

# EXTREME TEENS

FALL 2018



# TEEN DROP-IN

**FREE**  
for Youth  
Grades  
6 to 9!

**SEPTEMBER 7 to DECEMBER 21**

See next pages for special events!

**FRIDAYS &  
SATURDAYS** 6 to 8pm

at Greenglade Community Centre  
2151 Lannon Way, Sidney

Teen Drop-in at Greenglade features a pool table, ping pong, PlayStation 4, board games & more, along with open gymnasium for free-play fun!

A free shuttle to Panorama Recreation will be offered at 8pm for any teens interested in attending an evening drop-in activity (skate or swim). Free admission and rentals for those who attend Teen Drop-in!

**FRIDAYS\*** 6 to 8pm

at the Central Saanich Boys & Girls Club  
1233 Clarke Road, Brentwood Bay

A partnered program with Boys & Girls Club Services of Greater Victoria, Teen Drop-in at the Central Saanich Boys & Girls Club offers a great place to hang & make new friends! Space features a foosball table, cooking space, interactive gaming system, board games & more!

Free shuttles will be offered to & from Panorama Recreation for any teens interested in attending an evening drop-in activity (skate or swim). Free admission for those who attend Teen Drop-in!

\*No lounge on school or statutory holidays.

# FREE Teen Drop-In Events

Grades  
6 - 9



**Friday, 6 - 8pm**  
**OPEN HOUSE & PIZZA PARTY**  
Brentwood Teen Lounge  
@ Central Saanich Boys  
& Girls Club

Grades 6-9. Come check out our Brentwood Teen Drop-in! Some fun field games will be set up & usual hang out space open. Pizza & snacks will be served.



**Saturday, 6 - 8pm**  
**OPEN HOUSE & BBQ**  
Greenglade Teen Lounge  
@ Greenglade Community Centre

Grades 6-9. Come check out our Greenglade Teen Drop-in! We'll have some burgers on the bbq & fun field games set up in addition to our usual hang out space & activities.



**Saturday, 6 - 8pm**  
**EXTREME HALLOWEEN PARTY**  
Greenglade Teen Lounge  
@ Greenglade Community Centre

Grades 6-9. Join us for a fun & festive halloween-y evening complete with a scary movie, spooky photo booth & fear factor challenges! Don't forget your costume.



**Friday, 6 - 8pm**  
**PJ PARTY**  
Brentwood Teen Lounge @  
Central Saanich Boys  
& Girls Club

Grades 6-9. Grab a blanket or sleeping bag & pull on your favourite pajamas - we're having a pajama party complete with sleepover games, activities, movies & treats!



**Saturday, 6 - 8pm**  
**HOLIDAY PJ MOVIE NIGHT**  
Greenglade Teen Lounge  
@ Greenglade Community Centre

Grades 6-9. Grab a blanket or sleeping bag & pull on your favourite pajamas, and join us for one of your favourite holiday flicks! Pizza & popcorn will be provided.

## EXTREME SKATE

Fridays

8:25 - 9:35pm

11 - 16yrs (valid student ID may be required).  
Lights will be dimmed & top 40 tunes playing!  
Pizza for those who wear helmets sponsored  
by Panago Pizza Sidney!

## EXTREME SWIM

Saturdays

8 - 10pm

11 - 16yrs. Loud music and extreme games  
will be taking place in the pool.



Boys & Girls Club  
Services of Greater Victoria  
A good place to be



# ARTS & CULTURE

## PRE TEEN & TEEN POTTERY

9-15 yrs

Have fun and learn something new in our pottery studio. We will cover skills in sculpture, handbuilding, glazing and decorating. The pottery wheel will also be explored. The goal is to have fun and see what beautiful work you can create. Bring your friends! All supplies included.

**Greenglade Community Centre - Pottery Studio**

F Sep 28-Oct 26 4pm-5:30pm 5/\$80 22717

## TEEN ACRYLIC PAINTING

13 - 18 yrs

This class provides young aspiring artists with mentorship, art education, and a safe place for expression and creativity. Students will be encouraged and supported as they express their voices through art. Students will study art styles, techniques, and strategies as jumping off points for their own personally significant work.

**McTavish Academy of Art - art studio**

Th Oct 4-Oct 25 3:45pm-5:15pm \$149/4 22015

Th Nov 1-Nov 22 3:45pm-5:15pm \$149/4 22016

# GENERAL INTEREST

## NEW TOP CHEF TEENS

12 - 15 yrs

Each session of this hands-on culinary program will introduce preparation of a three course meal that can be easily recreated at home! Learn important culinary skills while prepping delicious & nutritious appies, mains & desserts! All ingredients and supplies will be provided, and the last little bit of class will be spent enjoying what created. Don't forget a container to take home any leftovers!

