

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. Manual included. Students must attend all classes. Participants must be 11yrs old by first day of course, or completed grade 5.

Neighbourhood Learning Centre

Oct 19-Oct 26	Sat	1-5pm	\$77/2	54022
Nov 30-Dec 7	Sat	1-5pm	\$77/2	54023



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

Oct 12-19	Sat	1-5pm	\$116/2	56065
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YOUTH CENTRE

*in the Neighbourhood
Learning Centre*

*(attached to
Oak Bay High School)*

FREE Monthly Event!

Ages 11-18 years

Check Youth Centre Board and Website for details!

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 STARTS SEPTEMBER 9

- Mondays: 11:45am-12:45pm & 3-4:30pm
- Tuesdays: 11:45am-12:45pm
- Wednesdays: 11:45am-12:45pm & 3-4:30pm
- Thursdays: 11:45am-12:45pm
- Fridays: 1:45pm-4pm

FREE - Grilled Cheese Friday! EVERY FRIDAY!

recreation.oakbay.ca

A great place for a birthday party!





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	
Sep 22	Sun	1-4pm	\$37/1	55399
Oct 20	Sun	1-4pm	\$37/1	55400
Nov 24	Sun	1-4pm	\$37/1	55401

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

YOUTH WEIGHT ROOM ORIENTATION

13-16 yrs

This 2 hour orientation for youth ages 13-16 years will provide youth with an introduction to safely use the weight room. Etiquette and basic workout parameters will be covered and 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. Youth can enter the the Oak Bay Recreation weight room with a parent present or when an attendant is on duty after completing this course. Specific rules may apply at different recreation centres.

Oak Bay Recreation Centre			Rita Irwin	
Sep 14	Sat	2-4pm	\$27/1	54872
Oct 19	Sat	2-4pm	\$27/1	54873
Nov 9	Sat	2-4pm	\$27/1	54874
Dec 14	Sat	2-4pm	\$27/1	54875



Birthday Parties

on the Indoor Sports Field



Bubble Soccer

Lazer Tag

Fun!

NERF shooters



Dodgeball

See page 10-11 for more information