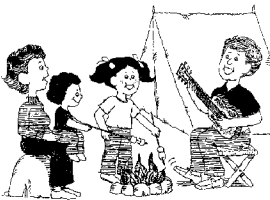


Hornby Island Summer Recreation 2016

Soccer • Swimming • Sailing • Circus
and Much More!!!



Presented by

The Hornby Island Recreation Committee*

*a Committee of the Hornby Island Residents' and Ratepayers' Association

For information call the Recreation Office at 250 335-9009

E-mail: hornbyrecreation@gmail.com

**Welcome To
The Hornby Island
Recreation Committee
Summer Programs!!!**

Subsidies may be available
Please call the Recreation Coordinator
at 250-335-9009 to register
or for more information about
any of the programs.

**Be Active, Stay Healthy
and Have Fun!!**

Date: Sun. Aug. 7, 10:00-12:00 pm
Time: 10:00—10:30 am Hoop making
10:45 –12:00 pm Hooping it up
Location: School Field
Ages: 9 - Adults
Cost: \$25 if hoop making
\$15 only hooping
Registration Deadline:
July 29



Soccer Camp



Focus on individual and team
playing skills, drills and games.

Instructor: Taylor Briche from Victoria has
played soccer in the NA Championships. She
is excited to teach here.

Dates: July 4– 7, Mon. –Thurs.

Location: School Field

Ages: 5-8 @ 2-3pm

Ages: 9-12 @ 3-5pm

Cost: \$50

Registration Deadline: June 27

Note: The parents will be invited on the last
day to come and play with the children. Bring
snacks to share.

Swimming Lessons



Learn to swim this summer!
Swim Kids Program this
July from Aqua tots
to Swim Kids 9. Bubbles to back crawl, get
your feet wet and improve your water wisdom!

Instructor: All instructors are certified
Red Cross instructors.

Dates: July 4–15 Mon - Fri.

Location: 6055 Anderson

Time: Times will be determined
according to level.

Ages: Kids of all ages

Cost: \$55

Registration Deadline: June 27

The swimming pool is generously donated by
the Stonehouse family.

Hooping on Hornby

Our very own June Cannon has been hooping &
working on tricks for years. She is excited to
share her love for hula hooping with you!

Part of the fun will be making your own hoops. If
you already have a hula hoop bring it or hoops
will be provided if you do not want to make your
own.

**Registration is necessary for all
Hornby Recreation Programs!
To register call 250 335-9009
hornbyrecreation@gmail.com
Programs do fill up, don't leave
it 'til the last minute!!**

7 Story Summer Circus

Join the circus!

Acrobatics, clowning, juggling and more.

No previous experience required.

Amazing activities & games introduce you to the magic of the circus.

On the last day there will be a circus Open House in the last half hour of each class for students to share what they've learned with their friends and families.

Activities include:

- jeux (performance & improv games)
- aerial acrobatics (aerial hoop & fabric)
- juggling of all types (scarves, balls, staff, poi, diablo, flower sticks & spinning plates)
- balance (stilts & rola bola)

Participants: Bring a healthy snack & drink each day. Wear comfortable clothes.

Instructor: Kaya Kehl, of 7 Story Circus, has been teaching circus arts for 10 years, training acrobats, jugglers & clowns. She is certified as a BC Gymnastics NCCP instructor, an ACRiX circus instructor, a professional aerial artist and a circus events producer. She has a love for all things circus!

Class I - Discover Circus Arts:

For young, new or beginner students.

A complete introduction to circus arts.

Dates: August 15-18, 10:00 - 12:30 pm

Ages: 5 - 8

Class II - Foundations of Circus Arts:

For those with previous experience in circus or related areas (drama, music, martial arts, gymnastics & dance) to build on their skills.

Dates: August 15-18, 1:00 - 3:30 pm

Ages: 9 +

Location: School Gym

Cost: \$90 each class

To learn more go to www.7storycircus.com

Registration Deadline August 8



Water Sports

Come out and learn the basics about kayaking, water safety and how to handle a boat in the sea with certified Kayak instructor Faroe Des Roches.

*** You need a wetsuit to participate in this program***

Kids' Kayaking

While the focus of this 3-morning course is fun, there will be plenty of opportunity for learning through games and exploration. We will play land games and on-water games to aid in learning basic boat handling skills.

Date: Aug. 9-11

Ages: 10-12

Time: 9am-12pm

Location: Sandpiper Beach

Cost: \$185

Registration Deadline: August 1

Youths' Basic Sea Kayaking

This course is a Paddle Canada certification course specifically for youth. All the topics from the Basic Sea Kayak Skills will be covered.

