

SUMMER YOUTH RECREATION PROGRAMS



FROM THE SOUTHERN CORTES COMMUNITY ASSOCIATION

SKILLS // CREATIVITY // ACTION

REGISTER ONLINE
MANSONSHALL.ORG
250 935 0015

2021
JUL-AUG

PROGRAM OVERVIEW

Workshops & Camps	3
Quartz Crystal Jewelry Workshop	3
Action Games Camp	3
Dance Workshops <i>with</i> Jen Wilson	4
You are SO DRAMATIC!.....	4
Dancing Stories	4
Fairy World.....	5
Painting & Drawing	6
Nature Play.....	6
Singing Together	7
Soccer Camp.....	7
Contemporary Dance	8
Forest Games	9
Swimming Lessons	9
Theatre Camp.....	11
Volleyball Camp.....	11
Circus Play	12
Policies & Procedures.....	13

WORKSHOPS & CAMPS

Quartz Crystal Jewelry Workshop *with Tess Kashetsky*

Using a selection of colorful glass seed beads, beading-wire, metal findings, and Quartz crystals, we'll make our own necklaces, bracelets, and earrings. This is a fun and creative class for jewelry-makers of all levels.

July 5

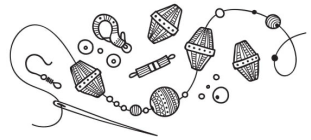
1 – 2:30 pm

1-day workshop

9 years and up

\$15

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.

July 5 – 8 **or** July 26 to 29

10 am – 12 pm

4-day workshop

6 years and up

\$40

Smelt Bay Park, grassy field



You are SO DRAMATIC! *with Jen Wilson*

Come get dramatic with me! Do you like musicals? Have you ever seen a musical on stage or in a movie? In this class, you'll learn how dance & acting can enhance a story. We will learn some choreography (steps) & acting skills that tell the story of a famous theatrical musical song. This will be a fun class with plenty of room for exploring personal movement style, creating characters, and physical theatre (using your body to tell a story). On the second day of the class we will perform the piece for parents/caregivers.

Parents: Please arrive at 4 pm on the second day to enjoy our creation.

No experience necessary. This is a class for enthusiastic expressive youth who are interested in performing, theatre, dance, and musicals. Come dressed in comfortable stretchy/loose clothing for a movement-based class.

July 6 – 7

3 – 4:15 pm

Performance: July 7 @ 4 pm

2-day workshop

8 years and up

\$20

Manson's Hall

Dancing Stories *with Jen Wilson*

This popular and fun class will teach musicality (how to interpret music with the body), how to jump and turn, coordination, imagination, and creative storytelling. The children will create a short story collectively and make specific & improvised dances to perform/tell the story with gentle guidance.

No prior dance experience is necessary.

On the second day we will show the dance story to caregivers/parents. It will begin at 1:30 pm on Wed Jul 7th.



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.

**No jeans.*

Jennifer Ruth Wilson is a multifaceted artist, dance teacher, and massage and somatic worker. She trained at SFU School of Contemporary Arts in Theatre, The National Ballet of Canada, Goh Ballet Professional Program, and has attended many workshops with honoured artists. In addition, she has skill in several styles of dance from across the globe that include historical and cultural education. Her background includes theatre, arts festival curation, comedy, contemporary dance, flamenco, improv, performance art & bouffon clowning. Her inclusive and respectful way of teaching is a favourite among many local youth. Come let's dance!

July 6 – 7

1 – 2 pm

Performance: July 7 @ 1:45 pm

2-day workshop

5 – 7 years

\$20

Manson's Hall

Fairy World *with Claudia Raaen & Monika Beal*

Gather round the fairy ring, in a special maple or Arbutus grove. Together we make merry magical fairy houses with flowers, feathers, shells and such, with the fairy folk in mind.

July 12 and 13

2 – 4 pm

Two 1-day workshops

4 years and up (or younger with an adult)

\$15 per day

July 12 Location: Smelt Bay under Maple Tree

July 13 Location: Manson's Lagoon Arbutus Grove

Painting & Drawing *with Meinsje Vlaming*

We will explore different famous artists over our 4 day workshop. The first day we look at Kandinsky's work and let different kinds of music inspire us to make shapes, work on colours and express our emotions from the music on paper. Over the next 3 days we will explore more artists and techniques, including collage.

Please wear clothing that can get dirty and bring a snack.

July 12 – 15

10 am – 12 pm

4-Day Workshop

9 years and up

\$45 (includes materials)

Manson's Hall



Nature Play *with Claudia Raen & friends*

Join us for a playful inquisitive 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 much more. Please bring your own water bottle, a snack, and remember sunscreen on sunny days!

July 14 – 15

1:30 – 4 pm

2-day workshop

5 – 7 years

\$25

Hanks Beach Parking Lot



Singing Together *with Evemarie Brunelle*

Two separate 4-day workshops for 3 different levels: littles, middles, and teens.



Evemarie Brunelle is a graduate of the Community Choir Leadership Training. Founder of Allez Chanteuses! in Montreal, a non-auditioned choir since 2009. A long time student of vocal improvisation with Rhiannon. She is known for her dynamic song leading, the quality of her presence, clarity of her instruction, and her magnificent voice.

