



Southern Cortes Community Association



# Summer Youth Recreation Program

**2025**  
**JULY & AUGUST**

REGISTER ONLINE: [mansonshall.org](http://mansonshall.org)  
[admin@mansonshall.org](mailto:admin@mansonshall.org) 250.935.0015



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# July

## Rooted Chefs Culinary Workshop *with Rainer*

*A week-long workshop centred around empowerment, mindfulness, and exploration in the kitchen and beyond. Youth explore the wonders of food and how they can bring nourishment through all of their senses using everyday foods and herbs. Through daily morning yoga, meditation and simple breathwork, these tools will cultivate grounding and awareness which will lay the foundation for afternoons spent crafting delicious and nutritious creations.*

*This program is designed to help youth grow each day, building on skills through fun, interactive and stimulating activities everyday. Each day is bursting with flavour, as we explore all of the senses and how we can nourish each one to live a life with more awareness and care. Stemming from the roots of yoga and Ayurveda, this program is centred around fostering our essential connection with Nature.*

**Take-Home Skills:** food preparation & handling, knife skills, how to follow a recipe, how to create a recipe & menu, team building & communication, entrepreneurship (market day), meditation & breathing practices, attunement with the 5 senses, intuitive connection

July 7 – 11

10am – 3pm

5-day workshop, including serving lunch at the **Friday Market**

Age 10+ years

\$100 for 5 days, + \$25 food costs (total \$125)

Mansons Hall (Café Kitchen)



## Nature Play *with Claudia*

*Join us for a playful inquisitive exploration of forest to ocean at Manson's Lagoon and Hanks Beach. Following the children's curiosities, we will watch for wildlife, smell the flowers, play in the forest, build sculptures in the sand, tell stories, and much more. Please bring your own water bottle, a snack, and sunscreen or a hat.*

July 8 – 10

10am – 12pm

Ages 5 to 9 years

\$45

Tues July 8 Hanks Beach

Wed July 9 Mansons Lagoon

Thurs July 10 Easter Bluff parking



## Skateboard *with Bubba*

*Learn skate park etiquette, safety and skills. Be on your board and honing skills with expert Bubba Christmas, at the Cortes Island Skatepark. The park is always open, so this is the course that keeps on going, day or night.*

*Students need to bring a helmet to wear. Elbow and knee pads, and wrist guards should be worn if you have them. Skateboards will be provided for use during the class, bring your own if you have one.*

*No prior skateboarding experience is necessary.*

*Please bring water bottle, sunscreen and snacks.*

July 14 – 16

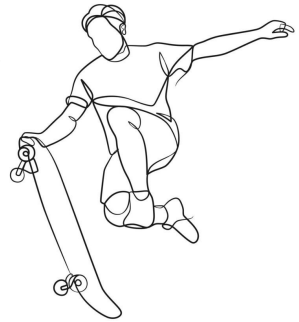
10am – 1pm

3-day workshop

Ages 10+

\$45

Cortes Island Skate Park at 971 Beesley Road



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

*Gather round the fairy ring, finding flowers for the folk,  
Making merry works of heart, tea parties and where to start?  
Let's make fairy houses in the Forest!*

*You are welcome to bring a gathering basket and dress up for the occasion, or come in casual attire.*



July 14 - 15

1 – 3 pm

2-day workshop

4 years and up

\$40



Mon at Mansons Lagoon at the picnic table near parking lot  
Tues at Smelt Bay Park maple tree near parking lot

## **Intro to Acrobatics** *with Jamie, from Soul Moves*

*Sessions of stretch, pose, move and groove with coach Jamie Rebecca.*

July 16 – 17

10am – 12pm

2-day workshop

Ages 5-9

\$30

Mansons Hall – OM Studio



## Action Games *with Claudia*

*Fridays at Smelt Bay Park join Claudia for 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 18 and  
August 1, 8, 15 and 22  
10am – 12pm  
Ages 6 to 16 years  
\$60 or \$15 per session

Smelt Bay Park Waterfront on the grassy field



## Little Leapers *with Haley*

*Come have fun with Haley in a high-paced, energetic theatre class for toddlers! We will play a variety of games, learn some songs, and dance to different songs and styles, all while focussing on creative learning and musicality. Haley has many years of experience working with early education classes, and is really excited to connect with Cortes toddlers!*