Skills taught: boat outfitting, safety equipment, forward and reverse strokes, forward and reverse sweeps, stopping, draw, wet exits, assisted re-entries, edging, low brace.

Dates: Aug. 9-11

Ages: 13-15

Time: 1-4pm

Location: Sandpiper Beach

Cost: \$185

Canada Certificate \$15 (Optional)

Registration Deadline: August 1



Artistic Movement



Have fun and get creative. We'll explore our expression thru gymnastics, various art mediums, costumes and games. Make your own poi to take home. Create a routine to practice and perform, or take part by supporting your friends. This will be a super-fun week for everyone!

Instructors: **Cathy Coates** is joyfully returning for her 7th year facilitating Artistic Movement. Her partner also brings many experienced years in teaching movement.

Dates: July 25-29
Location: School Gym
Time: 10-2 pm daily
Ages: 7-14
Cost: \$90

Bring a bag lunch & something to drink! There will be a show on Friday 1pm for parents & friends.

Registration Deadline: July 18

Hornby Recreation is a committee of Hornby Island Residents' & Ratepayers' Assoc. that networks with all the many physical activity oriented groups on the island. Our mandate is to assist & provide recreation programs for all ages & to promote a healthy way of being in which physical activity is a valued & integrated way of everyday life. Remember to:

Be Active, Stay Healthy & Have Fun

Nature Explorers' Camp

Explore nature and feel more at home in the outdoors by practicing the arts of tracking, communicating with animals, moving silently, identifying edible medicinal plants, basket, whistle, flute and jewelry making & more! Nature explorers use wandering, role play, games & stories to teach about nature by inspiring curiosity.

Dates: August 16 - 19, Tues.- Fri.
Location: Meet at School Field
Time: 10-3 pm daily
Ages: 7-12
Cost: \$100

Registration Deadline: August 8

Notes: Please ensure that your child has enough food and drink for the day.

Instructor: Frank Doss has been a nature enthusiast since childhood. He is the co-founder and instructor at the Wisdom of the Earth Survival School Salt Spring Island. He has taught ancestral skills and wood craft for 12 years and is excited to share his knowledge and love of nature on Hornby Island.



We want all of our kids to be able to participate in any of our Summer Programs. If alternate financial arrangements and/or subsidy would be helpful, please call Jade at 250 335-9009 or e-mail hornbyrecreation@gmail.com

Dance Camp July 11-13

Join Christy and her team of young dancers from Pantuso Dance for a fun-filled dance camp experience. Kids will enjoy working with the instructors learning creative movement, ballet/jazz or both and will have a chance to perform a small piece of choreography in a real performance. Christy and the Pantuso Dancers will be performing at the Community Hall July 14th at 7:30 PM.

Parent & Tot (0-3yrs)

A dance class infused with fun and exploration to be enjoyed with your little one. Through the use of music, props, and games we will explore the world of dance and rhythm.

Ages: 3 and under with parents

Time: 3:15-4pm

Location: Room To Grow

Cost: \$30

Registration Deadline July 4th



Twirling Tigers

Come discover the little artist within. A creative approach to expression and interpretation through dance will be explored in this fun packed class

Ages: 4-6

Time: 3:15-4pm

Location: Joe King Ball Park

Cost: \$30

Registration Deadline: July 4th



Creative Movement

Join us for this interactive and expressive class that will touch on the styles of modern and contemporary dance as well as improvisational exercises. A piece of choreography will be created and potentially performed at the hall on July 14th.

Ages: 7-10

Time: 4:15-5:15pm

Ages: 11-17

Time: 5:45-6:45pm

Location: Room To Grow

Cost: \$50

Registration Deadline: July 4th



Ballet/Jazz

Join us and explore the basics in ballet and jazz in a fun and supportive atmosphere. A piece of choreography will be taught and potentially performed at the hall on July 14th.

Ages: 11-17

Time: 4:15-5:15pm

Ages: 7-10

Time: 5:45-6:45pm

Location: Joe King Ball Park

Cost: \$50

Registration Deadline: July 4th.



We try our best to schedule our programs so that they conflict as little as possible, however, if our coaches are not able to change their camp dates we may have to schedule more than one camp per week. Our apologies for any inconvenience caused by these situations.

Adult Dance Classes



Get ready to have some fun! Join Christy for a night of dance, laughter, and sweat. Each class will tackle a different dance style. **No Experience needed.**

Monday July 11: Ballet Basics jump into the basics of ballet in a fun and supportive atmosphere.

Tuesday July 12: Dance Conditioning a dance exercise class filled with strengthening and stretching techniques used by dancers.

