



SOUTHERN CORTES COMMUNITY ASSOCIATION

# Summer Youth Programs



2018



Registration at Manson's Hall Office on  
Wednesday June 13 from 1 – 4 pm

You can also register online at  
[mansonshall.org](http://mansonshall.org)

Please register early, as some classes  
will fill up quickly.

There will be a wait list for popular classes.

Bring snacks and water to all classes.



Box 222 Manson's Landing, BC, V0P1K0 Ph 250-935-0015 Fax 250-935-0026

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# WORKSHOPS & CAMPS

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## **Introduction to Robotics using Lego Mindstorms EV3** *with Nick Telles*

*This workshop is 100% hands-on and challenged-based, so participants will be able to design, build, and test their ideas in a supportive setting. We will explore the fundamentals of robot design and engineering, computer programming, and real-world applications (in the form of mini- challenges). This year we will be working with the updated Mindstorms EV3 robot and the EV3 programming language.*



*No previous experience is required. Come and explore the world of robotics! If you participated in the last summer's workshop, we will begin to focus on more advanced programming techniques and using sensors to simplify movements.*

*Nick Telles has been in the education field for 12 years. He specializes in integrating technology (including robotics, computer programming, and website design) into the classroom. He also participates in the First Lego League, which is an international robotics competition as a coach, mentor, and judge. He is passionate about sharing his knowledge in a fun and challenging environment.*

**Date:** Mon to Thu — Jul 2 to 5

**Time:** 1 – 3 pm

**Location:** Manson's Hall

**Type:** 4-Day Workshop

**Ages:** 9+

**Min/Max:** 6 – 15

**Cost:** \$40



## **Orff Music** *with Kim Paulley, BMus, Bed*

*It's singing! It's movement! It's instruments! It's drama!  
It's fun!*

*Each day's activities will include singing, rhythm and drama games, percussion instruments, and small group work. The centrepiece will be a whole class project that combines all these elements and evolves into a final presentation.*



*Children need to wear comfy clothes, bring a snack and water bottle.*

**Date:** Mon to Thu — Jul 2 to 5

**Type:** 4-Day Workshop

**Time:** 10 am – 12 pm

**Cost:** \$40

**Location:** Manson's Hall Main Hall

**Ages:** 12+ (or is focussed and can work independently)

**Min/Max:** 6 – 12

## **Landscape Painting: Plein Air & Studio Work** *with Meinsje Vlaming*

*This workshop is all about the painting. On Day 1 we will look at colours and experiment, talk about famous artists, pleine air, and make a basic sketch.*

*On Day 2 we will meet at the lagoon and create a painting inspired by the natural beauty.*

*On Day 3 we go back into the studio and use our imagination and memory to finish the painting.*



*Bring your special little sketchbook and pencils (if you have any favourite); a camera or phone will be a great help for our Day-3 studio work. Do not forget sun hats, sunscreen, water etc.*

**Date:** Tue to Thu — Jul 3 to 5

**Type:** 3-Day Workshop

**Time:** 10 am – 12 pm

**Cost:** \$40 (includes materials)

**Location:** Manson's Hall Playschool Room & Manson's Lagoon

**Ages:** 12+ (or is focussed and can work independently)

**Min/Max:** 6 – 8

## Dancing Stories *with Jenny Wilson*

*This class will encourage the children to move and dance a story that we will create. Jenny will teach specific moves to help with coordination and flow. Lots of fun!*



*Jenny Wilson has over 40 years of experience in the performing arts. She attended the National Ballet School of Canada and has studied numerous dance styles. She has much to offer young ones who want to discover new and fun ways to move.*

**Dates:** Tue and Wed — Jul 10 to 11

**Time:** 2 – 4 pm

**Type:** 2-Day Workshop

**Min/Max:** 5 – 12

**Ages:** 5 – 7

**Cost:** \$ 20 for 2 days

**Location:** Manson's Hall

## Action Games Camp *with Tosh Harvey*

*Join Tosh and Claudia for four fun-filled mornings to play many of your favourite action games like Capture the Flag, Kick the Can, Stingers, Turtle Tag, and more. Bring water, snacks, and a hat or sunscreen.*

**Dates:** Mon to Thu — Jul 9 to 12

**Time:** 10 am – 12 pm

**Ages:** 6+

**Type:** 4-Day Workshop

**Min/Max:** 6 – 14

**Location:** Cortes School Field

**Cost:** \$40



## Exploring Nature with Stories *with Odette Auger*

*Nature based, exploring the land with a focus on story telling as a springboard to different ways of "seeing" what is around us.*

**Dates:** Mon to Tue — Jul 16 to 17

**Min/Max:** 5 – 12

**Time:** 10 am – 12 pm

**Ages:** 5 – 7

**Type:** 2-Day Workshop

**Cost:** \$20 for 2 days

**Location:** Linnaea Farm's streams, meadows, and glades.

Meet at Linnaea parking lot.

