

# SOUTH COWICHAN RECREATION

● ● ● Spring 2021 ● ● ●

● ● ● ● ● REGISTRATION OPENS MARCH 15 ● ● ● ● ●

## World Cup Soccer Academy

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

Fri | Apr 23 - June 11  
Instructor: Brett Hyslop  
**KPRC - Sports Fields**

**U8 - U10 (Born 2011 - 2013)**  
4:00 p.m. - 5:00 p.m. | 8/\$110 | Code: 33627

**U11 - U13 (Born 2008 - 2010)**  
5:15 p.m. - 6:15 p.m. | 8/\$110 | Code: 33628

**U14 - U16 (Born 2005 - 2007)**  
5:15 p.m. - 6:15 p.m. | 8/\$110 | Code: 33629

## Little Bogeys Golf | Ages 4 - 6

This program is an ideal way to start your little one in the game of golf. These sessions are filled with fun games and basic instruction in a safe environment. One parent must be in attendance at each session. Classes are taught by Arbutus Ridge golf professionals using S.N.A.G. golf. More info: [www.snagcanada.com](http://www.snagcanada.com)

Weds | Apr 7 - 28 | 4:30 - 5:15 p.m.  
4/\$68.25 | Code: 34416  
Instructor: Jayme Young  
**Arbutus Ridge Golf Club**

## Junior Golf Clinics | Ages 7+

These weekly lessons will cover all aspects of the game and are suitable for new or experienced golfers. Lessons will be taught by Arbutus Ridge golf professionals in a safe and fun environment.

Thurs | Apr 1 - 22 | 5:45 - 6:45 p.m.  
4/\$78.75 | Code: 34419  
Instructor: Jayme Young  
**Arbutus Ridge Golf Club**

## Gym Games and Bouldering Ages 7 - 11

We are excited to offer some beginner bouldering courses! Come join our instructor as she shares her enthusiasm of bouldering and plays various gym games with you. You will learn a few of the tricks and tips needed to fully enjoy our fun wall. No experience necessary. Everyone must complete our bouldering waiver.

Tues | Apr 6 - May 11  
3:00 p.m. - 4:00 p.m. | 6/\$45 | Code: 34854  
Instructor: Natalie McCullough | **SLCC**

## BC Grassroots Rugby Foundation - Pop up & Play

Join coaches from Brentwood College and Shawnigan Lake School for this fun intro to rugby. Each session will consist of skill-building, movement development, and fun games. Rugby is a great way for kids to develop confidence, discipline, and fitness. Program will be non-contact and registration fee includes a t-shirt.

Weds | Apr 21 - June 9 | 4:30 p.m. - 5:30 p.m.  
**Ages 5 - 8** | 8/\$40 | Code: 33695  
**Ages 9 - 12** | 8/\$40 | Code: 33696  
**KPRC - Sports Fields**

## 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.

Sat | May 15 | 9:30 a.m. - 5:30 p.m.  
1/\$60 | Code: 34861  
Instructor: Breann McDougall | **SLCC**

## 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 for sessions.

Weds | Apr 6 - June 16 | 5:30 p.m. - 7:00 p.m.  
Registered Drop-in \$8 | **SLCC**

## Paper Mache Piggy Banks | Ages 8 - 12

You'll have your imagination sparked in this fun and creative program. There will be no flour paste in sight as each participant creates a durable and unique paper mâché sculpture, perfect for saving those coins. A great opportunity to learn to introductory sculpting skills!

Thurs | Apr 15 - May 6 | 4:00 p.m. - 5:30 p.m.  
4/\$50 | Code: 34792 | **KPRC**

## Shawnigan Kids' Theatre Troupe | Ages 7 - 15 | Instructor: Paul Belanger | **SLCC**

Our mission is to use theatre to help enhance the overall emotional growth of an individual by building self-confidence and self-esteem. This intensive children's theatre program includes professional training in acting; musical voice lessons; articulation and voice projection; improvisation; all aspects of theatre etiquette; 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, and professional theatre production.

**Ages 7 - 9** | 10/\$260 | Code: 34628  
Mon | Apr 12 - June 7 | 3:30 p.m. - 5:30 p.m.  
Weds | Apr 21 | 3:30 p.m. - 5:30 p.m.  
Weds | May 5 | 3:30 p.m. - 5:30 p.m.

To view our COVID-19 safety plans and program guidelines, visit our website at [www.cvrld.bc.ca](http://www.cvrld.bc.ca)

## Ball Hockey | Ages 6 - 12

This program will give your child an opportunity to play action-packed ball hockey. Each session will feature a lesson followed by a scrimmage. Children will be divided into age appropriate groups. The following gear is required: a CSA approved helmet with full face shield, gloves, an athletic cup, and a good pair of runners. Although not mandatory, it is recommended that players also wear elbow pads, soft knee pads, and shin guards. Goalie gear will be provided for those wanting to try.

**Ages 6 - 8**  
Tues | Apr 13 - June 1 | 4:00 p.m. - 5:00 p.m.  
8/\$64 | Code: 34512 | **KPRC**

**Ages 9 - 12**  
Tues | Apr 13 - June 1 | 4:00 p.m. - 5:00 p.m.  
8/\$64 | Code: 34513 | **KPRC**

## Street Smart Cycling for Kids

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, full functioning bike and basic riding skills. Bring snack, water and weather appropriate clothing.

