

RED CROSS BABYSITTING

RED CROSS BABYSITTING TRAINING

11-15 yrs

This fun and interactive Red Cross certification course teaches the basics of child care including: the business of babysitting, caring for babies, toddlers, preschoolers, and school age children. You will learn how to create safe environments and how to handle basic first aid situations. The Red Cross manual is included. Students must attend all classes. Participants must be 11yrs old by first day of course, or completed grade 5.

Neighbourhood Learning Centre

Jan 19-26	Sat	12-5pm	\$75/2	39772
Feb 23-Mar 2	Sat	12-5pm	\$75/2	39773
Mar 18-21	Mon,Thu	9:30am-noon	\$75/4	39774
Mar 25-28	Mon,Thu	1-3:30pm	\$75/4	39777

BRONZE MEDALLION & CROSS COMBINATION COURSE

13 yrs+

In this intensive course, candidates will have the opportunity to earn their Bronze Medallion, Bronze Cross and CPR C. Challenges include: an 18 minute 600 m swim, shallow water rescues, management of spinal injuries and CPR. The Canadian Lifesaving Manual (required text) may be purchased at OBRC Reception. 100% attendance required. Pre-requisites: 13 years of age by last day of course, or successful completion of Bronze Star by first day of course.

Mar 18-22	M-F	8:45am-5pm	\$306/5	39604
Apr 24-May 29	Mon,Wed	5:30pm-9:30pm	\$306/10	39613

NATIONAL LIFEGUARD AWARD

16 yrs+

See Advanced Aquatics on page 68 for information and more dates

Mar 25-29	M-F	8:30am-6pm	\$347/5	39658
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LEADERSHIP TRAINING



GETTING THE LEADING EDGE - LEADERS IN TRAINING SPORTS DEPARTMENT

10-18 yrs

Get the Leading Edge, with Leaders in Training! This course includes basic job preparation skills with a focus on retail, cash and customer service. Workshops include resume and cover letter writing, mock interviews, behavior management strategies, and lesson planning. Upon completion of this course, youth will have the opportunity to gain up to 30 hours of valuable work/volunteer experience in the Sports Department at Recreation Oak Bay. Work shift options include shadowing employees during public skates as cashier, skate shop attendant and skate patrol. Learn to Skate lessons, Indoor Sports Field and Youth Centre birthday parties and Playtime childminding are other options. This course is desirable when applying for a recreation job and/or for the Summer Youth Internship Program ages 15-18 yrs. A t-shirt is included in the cost of the program and should be worn by the youth during their volunteer hours.

Neighbourhood Learning Centre

Feb 2-9	Sat	1-5pm	\$113/2	37672
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YOUTH CENTRE

Ages 11-18 years

in the Neighbourhood Learning Centre
(attached to Oak Bay High School)

This is a safe supervised place for youth to hang out, study or burn off energy!

Open Monday through Friday during the school year
(Drop-in closed on Stats, Pro-D-Days and holidays)

DROP-IN TIMES END JUNE 6

- Mondays: 12-1pm and 3-5pm
- Tuesdays: 12-1pm
- Wednesdays: 12-1pm and 3-5pm
- Thursdays: 12-1pm
- Fridays: 11:15am-12:15pm and 2-4pm

recreation.oakbay.ca

A great place for a birthday party!



WORKSHOPS

HAPPY: HOME ALONE PROGRAM PREPARING YOUTH 9-12 yrs

The before and after school times or occasional outing for parents are easily dealt with when youth are HAPPY, Home Alone Program Preparing Youth! This program, designed by Kathleen Lee, focuses on home and personal safety, and emergency procedures for situations that could occur when youth are home alone.

A resource booklet with worksheets and tips, plus a parent and guardian handout is sent home with registrants.

Henderson Recreation Centre			Kathleen Lee	
Feb 3	Sun	1-4pm	\$36/1	39408
Apr 7	Sun	1-4pm	\$36/1	39409



Also see the Aquatics, Golf, Skating, and Tennis sections for more youth programs.

YOUTH FITNESS ORIENTATIONS

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YOUTH WEIGHT ROOM ORIENTATION

13-16 yrs

This 2 hour orientation for youth ages 13-16 years will provide you with an introduction to using the weight room in your recreation centre. Upon completion of this course, participants will be permitted access to the following weight rooms: Oak Bay Recreation Centre, Esquimalt Recreation Centre, City of Victoria Recreation Centre, Saanich Recreation Centre and Westshore Recreation Centre. Participants will be given a credit towards the teen orientation program at Panorama Recreation Centre. Please note: check rules, guidelines and rates of the weight room you plan on attending-specific centre rules may apply.

Oak Bay Recreation Centre

Rita Irwin

Jan 12	Sat	2-4pm	\$26/1	39793
Feb 9	Sat	2-4pm	\$26/1	39795
Feb 23	Sat	2-4pm	\$26/1	40064
Mar 16	Sat	2-4pm	\$26/1	40194
Apr 13	Sat	2-4pm	\$26/1	40196

YOUTH FITNESS EDUCATION 101

13-16 yrs

Are you a teen who is interested in health, fitness or learning more about how to improve your workouts? This program is designed for teens who have an interest in the basics of fitness such as anatomy, physiology, nutrition and proper technique. Each session will include some theory as well as practical activities. Please note, this course will also provide youth ages 13 and 14 with a pass that allows them to use the fitness centres during staff attended times. The pass will also be honoured at other local recreation centres (specific facility rules apply).

Oak Bay Recreation Centre

Mar 18-22	M-F	2:30-4pm	\$67/5	39787
Mar 25-29	M-F	2:30-4pm	\$67/5	39789

Birthday Parties

on the Indoor Sports Field



Laser Tag

Fun!

Bubble Soccer

NERF shooters



Dodgeball

See page 9 for more information