



Music Together is an internationally recognized early childhood music and movement program providing mixed-age classes for children from birth to five and their parent/caregivers—45 minutes of pure FUN every week!

COME PLAY WITH MUSIC!

Fee includes the *Bells Song Collection* family resource kit (2CDs, songbook, & parent education guide for new families).

First child: 10/\$125... additional siblings: 10/\$75

Please note: Price is for one parent and one child. There is no charge for siblings 9 months and under.

Watch for Spring *Triangle Song Collection*, flyer available in March.

For specific questions call Jennifer Roy at Music Together Victoria 250-217-2477.

WINTER BELLS COLLECTION Birth-5yrs

PARENT PARTICIPATION WINDSOR PAVILION 10/\$125

Mon	9:15-10am	10:15-11am	11:15am-noon
Jan 19-Mar 30	84663	84664	84665
Wed	9:15-10am	10:15-11am	11:15am-noon
Jan 21-Apr 1	84666	84667	84668
Thur	9:15-10am	10:15-11am	11:15am-noon
Jan 22-Apr 2	84669	84670	84671
Fri	9:15-10am	10:15-11am	11:15am-noon
Jan 16-Apr 10	84672	84673	84674
Sat	9:15-10am	10:15-11am	
Jan 24-Apr 4	84675	84676	

BIG KIDS FAMILY MUSIC 5-6yrs* NEW!

This is a new 60-minute class geared to the interests and social nature of children ages 5 and 6. Families still play an important role in this class, although the adults and children may have different musical roles. Game songs, folk dances, jam sessions, dramatic play, and more structured work in rhythm and tonality will be included. The class will use the current song collection and additional materials. Learn how to support your child musically as he or she develops interests and skills in singing, playing instruments, taking dramatic roles, creating, and dancing.

**Note: Children MUST be 5 years of age by the start of this class in order to register. Sorry, only siblings 8 months and younger may attend with the child and parent registered.*

WINDSOR PAVILION

84722 Mon 3:30-4:30pm Jan 19-Mar 30 10/\$150

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SCHOOL AGE PROGRAMS

Essentials of Drawing

9-12yrs • WINDSOR PAVILION

This course offers students the opportunity to discover their innate abilities through a classical approach to drawing. During the 8 week session, students will learn some fundamental techniques and methods for drawing which they will use while sketching outdoors ('en plein air'), drawing from the model and drawing still life.

84751 Sat 9:30-11am Jan 24-Mar 14 8/\$150

Introduction To Theater Arts

5-12yrs • WINDSOR PAVILION

Join Kaleidoscope Theatre staff for this fun and dynamic class to bring out the dramatic side of your child! This is a basic introduction to drama and the theatre arts, where your child explores his or her creative voice through such things as acting, music, movement, characterization, masks, and even puppets. In a fun and supportive atmosphere that emphasizes cooperation and imagination, your child will learn the basic principles of drama, narrative, improvisation and creative communication.

84730 Wed 3:30-4:30pm Jan 21-Apr 1 10/\$150

Little Chefs With Big Appetites

6-8yrs • HENDERSON CENTRE

Join Sandra, a leading child care educator with 18 years experience for these special wholesome, creative cooking classes. The emphasis is on fresh, healthful, tasty (and local where possible) food, plus kitchen safety and nutrition. Each week children will plan and prepare a meal to enjoy together, plus participate in creative activities and other fun group games.

84731 Tue 5:45-8pm Jan 20-Feb 10 4/\$180

Peace Makers

8-12yrs • WINDSOR PAVILION

Peace Makers is a program designed to promote healthy development, social responsibility, and leadership for children. They learn positive and effective ways of managing conflict through games, discussions, and lots of role-plays. Students get a workbook to keep.

84727 Thu 6-7pm Jan 22-Apr 16 10/\$110

Skiddadle

5-12yrs • Pro-D-Day • OAK BAY REC CENTRE

Come and spend your day with us! We have tons of fun activities planned for you... swimming, arts & crafts, games, and lots more fun! Don't forget your swimsuit, towel & a quarter for a locker.

82679 Fri 8:15am-5:15pm Feb 20 1/\$30.75

82680 Fri 8:15am-5:15pm Apr 17 1/\$30.75



Sportball is a high-energy, fun-filled program designed to help your child develop socially and physically through a

curriculum designed to reinforce self-confidence.

Programs are carefully developed to focus on development of balance, strength, coordination, stamina, and timing. The Sportball experience includes instruction by professional staff, positive encouragement, and customized equipment. Parent & Tot programs also introduce teaching techniques, as children are guided through gross-motor skill development.

www.sportball.ca HENDERSON CENTRE

SPORTBALL MULTI-SPORT... Free from the pressure of competition, this program provides basic concepts and skills for baseball, basketball, golf, hockey, soccer, tennis, and volleyball.

