

James Bay Community Centre

140 OSWEGO STREET

WWW.JAMESBAYCENTRE.CA

250-389-1470

FALL PROGRAM & ACTIVITY GUIDE

SEP-DEC 2009



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NEW PROGRAMS STARTING THIS FALL

James Bay Walking Group • Hand Drumming • Acupressure • Comics & Cartooning
Skateboard Design • Multi-Media Art Classes • Balletone Sole Synthesis • Geocaching
Creative Club • History Tours • Cooking Classes • Jazz & Creative Dance

COMMUNITY MEALS

Community Dinners

Join us for a first class meal in a relaxed community setting. Everyone is invited to these fun and affordable meals. Great for families or those looking to get to know their neighbours. Our Community Dinners generally take place on Wednesday nights at 5:30pm. For further details visit our website or contact the Centre.

DINNER SCHEDULE: Sept 30 Welcome Back Dinner
Oct 28 Halloween Dinner Dec 16 Holiday Dinner

Seniors' Dinners

Affordable and social dining at the James Bay Community Centre! Are you 55+ or retired and want a break from cooking meals, come to the James Bay Community Centre for a dining event **every Tuesday and Thursday evening at 5pm**. Meet new friends or bring along your own for a three course meal at an affordable cost. Whether you are new in town, just visiting, or a long time resident looking for a new experience, all are welcome. Monthly menus available at the Centre desk.

SPECIAL DINNERS: Sept 15 Season's First Dinner
Oct 8 Thanksgiving Feast Dec 9 Holiday Dinner

HEY! WHAT'S A COMMUNITY SCHOOL CENTRE?

The James Bay Community School Centre is a non-profit organization, incorporated in 1977. The Centre's primary focus is to provide the community of James Bay with affordable programs and services designed to meet the diverse needs of our community. The Community Centre is managed as part of the overall community education program by the James Bay Community School Society, an organization made up of active community volunteers.

The facility at 140 Oswego Street is shared by the Elementary School and the Community Centre. Services offered by the Community Centre include recreation and leisure programs, preschool and before and after school childcare, the Community Café, seniors' dinner programs and facility rentals. The physical connection with the Community School facilitates the integration of programs and services between the Centre and the School. As such, many of our rooms act as school classrooms during the day and venues for recreation and leisure programs during the

evenings and weekends. This unique relationship is made possible thanks to a partnership between the Greater Victoria School District, the City of Victoria and the James Bay Community School Society.

We invite you to visit us and discover the variety of workshops, programs and special events that the James Bay Community Centre has to offer. Our friendly staff will be happy to provide information on our programs and services and to assist you in choosing the activity that is right for you.



Committed to the Development of Community Partnerships

ADULT PROGRAMS

FITNESS & WELLNESS

Yoga

Hatha Yoga - Level One

In this class we will focus on breath awareness and physical sensation as a means of drawing our mind and body into harmony. Classes include warm-up, stretching, yoga postures, relaxation and muscle toning. All abilities welcome.

29349 Mon Sep 14-Oct 26* 6:30-8:00pm 6/\$50

*No class Oct 12

29350 Mon Nov 2-Dec 7 6:30-8:00pm 6/\$50

Hatha Yoga Flow - Level Two

A slightly more challenging version of our Level One class. This program is particularly suitable for those who have previously practiced yoga or those who are physically active.

29353 Wed Sep 16-Oct 21* 6:30-8:00pm 5/\$42

*No class Sep 30

29354 Wed Oct 28-Dec 2* 6:30-8:00pm 5/\$42

*No class Nov 11

Pilates

Pilates - Mat I

Learn exercises designed to improve core strength, balance, flexibility and posture. Pilates is a full body workout that develops long, lean and toned muscles.

29372 Thu Sep 17-Oct 29 6:30-7:25pm 7/\$49

29363 Thu Nov 5-Dec 17 6:30-7:25pm 7/\$49

Pilates - Mat II

For those who have taken a Pilates class before. This class will continue to develop long, lean muscles while increasing flexibility, coordination, core strength and posture.

