



SOUTHERN CORTES COMMUNITY ASSOCIATION

# Summer Youth Programs



2019



Registration at Manson's Hall Office on  
Wednesday June 19 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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## Horse Play *with Oriane Lee Johnston*

*Make friends with two gentle horses at their farm. Learn how to observe and listen to the horses, to groom and care for them, and to lead them in the field with self-assurance.*



*All activities are on the ground, no riding. Suitable for every young person who longs to get close to a horse safely, even kids who are afraid. Builds self-confidence, personal boundaries, and empathy.*

*Please bring water bottles, snacks, a hat, sunscreen, and good shoes (no sandals).*

Contact Oriane Lee ([olj@orianelee.com](mailto:olj@orianelee.com)) for additional dates.

**Date:** Tue to Fri — Jul 2 to 5

**Min/Max:** 4 – 6

**Time:** 10 am – 12 pm for **Ages** 8 – 10

**Type:** 4-Day Workshop

**Time:** 3 – 5 pm for **Ages** 11 – 14

**Cost:** \$60 for 4 sessions

**Location:** Raven Farm

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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!*

**Dates:** Mon to Fri – Jul 8 – 12

**Type:** 5-Day Workshop

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

**Locations:** Hague Lake, Sandy Beach



## **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:** 10:00 – 10:20 am

## **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. If your child usually swims with a lifejacket of other sort of floaty this is the level for you!*

**Time:** 11:30 – 11:50 am

## **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.*

*Please only register your child if they are able to swim 5+ meters by themselves with no buoyant aid!*

**Time:** 12:00 – 12:20 pm

## **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.*

*These children must be comfortable with putting their faces in the water and swimming where they cannot touch!*

**Time:** 2:00 – 2:30 pm

## **Levels 6 – 10**

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

*Must be comfortable and able to swim past the drop off!*

**Time:** 2:40 – 3:10 pm

**\* please note that your child may be switched to a different class if the instructor finds that it would better suit their needs.**

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## **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.*

**Free circus show for friends and family on Thursday.**

**Showtime to be announced.**

**Dates:** Mon to Thu — Jul 15 to 18

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

– **Afternoon Class:** 1:00 – 3:30 pm (older kids)

**Type:** 4-Day Workshop

**Location:** Cortes Island School Gym

**Ages:** 6 – 17

**Min/Max:** 10 – 12

**Cost:** \$110 for the workshop



## 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 22 to 25

**Time:** 10 am – 12 pm

**Type:** 4-Day Workshop

**Location:** Cortes School Field

**Ages:** 6+

**Min/Max:** 6 – 18

**Cost:** \$40



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

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

*Please sign up for only one of the workshop days. If there are enough spots, then children can attend both workshop days. If your child would like to come both days, please indicate this in the "Program Notes" section on the application form, and we'll do our best.*

**Dates:** Mon & Tue — Jul 22 & 23

**Time:** 2 – 4 pm

**Type:** Two 1-Day Workshops

**Ages:** 4+ (or younger with an adult)

**Min/Max:** 5 – 12

**Cost:** \$15 per day

**Jul 22 Location:** Smelt Bay under Maple Tree

**July 23 Location:** Manson's Lagoon Arbutus grove



## Soccer Camp *with Loni Taylor and Saskia Terporten*

*Loni Taylor will lead soccer skills and development. Scrimmages and other fun games will help kids enjoy this worldly sport and island favourite. 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:** Tue to Fri — Jul 30 to Aug 2

**Time:** 10 am – 12 pm

**Type:** 4-Day Workshop

**Ages:** 6 – 16

**Min/Max:** 10 – 20

**Cost:** \$40

**Location:** Cortes School Field

## Junior Geology *with Zander Warren*

*Have you ever wondered about the Earth beneath your feet? Would you like to know how islands and mountains are formed? Do you own any mysterious crystals?*

*This three-day course will cover the basics of geology. Students will learn to identify rocks and minerals, and begin to uncover the distant history of Cortes Island. A day hike and a shoreline walk will be organized to put these theories and techniques into practice.*



