

YOUTH ACTIVITIES (AGES 8-17 YRS)

DROP-IN



FLIPOUT FRIDAYS (9-12 YRS)

Come hang with your friends or make new ones on Friday nights at Oaklands Community Centre. Dodge ball, baking, field games, crafts, out trips are just a few of the activities you can expect! We provide a fun, safe and welcoming environment for youth to participate in favourite activities and try new ones. Youth help plan the activities! For a current monthly schedule check out our website's calendar and 'like' our Oaklands Community Centre Youth Facebook page. Special out trips may cost up to an additional \$10. No FlipOut Fridays on STAT holidays.

Oaklands Community Centre		Drop-In/\$5
F	Sep 22–Dec 15	6:15–9 pm
F	Jan 19–Mar 23	6:15–9 pm

FLOOR HOCKEY (9-17 YRS)

Come to Oaklands Elementary School gym and make new friends as you practice your hockey skills off the ice. Equipment is provided, just bring a pair of non-marking shoes and some energy! No games on Pro-D days or schools holidays. Check out oaklandscommunitycentre.com/calendar for updates. Parents welcome to participate, and food donations welcome.

Oaklands Elementary School Gym		FREE
F	Sep 22–Dec 15	4:30–6 pm
F	Jan 19–Mar 23	4:30–6 pm

HEALTH AND WELLNESS

KIDS AT TENNIS SOCIETY (KATS) TENNIS LESSONS (9-13 YRS)

Using Tennis Canada's progressive tennis, approach we supply smaller racquets and courts, lower nets and low compression balls. All of these are designed to help kids begin to develop confidence in their ability to hit the ball and allows them to be successful very quickly. This program is sponsored by KATS and free for those participants who qualify. L.I.F.E. program members are pre-qualified. This course is held at Oaklands Park Tennis Courts (on Kings Road).

Oaklands Community Centre		6/FREE
9-13 YRS		
54505	Th Sep 7–Oct 12	5–6 pm



YOUTH ACTIVITIES (AGES 8-17 YRS)

YOGA FOR YOUTH (8-12 YRS)

Youth will be introduced to poses, sequences and breathing exercises that will help boost confidence, strengthen the body and improve posture. Participants will leave this class with a yoga toolbox to help manage stress and tension. This class will also explore partner yoga, meditation and yoga games.

Oaklands Community Centre 8/\$72, Drop-in \$11

54538 Su Sep 24–Nov 26 11-11:45 am

54871 Su Jan 21–Mar 18 11–11:45 am

*No Class Oct 8, Nov 12, and Feb 11



LEARN FOR LIFE

HOME ALONE (9–12 YRS)

A program that teaches children to be more confident and capable, should they find themselves home alone. Topics include safety in the home, stranger awareness, fire prevention, internet safety and injury prevention.

Oaklands Community Centre 1/\$25

54637 M Sep 25 6-8 pm

54638 M Nov 27 6-8 pm

54639 W Jan 29 6–8 pm

54640 W Feb 26 6–8 pm

RED CROSS BABYSITTING COURSE (11–14 YRS)

A certified Red Cross program for prospective babysitters! This fun, educational and interactive course will include: the basics of babysitting, safety procedures, activities for young children, steps to handle emergencies and more. The class culminates with a test and certificate upon completion. Please bring a lunch, note pad and pen to class. This course is held at Oaklands Chapel - 2736 Fernwood Road.

Oaklands Chapel

1/\$50

54713 M Sep 18

9 am–4 pm

54714 F Oct 20

9 am–4 pm

54715 F Nov 24

9 am–4 pm

54716 F Feb 23

9 am–4 pm



SPECIAL EVENTS

GLow SNOW BALL YOUTH WINTER DANCE (9–14 YRS)

It's the seventh annual youth winter dance! Black lights, a giant wall of white canvas and glow in the dark paint wait for your artistic flair. Wear white, bring your friends and come dance the night away! Live DJ, group activities, lots of prizes, concession, and much more! Register by calling 250-370-9101

Oaklands Community Centre

1/\$5

54619 F Dec 8

7–9 pm