29383 Thu Sep 17-Oct 29 7:30-8:25pm 7/\$49

29381 Thu Nov 5-Dec 17 7:30-8:25pm 7/\$49

Fusion

Balletone Sole Synthesis

Designed for the non-dancer, Balletone Sole Synthesis is a fabulous stand alone fusion class that seamlessly blends fitness, dance and yoga inspired movement for an incredible workout.

30108 Tue Sep 15-Oct 20 5:30-6:30pm 6/\$42

30109 Tue Nov 3-Dec 8 5:30-6:30pm 6/\$42

Alexander Technique

Bad neck or back? Joint aches? Voice problems? Improve the quality of your daily life by identifying harmful postural habits which may be the cause of stress and pain.

Introduction:

29394 Wed Oct 7 5:30-6:30pm 1/\$10

Application:

29402 Wed Oct 14-28 5:30-7:00pm 3/\$35

Acupressure Workshops

Acupressure for Neck and Shoulders

Learn how to release tension. These basic massage and acupressure techniques help with everyday neck and shoulder strain and enhance your ability to handle stressful days.

30104 Thu Oct 1 6:30-8:00pm 1/\$10

Acupressure for Happy Healthy Children

Learn techniques and acupressure points to treat common childhood conditions such as bedwetting, digestive complaints and respiratory problems. These safe and effective techniques help to strengthen the bond between parent and child, as well as promoting happy and naturally healthy children.

30105 Thu Nov 5 6:30-8:00pm 1/\$10

Tai Chi

Taoist Tai Chi

This ancient Chinese art form is beneficial for overall flexibility, strength and balance. The instructor's approach to these traditional teachings is playful so classes are relaxed, informal and fun. Instruction is tailored to each participant's needs and lifestyle.

29425 Wed Oct 7-Dec 2 7:00-8:30pm 8/\$56



CREATIVE ARTS

Comics

Comics and Cartooning for Adults

There is much to consider when making comics. In this class, students will learn a variety of art techniques and create their very own comic book! Imagination will be in full force with art projects focused on character design, inking, lettering, storytelling and more!

30097 Mon Sep 28 6:00-9:00pm 1/\$20

Multi-Media

Multi-Media for Budding Artists

In this adult art class we'll have fun drawing both realistic and abstract imagery, landscapes, people, animals and even cartoons. Students will explore a variety of mediums including watercolour, acrylic and pastels. Tap into your inner artist, explore and find your favourite medium while developing your own style and creating a portfolio of your art.

30098 Tue Sep 22-Oct 27 7:00-8:30pm 6/\$55

Drumming

Hand Drumming is Fun!

Join master drummer, Gary Cohen with Amber Woods in their step-by-step, easy to follow approach to drumming. All levels of skill and experience are welcome in this workshop. This class includes world rhythms, drumming games/techniques and great grooves. Drums provided.

30099 Tues Sep 22 7:00-8:30pm

1/\$20 (in advance) · 1/\$25 (on Sep 22)

30100 Tues Nov 17 7:00-8:30pm

1/\$20 (in advance) · 1/\$25 (on Nov 17)

Dance to the Rhythm

Come and learn how to play and move to the rhythms of the Middle-East. This is a multi-level workshop intended for anyone interested in exploring both the drumming techniques and movements at the heart of Middle-Eastern music. Drums provided.

30101 Wed Oct 21 7:00-8:30pm

1/\$25 (in advance) · 1/\$30 (on Oct 21)

DANCE

Belly Dance

This class will encourage creative self-expression within a number of different styles while exploring the history of belly dancing and its culture. A great way for grandmas, moms and daughters to share in a dance that has been passed down for centuries. Bring your hip scarf and sense of adventure.

