

James Bay Community Centre

140 OSWEGO STREET

WWW.JAMESBAYCENTRE.CA

250-389-1470

WINTER/SPRING PROGRAM & ACTIVITY GUIDE

JAN-JUN 2010



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NEW PROGRAMS STARTING THIS SEASON

Zumba Fitness • Acupressure • Akhanda Yoga & Meditation
Community Hockey Day • Cooking Classes • Music Sampler • Intro to Jazz Dance
Basic Camping Skills • Tot Rock • Guitar for Youth and Adults

COMMUNITY MEALS & EVENTS

Community Dinners

Join us for a first class meal in a relaxed community setting. Everyone is invited to these fun and affordable events. 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.

DINNERS: Souper Supper Jan 20 Mexican Dinner Apr 14

SPECIAL EVENTS: Olympic Hockey Warm-up Feb 21

Gallery Gala Apr 22 Community Picnic Jun 16

Seniors' Dinners

Affordable and social dining at the James Bay Community Centre! Are you 55+ 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**. Make 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: Valentine's Dinner Feb 11

Easter Feast Mar 30 Year End BBQ Jun 23

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 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

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

29351	Mon Jan 11-Feb 15	6:30-8:00pm	6/\$50
29352	Mon Feb 22-Mar 29	6:30-8:00pm	6/\$50
30196	Mon Apr 12-May 17	6:30-8:00pm	6/\$50

Flow Yoga

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.

27688	Wed Jan 13-Feb 17	6:30-8:00pm	6/\$50
27689	Wed Feb 24-Mar 31	6:30-8:00pm	6/\$50
30200	Wed Apr 7-May 19*	6:30-8:00pm	6/\$50

*No class Apr 28

Akhanda Yoga & Meditation (Morning Class) NEW!

A holistic and balanced yoga class including yoga postures, flow and breathwork, Yoga Nidra relaxation and mindfulness meditation. Beginners welcome.

30332	Tue Jan 26-Mar 2	9:30-11:00am	6/\$50
30333	Tue Mar 9-Apr 13	9:30-11:00am	6/\$50

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.

29365	Thu Jan 14-Mar 4*	6:30-7:25 pm	7/\$49
29364	Thu Mar 11-Apr 22	6:30-7:25 pm	7/\$49
30216	Thu May 6-Jun 17	6:30-7:25 pm	7/\$49

*No class Feb 11

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.

29380	Thu Jan 14-Mar 4*	7:30-8:25pm	7/\$49
29382	Thu Mar 11-Apr 22	7:30-8:25 pm	7/\$49
30226	Thu May 6-Jun 17	7:30-8:25 pm	7/\$49

*No class Feb 11

Fusion

Balletone Sole Synthesis

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

29388	Tue Jan 12-Feb 16	5:30-6:30pm	6/\$42
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Zumba Fitness NEW!

Join us for one of the world's fastest growing Latin dance-inspired fitness crazes. People of all ages are falling in love with its infectious music, easy-to-follow dance moves and body-sculpting benefits. Come dance to the rhythms of Salsa, Merengue, Mambo and other Latin beats. This is a fitness class you will not want to miss!

30330	Thu Jan 21-Mar 11*	4:30-5:30pm	7/\$49
30331	Thu Apr 8-May 27**	4:30-5:30pm	7/\$49

*No class Feb 11, **No class Apr 29

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

29395	Wed Jan 27	5:30-6:30pm	1/\$10
30230	Wed Apr 7	5:30-6:30pm	1/\$10

Application

29403	Wed Feb 3-Feb 17	5:30-7:00pm	3/\$35
30233	Wed Apr 14-Apr 28	5:30-7:00pm	3/\$35

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.

29426	Wed Jan 13-Mar 3	7:00-8:30pm	8/\$56
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Acupressure Workshops

Cold and Flu Acupressure + Home Remedies

Help yourself and your family stay happy and healthy this winter. Learn basic acupressure and massage techniques, as well as common remedies from your own cupboards.

30174	Thu Jan 28	6:30-8:00pm	1/\$10
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Head and Shoulder Acupressure

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.

30175	Thu Feb 25	6:30-8:00pm	1/\$10
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Acupressure for Lower Back Pain

Lower back pain is a common condition that effects people of all ages. This class will include techniques for relieving pain and tension, increasing range of motion and improving quality of life.

30176	Thu Mar 25	6:30-8:00pm	1/\$10
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Parent and Child Acupressure

Learn traditional massage techniques, as well as practical, cost-effective home remedies for common digestive and respiratory disorders. We encourage bringing your child or a partner to practice with. The focus will be on children between the ages of 3 and 6.

30177	Thu Apr 15	6:30-8:00pm	1/\$10
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Traditional Chinese Medicine:

First Aid for Athletic Injuries

Don't let sprains and strains get in the way of your active lifestyle. Promote rapid healing and prevent chronic pain by learning acute management of common injuries such as ankle sprains, knee dislocations, muscle strains and shoulder injuries.