## **Fairy School** *with* **Monika Beal & Claudia Raaen**

*Let's create magical fairy houses together in a special setting in Nature and make a tea party too!*

**Dates:** Wed to Thu — Jul 18 to 19

**Time:** 10 am – 12 pm

**Type:** 2-Day Workshop

**Ages:** 4+

**Min/Max:** 5 – 13

**Cost:** \$20 for 2 days

**Location:** Meet at Monika's house 889 Hansen Rd.

## **Big Heads for the Cortes Day Parade** *with* **Meinsje Vlaming**

*This year for Cortes Day let's do something silly! We will create BIG heads from cardboard boxes and paper mache and make a basic costume to finish the look. We will also make a plan for the parade -- maybe a basic dance or a silly walk?*

*Big heads masks and giant puppets are a big hit now in parades and festivals. Let's make some!!*

**Dates:** Tue to Fri — Jul 17 to 20

**Time:** Tue to Thu at 1 – 3:30 pm; Fri at 10 am – 12 pm

**Type:** 4-Day Workshop

**Min/Max:** 6 – 10

**Ages:** 9+ (or who can work independently)

**Cost:** \$50

**Location:** Manson's Hall

## **Soccer Camp** *with* **Loni Taylor**

*Loni Taylor will lead soccer skills and development. Scrimmages and other fun games will help kids enjoy this worldly sport and island favourite. Special appearances by guest coach Adrian Sanders. Please wear soccer shoes that fit and tie or Velcro. Shin guards optional. Wear loose comfortable clothing, no jeans. A water bottle is required — pack snacks if needed.*



**Dates:** Mon to Thu — Jul 23 to 26

**Time:** 10 am – 12 pm

**Type:** 4-Day Workshop

**Ages:** 6 – 16

**Min/Max:** 10 – 16

**Cost:** \$40

**Location:** Cortes School Field

## Multi-Genre Dance *with Loni Taylor*

*Here is your opportunity to learn several genres of dance. Loni will teach Tap Tuesday, Jazz Wednesday, and Hip Hop Thursday. The group will vote for what to learn on Friday. Bring tap shoes, socks, clean tennis shoes, and/or jazz/dance slippers. Wear loose comfortable clothing, no jeans. Water bottle required. Bring snacks if needed.*

**Dates:** Mon to Thu — Jul 23 to 26

**Type:** 4-Day Workshop

**Min/Max:** 5 – 12

**Ages:** 6 – 16

**Location:** Manson's Hall

**Time:** 2 – 4 pm

**Cost:** \$40



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## Swimming Lessons *with Isabella McKnight*

*Isabella grew up swimming in all Cortes waters, and since moving to Victoria has become a qualified and professional lifeguard and swimming instructor.*

*She will be teaching Red Cross preschool and swim kids levels, which include a variety of swimming and water safety skills. These lessons offer an equal balance of fun in the water and learning important skills. As time is limited, please arrive 5 – 10 minutes early and be ready to swim!*

***Please check this link to see what level your child should be registered in!!***

<http://www.redcross.ca/training-and-certification/course-descriptions/swimming-and-water-safety-courses/swimming-lessons/red-cross-swim-guides.aspx>

**Dates:** Mon to Fri – Jul 30 to Aug 3

**Type:** 5-Day Workshop

**Locations:** Hague Lake

**Cost:** \$50 for 5 sessions



## **Starfish / Duck / Sea Turtle**

*\* With parent & life jacket (PFD)*

*In this combination class, children and caregivers will work on getting wet and building up their confidence in the water.*

*We will be working on buoyancy and movement as well as water positioning and entries into the water.*

**Time:** 11:00 – 11:20 am

**Age:** 4 – 36 months

## **Sea Otter / Salamander / SunFish**

*\* With life jacket (PFD)*

*In these levels we work on getting comfortable putting our faces in the water and practising movement around the pool without parents' help.*

**Time:** 11:30 – 11:50 am

**Age:** 3 – 5 years

## **Crocodile & Whale**

*In these levels we begin to swim greater distances and work on the technique of our individual strokes. Learning the beginning of our front and back crawl as well as an introduction to rhythmic breathing.*

**Time:** 12:00 – 12:20 pm

**Age:** 5 – 7 years\*

*\*(depending on level of comfort in the water)*

## **Levels 1 – 5**

*In these levels children are taught how to swim smart and be safe in the water. We continue to work on our technique and introduce skills such as whip kick and treading water.*

**Time:** 2:00 – 2:30 pm

**Age:** 6 – 8 years

## **Levels 6 – 10**

*These swimmers will be taught and critiqued on their strokes such as front crawl, back crawl, breaststroke, and elementary backstroke.*

