

# YOUTH ACTIVITIES (AGES 9-17 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 Fridays on our Google 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. Nights with three or less youth dropping in are subject to cancellation.

**Oaklands Community Centre** **Drop-In/\$5**  
Fridays 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, STATS, school holidays, Mar 24, Mar 31, Apr 14, Apr 21 & May 26. Check our Google calendar for updates by visiting [oaklandscommunitycentre.com/calendar](http://oaklandscommunitycentre.com/calendar). Parents welcome to participate, and food donations welcome.

**Oaklands Elementary School Gym** **FREE**  
Fridays Jan 6 - Jun 30 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. Please contact our Centre for registration forms.

**Oaklands Park Tennis Courts (on Kings road) 10/FREE**  
53879 Th Apr 20-Jun 22 5-6 pm  
53877 Th Jun 29-Aug 31 5-6 pm

### 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.  
Instructor: Sarah Bolen

**Oaklands Community Centre** **5/\$45 or Drop-In \$11**  
53851 Su Apr 23-May 28 11-11:45 am

\* No class May 21.



# YOUTH ACTIVITIES (AGES 8-17 YRS)

## OUTDOOR PURSUITS

### OUT AND ABOUT (13-16 YRS)

We've got your Friday nights covered! Out and About focuses on getting teens aged 13-16 yrs out to group activities, events, nature spots and community hubs all over Victoria. A schedule for Spring and early Summer will be available on our website and calendar.

**Oaklands Community Centre**      **Drop-in/\$5**  
F      Jan 6-Jun 30      6:45-9:30 pm

### OAKLANDS YOUTH OUTDOOR TRIPS (9-14 YRS)

Once a month, well trained outdoor adventure staff will take your teens on full day nature adventures beyond city borders. Opportunity for play and exploration will be paired with facilitated games and outdoor skill instruction. All days start and end at Oaklands Community Centre and teens will be transported on our bus. Please provide a snack and lunch.

**East Sooke Park**      **1/\$15**  
53956 Sa Apr 22      10 am-4 pm

**Sombrio or Mystic Beach**      **1/\$15**  
53957 Sa May 20      10 am-4 pm

**Sooke Potholes**      **1/\$15**  
53958 Sa Jun 17      10 am-4 pm

## LEARN FOR LIFE

### 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. Instructor: Julie Spooner

**Oaklands Chapel**      **1/\$45**  
53132 F May 19      9 am-4 pm



## Category 1 Cleaning

[www.category1cleaning.ca](http://www.category1cleaning.ca)

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