Beginner:

29439 Wed Sep 16-Oct 21 5:30-6:30pm 6/\$48

29440 Wed Oct 28-Dec 9* 5:30-6:30pm 6/\$48

*No class Nov 11

Intermediate:

29461 Wed Sep 16-Oct 21 5:30-7:00pm 6/\$54

29462 Wed Oct 28-Dec 9 5:30-7:00pm 6/\$54

*No class Nov 11

Latin

This series of dance classes shows you how to move with grace learning the intricate rhythms of Latin music such as Salsa, Mambo and Cha-cha-cha. The emphasis is on footwork, patterns and style. These classes are fun and creative. Learn how to dance the Latino way! No partner required.

29534 Fri Sep 18-Oct 23 6:00-7:00pm 6/\$42

29535 Fri Nov 6-Dec 11 6:00-7:00pm 6/\$42

LANGUAGES

Spanish for Beginners

This course is designed for those who want to travel and learn basic vocabulary, grammar, pronunciation, as well as idioms and expressions you will need to travel in comfort. We will also cover cultural information and traditions in a fun, relaxed atmosphere.

29539 Tues Oct 6-Nov 24 7:00-8:30 pm 8/\$50

Spanish Continuing

If you have taken Spanish for Beginners and are ready for the next step then this class is for you. Instruction will focus on expanding your vocabulary and improving grammar, pronunciation, reading and writing skills. We will also work on using your language skills in an everyday setting.

29541 Thu Oct 1-Nov 19 7:00-8:30 pm 8/\$50

WEEKLY DROP-INS

Aerobics

Low Impact Aerobics

This is a mild to moderate level non-stress aerobic workout for those returning to fitness or just starting their fitness program. Sessions cover all of the basics focusing on simple choreography.

29405 Mon, Wed, Fri Sep 14-Dec 11 5:00-6:00pm 1/\$3

Sports

Badminton

Come play recreational level badminton. Games are co-ed. Please bring your own racquet.

29410 Thu Sep 17-Dec 10 7:00-9:00pm 1/\$3

Volleyball

Bump, set, spike and meet new people in a fun filled night of recreational volleyball.

29418 Mon Sep 14-Dec 7 7:00-9:00pm 1/\$3

OUTDOORS & NATURE

James Bay Walking Group

Explore the many parks, marine areas and other points of interest in the James Bay neighbourhood. Walks start from the James Bay Community Centre and will often include stops for coffee. Come join us and make new friends while exploring your community.

30095 Wed Sep 16-Dec 16 9:00-10:30am Free

Geocaching

Geocaching is an outdoor activity in which participants use a Global Positioning System (GPS) to hide and seek containers called caches. Victoria has one of the highest densities of caches in the world and many of them can be found right here in James Bay. This class will teach you all the basics to get started. Once you have your own GPS, this is an activity that costs very little and is an exciting way to discover new places and get your kids exploring the great outdoors.

30092 Sat Oct 3 9:30am-12:30pm

Adult \$15 · Family \$30

James Bay History Walk

Join local historian John Adams for a great neighbourhood tour. Start at the Community Centre and find out about the former estate of Senator Macdonald that stood where James Bay Community School and Macdonald Park are today. Discover where his castle used to be, then walk to Ogden Point to learn what was there before the breakwater and cruise ship terminal. Next walk along the shoreline past the Coastguard station which used to be one of BC's largest shipyards. Finish up at Fishermens Wharf Park which has been a major industrial site, a shipyard and a shanty town.

30096 Sat Oct 17 2:00-3:30pm

Adult \$12 · Family \$30

COOKING WITH CHEF SONJA

Veggie Burgers with a Gourmet Twist

Come learn some mouth-watering veggie burger recipes. Sonja will teach you how to make Lentil Walnut Burgers, Almond Rice Burgers and a Tofu Ginger Burger.

29826 Wed Sep 23 6:30-9:00 pm 1/\$42

Gourmet Vegetarian Soups

This class will outline the basic steps required to make delicious soups. You will learn recipes like a Yam, Leek and Almond Soup and a French Lentil and Squash Soup.