**Time:** 2:45 – 3:30 pm

**Age:** 6 – 10 years



## **Paws 4 A Moment (Pause for a Mom-Ent) Intro to Basics of Mindfulness** *with Marthe LaBerge*

*This workshop is for young children, offering an easy-to-understand and playful way to mindfulness practise. A peaceful mind is cultivated by teaching children to focus their attention, to stabilize, and to be calm. An ‘un-stressed’ mind learns better, finds different solutions for the same problems, and reacts less impulsively (i.e., less automatic pilot).*

*Marthe will guide children in their cultivation of presence. They will conduct mind, heart, and body exercises based on practices found in the Book “Sitting Still Like A Frog” by Eline Snell.*



*Marthe has been studying and practicing Therapeutic Touch, Reiki, and Tellington touch for years and has a gift and passion for introducing children to mindfulness practices.*

**Date:** Mon to Thu – Jul 30 to Aug 2

**Type:** 4-Day Workshop

**Ages:** 5 – 7

**Location:** Manson’s Hall

**Time:** 2 – 3 pm

**Min/Max:** 6 – 10

**Cost:** \$35



## **West African Drumming & Dancing** *with Claudia Raaen & Pawl Khan*

*Join Pawl and Claudia for a joyful exploration in basic hand drumming techniques and West African rhythms, songs, and dances. Bring a drum if you have one. We also have lots of drums to share.*

**Date:** Mon to Thu – Aug 6 to 9

**Time:** 2 – 4 pm

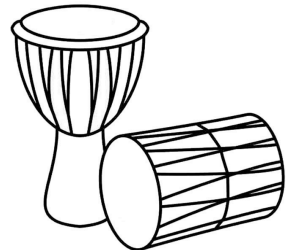
**Type:** 4-Day Workshop

**Ages:** 6+

**Min/Max:** 5 – 12

**Location:** Manson’s Hall

**Cost:** \$45



## **Basket Weaving** *with Amy Robertson*

*Come learn how to weave your own small basket made from natural materials gathered on Cortes! All tools and materials are provided.*

**Dates:** Mon to Thu — Aug 6 to 9

**Time:** 1 – 3 pm

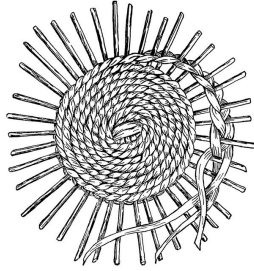
**Type:** 4-Day Workshop

**Ages:** 10+

**Max:** 5 – 6

**Location:** Manson's Hall

**Cost:** \$45



## **Stories and Creative Movement** *with Norleen Lillico*

*Norleen has over 30 years of teaching experience specializing in early literacy, dance, and gymnastics. Your children can enjoy the freedom of letting their imaginations create a story and then act out that story with friends. Instruction in basic tumbling skills, ballet, and jazz dance steps will be provided.*

**Dates:** Mon to Thu — Aug 6 to 9

**Time:** 10 – 11:30 am

**Type:** 4-Day Workshop

**Location:** Manson's Hall

**Min/Max:** 6 – 12

**Ages:** 5 – 7

**Cost:** \$35 for 4 days

## **7 Story Circus Camp** *with Kaya Kehl*

*Join 7 Story Circus for an exploration into the magical world of Circus Arts! Learn poses on the aerial fabric and hang from the aerial hoop. Juggle scarves, balls, rings, and clubs. Spin staff, poi, diablo, flower-sticks, and plates. Become a master of balance with stilts and rola-bola. Have fun with improvisation and performance games. And, most importantly, be inspired and amazed by your own abilities! On the last day you will perform in a show for your friends and family.*

*Participants will be divided into two groups. One group will go in the morning time slot and the other in the afternoon.*



*\*Bring a healthy snack, water, and clothes you can turn upside-down in.*

**Dates:** Mon to Thu — Aug 13 to 16

**Time – Morning Class:** 10:00 am – 12:30 pm (younger kids)  
– **Afternoon Class:** 1:00 – 3:30 pm (older kids)

**Free circus show for friends and family at 1:00 pm on Thursday.**

**Type:** 4-Day Workshop

**Location:** Cortes Island School Gym

**Ages:** 6 – 17

**Min/Max:** 10 – 12

**Cost:** \$100 for the workshop



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## ONE-DAY WORKSHOPS

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### **Rattle Making** *with Claudia Raaen & Pawl Khan*

*Learn the art of crafting your very own rattle using leather and lacing, shells, and stones. All materials will be supplied. You are welcome to bring your own shells and rocks.*

**Dates:** Mon Jul 9

**Time:** 2 – 4:30 pm

**Type:** 1-Day Workshop

**Ages:** 8+

**Min/Max:** 5 – 7

**Cost:** \$15

**Location:** Smelt Bay by the big maple tree

### **Art in Nature** *with Claudia Raaen & Pawl Khan*

*We will walk to one of our favourite places in nature and create mandalas with sticks and stones, leaves and flowers, feathers and shells, and other things we find. Bring some snacks for a picnic by the ocean. Please bring a sun hat and water too.*