**North Saanich Middle School Food/Textiles Room**

**Caesar Salad with Homemade Croutons & Buttermilk Dressing, Spaghetti Bolognese and Chocolate Fudge Brownies**

Th Sep 20-Oct 4 5:30pm-7:30pm \$45/3 22181

**Sweet Potato Fries with Avocado Dip, Veggie 'Big Mac' Burgers and Apple Hand Pies**



Th Oct 11-Oct 25 5:30pm-7:30pm \$45/3 22176

**Hummus with Homemade Pita Chips, Lemon Chicken & Rice with Greek Salad, and Greek Yogurt Cheesecake Bars**

Th Nov 1-Nov 15 5:30pm-7:30pm \$45/3 22177



**Baked Vegetable Pakoras with Mango Chutney, Vegetable Curry and Vanilla Chai Donuts**



Th Nov 22-Dec 6 5:30pm-7:30pm \$45/3 22175



VEGAN



GLUTEN FREE



VEGGIE



# SPORTS

## SAANICH PENINSULA AMATEUR BASKETBALL LEAGUE 2018/2019

9 - 18yrs

The Saanich Peninsula Amateur Basketball League enters boys and girls teams into the Victoria and District Amateur Basketball Association ([www.vicball.com](http://www.vicball.com)). Practices, one evening per week on the Peninsula. Games, one evening per week in Victoria. This is a developmental league, and we encourage effort, teamwork and fun! Parent/ guardian volunteering is important. For more information, check out [saanichpeninsulabasketball.com](http://saanichpeninsulabasketball.com).

Practice times and locations may vary slightly depending on the number of teams registered.

**North Saanich Middle School, Bayside Middle School, or other schools on the Saanich Peninsula.**

Fee: \$249



### Girls U11 (Birth Years 2008/2009)

M 6pm - 7:30pm Sep 17 - Mar 11 10429

### Girls U13 (Birth Years 2006/2007)

M 6pm - 7:30pm Sep 17 - Mar 11 10427

### Girls U15 (Birth Years 2004/2005)

M 7:30pm - 9pm Sep 17 - Mar 11 10424

### Girls U18 (Birth Years 2002/2003)

M 7:30pm - 9pm Sep 17 - Mar 11 19329

### Boys U11 (Birth Years 2008/2009)

Tu or Th 6pm - 7:30pm Sep 18 - Mar 12 10428

### Boys U13 (Birth Years 2006/2007)

Tu or Th 6pm - 7:30pm Sep 18 - Mar 12 10426

### Boys U15 (Birth Years 2004/2005)

Tu or Th 7:30pm - 9pm Sep 18 - Mar 12 10425

### Boys U18 (Birth Years 2002/2003)

Tu or Th 7:30pm - 9pm Sep 18 - Mar 12 19328

## BEGINNER AIKIDO

12 - 18 yrs

Aikido involves circular movements and techniques to redirect the energy and body of an attacker. It is a defensive, non-aggressive art. The emphasis in training is on cooperation rather than competition. The circular movements of Aikido typically end in a pin or a throw. Students learn to look after each other and themselves so that throws and pins can be practiced safely.

**Prospect Lake Community Hall**

*Instructor: Island Aikido Staff*

Tu Sep 11-Oct 30 7pm-8:30pm \$50/8 21999

## PRIVATE TENNIS & SQUASH LESSONS



Private tennis lessons: \$50/hour \$250/6 hours  
Private junior lessons: \$40/hour

Private squash lessons: \$32/hour

Please contact our Racquet Sport Coordinator,  
Eric Knoester, at 250.655.2177 to book your lesson.

# SKATING & ARENA



## PRIVATE POWER SKATING LESSONS

Take your game to the next level with one-on-one private power skating lessons with Dennise Bowles of Power Unlimited. For availability, pricing and to book a lesson, please call 250-655-2181.

## POWER UNLIMITED YOUTH POWER SKATING WITH DENNISE BOWLES

9 - 14 yrs

Dennise Bowles of Power Unlimited brings years of experience and expertise to these programs. Dennise has worked with Victoria's best hockey players helping them reach the BCHL, WHL, NCAA, ECHL, AHL & NHL. Come out and take your game to the next level. Balance, Acceleration, Agility, Speed, Explosive Starts, Edge Control and Game Stride are all part of the challenging and rewarding program. Power Unlimited offers high quality instruction with a dedication to the improvement of each student. Full hockey gear is required.

**Panorama Recreation Centre Arena B**

*Instructor: Dennise Bowles*

W Oct 3-Dec 19 4:10pm-5pm \$180/12 22180

# LEADERSHIP & AQUATIC TRAINING

## BABYSITTING TRAINING

11 - 15 yrs

Designed by the Canada Safety Council, this in-depth course covers child development, rights and responsibilities, behavior management strategies, nutrition, safety, handling emergencies or a sick child, games, and basic first aid. Participants will work from a child care manual, and successful course graduates will be presented with a wall certificate & wallet card. Please pick up and pre-read babysitting training manual prior to course.

