

SPRING BREAK PROGRAMS & SCHEDULES

March 16–April 1, 2024



Spring/Summer Registration

**GENERAL PROGRAM
REGISTRATION**
WEDNESDAY,
APRIL 10 AT 6:30AM

CAMP REGISTRATION
WEDNESDAY,
APRIL 17 AT 6:30AM

Register online at:

oakbayrec.perfectmind.com

Call Reception to create an account if you are new to the facilities.



HENDERSON PARK PAR-3 GOLF COURSE OPENS MID-MARCH!

**Weather Dependent*

Please visit the golf page at recreation.oakbay.ca for more information or call Henderson Recreation Centre at 250-370-7200.

HENDERSON RECREATION CENTRE
2291 Cedar Hill X Road | 250-370-7200

MONTEREY RECREATION CENTRE
1442 Monterey Avenue | 250-370-7300

OAK BAY RECREATION CENTRE
1975 Bee Street | 250-595-7946 |
recreation.oakbay.ca





Register now!

There are a number of camps offered, please look online to see availability.

SPRING BREAK SOCCERTRON 3-12 YRS

Catch all the soccer excitement this spring! Soccertron is the established leader in providing an organized, total soccer experience. Enthusiastic, professionally trained coaches really focus on motivating kids and developing strong skill fundamentals. Your child will have a fantastic week. FUN is the most important part of soccer FUNDamentals. Half day camps finish each day with a fun swim in the pool!

OBRC - Indoor Sports Field Elisco Enterprises Inc.

3-4 YRS				
Mar 18-22	M-F	3:30-4:00pm	\$55/5	179941
Mar 25-29	M-F	3:30-4:00pm	\$55/5	179943

5-6 YRS				
Mar 18-22	M-F	4:15-4:45pm	\$55/5	179944
Mar 25-29	M-F	4:15-4:45pm	\$55/5	179945

7-12 YRS				
Mar 18-22	M-F	1:00-5:00pm	\$216/5	179946
Mar 25-29	M-F	1:00-5:00pm	\$216/5	179947

RICHARDSON SPORT MULTISPORT CAMP 3-5 YRS

A positive first interaction with sports! Acquire skills in hockey, baseball, soccer, volleyball, tennis, rugby, lacrosse, golf, basketball, and football in a safe, structured environment that focuses on building self-esteem. NCCP coaches will teach games and activities designed to allow you to explore agility, timing, balance, movement, hand/eye coordination, and skill development tailored to individual skill level.

HRC - Gymnasium			Richardson Sport
Mar 18-22	M-F	1:00-4:00pm	\$154/5 177619

NHL SPRING BREAK CO-ED ICE HOCKEY CAMP

5-14 YRS

This half day camp offers 6 hours of ice time, plus time on the turf! The co-ed Novice Hockey League is a fun-first program focused on sportsmanship and skill development. Skills introduced are skating, stick handling, passing, shooting and team play. Full gear is mandatory. Players must be able to skate the length of the ice and stop comfortably.

Prerequisite: must have completed level Pre-school 3 or Skate 2.

OBRC - Arena

5-8 YRS				
Mar 18-22	M-F	8:30-11:30am	\$201/5	177447

8-14 YRS				
Mar 18-22	M-F	8:30-11:30am	\$201/5	177454

JUNIOR/TEEN TENNIS CAMP 8-17 YRS

Tennis fun during Spring Break. Lunch hour supervision is available for those that want to combine two half days to make a full day camp (separate registration required)

OBRC - Tennis Bubble				
Mar 18-22	M-F	8:30am-12:00pm	\$136/5	178824
Mar 18-22	M-F	1:00-4:30pm	\$136/5	178825
Mar 25-28	M-Th	8:30am-12:00pm	\$109/4	178828
Mar 25-28	M-Th	1:00-4:30pm	\$109/4	178829

LOCATION LEGEND:

