Program Cancelled?
Sadly, excellent programs are sometimes cancelled when people wait until last minute to register. We need to make decisions three to five days prior to the start date of our programs to allow for proper preparation. Please register early to avoid disappointment.

Contact Us
Have a program idea? Let us know and we can work together.

Katherine Salmons
Adult Programs
ksalmons@westshorerecreation.ca

ARS & CRAFTS

Drop In Pottery
16 Years and up
For those with previous pottery experience who are comfortable working independently in the studio. An attendant will be on duty but instruction is not provided. Passes and clay can be purchased at reception.

JDF POTTERY STUDIO
Monday* & Thursday* 10 AM-4 PM
Tuesday* & Sunday 12-4 PM
Wednesday & Friday 3-9 PM
Studio will be closed on Sundays of long weekends and all stat holidays, plus July 22 & 24 and August 2-4 for maintenance shutdown.

*Monday, Tuesday and Thursday drop-in will run from 2-6 pm from July 3-29 due to summer camps.

PASSES
$80 for 20 hours
$25 for 1 month unlimited
$135 for 6 month unlimited

CLAY $30 for a ½ box, includes firing and glazes. To prevent damage to other pieces and equipment, only clay sold and used in the studio is permitted. Kiln firing is reserved for product made in our studio.

Potters and Beginners Throwing
Enjoy and explore different throwing techniques while learning to wedge and center clay on the wheel. This class is for beginners and focuses on making functional pottery such as mugs, bowls, plates & more.

INSTRUCTOR: Esther Drone

Watercolours
Beginners will learn about materials, composition, design, colour and medium control and techniques. Experienced watercolourists will be challenged to further their skills. Each session is a paint-along demo of skies, water, snow, trees and mountains. Take home a completed painting at the end.

INSTRUCTOR: Ed Araquel

Zentangle Introduction
Create one of a kind abstract art by using repetitive patterns according to the trademarked Zentangle method. Zentangle encourages creativity, mindfulness and relaxation with the use of repetitive patterns. All supplies included.

INSTRUCTOR: Sherrie Dupont

Zentangle Beyond the Basics
For those who have completed the introductory class. Continue your Zentangle journey by creating abstract art, learning new patterns, increasing focus and relaxation. Bring your Zentangle kit.

INSTRUCTOR: Sherrie Dupont

Pottery Sale
Want to see what we’ve been working on?
Want to see what we’ve been working on? Pick up some great pieces for yourself, or as a gift.

Saturday
April 30
10 AM – 4 PM
in the JdF Reception lobby
20% of proceeds support improvements to our studio!
**Lightroom for Beginners**
Introduction to basic Lightroom workflow, including organizing your photos and enhancing your best shots. Improve colours, tonal values and lighting for digital printing and stunning online presentations. Easy, step by step, hands-on practice.

**INSTRUCTOR:** Andrzej Kielbowicz

**JDF BOARDROOM**
W 6:00-8:30pm  Jun 15-Jun 29  $145/3  103079

**Photographic Composition**
composition is the placement or arrangement of visual elements in a work of art. Rediscover the most effective but sometimes forgotten rules of composition to capture photos with a greater emotional impact for the viewer.

**INSTRUCTOR:** Andrzej Kielbowicz

**JDF BOARDROOM**
Sa 1:00-4:00pm  Apr 30  $75/1  103089

**Practical Digital Photography for Beginners**
Learn to comfortably use the features of your Digital SLR camera from a professional photographer and designer. Composition, lighting, photographing people and nature, and technical features will be discussed and demonstrated.

**INSTRUCTOR:** Andrzej Kielbowicz

**JDF BOARDROOM**
Sa 2:00-4:30pm  Jun 11 Photo Walk Downtown Vic.  M 6:00-8:30pm  May 30-Jun 13  $175/4  103080

**COMPUTERS**
All computer classes are taught by Dave Basset

**Apple TV**
Connect your iPad/iPhone/Mac/PC to your TV wirelessly. Netflix, Airplay and other features, as well as setup requirements will also be explained.

**JDF BOARDROOM**
Th 6:00-7:30pm  Jul 28  $45/1  103149

**Digital Camera Purchasing**
Learn the important details before purchasing a digital camera. What options and considerations are there? What type of photos will you be taking?

**JDF BOARDROOM**
Th 6:00-7:30pm  Aug 4  $45/1  103150

**Introduction to Computers**
Get up to speed in a fun, easy way! Learn terms, basic word-processing and e-mail.

**JDF BOARDROOM**
W 6:00-9:00pm  May 4-May 11  $148/2  103155

**Introduction to Mac**
Learn about the easy-to-use technology and features of your Mac including email, internet access, CD burning, photo and movie editing software, and more.