Wednesday July 13: Modern Contemporary a fun, expressive, and natural feeling movement class that will touch on the basics of modern dance and creative process.

Ages: 18 +

Time: 7:30-8:30pm @ Room To Grow

Cost: \$50

Registration Deadline-one day before class.

***You can just register for 1 class.**

Golf Clinic



The Head Professional from Shaughnessy Golf & Country Club **Alan Palmer** is coming our way to teach a lesson for kids and adults! This is an amazing opportunity to learn from such an experienced professional golfer. He has been a part of the professional golf staff at some of the world's greatest golf clubs and lead juniors to win the 2013 Jack McLaughlin Memorial PGA of BC pro-junior golf.

Be Active, Stay Healthy & Have Fun!

Date: July 31 Sunday.

Location: Little Tribune Golf Course

Ages: 8-15

Time: 10:00-12:00am.

Cost: \$20

Adults 2-4pm

Cost: \$40

Registration Deadline: June 22

Sailing



Time-tested CYA (Canadian Yachting Association) sailing instruction emphasizes fun and safe on-the-water instructional time together with some dry land teaching. CYA courses teach beginners in easy to-sail dinghies. All instructors are CYA approved.

The sailing instruction will take place on sheltered waters in Ford Cove and CYA instructional manuals will be available. Students will need to provide their own PFD (personal flotation device) as well as a hat, snack, drink, sunscreen, and clothing and footwear appropriate for water activities.

All week long classes are \$285.

All classes are 9:30-3:30pm. Bring a bag lunch, water & sunscreen.

When participating in recreation activities remember: comfortable shoes, clothing & lots of water are the key to a comfortable day!

WHO TO REGISTER WITH

For the following programs, please register directly with
Hornby Island Recreation.

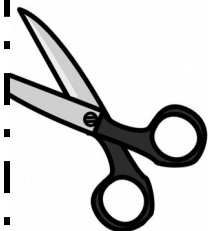
Call 250 335-9009 or e-mail hornbyrecreation@gmail.com for more information. You must fill in a registration form on the reverse side. Please drop registration forms in the Recreation box at the Free Post in the Co-op store.

Soccer
Hooping
Swimming
Circus
Water Sports
Artistic Movement
Nature Explorers' Camp
Dance Camp
Golf Clinic
Sailing

For the following program, please register directly with the
Tribune Bay Outdoor Education Centre at 250 335-0080:
Orca Camp

For the following programs, please register with the
contact listed in the Brochure:

All Yoga Classes
Art & Photography
Kayaking & Paddle Boarding
Pilates



**Registration is necessary for all Hornby
Recreation Summer Programs**

REGISTRATION FORM FOR HORNBY ISLAND RECREATION PROGRAMS

***Please make cheques payable to HIRRA/Recreation
Hornby Island Residents' & Ratepayers' Assoc.***

Participants Full Name: _____

Phone: _____ Other phone: _____

E-mail address: _____

Year Round Resident, Summer Resident or Visitor: (circle one)

Programs you are registering for: _____

Childs Age: _____ Birth Date: _____

Health Care Number: _____

Special Medical Conditions or Allergies: _____

Parent/Guardian's Name (please print): _____

I/We exonerate Hornby Island Recreation and all
persons associated with the Recreation Committee from any
liabilities due to participation in these programs

Signature of Parent/Guardian: _____



Sailing



Can sail 1

Good to have done Wet Feet prior to Can Sail 1.

Dates: July 18-22.

Time: 9:30-3:30pm

Location: Ford Cove Marina

Wet Feet

Children aged 6 - 15 will learn the basics of sailing focusing on fun and boat safety. You will learn terminology, knots, and how to sail by means of games and activities on and off the water.

Dates: July 25-29

Times: 9:30-3:30pm

Location; Ford Cove Marina

Can Sail 1/2

A combination class of 1's & 2's
All instructors are CYA certified with a broad range of sailing experience.

Dates: Aug 1-5.

Times 9:30- 3:30 pm

Location: Ford Cove Marina



Wet Feet

Children aged 6 - 15 will learn the basics of sailing focusing on fun and boat safety. You will learn terminology, knots, and how to sail by means of games and activities on and off the water.

Dates: Aug 8-12

Times 9:30- 3:30 pm

Location: Ford Cove Marina



Can Sail 2/3

Comparable to a Bronze 3/4 in other programs. Please remember to bring life jackets.

Dates: Aug 15-19

Times:9:30-3:30 pm

Location: Ford Cove Marina

Adult Sail

Have you always wanted to try sailing. Here is your chance.

Aug 12, 13, 14 or Aug 26,27,28

Open to 1 or all days.

