

# CHILDRENS ACTIVITIES (AGES 4-8 YRS)

## ARTS - CREATIVE & PERFORMING

### BALLET (4-5 YRS)

Bring a tutu and watch your tiny dancer learn basic ballet steps while developing balance, coordination, and confidence. In this class, your child will explore the tremendous movement possibilities of their bodies-jumping, bending, stretching and skipping while developing the skills needed for more formal ballet study. Instructor: Westcoast Academy of Performing Arts

**Oaklands Community Centre**      **9/\$81**  
53804 Sa Apr 22-Jun 24      9:45-10:30 am

\*No Class May 20

### HIP HOP (4-5 YRS)

Infuse your 'lil hip hopper's dance move repertoire with some style. In this class, your child will learn hip hop to funky child-friendly beats. This is a great starter class for your child to explore the wonderful world of dance in a fun environment.

Instructor: Westcoast Academy of Performing Arts

**Oaklands Community Centre**      **9/\$81**  
53813 Sa Apr 22-Jun 24      10:30-11:15 am

\*No Class May 20

## HEALTH AND WELLNESS

### SPORTBALL MULTI-SPORT (4-6 YRS)

Refine, rehearse, repeat. Multi-Sport classes are the heart of the Sportball programming. Coaches focus on the basic skills common to all sports, like balance, coordination, stamina, and timing, in a fun, supportive, non-competitive setting that emphasizes teamwork. Each class focuses on one of 8 different popular ball sports.

**Oaklands Community Centre**      **8/\$112**  
53891 Sa Apr 22-Jun 17      10:30-11:30 am

**Oaklands Community Centre**      **7/\$98**  
53890 Sa July 8-Aug 26      10:30-11:30 am

\*No Class May 20 & Aug 5

### SPORTBALL OUTDOOR SOCCER (4-6 YRS)

Develop skills and learn new techniques focusing on soccer. Children are taught fundamental concepts of gameplay including throw-ins, dribbling, trapping, passing, goalie skills and more. This is a non-competitive program promoting confidence, self-esteem and teamwork for those kids looking for fun, not competition. Spring price includes a Sportball jersey. Summer includes the jersey and a soccer ball.

**Oaklands Community Centre**      **6/\$99**  
53897 Th Apr 6-May 11      6-7 pm  
53898 Th May 18-June 22      6-7 pm

**Oaklands Community Centre**      **9/\$146**  
53899 Th July 6-Aug 31      6-7 pm



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## YOGA FOR FAMILIES (3-7 YRS)

Enjoy this fun opportunity to play with your kids while learning poses and games that can be revisited in your day to day life. Learn how to engage your kids in yoga games, moving to music, breathing exercises, relaxation exercises, and partner yoga. Instructor: Sarah Bolen

**Oaklands Community Centre** 5/\$45 or Drop-in \$11  
53849 Su Apr 23-May 28 10-10:45 am

\*No class May 21



## KIDS AT TENNIS SOCIETY (KATS) TENNIS LESSONS (5-8 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. Please contact our Centre for registration forms.

**Oaklands Park Tennis Courts (on Kings road) 10/FREE**  
53878 Th Apr 20-Jun 22 4-5 pm  
53876 Th Jun 29-Aug 31 4-5 pm



# HILLSIDE coffee and tea



*Your Oaklands Neighbourhood Coffee Shop*

*Lattes/Cappuccinos  
Organic Espresso  
Fruit Smoothies  
Gluten Free Options  
Chillers  
Children's Play Area*



*Organic Coffee  
Organic Tea  
Licensed Patio  
Iced Coffee  
Iced Tea  
Homemade Baking*

**103-1633 Hillside Ave., Victoria (across from Hillside Mall)**