**Ages 6 - 10**  
Mon | Apr 19 | 9:00 a.m. - 12:00 p.m.  
1/\$40 | Code: 34795  
Instructor: Stephen Pilcher | **KPRC**

**Ages 11 - 15**  
Mon | Apr 19 | 1:30 p.m. - 4:30 p.m.  
1/\$40 | Code: 34801  
Instructor: Stephen Pilcher | **KPRC**

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## SOUTH COWICHAN YOUTH SOFTBALL

This league is for youth looking to get out and play some ball, and is suitable for experienced players or those who have never played before. Registration includes two field slots per week, a team shirt, and a team and individual picture. Players need their own glove and helmet; all other equipment is provided.

### Apr 12 - June 19 | 10 Weeks

Early Bird Fee (until Mar 30) \$65 | Regular Fee (after Mar 30) \$75

Please register by Tuesday, Mar 30 | No session May 24

**KPRC - Sports Fields and Shawnigan Hills Athletic Park**

**T-ball** | Born 2014 - 2015 | Code: 32990 | Monday & Saturday

**Junior** | Born 2012 - 2013 | Code: 32996 | Wednesday & Saturday

**Intermediate** | Born 2010 - 2011 | Code: 32992 | Thursday & Saturday

**Senior** | Born 2007 - 2009 | Code: 32993 | Tuesday & Saturday

**Major** | Born 2002 - 2006 | Code: 32991 | Wednesday & Friday

### Coaches & Umpires

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.

## Girls Softball Initiative

This initiative will provide opportunities for female softball players ages 7 - 18 to participate at a reduced rate and partake in free development clinics. Girls will continue to play on co-ed teams during the season. We gratefully acknowledge funding and support provided by the Government of Canada and the Canada Parks and Recreation Association through the Gender Equity in Recreational Sport: Community Grants Initiative.

All female players Junior - Major (Born 2002 - 2013) \$30

Please call Kerry Park 250.743.5922 to register at discounted price.

## Girls Softball Clinics | Ages 7 - 18

Girls are invited to participate in development clinics that will hone their skills and provide them with confidence going forward. Skills will be taught in a female friendly environment that focuses on fun and comradery. New and returning players are warmly welcomed and encouraged to join. Skills will include hitting mechanics, fielding technique, throwing, catching, and game positioning. Please note: clinics are FREE but registration is required.

Sunday | Mar 28 | 1:00 p.m. - 4:00 p.m.

1/FREE | Code: 33299 | Instructor: Moe Runzer | **Shawnigan Hills Athletic Park**

Wednesdays | Mar 31 - Apr 7 | 5:30 p.m. - 7:00 p.m.

2/FREE | Code: 33300 | Instructor: Moe Runzer | **KPRC - Sports Fields**

## 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. They will also learn how to execute trail maneuvers like hops, drops, and roll downs. 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 | Apr 8 - May 13

4:00 p.m. - 6:00 p.m.

6/\$165 | Code: 35254

Instructors: Nolan Riding

**Cobble Hill Mountain**

Thursdays | May 20 - June 24

4:00 p.m. - 6:00 p.m.

6/\$165 | Code: 35255

Instructors: Nolan Riding

**Cobble Hill Mountain**

## Intro to T-Ball | Ages 4 - 5 | Born 2016

This program will offer a fun, non-competitive introduction to t-ball. Your child will learn the basics of throwing, running bases, hitting, and catching within an encouraging atmosphere.

Saturdays | Apr 24 - May 29 | **KPRC - Sports Fields**

12:30 p.m. - 1:15 p.m. | 6/\$42 | Code: 34401

1:30 p.m. - 2:15 p.m. | 6/\$42 | Code: 35824

## 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 may include soccer, softball, lacrosse, rugby, Ultimate, and martial arts. Our leader will focus on developing sport-specific skills and basic movement skills in a fun and safe environment.

Mondays | Apr 12 - May 17 | 3:30 p.m. - 4:15 p.m.

6/\$42 | Code: 34606 | Instructor: Norah O'Reilly-Ryan

**KPRC - Sports Fields**

## 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, Pickleball, Ultimate, and martial arts. Our leader will focus on developing sport-specific skills and basic movement skills in a fun and safe environment.

Mondays | Apr 12 - May 17 | 4:30 p.m. - 5:30 p.m.

6/\$42 | Code: 34456 | Instructor: Norah O'Reilly-Ryan

**KPRC - Sports Fields**

## Intro to Lacrosse | Ages 8 - 10

This program will offer a fun, non-contact introduction to lacrosse. Join our instructor, a veteran National Team Player, for skill development, movement training, and modified game play. Sticks are provided.

Tuesdays | Apr 20 - May 25 | 4:00 p.m. - 5:00 p.m.

6/\$42 | Code: 34466 | Instructor: Naomi Walser

**KPRC - Sports Fields**

## Tennis | Ages 8 - 10

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 12 - May 31 | 3:30 p.m. - 4:30 p.m.

8/\$200 | Code: 33663 | Instructor: Art Hobbs

**Arbutus Ridge Golf Club**

## School's Out Camp - Bouldering and Park Explorations | Ages 6 - 10

Join our leaders for some bouldering and fun games at Shawnigan Lake Community Centre. We will seek some fresh air at South Cowichan playgrounds.

Monday | Apr 19 | 9:00 a.m. - 4:00 p.m.

1/\$40 | Code: 34789 | **KPRC**