**JDF BOARDROOM**
Sa 9:00-12:00pm  Jun 25  $90/1  103153

**iPad**
Learn how to transfer address books, calendars, photos & music. Also learn how to text, browse the internet, email, change the setup, different package plans with pros and cons, and interesting applications (Apps).

**JDF BOARDROOM**
M 6:00-7:30pm  May 9  $45/1  103151
Th 7:40-9:10pm  Aug 4  $45/1  103152

**iPod and iPhone Apps**
Learn about the best free and paid apps. Practical and fun. List of apps discussed will be emailed to students.

**JDF BOARDROOM**
Th 7:40-9:10pm  Jul 28  $45/1  103157

**iPad and iPhone Photos, Music and Podcasts**
Learn how to take and organize photos and transfer them between devices, as well as helpful photography apps. Manage your music including transferring from the internet or CD and syncing with your Mac or PC. Learn about podcasts and what they offer.

**JDF BOARDROOM**
Tu 7:40-9:10pm  Jun 21  $45/1  103156

**iPad/iPhone For Travelers**
Discover great travelling, translating, touring, gps and mapping apps for the iPad and iPhone.

**JDF BOARDROOM**
Tu 6:00-7:30pm  Jun 21  $45/1  103159

**iPhone**
Learn to transfer address books, calendars, photos and music, plus how to text, browse the internet, email, change your phone setup and about some of the great applications available.

**JDF BOARDROOM**
M 7:40-9:10pm  May 9  $45/1  103160

**iPod**
Bought an iPod and don’t know how to transfer address books, calendars, photos, & music (iTunes)? Learn to text, browse the internet, email and change settings. Interesting Applications (Apps) will also be discussed.

**JDF BOARDROOM**
M 7:40-9:10pm  Jul 4  $45/1  103200

**iTunes**
Keep your music, movies and TV shows in one place. Learn to import CD’s and easily browse your whole collection. Organize and play music whenever and however you want on all your devices. iTunes match and different sources of music also discussed.

**JDF BOARDROOM**
M 6:00-7:30pm  Jul 4  $45/1  103201

**MS Excel**
Learn the ins and outs of the world’s most popular spreadsheet program, standard in most government and businesses. Keep track of your own investments or business bookkeeping.

**JDF BOARDROOM**
M/Tu 6:00-9:00pm  Jul 25-Jul 26  $148/2  103202

**MS Word**
The standard word processor in our Provincial and Federal Governments, and in most businesses and corporations. Help get yourself back into the workforce or upgrade your professional skills.

**JDF BOARDROOM**
Tu/Th 6:00-9:00pm  Jun 7-Jun 9  $148/2  103204
Tu/Th 6:00-9:00pm  Aug 23-Aug 25  $148/2  103205

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To Register Online call reception 250-478-8384 to receive your family Barcode and PIN # More details on page 64.

**www.westshorerecreation.ca**

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**COMPUTERS with Dave Basset**
Dave has 35 years in computers, training, management and special projects and is a Government MS certified course trainer. He worked for the Federal Government for 7 years and Provincial Government for 3 years. Dave teaches 36 different courses for Windows, Mac, and Apple clients and has taught at 22 different organizations in Victoria area. Free email and phone support is provided to all his students.
**ADULT**

**DANCE**

**Wedding Dance Preparation**
Prepare for your ‘once in a lifetime’ first dance as husband and wife, and enjoy dancing together for the rest of your lives. Learn the basics, plus the crucial approach the dance floor and how to finish with flare.

**INSTRUCTOR:** McGregor Dance Studio

**JDF GALLEON ROOM**

**M:** 7:10-8:10pm  
**Apr 4—May 2  
$43/5  
101239

**Nightclub Slow Dance**
What to do when the slow romantic music starts to play? Get on the floor with your favourite partner of course, but not just the hum drum ‘hug and sway’. Learn to dance properly to slow music, using recognized patterns and rhythms and wow everyone!

**INSTRUCTOR:** McGregor Dance Studio

**JDF GALLEON ROOM**

**M:** 7:10-8:10pm  
**May 9-Jun 13  
$43/5  
101240

**Social Ballroom Level II**
Designed for those who have completed Level 1 (or equivalent). Level 1 material will be reviewed then we will introduce new figures in all five dances, combined with styling and technique tips, plus the addition of Rhumba. As this is a couples activity, please sign up with a partner.