Sportball Multi-Sport Parent & Tot 2-3yrs

84677 Sat 9:45-10:30am Jan 17-Mar 28 10/\$140

Sportball Multi-Sport 4-7yrs

84678 Sat 8:45-9:45am Jan 17-Mar 28 10/\$140

Sportball Soccer

Sportball Soccer Programs are non-competitive, skill-based, and provide children with the opportunity to learn how to play soccer with the help of experienced coaches. Classes focus is on the fundamental skills of soccer: throwing, kicking, dribbling, and goalie skills. Children are taught to apply soccer skills successfully and confidently.

4-7yrs

84679 Sat 9:45-10:30am Jan 17-Mar 28 10/\$140

PARENT & TOT 2-3yrs

84680 Sat 9-9:45am Jan 17-Mar 28 10/\$140



Henderson Recreation Centre
250-370-7200

Oak Bay Recreation Centre
250-595-7946

www.recreation.oakbay.ca

WINTER 2009



YOUTH, PRE-SCHOOL & BABY PROGRAMS



At Henderson Recreation Centre unless otherwise indicated

**2291 Cedar Hill X Road
250-370-7200**

www.recreation.oakbay.ca

PRE-SCHOOL PROGRAMS

Play En Francais

6mos-4yrs • PARENT PARTICIPATION
WINDSOR PAVILION

Each week little ones will enjoy crafts, activity stations with puzzles, toys & games and be introduced to the French language through stories, songs, and circle time activities using French words and phrases. Parent participation is required-parents will have lots of fun learning words and rhymes to be practised at home alongside the children!

84686 Thu 10:30-11:45am Jan 15-Mar 26 10/\$76

Morning Munchkins

6mos-4yrs • PARENT PARTICIPATION
WINDSOR PAVILION

The little ones will enjoy activity stations, circle time, outside play (weather permitting), and stories while adults get a chance to socialize too! Parents and caregivers, please bring your travel mugs for coffee or tea (provided).

84681 Thu 9-10:15am Jan 15-Feb 12 5/\$34

84682 Thu 9-10:15am Feb 19-Mar 26 5/\$34

Diaper Gym

9mos-2½yrs • PARENT PARTICIPATION
HENDERSON CENTRE

Parents, bring your tots to play, sing, explore, and experiment in the gym with our toys and equipment. The gym includes loads of toys, climbing equipment, sports supplies, cars to drive, and our Bouncy Castle. Circle time with action songs and rhymes will conclude each day's class. Please note that for your enjoyment, enrollment is limited for this class.

84732 Tue 9-10am Jan 13-Mar 24 10/\$51

84733 Thu 9-10am Jan 15-Mar 26 10/\$51

Kindergym Drop-in at Henderson Recreation Centre

Climbing toys, wormy, ride 'em cars, loads of sports equipment, and the bouncy castle! Plus circle time to finish each session. Children must be supervised by their caregivers. Maximum 40 children.

Recommended age: 18 mos to 4 yrs

Tues: 10-11am, Thur: 10-11am

& (1-2pm Jan-Apr 30)

Sat/Sun: 11am-noon

Drop-in Fee: 1/\$4.50 per child or

5/\$20.25 • 10/\$36

SPECIAL KINDERGyms:

VALENTINE'S KINDERGym:

Sat Feb 14, 11am-noon

EASTER KINDERGym:

Sat Apr 11, 11am-noon



PRE-SCHOOL PROGRAMS

Playmania

9mos-4yrs • PARENT PARTICIPATION
HENDERSON CENTRE

The ultimate parent and tot program! Your child will meet and play with other children while having a blast jumping in the Bouncy Castle, driving the ride-on toys, and exploring other favourite Kindergym toys and equipment. Circle-time songs and activities will conclude each day's program. Parents, this is a great opportunity to meet other parents too! Registration is limited to ensure a relaxed and friendly atmosphere for everyone.

84734 Thu 11am-noon Jan 15-Mar 26 10/\$51

Tiny Bugs

16-24mos
PARENT PARTICIPATION
WINDSOR PAVILION

The perfect introduction to pre-school activities for little ones! Parents and tots will enjoy playtime, story time and special themed activities together each week.

84688 Wed 9-10:15am Jan 21-Mar 11 8/\$61



Time For Twos

2yrs • PARENT PARTICIPATION
WINDSOR PAVILION

Do you have a curious and active 2-year old?