July 21 – 24

9 – 10am

4-day workshop

Ages 3 – 5 years, and younger with parent

Part of our Playschool program,

also accepting drop-ins for \$10

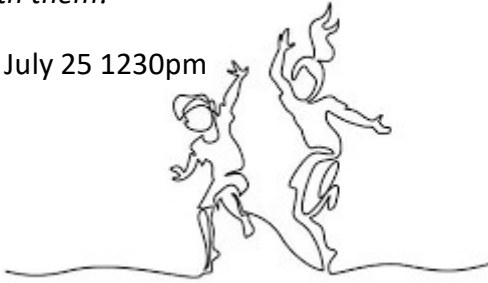
Mansons Hall



## **Jazzy Jitterbugs** *with Haley*

*Come have fun with Haley in a high-paced, energetic and technique-focused dance class! We will learn dance techniques from a variety of styles, learn choreography, play games, learn balance and yoga techniques, all while focussing on creative learning and musicality. Haley loves working with this age group because of their enthusiasm, playfulness, and fun, and looks forward to sharing her joy of dance and movement with them!*

Performance: July 25 1230pm



July 21 – 25

1030am – 1pm

5-day workshop

Age 6 – 9 years

\$75

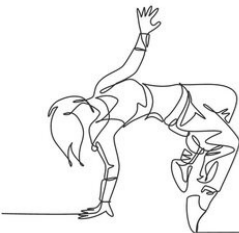
Mansons Hall, Friday class and performance at Smelt Bay

## **Rhythm Seekers** *with Haley*

*Come dance with Haley in our youth dance class! In this class, students will learn dance technique, choreography, stretching and flexibility, yoga, creativity, and musicality. The students will learn dance techniques from a variety of styles, including jazz, theatre, ballet, modern, contemporary, and modern dance, and will be challenged through fun and playfulness. Haley is excited to meet and work with these students, and to share her joy of dance with them!*

Performance:

July 25 330pm at Smelt Bay



July 21 – 25

130 – 4pm

5-day workshop

Age 10+

\$75

Mansons Hall

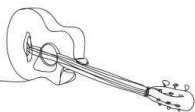
Friday class and performance at Smelt Bay



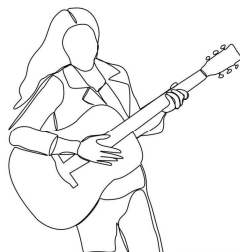


## While My Guitar *with Jeremy*

*Learn chords, strumming, jamming, and song performance with life-long musician Jeremy. Perform alongside the senior dance class on Friday, the final day of the workshop, at Smelt Bay.*



Performance:  
July 25 330pm at Smelt Bay



July 21 – 25

2 – 4pm 5-day workshop

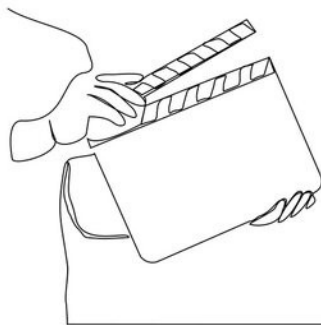
Ages 11+ \$90

Mansons Hall

## Intro to Documentary Filmmaking *with Jennifer*

*This lecture-based and hands-on summer program gives young adults an overview of all the stages involved in independent documentary filmmaking and is a must for beginning directors and producers.*

*Learn about prepping for your shoot, crewing up, interviewing techniques, the fundamentals of production, basic cinematography, the importance of sound, and getting all your shots.*



July 28 – 31  
10am – 12pm & 1 – 3pm (4hrs per day, 1 hr lunch break)

4-day workshop

Ages 11+

\$120

Mansons Hall



## **Intro to Acrobatics** *with Jamie, from Soul Moves*

*Two-day intensive workshop on movement, flexibility, strength and more.*

July 29 and 30

10am – 12pm

2-day workshop

Ages 10 years and up

\$40

Mansons Hall – OM Studio



## **Fort Building** *with Sam*

*Learn to build forts on the beach using driftwood and materials at hand.*

*Packed with fun activities to help participants work together and communicate.*

July 31

1 – 4pm

7 years and up

\$20

Moon Beach

Please bring a hearty snack, water bottle, hat and sunscreen



# August

## Action Games *with Claudia*

*Fridays at Smelt Bay Park join Claudia for 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 18 and August 1, 8, 15 and 22

10am – 12pm

Ages 6 to 16 years

\$60 or \$15 per session

Smelt Bay Park Waterfront on the grassy field



## Radio Gaga *with Bryan*

*Learn radio and live broadcasting skills and techniques with CKTZ Cortes Radio Board Chair Bryan McKinnon.*

*Students will produce their own radio broadcast to air on CKTZ Cortes Community Radio.*



Aug 4 – 7

10am – 12pm

4-day workshop

Ages 11 – 16 years

\$60

Cortes Community Radio Building



## **Drama Club** *with Jenny*

*Come get dramatic with me! In this class, you will learn how dancing and acting can enhance a story. Like professional musicals, you will learn some choreography (steps) and acting skills that tell a story through performing 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).*