29827 Wed Oct 21 6:30-9:00 pm 1/\$42

Cooking for Food Sensitivities

Do you or someone in your family have an allergy to certain foods? Join Chef Sonja as we learn to make recipes without using dairy, eggs, gluten or sugar. Some of the recipes we will make are Almond Flour Muffins, sugar-free Yam & Walnut Cookies, a dairy free Cream Soup and a no-egg Tofu Quiche.

29828 Wed Nov 18 6:30-9:00 pm 1/\$42

Holiday Treats

Learn to make some healthier gourmet holiday sweets such as Halvah Shortbread, Cashew Crunch Balls and Mince Apple Tarts, all without refined sugar or wheat.

29829 Wed Dec 2 6:30-9:00 pm 1/\$42

Enjoy a meal at the end of each cooking class.

Make sure you bring containers in case of leftovers.

CHILD/YOUTH PROGRAMS

CREATIVE ARTS

Skateboard Design (10-17 years)

Bring your ideas and we'll supply the decks and all the guidance you'll need to create an awesome personally customized skateboard. Instruction will cover lettering, design, layout, composition and colouring.

Instructor: Tim Huesken

30102 Sat Nov 7 11:00am-4:00pm 1/\$30

Creative Club (8-13 years)

Get together with your friends and create some really cool art projects. Listen to music and have fun making paper mache sculptures, watercolour and pastel paintings, pen and ink drawings, chalk and oil pastel creations and much more. We'll make our own jewelry and a few surprise group projects too!

Instructor: Daisy Tattersall

30103 Tues Sept 22-Oct 27 3:30-4:30 pm 6/\$40

YOUTH GETAWAYS

Youth Getaways (9-13 years)

Friday night Youth Getaways return in October. Expect another line up of exciting activities. Sign up early as spaces will fill up quickly. More details at the Centre desk.

DANCE

Ballet Basics (5-7 years)

An introduction to the basics of classical ballet. Students will learn fundamental positions and steps and learn to dance with grace and elegance. Perfect for those new to ballet or as a continuation from Tiny Toes Ballet.

Instructor: Elizabeth Tinga

29573 Mon Sep 14-Oct 26* 3:15-4:00 pm 6/\$30

*No class Oct 12

29574 Mon Nov 2-Dec 7 3:15-4:00 pm 6/\$30

MARTIAL ARTS

Aikido for Children (5-7 years)

An introduction to the principles and basic movements of the Art of Aikido and its values of cooperation, self-discipline, peaceful conflict resolution and fun.

Instructor: Ming Woon

29571 Mon Sep 14-Nov 23 5:15-6:00pm 10/\$30

Kids Karate (6-12 years)

Wado style training and instruction by a highly qualified Sensei. A challenging but fun program that emphasizes physical fitness, self-confidence, discipline and self-defense skills rather than competition.

Chief Instructor: Greg Reid

29599 Tue,Thu Sep 15-Oct 1 5:30-6:30pm 6/\$21

29600 Tue.Thu Oct 6-Oct 22 5:30-6:30pm 6/\$21

29601 Tue,Thu Oct 27-Nov 12 5:30-6:30pm 6/\$21

29602 Tue,Thu Nov 17-Dec 3 5:30-6:30pm 6/\$21

PRESCHOOL PROGRAMS

SPORTS

Tot Soccer (3-5 years)

Grab your gear and join our energetic and knowledgeable coach. Boys and girls will learn basic skills of the game while having a ball. Parents are encouraged to participate.

Instructor: Bobby Kenny

29654 Mon Sep 14-Oct 26 1:00-1:45pm 5/\$21

STRONG START

StrongStart (Preschool Aged)

StrongStart BC is a free, drop-in early learning program for preschool-aged children accompanied by a parent or caregiver. A qualified early childhood educator leads learning activities including stories, music and art. This program is a great way to prepare children for kindergarten.

Registration Information:

Upon attending your first day of program, you will be asked to complete a registration form. Please bring your child's Birth Certificate when registering.