**Greenglade Community Centre Room 8**

Sa/Su	Sep 22 & Sep 23	9am-1pm	\$65/2	21712
F/Sa	Oct 19 & Oct 20	9am-1pm	\$65/2	21689
F	Nov 23	9am-5pm	\$65	21711

## LEARN TO TEACH SKATING

14 yrs+

Want to become a skate instructor? This 5 week course allows you to become familiar with the Greater Victoria Learn to Skate Program. Participants will learn teaching techniques, skills and progressions, class and behaviour management, physical literacy and child development.

**Panorama Recreation Centre Arena A**

F Sep 28-Oct 26 3pm-5pm \$35/5 21916

# Wolf's Den YOUTH LEADERSHIP GRANT



Supporting youth-led projects & innovative ideas that address youth issues and promote positive youth leadership within our community.

Do you have an initiative or project you & your friends are passionate about?

Apply for a youth leadership grant of up to \$500, and bring your ideas to life!

For further details including application criteria & process, contact your local recreation centre's youth programmer

Up to \$500!



## STANDARD FIRST AID

12 yrs+

Standard First Aid with CPR-C provides comprehensive training covering all aspects of first aid. In-depth topics include head/spinal injuries, bone breaks, heart attack, stroke, burns, and other medical emergencies. All first aid courses offered through Panorama comply with Section 23 of the Child Care Licensing Regulation of Community Care and Assisted Living Act.

### Greenglade Community Centre

Sa-Su	Sep 29-Sep 30	9am-5:30pm	\$122/2	22019
Sa-Su	Nov 24-Nov 25	9am-5:30pm	\$122/2	22021

## STANDARD FIRST AID - RECERTIFICATION

12 yrs+

Completion of the course will recertify participants with their Standard First Aid and CPR-C for three years.

### Greenglade Community Centre

Sa	Sep 22	9am-5:30pm	\$60	22026
Sa	Nov 17	9am-5:30pm	\$60	22029

## CPR LEVEL C CERTIFICATION

12 yrs+

Cardiopulmonary Resuscitation trains rescuers in the skills and knowledge needed to assess and provide life support to patients with airway, breathing, or circulatory emergencies. Awareness of the risk factors that contributes to heart disease and the purpose of an automated external defibrillator (AED) will also be covered.

### Greenglade Community Centre

Sa	Sep 29	9am-5:30pm	\$52	22020
Sa	Nov 24	9am-5:30pm	\$52	22022

## CPR LEVEL C RECERTIFICATION

12 yrs+

For previously certified CPR level C holders to recertify their award. Participants must bring their previous certification card to the instructor on the first day.

### Greenglade Community Centre

Sa	Sep 22	9am-1pm	\$36	22027
Sa	Nov 17	9am-1pm	\$36	22028

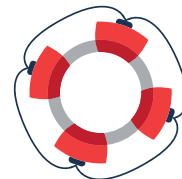
## WATER SAFETY INSTRUCTOR

The Water Safety Program prepares you to instruct Red Cross swim lessons. The full course will evaluate strokes and skills equivalent to Red Cross Swim Kids 10 skills. Guide participants through the online portion. Included is the 10 hours teaching experience and in-class sessions. Participant will develop the skills and gain the teaching tools to become a swim instructor.

**\$332.50      22278**

### Skills Assessment Day

Sa	Sep 22	9am-5pm
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### Online Course

Sep 23-Nov 2

### Teaching Experience and Classroom Sessions

Sa	9am-3pm	
Su	12pm-5pm	Nov 3-Nov 24

The water is waiting...

# ADVANCED AQUATIC SCHOLARSHIP PROGRAM

Funding opportunities available for Lifeguard and Swim Instructor Training.

CONTACT YOUR LOCAL RECREATION CENTRE TO APPLY



## BRONZE STAR

11 yrs+

Bronze Star program helps to prepare 8-12 year old skilled swimmers for success in Bronze Medallion. In Bronze Star, participants develop problem-solving and decision-making skills as individuals and with partners. Candidates develop WaterSmart confidence and learn basic lifesaving and resuscitation skills. Participants develop stroke efficiency and endurance in timed swims (400 metres).

### Panorama Recreation Centre Pool

W Sep 12-Oct 10 W 6pm-8pm \$80/5 21797

## BRONZE MEDALLION

13 yrs+

If you wish to become a lifeguard, this is a mandatory step. Learn the basics of water rescues and first aid techniques. Candidates must complete a timed swim of 500 m in 15 minutes. 100% attendance is required.