*No experience necessary. Come dressed in comfortable stretchy/loose clothing for a dance/movement-based class.*

August 4 – 7  
1 – 230pm  
4-day workshop  
8 years and up  
\$60  
Mansons Hall



**Performance:** Aug 7 at 230pm

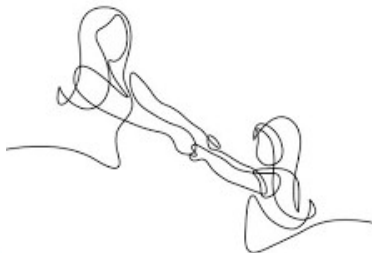
## **Dancing Dreams** *with Jenny*

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

*No prior dance experience is necessary. On the final day we will show the dance story to caregivers/parents. 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.*

Aug 4 – 6  
3-4pm  
3-day workshop  
Ages 5 to 8 years  
\$30 Mansons Hall

**Performance:** Aug 6 @ 345pm



## Mexicana Arte *with Angie*

*We will create art with a Mexican theme, using various mediums, and we will learn a little Spanish too! These multi-ages workshops are high intensity and high-level creativity.*



August 11 – 14 4-day workshop

9 – 1015 age 5 – 8

1030 – 12pm age 9 – 12

1 – 3pm age 10+

\$60 Mansons Hall



## Circus Camp *with Jamie & Friends*

*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.*

August 18 – 21

10am – 1pm

4-day workshop

Ages 5 years and up

\$60

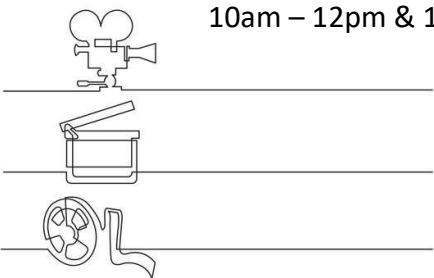
Smelt Bay Park, grassy field

If it rains, we will meet at Cortes School



**Advanced Documentary Filmmaking** *with Jennifer*

*Youths who have previously taken the Intro to Documentary Filmmaking program, or any other hands-on and/or lecture-based film training may enroll in this program, where they will make a short documentary film. Youth will crew up to find a local story, create a documentary film treatment and shot list, and then film, edit, and publish the film online. At the end of the program, there will be a screening of the final film for family and friends to attend, popcorn included!*



10am – 12pm & 1 – 3pm (4hrs per day, 1 hr lunch break)

4-day workshop, Ages 11+

\$120 Mansons Hall

Screening Aug 21 at 2pm

Aug 18 – 21



## **Pickle Ball *with Don & Friends***

*In these 2-day sessions come learn the basics and be on your way to becoming a full-fledged Pickle Ball Player, part of the fastest growing sport movement in North America. The workshop will cover the basics of the game and stroke development through games, drills and on-court coaching. Players will learn skills, rules and etiquette of the game while having fun! Pickleball equipment is provided.*

*Choose one of the 2-day sessions, or come for both. Pickle Ball is played all year round, with a dedicated group of islanders always welcoming new players.*

*Please bring proper sport court footwear, water bottle, hat and sunglasses.*

Pickle Ball I

August 18 – 19

2 – 4pm

Ages 8+

\$30

Cortes Island School

Pickle Ball II

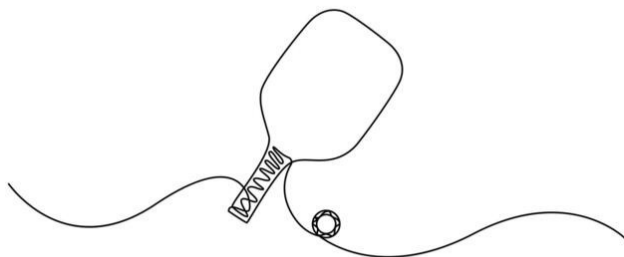
August 20 – 21

2 – 4pm

Ages 8+

\$30

Cortes Island School



# Instructors

**Claudia Raaen**, our Summer Youth Program Coordinator, has a passion for working with children of all ages through play, arts and crafts, music and dance, sports and action games, gardening and nature activities. She has over 20 years of experience in children's education and has coordinated and facilitated the Summer Youth Recreational Program for the last 12 years in a row.