Fri. 4:00- 7:30pm

Sat & Sun 9:30- 3:30 pm

If you are interested in a sunset sail or a day class contact us. 250 335-9009



**Public Programs at the
Tribune Bay Outdoor Education
Centre
Summer 2016**

tribunebayoutdoored.ca

Call (250) 335-0080 Fax (250) 335 0890

Email: gord.campbell@sd71.ba.ca

**Five Incredible Days at Residential
Camp**

**Orca Adventure Camp... This is for youth
just finished grades 4, 5, 6.**

Just some of the things you will be doing include; climbing & rappelling on the climbing tower, being way up in the trees on the high ropes course, exploring the bay and little islands in our 12 passenger power boat, ocean kayaking, stand-up paddle boarding, playing wolf prowl and tons of other games, crafts, hikes to amazing places, and having great campfires every night! There is really tasty food and you will sleep in cabins or cabanas.



Camp fee \$380.95. plus GST = \$ 400.

**Dates: Monday 11:00 July 4th until
1:00 Friday, July 8th**

**August Family Drop-in Programs
(first 3 weeks-may be extended)**

The Centre offers family, adult or youth oriented programs on a drop-in basis in early August. Try the High Ropes course, Climbing and Rappelling on our 55' tower or kayaking. Individuals (age 12 and over) or Families (all ages) can sign up to try some of the programs we offer on a single, double or triple program basis (three maximum in one day) **from August 1 to Aug 19 (possible extensions depending on interest). Watch for advertising at the Co-op or signage at the Centre in August.**

**Sign up night before or same day at 9:00,
12:30 or 5:30 (in person only)**
**Prices start at \$35. per person for single
session. There are family rates!**

Other programs to know about.

Now offering adult and senior programs (year round), in addition to our youth programs. We also have limited family camping in an exclusive location (which has mandatory program component) for August only.

Please go to

tribunebayoutdoored.ca

for more information

**Gord Campbell, Executive Director
Tribune Bay Outdoor Education
Society/Centre 250 335 0080**

**Other Fun Activities
On The Island!**

These activities are presented by individual instructors. Please contact the numbers provided here.

Island Yoga

At Sandpiper Meadow
(foot of Sandpiper Rd.)

**Hatha Yoga: All levels
Mon. & Thurs. 9-10:30 am**

**Flow Yoga: Experience helpful
Tues. & Fri. 9-10:30 am**

All classes weather dependent.

**Questions: call Jennifer
250 335-1915**



Sun Door Yoga

Daily Yoga
10:30am July & August
8120 Central Rd
Hornby Island, V0R1Z0.
250 335-2890
www.sundooryoga.com



Yoga with Eila

Yoga @ New Horizons
EVERY SATURDAY 10am
**For more classes and info contact
Eila 250 335-1105**



Hornby Ocean Kayaks

Kayak, Paddle board, small dingy, hobie cat sail boat and out board aluminium boat rentals.

Choose from a variety of guided kayak tours: around the island as well as sunset tours.

Come spend some time on the water.



Call 250 335-1038 Text: 250 650-4565

Yoga with Ambika

Gentle Yoga for all levels
Tues. & Fri. 9:30– 11:00 am.
Everyone Welcome
Please bring a mat or a towel.
New Horizons
Questions call **Ambika 250 335-3097**

Art, Photography & Filmmaking

ART (Drawing, Painting, Mixed Media, Soapstone Carving, Felting, Art Journals, etc.) and Photography workshops.

Creativity and Well-Being Workshops for all ages & experience.

Private, individual & group workshops available upon request.

To register contact Linda at:
LindaWeech@mac.com or
www.LindaWeech.com
(778) 677-0349 or (250) 335-2755

Pilates

Drop In Classes

9AM Mondays Beginners at New Horizons
9AM Wednesdays All Levels at Sandpiper Meadow
9AM Thursdays Intermediate at New Horizons

For Studio Classes and more information, please call Patrick at 250-335-9040 or www.hornbyislandpilates.com



Programs at a Glance

July Programs

Swimming	July 4- 15
Soccer	July 4- 7
Dance Camp	July 11-13
Can Sail 1	July 18-22
Wet feet	July 25-29
Artistic Movement	July 25-29
Golf Clinic	July 31

August Programs

Can Sail 1/2	August 1-5
Hula Hooping	August 7
Wet Feet	August 8-12
Adult Sail	August 12,-14, 26-28
Water Sports	August 9-11
Circus	August 15-18
Can Sail 2/3	August 15-19
Nature Explorers' Camp	August 16-19

Other activities running throughout the summer:
Bike Riding , Kayaking, Scuba Diving & Disc Golf.