July 19 – 22 **and** Aug 16 – 19

4-day workshop

\$45

Manson's Hall, out by the cedar tree

Littles: *We will sing, move, play with rhythm and movement.*

1 – 1:45 pm

5 – 7 years

Middles: *We will sing, move, play with rhythm, learn songs in various languages, add harmonies and explore simple improvisation.*

2 – 2:45 pm

8 – 12 years

Teens: *We will explore sound in our bodies, sing songs in various languages and improvise. Evemarie really hopes for a good number of teens which will allow circle singing and space for improvisation..*

3 – 3:45 pm

13 – 17 years

Soccer Camp *with Adrian Sanders*

When the ball becomes your muse, the sport becomes your devotion, the game your dreamscape, and the act of a dance — you've got a feel for the game!

Come enjoy a camp that will cater to all levels of soccer abilities, through a daily set of skills, group exercises, and game scenarios.

July 19 – 22

10 am – 12 pm

4-day workshop

7 – 16 years

\$40

Cortes School Field



All Levels Contemporary Dance Workshop for Teens *with* Jennifer McLeish-Lewis

In this 4-day workshop, we will co-create a piece of choreography that will be presented to the parents at the end of the week. This class will be accessible for all levels of movers. No prior dance experience is required, but a strong level of focus, concentration, physical rigour, and commitment to attending every class will be required.

We will start on the floor with a gentle somatic-based warm up that will help the body to feel gravity. Growing from the floor to standing, we will practice smoothing out our transitions into upright dancing. The goal is an aware, alert, and embodied presence that uses the full capacity of the mover/dancer as a human being awake in the world. More sensitivity is reached through relaxing the nervous system.



More alertness is reached through waking up the mind with moment-by-moment choice making. More embodiment is reached through a deep listening to the relationship to the earth, each other, and the space around us. All genders, abilities, and experience levels welcome. This workshop is LGBTQ inclusive.

Jennifer McLeish-Lewis is a dance artist who performs, choreographs, and teaches. Jennifer trained across Canada at The Alberta Ballet School, The School of Toronto Dance Theatre and MainDance (Vancouver). She has performed in Canada, the United States, and Europe. Her experience in Contemporary Dance Techniques, Ballet, Contact Improvisation, Yoga and Bodywork are all forms she draws on in her creative practice. Laara Huuskonen will be the Rehearsal Assistant.

July 26 – 29

11 am – 1 pm **and** 2 – 4 pm

Performance: July 29 @ 3:30 pm

4-Day Workshop

13 – 18 years

\$80

Manson's Hall

Forest Games *with Tamias*

We'll hike down the School to Sea Trail, play some forest games like camouflage, Wave Tag and Deer Ears, pick berries when they're ripe, and have a primitive fire building session if there's no fire ban.

July 8, 22, August 5, 19

1 – 3 pm

4-day workshop, every other week

7 – 12 years

\$40 for all **or** \$15 each

Meet at the School Field; pickup on the beach by Manson's Dock

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!

August 9 – 13

5-day workshop

\$50

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.

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 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!

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!

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!

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!

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.***

Theatre Camp *with Kelsey Brill-Funk*

This fun 4-day program will explore beginner drama skills as we play through theatre games, improvisation, and storytelling. We will spend the 4 days laughing and learning as we train and develop drama skills that will culminate in a final story-theatre presentation for our friends and family.



Your instructor Kelsey Brill-Funk is new to Cortes! She grew up acting and was involved with her local community theatre. She has spent the last 6 years working with children and youth and is passionate about creating opportunities to connect youth to the arts.

August 2 – 5

1 – 3 pm

4-day workshop

8 years and up

\$45

Manson's Hall

Volleyball Camp *with Kelly Brocks*

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 running shoes, t-shirt and shorts. Remember sunscreen!



Kelly is new to the island. She recently moved from Vancouver. She is a yoga instructor who enjoys the playful side of life. With a strong background in fitness and sports, she enjoys the smaller things in life.

August 2 – 5

10 am – 12 pm

4-day workshop

9 years

\$40

Cortes School Field

Circus Play *with Claudia, Kelly, & Special Guests*

In this 4-day camp we will provide a variety of equipment and instructors for you to hone your skills in tumbling, hula hooping, dance moves, poi, rope skipping, and juggling. We provide an environment for you to be inspired to put together some acts to show off your brilliance to friends and family in an outdoor setting.

Claudia Raaen and Kelly Brocks both have a background in gymnastics, sports, and yoga as well as other circus arts classes with children.

We will invite other local parents to participate and share skills in juggling, poi and hula hooping.

August 16 to 19

10:00 am – 12:00 pm

4-day workshop

5 – 17 years

\$40

Location: Smelt Bay Park, grassy field

If it rains, we will meet in Manson's Hall.



POLICIES & PROCEDURES

General Program Information

Please register early, as some classes fill up quickly. Classes will cancel without a minimum registration. We will keep a wait list for popular programs. Bring snacks and water to all classes. Wear sunscreen or a hat for outdoor programs.

Cancellations

All classes must meet a minimum registration number in order to run. We will provide a two day cancellation notice if we do not have the required registration. Refunds will be given if your child is ill or you give a 3 day notice. If your child is unable to participate, call Manson's Hall at 250-935-0015 and leave a message. Due to Covid-19, we have zero tolerance for sick children attending classes.

Pick-Up & Drop-Off Procedures

Please advise the Coordinator if someone other than yourself will be picking up your child. We are responsible for your child until you arrive so please ensure your child is picked up promptly. There is a late pick up fee of \$5 for each 10-minute increment. If there is an emergency and you will be late, call the cell phone (number provided at registration).

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 or call 250-935-8558 for more info.

Donations

Help us offer affordable programs that are accessible to all youth. To donate, send an e-transfer to mansonshall@gmail.com, or mail us a cheque. If you have questions, you can reach us by email or phone at 250-935-0015.

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.