

## School's Out Day

### School's Out Camp

Ages 6 - 10

Join the Kid Zone School's Out Camp for an exciting and action-packed day! There are a variety of activities, including gym games, bowling, and skating (Feb 16 only), so pack your bags with a big healthy lunch, plenty of water and appropriate clothing for skating, and games in the gym or outside. Please bring your own helmet for skating!

Friday | Feb 16 | 8:30 a.m. - 4:00 p.m.  
1/\$40 | Code: 67250

Monday | Apr 15 | 8:30 a.m. - 4:00 p.m.  
1/\$40 | Code: 67251

Friday | May 3 | 8:30 a.m. - 4:00 p.m.  
1/\$40 | Code: 67253

### CVAC: Bring on the Colour - Art for Winter Days

Ages 6 - 12

Get creative with paints, paper, recycled materials and more. Children will have fun creating masterpieces in this fun camp.

Friday | Feb 16 | 9:00 a.m.- 3:00 p.m.  
1/\$90 | Code: 66821  
Instructor: CVAC Artists

### CVAC: Beading, Weaving & Medicine Bags

Ages 6 - 12

This camp will be a day for activities and stories. Join us for a very special day working with traditional Metis techniques and materials. Learn to make beautiful items and hear the traditional stories that go with them.

Monday | Apr 15 | 9:00 a.m. - 3:00 p.m.  
1/\$90 | Code: 66822  
Instructor: Métis Artist Brigette Furlonger

## School's Out Skates

Come out with your friends and family and enjoy these special School's Out skating sessions. Admission is only a toonie!

Friday | Feb 16 | 1:00 p.m. - 2:20 p.m.  
Admission \$2 | Rentals \$3.50

Monday | Apr 15 | 12:00 p.m. - 1:00 p.m.  
Admission \$2 | Rentals \$3.50

## Events

### Hockey Day in Cowichan

Join us for a family friendly activity day and celebration of Canada's official winter sport.

Saturday | January 20 | 10:00 a.m. - 2:00 p.m.  
Gear it Up Hockey Session | 11:30 a.m. - 12:50 a.m.  
Family Skate | 1:00 p.m. - 2:20 p.m.  
Gym Activities | 10:00 a.m. - 2:00 p.m.  
FREE Admission

### Caleb Kroffat Memorial CPR/AED Training

Members of St. John Ambulance Brigade will be on-site to provide complimentary training in adult CPR and the use of AEDs. Training will be provided through a drop-in open house style format.

Monday | Feb 19 | 12:00 p.m. - 3:00 p.m.  
FREE Admission

### Family Day Celebration

The Cowichan Community Centre is partnering with Cowichan Tribes to offer this FREE Family Day Celebration. We will host two skating sessions. We will also have crafts and cultural activities for all ages in the Multi-Purpose Hall, along with floor hockey, face painting and more.

Monday | Feb 19  
Family Skate | 12:00 p.m. - 1:00 p.m. | Code: 66579  
Family Skate | 1:30 p.m. - 2:30 p.m. | Code: 66580  
Gym Activities | 12:00 p.m. - 3:00 p.m. | Drop-in  
FREE Admission



### Cowichan Community Centre

2687 James Street  
Duncan, BC V9L 2X5  
250.748.7529 | tcentre@cvsrd.bc.ca

### ONLINE REGISTRATION:

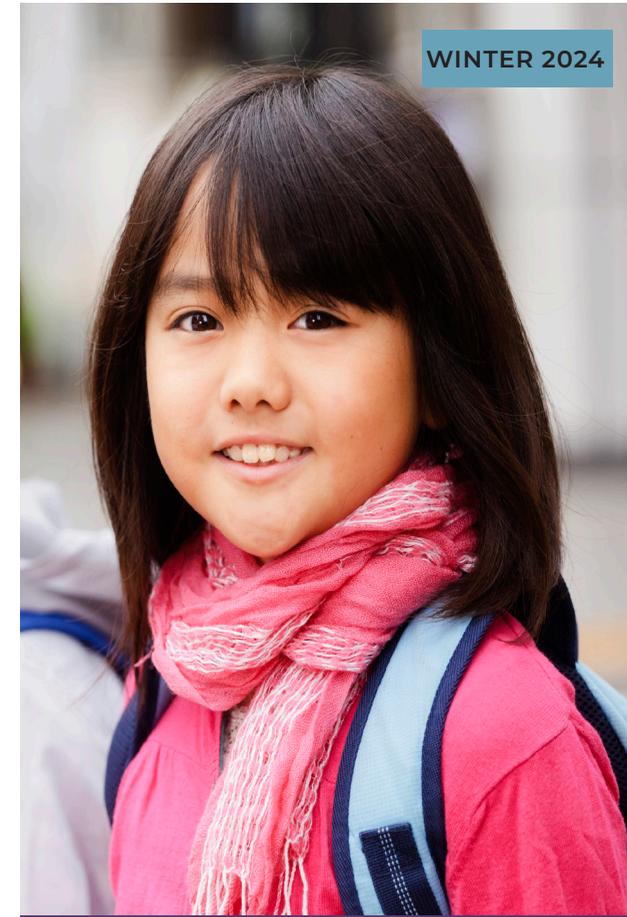
To use online registration you will need login information, and a credit card. Please contact your local recreation centre to set up your family's account. You can access online registration from our website [www.cvsrd.ca](http://www.cvsrd.ca)

 @mycvsrd

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



WINTER 2024



# Children & Youth

COWICHAN  
COMMUNITY CENTRE



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

## Art

### Arts & Crafts for Kids

Ages 7 - 11

In this class, young artists will practice their creativity and painting techniques to get a foundation in the visual arts. They'll discover a wide range of materials and use them for imaginative projects inspired by great artists and processes. Kids will discover, create, and have fun, all while making their very own projects.