**Rainer Taite** has a deep love and connection with food and serving community. She has been serving communities plates full of love for the past 10 years, and is now an Ayurvedic chef and health advisor. Her passion is in sharing this knowledge, teaching and mentoring those looking to find balance in their lives. Her joy for children is sparked by shared curiosity, playfulness and learning. Just as much as she may be a guide or mentor to youth, she marvels at the inherent wisdom that each child holds within. It is her intention to facilitate a safe and inspiring space to explore the inner and outer worlds of Nature, through one of the most essential building blocks of life - food. It is with a heart full of gratitude that Rainer offers this intentionally curated workshop for youth to feel empowered in their lives, rooted and well-resourced as they grow and expand.

**Bubba Christmas** is a Cortes dad of 3, with 35 years of skateboarding experience, including many years of professional sponsorship. He runs the "Get on Board" local youth skate group, the annual Cortes Skate Jam (this year on August 2<sup>nd</sup> at the skate park), and teaches local kids weekly year-round. Bubba has been instructing skateboarding for more than 25 years and we are thrilled to have him part of the SYRP this year, and hopefully ever more!

**Monika Beal** is a Cortes Island artist inspired by children and a love for nature, myths and fables.





**Jamie Rebecca** is a local acrobatics and dance instructor in her local school “Soul Moves”, providing classes year-round. She offers expert knowledge and training to our youth and kids interested in strength, flexibility, and creative movement.

**Haley Allen** is so excited to be coming to Cortes to share her love of dance with the incredible youth here! Haley is full of joyous energy and enthusiasm, and always strives to bring fun, creativity, silliness, and artistic education into each of her classes. In each class with Haley, the students will learn dance skills from a variety of disciplines (jazz, theatre, ballet, modern, contemporary), as well as choreography, stretching, fundamental movement skills, improv games, and will be challenged physically. Haley believes in the importance of creativity and art, and teaches these valuable artistic forms through play, games, technique, and teamwork, with the goal of helping these students learn confidence in expressing themselves!

With a degree in Musical Theatre and a Bachelor’s of Performing Arts, Haley has been working in the Vancouver Arts community for the past 7 years. When she is not performing in theatre shows, film and tv, or touring, Haley is a dance and theatre instructor, a gymnastics teacher, and a choreographer, often traveling to smaller communities such as Cortes. Her favourite performing credits include: We Will Rock You, Newsies, and Cats (Theatre Under the Stars), and Crazy for You (RCMT). Haley has been recognized for her skills and professionalism through two Ovation Awards and three TUTS awards.

**Jeremy Parnell** has stumbled upon Cortes as his home, and shares 40 years of knowledge and training as a musician and sound technician. He loves to help aspiring musicians create or play their favourite tunes.

**Jennifer Pickford** is an award-winning documentary filmmaker, who has 20 years of writing, directing and producing experience in film and



television. She has produced programming for Global Television, CTV, CBC, Rogers, Prime, Knowledge, W, Corus Entertainment and Noga Communications in Israel. Her most recent film, SACRED INDIA: A Plastic Revolution, won Best Environmental Film (Award of Excellence) at Nature Without Borders International Film Festival.

**Sam Gibb** is a grown up kid who loves being outside, playing with driftwood, and getting creative with whatever is at hand. He's looking forward to see what we can build on the beach!

**Bryan McKinnon** is the chair of non-profit society that is our local CKTZ Cortes Island Radio. He has decades of radio broadcasting experience, skills and knowledge to share with Cortes youth.

**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, improvisation, performance art & bouffant clowning. Her inclusive and respectful way of teaching is a favourite among many local youth. Come, let's dance!

**Angelica** visits us from Mexico, bringing creativity education that results in astoundingly beautiful works of art by our youth. We are lucky to have her back again this year on Cortes Island.

**Don, Arlene, Diana and Peter** are avid Pickle Ball players and Cortes Island residents. All have been playing pickle ball for 4-10 years, and are excited to share their enthusiasm and love of the sport with Cortes youth.



# 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, potentially adding additional sessions.*

*Bring snacks and water to all classes. Wear sunscreen and/or a hat for outdoor programs.*

## Cancellations

*Refunds will be given if your child is ill or you give a 3 day notice. If your child is unable to participate, call Mansons Hall at 250-935-0015 and leave a message, or email [admin@mansonshall.org](mailto:admin@mansonshall.org).*

## 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 or text the **SYRP Coordinator Claudia at 250-205-1164**.*

## Bursaries

*We aim to provide affordable programs that are inclusive for youth in our community. For info about financial assistance for your child to participate in a program contact our office at 250-935-0015 or [admin@mansonshall.org](mailto:admin@mansonshall.org).*



## **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.*

## **Donations**

*Help us offer affordable programs that are accessible to all youth. To donate, send an e-transfer to [admin@mansonshall.org](mailto:admin@mansonshall.org), 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.*

*Thank you for supporting the  
SCCA (Mansons Hall) and the community of Cortes Island.*