**Dates:** Jul 30, 31, and Aug 1

**Time:** 3 – 4 pm

**Type:** 3-Day Workshop

**Ages:** 8+

**Min/Max:** 5 – 12

**Cost:** \$30 for 3 days

**Location:** Manson's Hall and walks to be determined

## 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:** Mon and Tue — Jul 29 and 30

**Time:** 1 – 2 pm

**Type:** 2-Day Workshop

**Min/Max:** 5 – 12

**Ages:** 5 – 7

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

**Location:** Manson's Hall

## 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 studio work. Do not forget sun hats, sunscreen, water etc.*



**Date:** Tue to Thu — Aug 6 to 8

**Type:** 3-Day Workshop

**Time:** 10 am – 12 pm

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

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

**Ages:** 9+ (or can work independently) **Min/Max:** 6 – 8

## Paws 4 A Moment – Basics of Mindfulness with Marthe LaBerge

*Children of all ages can benefit from mindfulness. Marthe will introduce a simple practice of bringing a gentle, accepting attitude to the present moment. Through fun activities and exercises for kids, she will teach them about mindfulness in playful way.*

*Activities will include sitting like a frog, the secret of heart chambers, the conveyer belt of worries, handling difficult feelings, and it is good to be kind.*

*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 – Aug 5 to 8

**Min/Max:** 6 – 10

**Time:** 2:00 – 3:00 pm for **Ages** 5 – 7

**Cost:** \$40 for 4 days

**Time:** 3:30 – 5:00 pm for **Ages** 8 – 12

**Type:** 4-Day Workshop

**Location:** Manson's Hall Playschool



## Nature Play *with Hayley Newell*

*Join us for a child-led play-based exploration of Hanks Beach from forest to ocean. Following the children's curiosities, we will watch for wildlife, smell the flowers, scramble rocks, build sculptures and faerie dwellings. And much more. Please bring your own water bottle, a snack, and remember sunscreen on sunny days!*

**Dates:** Mon to Wed – Aug 5 to 7

**Min/Max:** 5 – 10

**Time:** 10 am – 12 pm

**Ages:** 5 – 7

**Type:** 3-Day Workshop

**Cost:** \$30 for 3 days

**Location:** Hanks Beach Parking Lot

## Volleyball Camp *with Jodi Peters*

*Four days of OUTDOOR VOLLEYBALL FUN! This camp will have lots of game play, along with fun activities aimed at improving your volleyball skills. We will be playing on grass at the Cortes Island School. Please bring your own water bottle, a snack, and wear outdoor running shoes, t-shirt and shorts. Remember sunscreen on sunny days!*

**Dates:** Mon to Thu — Aug 12 to 15

**Min/Max:** 7 – 18

**Time:** 10 am – 12 pm

**Ages:** 9+

**Type:** 4-Day Workshop

**Cost:** \$40 for 4 days

**Location:** Cortes School Field



## Dance – Freestyle and Conditioning *with Loni Taylor*

*All abilities welcome. This class will focus on getting fit to dance and caring for your body. Improv dance will also be emphasized, based on a variety of dance genres. Song requests welcome. Bring socks, dance slippers, and/or clean kicks. Wear loose comfortable clothing, no jeans. Water bottle required. Snacks optional.*

**Dates:** Mon to Thu — Aug 12 to 15

**Min/Max:** 5 – 20

**Time:** 2 – 4 pm

**Ages:** 6 – 16

**Type:** 4-Day Workshop

**Cost:** \$40 for 4 days

**Location:** Manson's Hall



# ONE-DAY WORKSHOPS

## Kayaking Introduction *with Misty Isles*



*For younger or inexperienced kayakers, this is a nice introduction to kayaking in the protected waters of the lagoon and surrounding bays. We will explore the beautiful intertidal life of Manson's Lagoon and learn about the history of Cortes and the biodiverse intertidal ecosystem. We will also learn about some paddling strokes and manoeuvring kayaks most efficiently. We will play some fun kayaking games and build on our skill set each week. All skill levels welcome!*

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

**Date:** Every Wed in Jul & Aug

**Type:** 1-Day Workshop

**Time:** 10 am – 12 pm

**Min/Max:** 6 – 12

**Ages:** 8 – 12

**Cost:** \$30/day or \$180 for all 9

**Location:** Manson's Landing Lagoon



## Kayaking Advanced Skills *with Misty Isles*

*This paddle is geared to young kayakers who want to advance their skills. We will look at paddling strokes, bracing, wet exits, and basic rescues – a great time to play and learn in the water! We will be building on our skills each week and gaining expertise on the water. All skill levels welcome!*

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

**Date:** Every Wed in Jul & Aug

**Type:** 1-Day Workshop

**Time:** 12:30 pm – 2:30 pm

**Min/Max:** 6 – 12

**Ages:** 12 – 17

**Cost:** \$30/day or \$180 for all 9

**Location:** Manson's Landing Lagoon



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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: 250-935-6848, W: 250-935-0015, 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 submit a Jumpstart application to the Campbell River Community Centre. You can pick up an application at Manson's Hall office.*

## **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.*