OBRC:	Oak Bay Recreation Centre
HRC:	Henderson Recreation Centre
MRC:	Monterey Recreation Centre
WP:	Windsor Pavillion
OBH:	Oak Bay High School
NLC:	Neighbourhood Learning Centre
MMS:	Monterey Middle School

INTRODUCTION TO TABLE TENNIS 8-14 YRS

A fun and educational way to learn basic table tennis techniques! Campers learn about equipment, serve rules and match rules. Using practical exercises, activities, and drills, campers are introduced to basic strokes such as: Forehand/Backhand Drive, Forehand/Backhand Push, and Forehand/Backhand serves. The focus is on fun to cultivate a lifelong enjoyment of the game.

HRC - Gymnasium

Mar 25-28 M-Th 1:00-2:30pm \$85/4 177613

JUNIOR CODING: MISSION CODE BREAKERS 7-9 YRS

Kids love secret codes and puzzles, and we'll explore all sorts of codes and mysteries that existed before computer programming like morse, treasure maps, and more. Using creative storytelling, each week our robots will learn how to crack another mysterious code or puzzle. Students will master skills like sequencing, loops, events and functions. The goal is to empower young children with the confidence to say "Yes" to computer science.

HRC - Nook

Mar 25-28 M-Th 9:30am-3:30pm \$395/4 177868

BUILD & DESIGN YOUR OWN ROBOT WITH ARDUINO 9-12 YRS

As you read this robot factories are building robot drones to deliver robot vacuums to homes. In this hands-on camp, students will learn a combination of electrical engineering, 3D fabrication and computer coding to be on the cutting edge of robotics. By building their own Arduino-powered robot, designing and fabricating parts, and writing code to complete challenges, students will develop the skills needed to create their own future robotic projects.

HRC - Nook

Mar 18-22 M-F 9:30am-3:30pm \$495/5 177864



GETTING THE LEADING EDGE: LEADERS IN TRAINING 12-17 YRS

Thinking about getting your first job? This course will concentrate on basic job preparation skills plus the roles and responsibilities of a Spring Break camp leader. Course outline includes completing your resume and cover letter, as well as learning interview skills, behavior management strategies, lesson planning, and working with children. Students will complete the course during the first week of Spring Break camps. Upon completion of this course students have the opportunity to successfully complete volunteer hours during the second week of Spring Break camps. An invaluable opportunity to gain actual work experience to add to your new resume! Getting the Leading Edge, Leaders in Training course is highly desirable when applying for the Recreation Oak Bay Youth Internship Program (15-18yrs) – Applications accepted for that program accepted until May 15

NLC – Youth Centre

Mar 18-22 M-F 1:00-3:30pm \$123/5 150942

Skating Schedule

March 16-April 1

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Over 40 Duffer Hockey 8:30-10:15am (Mar 25 & Apr 1)	Over 50 Duffer Hockey 8:30-9:45am (Mar 26 only)	Over 40 Duffer Hockey 8:30-10:15am (Mar 27 only)	Over 50 Duffer Hockey 8:30-9:45am (Mar 28 only)	Over 40 Duffer Hockey 8:30-10:15am (Mar 29 only)		Family Skate 1:30-2:45pm
Over 60 Duffer Hockey 10:30-11:45am (Mar 25 & Apr 1)	Adult Skate 10:00-11:30am (Mar 26 only)		Adult Skate 10:00-11:30am (Mar 28 only)			Everyone Welcome 3:00-4:15pm
Spring Break NHL Camp March 18-22 All morning public sessions cancelled.	Duffer Hockey Lunchtime 11:45am-1:15pm		Duffer Hockey Lunchtime 11:45am-1:15pm	Over 60 Duffer Hockey 11:45am-1:15pm (Mar 29 only)	Everyone Welcome 7:45-9:00pm	Parent & Child Hockey 4:30-5:30pm
	Spring Break Everyone Welcome 1:30-3:00pm		Spring Break Everyone Welcome 1:30-3:00pm			
	Everyone Welcome \$3 6:30-7:45pm			Everyone Welcome and Stick & Puck 8:15-9:30pm		