**INSTRUCTOR:** McGregor Dance Studio

**JDF GALLEON ROOM**

**M:** 8:10-9:10pm  
**Apr 4-Jun 13  
$86/10  
101238

**BEGINNER BALLET**
For beginners who have always dreamt of taking a class or those who would like dust off those old ballet shoes. Technique will be introduced at a gentle pace with a focus on proper body alignment, posture, foot work and graceful arm movements.

**INSTRUCTOR:** Nikki Lock

**CENTENNIAL CENTRE OAK ROOM**

**F:** 1:30-2:30pm  
**May 13-Jun 17  
$60/6  
103086

**BELLYFIT**
Relieve stress and get the sweat flowing with easy to learn cardio inspired by Belly Dance, Bollywood and African Dance. Sculpt, stretch, tone and tighten with Pilates and Yoga inspired core work and meditation. Feel beautiful, strong and healthy in this fun and empowering environment.

**INSTRUCTOR:** Nikki Lock

**CENTENNIAL CENTRE OAK ROOM**

**Th:** 6:00-7:00pm  
**May 12-Jun 16  
$60/6  
103082
**F:** 12:30-1:30pm  
**May 13-Jun 17  
$60/6  
103083

**FIRST AID & SAFETY**

**INFANT CPR & FIRST AID**
For new or expectant parents. Learn basic first aid for common emergencies including choking, cardiovascular emergencies and more, in this non-certification class. $25 per adult, $45 per couple.

**INSTRUCTOR:** Robert Hamilton

**JDF CHILDMINDING ROOM**

**Th:** 7:00-9:00pm  
**May 5  
$25/1  
103117
**Th:** 7:00-9:00pm  
**Jul 7  
$25/1  
103118

**SAFETY AWARENESS & FIRST AID FOR CHILDHOOD EMERGENCIES**
Includes safety & prevention of accidents, First Aid and CPR training for choking and non-breathing babies and children. Bleeding, shock, head injuries, fractures and burns are also covered in this program. Written exam required for three year certification.

**INSTRUCTOR:** Warren Delaney

**JDF SENIORS ACTIVITY ROOM 201**

**Sa/Su:** 8:30-12:30pm  
**Jun 11-12  
$85/2  
103337
**Sa/Su:** 8:30-12:30pm  
**Aug 20-21  
$85/2  
103238

**EMERGENCY FIRST AID & CPR C WITH AED**
Learn CPR for adults, children and babies, and how to use an AED (Automated External Defibrillator). Also covered are: treatment for shock, deadly bleeding, and preventing the transmission of diseases.

**INSTRUCTOR:** Robert Hamilton

**JDF SENIORS ACTIVITY ROOM 202**

**Sa:** 9:00-5:00pm  
**May 14  
$99/1  
103104
**Sa:** 9:00-5:00pm  
**Jun 18  
$99/1  
103105
**Sa:** 9:00-5:00pm  
**Jul 9  
$99/1  
103106
**Sa:** 9:00-5:00pm  
**Aug 13  
$99/1  
103107

**STANDARD FIRST AID & CPR C WITH AED**
In addition to the skills learned in Emergency First Aid this course covers head, spine, bone and joint injuries, poisoning, and more. Recognized by the Childcare Licensing Board of BC and a pre-requisite to becoming a Lifeguard.

**INSTRUCTOR:** Robert Hamilton

**JDF SENIORS ACTIVITY ROOM 202**

**Sa/Su:** 9:00-5:00pm  
**May 14-May 15  
$135/2  
103108
**Sa/Su:** 9:00-5:00pm  
**Jun 18-Jun 19  
$135/2  
103109
**Sa/Su:** 9:00-5:00pm  
**Jul 9-Jul 10  
$135/2  
103110
**Sa/Su:** 9:00-5:00pm  
**Aug 13-Aug 14  
$135/2  
103111

**WILDERNESS FIRST AID**
Suitable for outdoor recreation enthusiasts and those who work and live in remote locations. Covers material in Standard First Aid plus additional techniques for wilderness and remote areas including extended care for up to 24 hours. Skills are taught in an outdoor setting.

**INSTRUCTOR:** Rocky Point Outdoor Education

**JDF SENIORS ROOM 202 & MATHESON LAKE**

**F-Su:**  Apr 29-May 1  
$240/3  
101272
**Frida y:** 6:00-9:00pm in JDF Seniors Room 202  
Saturday and Sunday 8:30am-4:30pm at Matheson Lake

**CPR C & AED RECERTIFICATION**
For those who are at the end of a current CPR-C & AED certification.

**INSTRUCTOR:** Robert Hamilton

**JDF SENIORS ACTIVITY ROOM 201**

**Tu:** 6:00-9:30pm  
**Jun 14  
$35/1  
103102
**Tu:** 6:00-9:30pm  
**Aug 23  
$35/1  
103103

**JUAN DE FUCA SOCIAL CLUB**

A weekly dance geared towards those with disabilities. Soft drinks, juice, cookies, and coffee are on sale each week. If you are a caregiver, we ask that you do not drop off your client at the door and leave them on their own. Music ranges from rock’n’roll to country.

