



SOUTHERN CORTES COMMUNITY ASSOCIATION

Summer Youth Programs 2020

JULY

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 with questions olj@orianelee.com whitehorsesanctuary.com

Dates: July 6 to 9 Mon to Thu **Time:** 10 am – 12 pm for **Ages:** 8-10

Time: 3 – 5 pm for **Ages** 11 – 14

Min/Max: 4 - 6 **Cost:** \$60

Location: Raven Farm: Meet at Seascape Rd. entrance halfway down on right side, see road sign.

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: Jul 13 to 16 Mon to Thu **Time:** 10 am – 12 pm

Ages: 6+ **Min/Max:** 6 – 16 **Cost:** \$40

Location: Smelt Bay Park grassy field

Create a Klimt Masterpiece with You as the Model *with* **Meinsje Vlaming**

First we will look at the artist Gustav Klimt, learn about his way of painting, and work with his symbols and colours. Then we will plan our painting, sketch it, paint it, and look at our paintings together. Please wear clothing that can get dirty, bring a small picture of yourself (like a portrait), a sketchbook and pencils (if you have them), and a snack.

Dates: Jul 13 to 15 Mon to Wed **Time:** 1– 3 pm

Ages: 9+ **Min/Max:** 5 – 8 **Cost:** \$40 (includes materials)

Location: Manson's Hall

Caricature Drawing *with Meinsje Vlaming*

We will look at what a caricature is (and what it is not).

Then we will make our own caricature, and if there is time we will partner up.

Please bring a mirror and/or some clear pictures of who ever you would like to draw, and a black sharpie or marker.

Date: Jul 16 Thu **Time:** 1– 4 pm

Ages: 9+ **Min/Max:** 5 – 8 **Cost:** \$15

Location: Manson's Hall

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: July 20 to 23 Mon to Thu **Time:** 10 am – 12 pm

Ages: 9+ **Min/Max:** 7 – 17 **Cost:** \$40

Location: Cortes School Field

Cedar Basket Weaving *with Amy Robertson*

In this class we will do two projects. First we will weave a fan, made from red cedar, with a willow handle. Next we will weave a small diagonal basket made from red cedar.

Dates: July 20 to 23 Mon to Thu **Time:** 1 – 3:30 pm

Ages: 10+ **Min/Max:** 5 – 8 **Cost:** \$40

Location: Manson's Hall

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. Please arrive 5 – 10 minutes early and be ready to swim!

Dates: Jul 27 to 31 Mon to Fri **Cost:** \$50 for 5 sessions

Location: 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: 11:00 – 11:20 am

Sea Otter / Salamander / SunFish

** With life jacket (PFD) In these levels we work on getting comfortable putting our faces in the water and practicing 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.*

AUGUST

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: Aug 3 to 6 **Mon to Thu** **Time:** 10 am – 12 pm

Ages: 6+ **Min/Max:** 6 – 16 **Cost:** \$40

Location: Smelt Bay Park grassy field

Make a Dance *with* Jenn Wilson

*This class will teach musicality, (how to interpret music with the body), how to jump and turn, poses, coordination, imagination and creative cooperation. The youth will create a short story and make specific & improvised dances to perform/tell the story with gentle guidance. On the second day we will show the dance to caregivers/parents, 20 to 30 minutes before class ends on second day. Attire: Fitted stretchy clothing is ideal. Feel free to wear something fun like a tutu or bright leotard or leggings - as long as it is comfortable and *no jeans.*

Dates: Aug 3 to 4 **Mon to Tue** **Time:** 2 – 3 pm

Ages: 5 - 7 **Min/Max:** 5 – 10 **Cost:** \$20

Location: Manson's Hall

Fairy World *with* Monika Beal & Claudia Raaen

Let's create magical fairy houses together in a special setting in Nature!

Dates: Two separate workshops: Aug. 5 or Aug 6, Wed or Thur

Times: 2 – 4 pm **Ages:** 3+ **Min/Max:** 5 - 12 **Cost:** \$10 each

Locations: Aug 5th Smelt Bay Park under Maple Tree

Aug. 6th Manson's Lagoon Park Arbutus Grove

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: Aug 10 to 12 Mon to Wed **Time:** 10 am – 12 pm

Ages: 5 – 7 **Min/Max:** 5–10 **Cost:** \$30 for 3 days

Location: Hanks Beach Parking Lot

In Touch *with* Lillian Noland

Is a practical and lectured intensive to teach youth about their body system from a holistic Oriental Medicine perspective. We will learn about our organs, acupressure channels, and the interrelationship between our bodies, our environment, and the cycle of the seasons. Youth will also learn self-bodywork techniques, and the use of grounding meditations for an easy self-care practice to promote health and longevity.

Lillian is twenty two and has been self-directed studying holistic modalities of body medicine since her early teens and has over 1000 hours of schooling in Traditional Chinese Medicine. She is developing this program to share her love for the thing we all hold closest to us; ourselves.

Dates: Aug 10 to 13 Mon to Thu **Time:** 2 – 4 pm

Min/Max: 4–12 **Ages:** teens **Cost:** \$40 **Location:** Manson's Hall

Program Information

Registration can be found online at mansonshall.org, Summer Youth Program, or pick up a paper registration at the post office on the counter, or call 250-935-0015 and we will get back to you.

We can't accommodate drop in registrations this year so register ahead of time.

Please stay home if you are sick, we will refund you. Sick children will be sent home. Call Manson's Hall 250-935-0015 and leave a message if your child is unable to participate.

All classes must meet the minimum registration numbers in order to run. If we need to cancel a class due to low registration we will give 3 days notice and a refund.

If you need financial assistance, call Mary 250-935-0015 and ask about our bursary fund.