DANCE

Tiny Toes Ballet - Beginner (3-5 years)

An introductory dance class for the first timer. Learn rhythm, coordination, balance, jumping, skipping, basic ballet positions and movements.

Instructor: Elizabeth Tinga

29617 Tue Sep 15-Oct 20 12:45-1:30pm 6/\$30

29618 Tue Oct 27-Dec 1 12:45-1:30pm 6/\$30

Tiny Toes Ballet - Intermediate (4-5 years)

After Tiny Toes Ballet Beginner classes your child may be ready of this next level.

Instructor: Elizabeth Tinga

29621 Tue Sep 15- Oct 20 1:45-2:30pm 6/\$30

29622 Tue Oct 27-Dec 1 1:45-2:30pm 6/\$30

Jazz and Creative Dance (4-7 years)

A fun introduction to basic jazz steps and fun choreography. Students will also learn how to apply creative movements to upbeat music.

Instructor: Elizabeth Tinga

30106 Mon Sept 14-Oct 26* 4:15-5:00pm 6/\$30

*No Class Oct 12

30107 Mon Nov 2-Dec 7 4:15-5:00pm 6/\$30

MUSIC & CREATIVE ARTS

Shake Rattle & Roll (2-4 years)

A parent participation class bringing music, movement and fun together. You and your child will sing, dance and learn to play music and rhythms created with a variety of percussion instruments. Join us and learn new ways to shake, rattle and roll!

Instructor: Kim Denness-Thomas

29627 Fri Sep 25-Oct 16 11:00-11:45am 4/\$25

26415 Fri Oct 30-Nov 20 11:00-11:45am 4/\$25

Baby Picassos (1-3 years)

Art stations full of fun! This program is set up for you and your child to move from crafts and Play-Doh to art and circle time. Parent participation required.

29611 Wed Sep 16-Oct 7 10:00-11:00am 4/\$20

29612 Wed Oct 14-Nov 4 10:00-11:00am 4/\$20

29613 Wed Nov 18-Dec 9 10:00-11:00am 4/\$20

JAMES BAY COMMUNITY PRESCHOOL

The James Bay Community School Centre is pleased to offer you Licensed Preschool. Our ECE certified teacher will provide your preschooler (3-5 years) with an experience that nurtures their social, emotional, physical and intellectual growth.

Option A: Mon/Wed/Fri 9:15-11:45am [ages 4-5]
\$130 per month

Option B: Tue/Thu 9:15-11:45am [ages 3-4]
\$90 per month

Now taking registrations. Children must be toilet trained and at least three years of age. Childcare subsidy is available to those who qualify.



PROGRAM REGISTRATION

HOW TO REGISTER

- Pre-registration is required for all programs except those specified as a drop-in class.
- Payment is required at the time of registration.
- Participants can register in person using cash, cheque, credit or debit cards or over the telephone with a credit card or L.I.F.E. credits.
- Class sizes are limited and filled on a first-come-first serve basis so **PLEASE REGISTER EARLY TO AVOID DISAPPOINTMENT!**
- Decisions to run or cancel a program are generally made 2-5 days prior to the first class.
- Programs are cancelled or postponed if there are not enough registered participants.

OUR REFUND POLICY

- In order to receive a full refund, notice of withdrawal must be received 2 working days prior to the first class. Full refunds will also be issued if the Centre cancels a program.
- Partial refunds will be issued if participants withdraw giving less than 2 days notice. Under these circumstances, they will be refunded the full cost of the program, minus a \$7 administration charge.
- If participants withdraw after the program has begun, they will be refunded the pro-rated cost of the program minus an additional \$7 administration charge.
- The effective date of the withdrawal is the date the withdrawal notice is received by the Centre, regardless of the date the participant stopped attending the class.

DO YOU QUALIFY FOR PROGRAM SUBSIDY? The L.I.F.E. program provides a combination of annual credit and program savings to eligible individuals and families to use towards recreational programs. See page 4 for more details.