Tuesdays | Jan 30 - Feb 20 | 3:30 p.m. - 5:00 p.m.  
4/\$80 | Code: 67646

Instructor: Connie Smith

### CVAC: Draw & Paint Your World

Ages 9 - 14

In this after school art class, participants focus on observing the world around them and learn to see with an artist's eyes. Various techniques are presented in skill building exercises using a variety of media. Movement, discussions, and short fun drawing/painting and collage activities will punctuate the class and build on one another, to encourage experimentation and playfulness. Materials provided.

Thursdays | 3:45 p.m. - 5:15 p.m.  
Jan 18 - Feb 8 | 4/\$95 | Code: 66838  
Feb 15 - Mar 7 | 4/\$95 | Code: 66839  
Instructor: Artist Chantey Dayal

## 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. Students will learn dance technique, work on coordination, and have lots of fun!

Fridays | 12:00 p.m. - 12:45 p.m.  
Jan 12 - Mar 1 | 8/\$100 | Code: 67501  
Apr 12 - May 31 | 8/\$100 | Code: 67504  
Instructor: Ricki-Lee Allison

## General Interest

### Kitchen Capers

Ages 6 - 10

Children will create healthy snacks, lunches and a few fun treats.

Wednesdays | Jan 24 - Feb 28 | 3:30 p.m. - 5:00 p.m.  
6/\$175 | Code: 67569  
Somenos Community Hall, 3248 Cowichan Valley Hwy

### Home Alone

Ages 9 - 12

Being home alone can be uncomfortable and unsafe for a child if they are not prepared. This course will provide your child with the basic skills to stay home alone safely (and enjoy it). We will cover tips and real life scenarios to engage and inspire your child to be responsible and knowledgeable when home alone.

Tuesday | Feb 6 | 3:30 p.m. - 5:30 p.m.  
1/\$25 | Code: 67247  
Instructor: Cheryl Proctor

Tuesday | Apr 2 | 3:30 p.m. - 5:30 p.m.  
1/\$25 | Code: 67248  
Instructor: Cheryl Proctor

### Leaders in Training

Grade 7 - 10

This exciting program will provide motivated youth with leadership training and hands-on experience through volunteer opportunities. Each week, we will engage in the discovery of new skills and gain confidence in our budding leadership skills. There will be a ton of opportunities for team building and building friendships! This program is offered in partnership between the Cowichan Community Centre and South Cowichan Recreation with guest presenters. A bus shuttle service will be offered between Kerry Park Recreation Centre and the Cowichan Community Centre.

Thursdays | Apr 4 - May 30 | 4:00p.m. – 6:00 p.m.  
8/\$50 | Code: 67650  
No session May 2

### Youth Pizza & Caps Game Night

Ages 9 - 13

Join us for a fun-filled night as we play some group games in the James Street Studio, then fill our faces with pizza before we head to the Cowichan Capitals Game. Grab a friend and register now.

Friday | Feb 9 | 6:00 p.m. - 9:30 p.m.  
1/\$20 | Code: 67556

Friday | Mar 22 | 6:00 p.m. - 9:30 p.m.  
1/\$20 | Code: 67557

## Sports

### Youth Drop-in Sports

Ages 13+

Come join us for some fun in the gym. Let us know your favourite sport or game. This FREE program is generously sponsored by Our Cowichan Community Health Network.

Tuesdays/Fridays | Jan 9 - June 25  
3:30 p.m. - 5:00 p.m.  
FREE Registered Drop-in | Code: 67462  
No session Jan 12, Feb 16, Mar 12, 15, 19, 22, 29,  
May 3, June 14

### Street Smart Cycling Skills for Kids

Ages 6 - 17

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, and more. Gain confidence through cycling games and have fun. All participants must have a certified biking helmet, fully functioning bike and basic riding skills.

Ages 6 - 8  
Saturday | May 18 | 9:00 a.m. - 12:00 p.m.  
1/\$50 | Code: 68655

Ages 9 - 12  
Saturday | May 18 | 1:00 p.m. - 4:00 p.m.  
1/\$50 | Code: 68657

Ages 13 - 17  
Saturday | May 25 | 1:00 p.m. - 4:00 p.m.  
1/\$50 | Code: 68660

## Technology

### Junior Coding Smorgasbord

Ages 6 - 8

This workshop is designed for kids to learn/practice, coding in the Minecraft and Scratch environments.

Tuesdays | Jan 23 - Feb 27  
3:30 p.m. - 5:00 p.m.  
6/\$175 | Code: 67521  
Somenos Community Hall, 3248 Cowichan Valley Hwy

### Coding Smorgasbord

Ages 9 - 12

Participants can continue to extend their ability to both play and code in the Minecraft and Scratch environments. If your child has not attended a previous WVLC coding workshop, please contact WVLC to see if this is a good fit for their skill level.

Thursdays | Jan 25 - Feb 29 | 3:30 p.m. - 5:00 p.m.  
6/\$1175 | Code: 67574  
Somenos Community Hall, 3248 Cowichan Valley Hwy

## Yoga

### Children's Yoga

Ages 7 - 10

This class introduces children to yoga through playful movement, games, mindfulness activities and more.

Thursdays | Sept 28 - Oct 26 | 3:15 p.m. - 4:00 p.m.  
5/\$50 | Code: 67445

### Youth Yoga with Kim

Ages 11 - 16

We work on flexibility, mobility, strength through meditation, breathing techniques and yoga postures.

Tuesdays | 4:00 p.m. - 5:00 p.m.  
Jan 16 - Mar 5 | 8/\$104 | Code: 66793  
Apr 9 - May 28 | 8/\$104 | Code: 66794  
Instructor: Kim MacLean