30178	Thu May 27	6:30-8:00pm	1/\$10
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CREATIVE ARTS & DANCE

Multi-Media

Multi-Media for Budding Artists (of All Levels)

Tap into your inner artist, explore and find your favourite medium. We'll have fun drawing both realistic and abstract imagery, landscapes, people, animals and even cartoons. Students will explore a variety of art forms including watercolour, acrylic and pastels.

30187	Tue Jan 26-Mar 2	7:00-8:30pm	6/\$55
30189	Tue Apr 13-May 18	7:00-8:30pm	6/\$55

Music

Guitar Lessons NEW!

Learn to play simple arrangements of popular songs through the reading of music and basic classical techniques that can be applied to any style of music.

30335	Mon Jan 25-Mar 1	5:30-6:15pm	6/\$50
30336	Mon Apr 12-May 17	5:30-6:15pm	6/\$50

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 and great grooves. Drums provided.

30192	Tues Jan 26	7:00-8:30pm	1/\$20
30194	Tues Apr 13	7:00-8:30pm	1/\$20

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. Bring your hip scarf and sense of adventure.

29441	Wed Jan 13-Feb 17	5:30-6:30pm	6/\$48
29442	Wed Mar 3-Apr 7	5:30-6:30pm	6/\$48
30243	Wed Apr 21-May 26	5:30-6:30pm	6/\$48

Latin

This series of dance classes shows you how to move with grace. Students will learn 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.

29536	Fri Jan 15-Feb 19	6:00-7:00pm	6/\$42
29537	Fri Feb 26-Mar 26	6:00-7:00pm	6/\$42
30251	Fri Apr 9-May 14	6:00-7:00pm	6/\$42

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.

Mon, Wed, Fri	Jan 11-Jun 11	5:00-6:00pm	1/\$3
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Sports

Badminton

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

Thu	Jan 14-May 27	7:00-9:00pm	1/\$3
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Volleyball

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

Mon	Jan 11-May 31	7:00-9:00pm	1/\$3
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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 friends while exploring your community. New participants are always welcome.

Wed	Jan 6-May 26	9:00-10:30am	Free
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COOKING WITH CHEF SONJA

Sushi Making & Other Japanese Cuisine

In this class we will make Sushi, an Edamame Salad and a Shitake Teriyaki, which Sonja developed while working at Naam Restaurant. Bring your appetite and an apron.

30180	Wed Feb 3	6:00-8:30pm	1/\$42
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Italian Vegetarian

It can be hard to find authentic Italian vegetarian food. Over the years chef Sonja has developed one of the finest Vegetarian Lasagne recipes even if its not 100% traditional. Other recipes include Focaccia bread and Caesar Salad.

30181	Wed Mar 3	6:00-8:30pm	1/\$42
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Potluck Hits!

Don't know what to bring to the potluck? Chef Sonja has some delightful vegetarian options to make for shared dinners or potlucks. These recipes are relatively quick to make. The menu includes Sweet and Sour Tempeh, Sesame Savoury Tofu Balls with a Miso Cashew Gravy, a Moroccan Quinoa and an Almond and Apricot Salad. There will be some hands on in this class.

30183	Wed Apr 7	6:00-8:30pm	1/\$42
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Mexican Vegetarian

Come and spend time with the chef and learn some marvellous Mexican recipes. The menu includes Smoked Tofu and Pinto Bean Enchiladas, a Black Bean, Orange and Chipotle Soup, a Mole (chocolate) Sauce that's served on chicken or tofu and a fresh salsa. Enjoy a meal at the end of the class or bring some containers and take food home. Recipes will be supplied.

30184	Wed May 5	6:00-8:30pm	1/\$42
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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.

29538	Thu Jan 14-Mar 4	7:00-8:30pm	8/\$50
30256	Tue Apr 6-May 25	7:00-8:30pm	8/\$50

Spanish Continuing

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

29542	Tue Jan 12-Mar 2	7:00-8:30pm	8/\$50
30257	Thu Apr 8-May 27	7:00-8:30pm	8/\$50



CHILD/YOUTH PROGRAMS

CREATIVE ARTS

Creative Club (8-13 years) **NEW!**

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.

30270 Tue Jan 26-Mar 2 3:15-4:15pm 6/\$35

Guitar Lessons for Children (7-11 years) **NEW!**

Guitar instruction in a fun class setting! No prior knowledge or experience necessary. Instruction will cover reading music, tuning methods, basic theory, single string playing and finger strengthening exercises that will give kids the tools to play simple songs from rock to classical.

30337 Mon Jan 25-Mar 1 3:30-4:15pm 6/\$50

30338 Mon Apr 12-May 17 3:30-4:15pm 6/\$50

Guitar Lessons for Teens (12-15 years) **NEW!**

Learn to play simple arrangements of popular songs through the reading of music and basic classical techniques that can be applied to any style of music. Please bring your guitar.

