Aug 17 - 21

3:30 p.m. - 5:00 p.m. | Code: 26270 | 5/\$105



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