LICENSED OUT OF SCHOOL CARE

The James Bay Community School Centre offers the following Out-of-School Care services for children 5 - 12 years old



Wonder Club (5-7 years)

The name says it all; this licensed childcare program addresses the curiosity and high energy your child enjoys as they enter school for the first time. Our qualified staff, with patience and creativity, will focus on group socialization using activities that encourage and reward cooperative behaviors. Structured and unstructured play in combination with non-competitive games, story time and a variety of craft opportunities will enhance your child's creative, social, emotional and physical development.

Kindercare (5 years)

This convenient child care program provides exceptional care and development opportunities for your child before and after school. Our fantastic staff organize safe, fun and challenging activities. We provide direct pick-up and drop off between Kindercare and the classroom.

Blue Zone (7-9 years)

If you are in need of before and after school care and value a nurturing environment where guidance and direction are a must, look no further. Each month we offer a jam packed schedule of cool activities including out-trips, special guests, active play, sports, arts and crafts. Our qualified staff will patiently role-model healthy choices and decision making. After school can be a challenging time for elementary school age children - let us help.

Kid Zone (9-12 years)

Kid Zone is a very special club for those children who are on the road to becoming independent and more trustworthy. Our staff work hard to help them achieve this goal. The program is very much kid driven, providing program choices while encouraging healthy decision making. Kid Zone explores our James Bay community and beyond. The schedule is well stocked with exciting day trips in and around the Greater Victoria area.

Government subsidy is available for those families who qualify. For more detailed information contact: www.gov.bc.ca/mcf



FACILITY RENTALS

The James Bay Community School Centre is available for rentals of all sizes, occasions and budgets. Every year we host a wide variety of events from business meetings to family gatherings to weddings. For more information contact Susan by phone at 250-389-1470 or email at centredesk@jamesbaycentre.ca.

FIND US ON THE WEB

For details on our programs, services and special events visit our website at www.jamesbaycentre.ca. The James Bay Community School Centre is also now on Facebook. Become a Facebook fan and receive monthly updates on Centre events.

L.I.F.E. PROGRAM

Leisure Involvement For Everyone

The L.I.F.E. program provides a combination of annual credit and program savings to eligible individuals and families. These credits can be used towards recreation programs and services in all City of Victoria recreation facilities, as well as a number of neighbourhood community centres. Eligibility is based on household income. Application forms are available at the Centre desk. For more information contact Crystal Pool at 250-361-0732.

Successful applicants receive:

- \$40 credit for adult & preschool programs and \$60 credit for youth programs
- 52 Drop-in visits

JAMES BAY DAY SEPTEMBER 19 11AM-3PM

A celebration of creativity and community spirit with live music, free workshops, interactive games, a wide variety of tasty foods and much more. This year's entertainers include Jenny Ritter with Adrian Dolan, Mufaro Marimba and Masala. All festivities take place in the beautiful Irving Park, located at the corner of Michagan and Menzies Street. For more details or to volunteer, contact Alex at 250-389-1470.

DONATE WHILE YOU SHOP!



Do you shop at Thrifty's? Your purchases can help support our programs and services!

Buy your groceries with a Thrifty Foods Community Centre Smile Card and a percentage of your purchase will be donated to James Bay community School Centre. There's no cost to you.

Ask us for a Smile Card at the Centre desk. Thanks for your support!



CENTRE STAFF

Community School Coordinator
Darcy Topinka

Accounts Manager
Bonnie Dale

Nutrition Coordinator
Martin Gurney

Centre Attendant
Kat Ao

Program & Facility Coordinator
Alex Dominiak

Program Assistant
Susan Traill

Centre Attendant
Satya Varon

Centre Attendant
John Davis



JAMES BAY COMMUNITY SCHOOL CENTRE

140 OSWEGO STREET, VICTORIA BC V8V 2B1 PHONE: 250-389-1470 FAX: 250-383-7152 WWW.JAMESBAYCENTRE.CA