**INSTRUCTORS:** Dan & Khanh

**JDF SENIORS CENTRE - ROOM 101**

**Wednesdays:** 7:00-8:30 PM

May 4 – June 22
Register for a full session, or drop-in each week.

$3.25 PER NIGHT  
$24 FOR 8 SESSIONS  
104271

50 MAY – AUGUST 2016
Emergency First Aid Recertification with CPR C & AED
Reassure your knowledge and reaffirm your skills through hands on practice and quizzing for recertification. Latest changes will be discussed.
INSTRUCTOR: Robert Hamilton
JDF SENIORS ACTIVITY ROOM 202
Sa 9:00-1:00pm May 28 $45/1 103114
Sa 9:00-1:00pm Jul 30 $45/1 103115

Standard First Aid Recertification with CPR C & AED
Reassure your knowledge and reaffirm your skills through hands on practice and quizzing for recertification. Latest changes will be discussed.
INSTRUCTOR: Robert Hamilton
JDF SENIORS ACTIVITY ROOM 202
Sa 9:00-5:00pm May 28 $60/1 103112
Sa 9:00-5:00pm Jul 30 $60/1 103113

LANGUAGES

Beginner’s Mandarin
Learn spoken Chinese in a relaxed and immersive atmosphere, highlighting awareness and mastery of Pinyin.
INSTRUCTOR: Laura Jiang
CENTENNIAL CENTRE SPRUCE ROOM
M 7:00-9:00pm May 9-Jul 18 $180/10 103071

Spanish Level 1
Learn important verbs and common phrases while developing an understanding of the structural and cultural aspects of the language. Instruction will include reading, grammar, vocabulary and application of useful expressions.
Text Book and CD’s ‘El Mundo’ can be purchased from the instructor or at Bolen books for $40.
INSTRUCTOR: José Bermdez-Cuadros
JDF SENIORS ACTIVITY ROOM 201
Th 7:00-8:30pm Apr 21-Jun 23 $140/10 103070

LEADERSHIP & LEARNING

Learn to Mingle
Learn to walk into a room full of strangers, mingle confidently and make new friends along the way. Improve your social life and boost your career too.
INSTRUCTOR: Sarah Daviau
JDF BOARDROOM
W 6:00-8:00pm Jun 8 $40/1 103078

Public Speaking Boot Camp
Learn to speak in front of any audience with confidence and poise. This course is perfect for beginners. More confidence guaranteed!
INSTRUCTOR: Sarah Daviau
JDF BOARDROOM
Sa 9:00-12:00pm Jun 11 $60/1 103208

OUTDOORS

Urban Bike Skills
Gain confidence and a thorough understanding of traffic rules, helmet fit, route planning, clothing, reflectivity and more. Course includes a 10 km cycle with frequent stops to debrief as you learn to navigate through traffic.
INSTRUCTOR: Greater Victoria Bike to Work Society
CENTENNIAL CENTRE SPRUCE ROOM
Su 9:00-4:30pm Jun 26 $35/1 103211

Wild about Wild Foods
Learn how to identify and utilize wild foods and medicines in a safe and ethical way. You will learn how to properly identify common edible plants as well as common toxic plants. A hands-on course taught outdoors.
INSTRUCTOR: Alison Harle
MATHESON LAKE
Sa 9:30-12:30pm May 14 $45/1 103231
**SPORTS**

**Iaido**
Learn the Japanese martial art of the Samurai sword. Beginners will require a Bokuto (wooden sword). For more information call 250-885-2000. Registration required.

**INSTRUCTOR:** Chris Tooley

**JDF SENIORS MULTIPURPOSE ROOM 101**
Sa 1:00-3:00pm May 14-Sep 3 $30 103121

**Drop In Pickleball**
This emerging racquet sport combines elements of tennis, badminton, and table tennis and is played in a fun and inclusive environment. No experience required and all age levels are welcome. Raquets are provided.

**JDF CURLING RINK**
Tu/Th 6:00-8:00pm May 3-Sep 1 Drop In Rates
Sa 1:00-3:00pm May 7-Sep 3 Drop In Rates

**Tennis: Introduction (1.0-2.0)**
For people who are new to the game. Introduction to a sport you can play for a lifetime, learn basic skills and rules of the game.