This program offers positive social play experience through activity centres, song-time, and story-time. Please bring a snack.

84687 Tue 10:30-noon Jan 20-Mar 10 8/\$65

Drop-in Playtime at Oak Bay Recreation Centre

...IN THE DISCOVERY ROOM

8:45-11:45am • 6 months to 6 years

Call reception for weekly schedule.

Cost: \$3.75 per hour and \$1.87 for each half hour portion thereafter or purchase a Punch Card for \$30 for 10 hours.

This is a drop-in service for parents involved in Oak Bay Recreation activities. Playtime is limited to eight children at one time. Staff are certified with Emergency First Aid and Level C CPR and have undergone a Criminal Record Check. Not available on Pro-D Days or Statutory Holidays or Spring Break. **Information: 250-595-7946**



**KIDS FUN SWIMS! PARENT & TOT SWIMS!
TINY TOT SKATES! AT OAK BAY RECREATION CENTRE**

Check your Active Living Guide For Details.

PRE-SCHOOL PROGRAMS

Salsa Babies

6wks & up • PARENT PARTICIPATION
HENDERSON CENTRE

Dance back into shape with the best little partner of all - your baby! With little ones snuggled into baby carriers, new moms learn basic steps to popular Latin dances, while babies shake maracas and bounce around to the Latin beat. Salsa Babies offers a great workout, and chance to socialize with other moms and an opportunity to introduce one's child to music and movement. Not to mention, it's perfect for people who have always wanted to learn to dance, but could never convince their partner to take lessons! Classes are appropriate for babies approximately 6-8 weeks of age and up, as long as moms are comfortable supporting the baby in a carrier for the duration of the 45 min class. All levels of fitness and dance experience are welcome.

84728 Fri 10:15-11am Jan 16-Mar 6 8/\$125



Salsa Tots

1-5yrs • HENDERSON CENTRE

From goo goo, ga ga to cha cha cha! Designed for older toddlers who have outgrown their baby carriers and are ready to dance on their own two feet. The class features original tropical songs to which toddlers learn simple actions and dance steps. Salsa Tots combines movement, song and play, all set to lively music that parents can also enjoy. Salsa tots also includes Spanish vocabulary, thus introducing new language skills for toddlers as well... just like Dora the Explorer. We encourage parents to participate in this class to become their child's movement model and help promote their learning. Parents get a great workout and promote physical activities as a family early on. All levels of fitness and dance experience are welcome.

84729 Fri 11:15am-noon Jan 16-Mar 6 8/\$125



Lemon Soup & Macaroni Please

6-10yrs • WINDSOR PAVILION

A dining etiquette workshop designed specifically for boys and girls. Etiquette advisor Deborah Wakeham teaches respect, courtesy, communication skills: how to be at your best when sharing a meal with others. Stop shaking a disapproving finger: parents will be proud of the newly mastered etiquette guidelines and social behaviours. A workbook and light snack will be provided.

84752 Sat 1-3:30pm Feb 14 1/\$40

84753 Sun 1-3:30pm Apr 5 1/\$40

PRE-SCHOOL PROGRAMS

Baby Book Club

12mos-3yrs • PARENT PARTICIPATION
WINDSOR PAVILION

Each week a new children's book will be featured and you'll also enjoy special themed circle time songs, rhymes and activities. Activity station time will also be included each day.

84689 Tue 9-10:15am

Jan 20-Mar 10 8/\$61

Time For Tots

18mos-4yrs • PARENT PARTICIPATION
WINDSOR PAVILION

This program offers parents and children an opportunity to meet new friends and participate in a variety of activities; including story-time, circle activities and time for stations. Plus, tots will have the opportunity to try a new craft project every week using all sorts of craft supplies like sparkles, glitter glue, paint, and more (things that can be too messy for projects at home!).

84690 Wed 10:30am-noon Jan 21-Mar 11 8/\$65

Sign Say & Play

6mos-3yrs • PARENT PARTICIPATION
WINDSOR PAVILION

6 signing classes for you and your little one!

Themes are mealtime, bedtime, bathtime, getting dressed, pets and the park. Learn the most useful signs, unique signing songs, games and activities that introduce signs in fun, easy ways! Beebo the Signing Puppet joins every class!

84726 Fri 9:45-10:45am Jan 16-Feb 20 6/\$60



2008/2009 SCHOOL YEAR LICENSED PROGRAMS

Spaces may be available for the following programs...

- Before & After School Program
- Paddington's Next Stop After Kindergarten Care
- Pre-School Playhouse

CALL 250-370-7200 FOR DETAILS