### Panorama Recreation Centre Pool

Sa-Su Oct 13-Oct 20 10am-3pm \$150/3 22024

## BRONZE CROSS

13 yrs+

This course is the next step in advanced lifesaving. Build on team rescues and aquatic first aid skills. Candidates must complete a timed swim of 600 m in 18 minutes. 100% attendance required. Course includes CPR Level C certification. Prerequisite: Bronze Medallion.

### Panorama Recreation Centre Boardroom

Sa-Su Oct 21-Oct 28 10am-3pm \$149/3 22025

## NATIONAL LIFEGUARD

16 yrs+

The NL program develops a sound understanding of lifeguarding principles, good judgment, communication skills, and a mature responsible attitude toward the role. Candidates will develop physical fitness, theoretical and practical knowledge. Fee includes whistle and pocket masks. Prerequisites: 16 years of age, Bronze Cross, and Standard First Aid. 100% attendance is mandatory.

### Panorama Recreation Centre Boardroom

Sa,Su Nov 25-Dec 15 9am-5pm \$320/6 22023



## TAKE THE JOURNEY

Become a Red Cross Certified Swim Instructor!

### Water Safety Instructor (WSI)

Pre-requisite :

- 15 years+
- Swim Kids Level 10
- Standard 1st Aid or Bronze Cross

Step 1: Skills evaluations, online course and co-teaching

Step 2: WSI in-class course

## TAKE THE JOURNEY ...

Become a Lifeguard!

### Bronze Medallion

Pre-requisite :

- 13 years+
- or Bronze Star

### Bronze Cross

Pre-requisite :

- Bronze Medallion

### Standard 1st Aid & CPR-C

Pre-requisite :

- 13 years+
- Must be taken within 1 year of NL

### National Lifeguard (NL)

Pre-requisite :

- 16 years+
- Bronze Cross & Standard 1st Aid

## AQUATIC VOLUNTEER PROGRAM

12 years+

Volunteering in the Aquatics Department at Panorama is a great stepping stone to gaining experience and getting hired as a lifeguard and swim instructor. Prerequisite is Bronze Cross. If you are interested, please complete the volunteer application online or pick up a copy at reception. For further information, please contact the Assistant Aquatic Coordinator, mhenderson@panoramarec.bc.ca or call 250-655-2183.

# FITNESS/WELLNESS

**FREE GO GIRLS!**



Big Brothers Big Sisters  
of Victoria and Area

11 - 14 yrs

Go Girls! Is a group mentoring program by Big Brothers & Big Sisters that promotes physical activity, balanced eating and positive self-image. Each session is interactive and includes a balanced snack, fun games, activities and group discussions. Come get active, have fun, and meet new friends!

**Greenglade Community Centre Room 8**

*Instructor: Big Brothers & Big Sisters Volunteers*

W Oct 3-Dec 5 6pm-8pm FREE/10 21678

**NEW TEEN YOGA**

12 - 18 yrs

This practice gives teens a chance to step away from the stress and busyness of their everyday lives and to connect with their inner selves. The practice will include invigorating yoga poses, breath work, mental health discussions, and relaxation techniques. This will help to reduce anxiety, build self-esteem, increase concentration, and strengthen and stretch the body.

**Greenglade Community Centre Room 4**

F Sep 21-Oct 26 5:30pm-6:30pm \$30/6 22065  
F Nov 2-Dec 7 5:30pm-6:30pm \$30/6 22460



**NEW INCLUSIVE TEENS YOGA**

13 - 18yrs

This fun yoga practice is for teens of all abilities to help them get connected to their bodies through movement, games and breath work. Teens will develop tools for self-regulation, reduce stress, and gain confidence in a structured, safe environment.

*Instructor: Olivia Leyser*

**Greenglade Community Centre Room 5**

Sa Sep 8-Oct 13 10:30am-11:15am \$50/5 22542  
Sa Oct 20-Nov 24 10:30am-11:15am \$50/5 22543

**INCLUSION FITNESS - YOUTH**

This class is tailored towards youth with developmental disabilities. The classes are designed to be fun, safe and supportive while working to improve overall health and wellness of the participant. Support Workers/Caregivers may attend for free.

**Greenglade Community Centre Room 5**

*Instructor: Sue Williams*

Tu Sep 25-Nov 6 1pm-2pm \$49/7 24670  
Tu Nov 13-Dec 18 1pm-2pm \$42/6 24671

**WEIGHT TRAINING FOR TEENS**

13 - 19 yrs

Learn how to use the equipment in the weight room and receive a strength program designed specifically for you! Upon successful completion of this course, participants under 15 may visit the weight room at Panorama during supervised times or with a parent/guardian.

**Panorama Recreation Centre Weight Room**

W,F Sep 19-28 3:30-5pm 4/\$45 22989  
W,F Oct 17-26 3:30-5pm 4/\$45 22990  
W,F Nov 14-23 3:30-5pm 4/\$45 22991  
W,F Dec 5-14 3:30-5pm 4/\$45 23675