**JDF TENNIS COURTS**
Th 5:30-7:00pm May 5-Jun 9 $105/6 104004

**Tennis: Learn then Play (2.0-3.0)**
A great way to develop skills, hit lots of balls, and meet others. There will be 45 minutes of instruction, tactics and then 45 minutes of supervised game play.

**JDF TENNIS COURTS**
Th 7:00-8:30pm May 5-Jun 9 $105/6 104005

**To Register Online call**
reception 250-478-8384 to receive your family Barcode and PIN #
More details on page 64.

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**Golf - Get Golf Ready**
Highland Pacific
Learn everything you need to know to look, act and play like a golfer in five sessions. The basics of putting, chipping, iron play and driving will be covered, as well as do and don'ts of navigating a golf course.

**INSTRUCTOR:** HP Golf Course Staff

**HIGHLAND PACIFIC GOLF COURSE**
M 6:00-7:00pm Apr 11-May 9 $149/5 103662
M 6:00-7:00pm May 30-Jun 27 $149/5 103663
M 6:00-7:00pm Jul 11-Aug 8 $149/5 103664

**Golf - Couples Therapy**
Highland Pacific
Tired of fighting or listening to your better half trying to improve your golf game? Leave it up to the Professionals at Highland Pacific to smooth out your golfing relationship with ‘Couples Therapy’ Price includes three 60 minute group lessons, and a 9 hole round of golf for each.

**INSTRUCTORS:** HP Golf Course Staff

**HIGHLAND PACIFIC GOLF COURSE**
F 6:00-7:00pm May 6-May 20 $199/3 103222
F 6:00-7:00pm Jun 10-Jun 24 $199/3 103223
F 6:00-7:00pm Jul 8-Jul 22 $199/3 103224
F 6:00-7:00pm Aug 12-Aug 26 $199/3 103225

**Golf - Golf For Women**
Highland Pacific
Group lessons for the girls only! A fun and relaxed learning environment designed to help you improve the skills you need for better golf. Classes will focus on full swing, short game and course management.

**INSTRUCTORS:** HP Golf Course Staff

**HIGHLAND PACIFIC GOLF COURSE**
W 6:00-7:00pm May 4-May 25 $99/3 103665
W 6:00-7:00pm Jun 1-Jun 29 $99/3 103666
W 1:00-2:00pm Jun 11-Jul 2 $99/3 103667
W 6:00-7:00pm Aug 10-Aug 31 $99/3 103668

**Golf - Seniors Group Lessons**
Highland Pacific - 55 Years and up
Group lessons for those over 55 (but young at heart)! Whether you have been playing for years or starting later in life, this program is designed to help you get the most out of your game. Classes will focus on full swing, short game, and on course management.

**INSTRUCTORS:** HP Golf Course Staff

**HIGHLAND PACIFIC GOLF COURSE**
W 11:00-12:00pm Apr 13-Apr 27 $99/3 103226
W 11:00-12:00pm May 11-May 25 $99/3 103227
W 11:00-12:00pm Jun 15-Jun 29 $99/3 103232

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**Facebook**
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**Twitter**
@wsrecreation
**Register**
250-478-8384
www.westshorerecreation.ca
IMPROVE YOUR SHORT GAME,
IMPROVE YOUR SCORE!

Located in the lower park at West Shore Parks & Recreation, the Juan de Fuca Par 3 Golf course consists of nine beautifully manicured holes with seven water hazards. With yardage ranging from 79 to 170 and seven water hazards this course is ideal for both the beginner and the experienced player. This course will only take a short commitment of time and is conveniently located only 20 minutes from downtown. Play on a first come first serve – tee times not required.

Tournament Packages

Get your event on the right course. Whether it’s a family reunion or a corporate tournament our friendly staff will assist you with all the details to ensure a spectacular event. The Kinsmen Fieldhouse provides a fabulous location for a banquet and our catering department will add the right flavor to your event, call the Golf ProShop for details.

GOLF COURSE FEES
April 1 – September 30, 2016

| Adult/Senior | 14.50 |
| Youth (8–16 YRS) | 9.75 |
| Family (Max 4 - 2 Adults) | 38.75 |
| Extra Round | 10.00 |
| Club Rentals | 7.25 |
| Pull Cart Rental | 4.75 |

PUNCH CARDS x11 Rounds

| Summer (April 1 – September 30) | 145.00 |
| Youth (8-16 Years) | 97.50 |

All prices include applicable taxes.

Golf Pro-Shop 250-474-8621
Located behind Juan de Fuca Recreation Centre at 1767 Island Hwy.