**Dates:** Thu Jul 12

**Time:** 2 – 4:30 pm

**Type:** 1-Day Workshop

**Ages:** 6+

**Min/Max:** 6 – 9

**Cost:** \$15

**Location:** Meet at Hank's Beach trail at yellow gate

## Kayaking at Hague & Gunflint Lakes *with* Misty Isles & George Sirk

*We are so lucky on Cortes Island to have such beautiful lakes here. Not only are Hague and Gunflint Lakes at the heart of a vibrant ecosystem but they provide us with drinking water and summer swimming and kayaking opportunities. Join the Misty Isles guides and naturalist George Sirk for this kayak trip as we explore the wildlife, history of the lakes, and talk about some of the problems the lakes are facing today.*



*Bring clothing appropriate for the weather, shoes that can get wet (No Bare Feet!), sunscreen, hat, sunglasses, and a PFD (life jacket) if you have one*

**Date:** Wed Aug 1

**Type:** 1-Day Workshop

**Time:** 9 am – 12 pm

**Min/Max:** 5– 12

**Ages:** 10 – 17

**Cost:** \$35



**Location:** The Gunflint Lake access on Seaford Rd close to Linnaea Farm

## Sailing *with* Misty Isles

*Hoist sail aboard the Misty Isles! Working together as a team, we'll set the sails to catch the summer breeze. Captain Dylan will show his crew how to work the rig, steer the ship and some basic sailor knots. We'll keep our eyes open for wildlife sightings too!*

*Bring clothing appropriate for the weather, shoes that can get wet (No Bare Feet!), sunscreen, hat, sunglasses, and a PFD (life jacket) if you have one.*

**Dates:** Tue Aug 7

**Time:** 9 am – 12 pm

**Type:** 1-Day Workshop

**Min/Max:** 6 – 12

**Ages:** 10 – 17

**Location:** Meet at Cortes Bay Government Dock

**Cost:** \$30



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## POLICIES & PROCEDURES

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### Cancellations

*All classes must meet minimum registration numbers in order to run. We will provide one-day cancellation notice if a class is cancelled. You must provide a minimum of 3 days cancellation notice for consideration of refund. Refunds are not guaranteed. If you provide less than 3 days notice registration fees will not be refunded. Call Manson's Community Hall at 250-935-0015 and leave a message if your child is unable to participate. This is very important to help the programs run smoothly and to ensure that any children on the wait-lists have an opportunity to participate.*

### Pick-Up & Drop-Off Procedures

*Please advise the Coordinator when you are dropping off your child if someone other than yourself will be picking up your child. We are responsible for your child until you arrive, so please be sure to have arrangements in place to ensure that your child is picked up promptly following their program. In the event of a late pick up there will be a charge of \$5 for each 10-minute increment. If an emergency arises and you will be late, you can call the Coordinator. That number will be available at the office during registration and is **for emergency use only**.*

### Child Care

If your child needs childcare between classes over the lunch break, you can arrange that for a small fee with Claudia (H: 250-935-0343, W: 250-935-0015, [claudia@sacredgardening.com](mailto:claudia@sacredgardening.com)).

### Bursaries

*We aim to provide affordable programs that enable all youth opportunities to try new things! For info about financial assistance for your child to participate in a program contact Mary Lavelle at Manson's Community Hall office 250-935-0015. We rely on donations for the bursaries, so they are not guaranteed.*

## **Every Child Fund**

*Would your child benefit from extra support to show up at their best? The Every Child Fund can provide a confidential, respectful extra facilitator to support children who have challenges integrating into extra-curricular programs and help to create an inclusive environment. The application process is simple. Please contact Cortes Family Support Coordinator at [cortesfsc@gmail.com](mailto:cortesfsc@gmail.com) or call 250-935-8558 for more info.*

## **JumpStart**

*Jumpstart is a community-based charitable program that provides financial help with registration fees, equipment, and/or transportation for Kids aged 4 to 18 who want to get active or learn a new sport or activity and need some financial assistance.*

*You can apply online at (<http://jumpstart.canadiantire.ca/en/what-we-do/want-to-apply>) or submit a Jumpstart application to the Campbell River Community Centre.*

## **Donations**

*It is our hope to create affordable programs that are accessible to all youth. If you are able, donations would be greatly appreciated. To make a donation, please contact the Manson's Community Hall during office hours at 250-935-0015, or send an email to [mansonshall@gmail.com](mailto:mansonshall@gmail.com).*

## **Sponsors**

*We acknowledge the financial assistance of the Province of BC through the Community Gaming Grant. We would also like to thank all of our anonymous donors.*