

## CHILD AND YOUTH ACTIVITIES

<b>3-5 YEARS – CREATIVE CRAFTS</b>	Explore age appropriate arts and crafts.					
		Dates	Day	Time	Member	Non-Member
		September 12-October 31 November 7-December 19	Sunday	1:00-1:50 pm	Included	8/\$48 6/\$36
<b>3-5 YEARS – CREATIVE DANCE</b>	Explore creative movement to music. We will work on developmental, coordination and balance skills.					
		Dates	Day	Time	Member	Non-Member
		September 11-October 30 November 6-December 18 September 12-October 31 November 7-December 19	Saturday Sunday	10:00-10:50 am <b>or</b> 11:00-11:50 am 12:00-12:50 pm	Included Included	8/\$48 7/\$42 8/\$48 6/\$36
<b>3-5 YEARS – RECREATIONAL GYMNASTICS</b>	Learn fun and challenging gymnastics skills at a recreational level.					
		Dates	Day	Time	Member	Non-Member
		September 11-October 30 November 6-December 18	Saturday	10:00-10:50 am	Included	8/\$48 7/\$42
<b>6-8 YEARS – CREATIVE CRAFTS</b>	Put your imagination to work with fun arts and crafts projects.					
		Dates	Day	Time	Member	Non-Member
		September 7-October 26 November 2-December 14	Tuesday	3:30-4:20 pm	Included	8/\$48 7/\$42
<b>6-8 YEARS – CREATIVE DANCE</b>	Learn how to move and groove with Ballet and Jazz or Hip Hop.					
	Course Title	Dates	Day	Time	Member	Non-Member
	Hip Hop	September 13-October 25 November 1-December 13	Monday	4:00-4:50 pm	Included	6/\$42 7/\$42
		September 11-October 30 November 6-December 18				8/\$48 7/\$42
	Ballet & Jazz	September 12-October 31 November 7-December 19	Sunday	2:00-2:50 pm	Included	8/\$48 6/\$36
<b>6-8 YEARS – RECREATIONAL GYMNASTICS</b>	Learn fun and challenging gymnastics skills at a recreational level.					
		Dates	Day	Time	Member	Non-Member
		September 11-October 30 November 6-December 18	Saturday	11:00-11:50 am	Included	8/\$48 7/\$42
<b>6-8 YEARS – SQUASH</b>	Learn how to play the fast and exciting game of squash.					
		Dates	Day	Time	Member	Non-Member
		September 11-October 30 November 6-December 18	Saturday	12:00-12:50 pm	Included	8/\$48 7/\$42

**REGISTRATION FOR SEPTEMBER 9 TO OCTOBER 31 SESSION STARTS AUGUST 9**  
**REGISTRATION FOR NOVEMBER 1 TO DECEMBER 19 SESSION STARTS OCTOBER 4**

**Classes will be cancelled 48 hours prior to start date if insufficient registration is received.**

**Don't delay — register today!**

No classes on statutory holidays

[www.victoriay.com](http://www.victoriay.com)

Charitable Registration No. 10822-5566-RR0001

Downtown Y  
 851 Broughton Street, Victoria BC V8W 1E5  
**Phone: 250.386.7511 Fax: 250.380.1933**

<b>9-12 YEARS – RECREATIONAL GYMNASTICS</b>	Have fun improving your flexibility, balance and gymnastics skills using beam, floor and other apparatus.					
	Dates	Day	Time	Member	Non-Member	
	September 11-October 30 November 6-December 18	Saturday	12:00-12:50 pm	Included	8/\$48 7/\$42	
<b>9-12 YEARS – BASKETBALL</b>	Improve your basketball skills through drills and games from our certified coach.					
	Dates	Day	Time	Member	Non-Member	
	September 12-October 31 November 7-December 19	Sunday	12:00-12:50 pm	Included	8/\$48 6/\$36	
<b>9-12 YEARS – CREATIVE DANCE</b>	Learn how to move and groove with Ballet and Jazz or Hip Hop.					
	Course Titles	Dates	Day	Time	Member	Non-Member
	Ballet & Jazz	September 11-October 30	Saturday	11:30 am-12:20 pm	Included	8/\$48
		November 6-December 18				7/\$42
	Hip Hop	September 12-October 31	Sunday	1:00-1:50 pm	Included	8/\$48
November 7-December 19		6/\$36				
<b>9-12 YEARS – HOME ALONE</b>	This workshop will teach children about staying safe when they are at home alone. Topics include dealing with strangers, snack and meal preparation, home and fire safety, emergency procedures and first aid. This course does not certify participants to babysit other children.					
	Dates	Day	Time	Member	Non-Member	
	September 12 November 14	Sunday	9:00 am-1:00 pm	Included	1/\$30	
<b>9-12 YEARS – RACQUETBALL</b>	Learn a new sport or improve your racquetball skills.					
	Dates	Day	Time	Member	Non-Member	
	September 11-October 30 November 6-December 18	Saturday	9:30-10:15 am	Included	8/\$48 7/\$42	
<b>9-12 YEARS – SQUASH</b>	Learn how to play the fast and exciting game of squash.					
	Dates	Day	Time	Member	Non-Member	
	September 11-October 30 November 6-December 18	Saturday	11:00-11:50 am	Included	8/\$48 7/\$42	
<b>9-14 YEARS – DISCOVERING FITNESS FOR GIRLS</b>	Join other girls in a fun and supportive environment and try a variety of fitness classes, sports and activities, such as Nia, bootcamp, aquafit and much more!					
	Dates	Day	Time	Member	Non-Member	
	September 8-October 27 November 3-December 15	Wednesday	4:00-4:50 pm	Included	8/\$48 7/\$42	
<b>13-17 YEARS – YOGA</b>	Try this yoga class specially designed for teens to experience the benefits of yoga for improving strength, flexibility, and balance. Join our encouraging and positive instructor for an hour of dynamic poses that will leave you feeling stretched, toned, and fantastic! All levels are welcome and encouraged to join – your mind and body will thank you!					
	Dates	Day	Time	Member	Non-Member	
	September 10-October 29 November 5-December 17	Friday	4:00-4:45 pm	Included	8/\$56 7/\$49	

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