Indoor Racquet Sports Schedule

March 16-April 1

Henderson Recreation Centre

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Pickleball Drop-in 10:45am-12:15pm		Pickleball Drop-in 10:45am-12:15pm		Pickleball Drop-in 10:45am-12:15pm		
						Badminton Court Rental 4:15-5:15pm
Everyone Welcome Badminton Drop-in 7:00-8:30pm	Everyone Welcome Badminton Drop-in 7:00-8:30pm	Table Tennis Drop-in 7:00-8:30pm	Everyone Welcome Badminton Drop-in 7:00-8:30pm		Badminton Court Rental 5:45-6:45pm	Table Tennis Drop-in 6:00-7:30pm
Advanced Badminton Drop-in 8:35-10:00pm	Advanced Badminton Drop-in 8:35-10:00pm	Table Tennis Drop-in 8:35-10:00pm	Advanced Badminton Drop-in 8:35-10:00pm	Pickleball Court Rental 5:45-6:45pm	Badminton Court Rental 6:00-7:00pm	Table Tennis Drop-in 7:35-9:00pm

Holiday Schedule Changes:

Friday, March 29th - Good Friday
Monday, April 1st - Easter Monday

Pickleball Court Rental	9:45-10:45am 10:45-11:45am
Pickleball Drop-in	11:45am-1:15pm
Badminton Court Rental	1:30-2:30pm 2:30-3:30pm
Family Badminton Court Rental	3:30-4:30pm 4:30-5:30pm
Pickleball Drop-in	6:00-7:30pm



Group Fitness Class Schedule

March 16-April 1

Henderson Recreation Centre

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Indoor Cycling 6:15-7:00am	Indoor Cycling 6:15-7:00am	Indoor Cycling 6:15-7:00am	Indoor Cycling 6:15-7:00am	Indoor Cycling 6:15-7:00am	Indoor Cycling 8:15-9:00am	
Total Body Training 9:15-10:15am		Bootcamp 9:15-10:15am		Total Body Training 9:15-10:15am	Indoor Cycling 9:15-10:00am	
Total Body Training 5:30-6:30pm	Circuit Training 5:30-6:30pm	Total Body Training 5:30-6:30pm	Circuit Training 5:30-6:30pm			
Indoor Cycling 7:15-8:00pm	Indoor Cycling 5:45-6:30pm	Indoor Cycling 7:15-8:00pm	Indoor Cycling 5:45-6:30pm			

Neighbourhood Learning Centre

	Total Body Training Express 6:15-7:00am		Total Body Training Express 6:15-7:00am		Total Body Training 9:15-10:15am	Total Body Training 9:15-10:15am
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Monterey Recreation Centre

Moderate Fitness 9:00-9:45am		Moderate Fitness 9:00-9:45am		Moderate Fitness 9:00-9:45am		
Mild Fitness 10:00-10:45am		Mild Fitness 10:00-10:45am		Mild Fitness 11:00-11:45am		
Sit & Fit 11:00-11:45am				Sit & Fit 12:00-12:45am	Classes do not run on Statutory Holidays: March 29 & April 1	
Dance Express 12:05-12:50pm		Dance Express 12:00-12:45pm		Dance Express 12:15-1:00pm		

Jazzercise Class Schedule

Jazzercise classes are not included in Oak Bay Parks, Recreation, and Culture Admissions or Passes.

Schedule subject to change - see jazzerciseoakbay.com for updated schedule.

	Henderson Recreation Centre	Monterey Recreation Centre (Low Impact)
Mondays	7:45-8:45am	5:00-6:00pm
Tuesdays	5:30-6:30pm	
Wednesdays	7:45-8:45am	5:00-6:00pm
Thursdays	5:30-6:30pm	
Fridays	7:45-8:45am	
Saturdays		9:30-10:30am
Sundays	9:30-10:30am	



**FEEL AMAZING.
AND LOOK EVEN
BETTER.**

Are you ready for the ultimate confidence infusion? Channel your inner pop diva in the original dance party workout. Blending dance with Pilates, yoga, kickboxing and strength training, one 55-minute session can burn up to 800 calories. The results? Long, lean muscles and an undeniable mood boost.