30339 Mon Jan 25-Mar 1 4:30-5:15pm 6/\$50

30340 Mon Apr 12-May 17 4:30-5:15pm 6/\$50

DANCE

Ballet Basics (5-7 years)

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

29575 Mon Jan 18-Feb 22 3:15-4:00pm 6/\$30

29576 Mon Mar 22-May 3* 3:15-4:00pm 6/\$30

*No class April 5 (Easter Monday)

Intro to Jazz Dance (6-8 years)

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

30159 Mon Jan 18-Feb 22 4:15-5:00pm 6/\$30

30160 Mon Mar 22-May 3* 4:15-5:00pm 6/\$30

*No class April 5 (Easter Monday)

ADVENTURES

Basic Camping Skills **NEW!**

Meet us at the Boys & Girls Club's Metchosin Wilderness Camp for a family afternoon of outdoor learning. The program will cover tents, site-selection, campfire construction, camp cooking, family games and pre-trip considerations. Youth under 9 are free.

30329 Sun Apr 11 11:00am-3:00pm 1/\$25

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.

29572 Mon Jan 11-Mar 29* 5:15-6:00pm 10/\$30

30327 Mon Apr 12-Jun 21** 5:15-6:00pm 10/\$30

*No classes Mar 8 & 15 (Spring Break)

**No class May 24 (Victoria Day)

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.

29603 Tue, Thu Jan 12-Jan 28 5:30-6:30pm 4/\$21

29604 Tue, Thu Feb 2-Feb 18 5:30-6:30pm 4/\$21

29605 Tue, Thu Feb 23-Mar 11 5:30-6:30pm 4/\$21

29606 Tue, Thu Mar 23-Apr 8 5:30-6:30pm 4/\$21

30273 Tue, Thu Apr 13-Apr 29 5:30-6:30pm 4/\$21

30274 Tue, Thu May 4-May 20 5:30-6:30pm 4/\$21

Community Olympic Hockey Warm-up (Ages 8+)

Join the James Bay team as we challenge our friends from Fairfield to an exciting afternoon of ball hockey. Both youth and adults are encouraged to take part.

30345 Sun Feb 21 12:00-3:00pm Free

PRESCHOOL PROGRAMS

ART

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.

Instructor: Nikki Hunt

29614 Wed Jan 13-Feb 3 10:00-11:00am 4/\$20

29615 Wed Feb 10-Mar 3 10:00-11:00am 4/\$20

30168 Wed Mar 24-Apr 14 10:00-11:00am 4/\$20

30169 Wed Apr 21-May 12 10:00-11:00am 4/\$20



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

29619 Tue Jan 19-Feb 23 12:45-1:30pm 6/\$30

30158 Tue Mar 23-Apr 27 12:45-1:30pm 6/\$30

30282 Tue May 4-Jun 8 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

29623 Tue Jan 19-Feb 23 1:45-2:30pm 6/\$30

29624 Tue Mar 23-Apr 27 1:45-2:30pm 6/\$30

30286 Tue May 4-Jun 8 1:45-2:30pm 6/\$30

MUSIC

Tot Rock (2-4 years) **NEW!**

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.

Instructor: Pamela Smirl

29629 Fri Jan 15-Feb 5 11:00-11:45am 4/\$30

29630 Fri Feb 12-Mar 5 11:00-11:45am 4/\$30

30290 Fri Apr 9-Apr 30 11:00-11:45am 4/\$30

Music Sampler (3-5 years) **NEW!**

We will explore musical activities, songs, musical instruments, dance movement, dramatic play and storytelling. New instrumental family introduced each week. Fee includes all course materials.

Instructor: Pamela Smirl

30341 Fri Jan 15-Feb 5 11:45-12:15pm 4/\$35

30342 Fri Feb 12-Mar 5 11:45-12:15pm 4/\$35

30343 Fri Apr 9-Apr 30 11:45-12:15pm 4/\$35

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.

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

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.

Camps (5-12 years)

Spring Break Mar 8-19 \$25/Day
Registration begins Feb 15 - Please sign-up early!
Summer Camp Jul 5-Sep 3 \$25/Day
Registration begins Jun 1

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 at 250-389-1470 or 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 and preschool programs and \$60 credit for youth programs
52 Drop drop-in visits

JAMES BAY COMMUNITY PICNIC JUNE 16 3:30-7:00PM

This year marks the 10th anniversary of the James Bay Community Picnic! Come join us for an afternoon of fun for the whole family. Participants can enjoy live music and entertainment; delicious and affordable food; fantastic games and crafts and a chance to bid on some wonderful silent auction items.

DONATE WHILE YOU SHOP!



Do you shop at Thrifty's? Get a Smile Card from the Centre Desk and 5% of 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.

CENTRE STAFF

Community School Coordinator
Darcy Topinka

Accounts Manager
Bonnie Dale

Nutrition Coordinator
Martin Gurney

Centre Attendant
Chloe Markgraf

Program & Facility Coordinator
Alex Dominiak

Program Assistant
Susan Traill

Centre Attendant
Satya Varon

Centre Attendant
Tamoia Nakashima



JAMES BAY COMMUNITY SCHOOL CENTRE

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