*Registration is through Jazzercise.
jazzerciseoakbay.com.
or call 250-580-5299





Pool Schedule

March 16-April 1

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Early Bird ♦ 6:00-9:00am	Early Bird ♦ 6:00-9:00am	Early Bird ♦ 6:00-9:00am	Early Bird ♦ 6:00-9:00am	Early Bird ♦ 6:00-9:00am	Early Bird ♦ 6:00-9:00am	Early Bird ♦ 6:00-9:00am
Everyone Welcome 9:00-10:30am	Everyone Welcome 9:00-10:30am	Everyone Welcome 9:00-10:30am	Everyone Welcome 9:00-10:30am	Everyone Welcome 9:00-10:30am	Everyone Welcome 9:00-11:00am	Everyone Welcome 9:00-11:00am
Leisure and Lengths ♦ 10:30am-2:00pm	Leisure and Widths ♦ 10:30-11:30am	Leisure and Lengths ♦ 10:30am-2:00pm	Leisure and Widths ♦ 10:30-11:30am	Leisure and Lengths ♦ 10:30am-2:00pm	Integrated Swim 11:00am-1:00pm	Leisure and Lengths ♦ 11:00am-1:00pm
	Leisure and Lengths ♦ 11:30am-2:00pm		Leisure and Lengths ♦ 11:30am-2:00pm			
Kids Fun Swim 2:00-4:30pm	Kids Fun Swim 2:00-4:30pm	Kids Fun Swim 2:00-4:30pm	Kids Fun Swim 2:00-4:30pm	Kids Fun Swim 2:00-4:00pm	Kids Fun Swim 1:00-4:30pm	Kids Fun Swim 1:00-4:30pm
Adult Lengths 4:30-6:30pm	Adult Lengths 4:30-6:30pm	Adult Lengths 4:30-6:30pm	Adult Lengths 4:30-6:30pm	Parent and Tot 4:00-5:00pm	Adult Lengths 4:30-6:30pm	Adult Lengths 4:30-6:30pm
Everyone Welcome 6:30-8:30pm	Everyone Welcome 6:30-8:30pm	Everyone Welcome 6:30-8:30pm	Everyone Welcome 6:30-8:30pm	Adult Lengths 5:00-7:00pm	Everyone Welcome 6:30-8:30pm	Everyone Welcome 6:30-8:30pm
Leisure and Lengths ♦ 8:30-10:00pm	Leisure and Lengths ♦ 8:30-10:00pm (with Masters 8:30-9:30pm)	Leisure and Lengths ♦ 8:30-10:00pm	Leisure and Lengths ♦ 8:30-10:00pm (with Masters 8:30-9:30pm)	Pool Closes at 7:00pm	Leisure and Lengths ♦ 8:30-10:00pm	Leisure and Lengths ♦ 8:30-10:00pm
Pool Closes at 10:00pm					Pool Closes at 10:00pm	

Aquafit

Shallow/Deep Water 7:45-8:45am	Shallow Water 7:45-8:45am	Shallow Water 7:45-8:45am	Shallow Water 7:45-8:45am	Shallow/Deep Water 7:45-8:45am	Shallow Water 7:45-8:45am	Legend * Registered class ♦ Families are welcome in the small pool
50 & Better 11:15am-12:15pm	Shallow Water 10:30-11:30am	50 & Better 11:15am-12:15pm	Shallow Water 10:30-11:30am	50 & Better 11:15am-12:15pm		
Shallow Water 12:45-1:45pm	Shallow Water 12:45-1:45pm	Shallow Water 12:45-1:45pm	Shallow Water 12:45-1:45pm			