

Registration

- We plan our programs far in advance and changing may occur (date, time, or location change). Please keep up to date with our Recreation calendar for any changes.
- Registration is first come, first served basis and payment is required at time of registration
- We require a minimum number of participants to run programs, we will email registrants two days prior to class start and offer full refund or house credit if the program does not get enough participants
- To register for a program please visit: oca.recdesk.com/Community/Program

Refunds for Recreation Programs only

- If after the first class you decide a program is not right for you, we are happy to issue a pro-rated refund. This request must be made prior to the second class.
- A full refund will only be issued if withdraw is made three business days before the program start date.

*Please read our COVID Safety plan before your first class:
<https://oaklands.life/covid-19-safety-plan>

Preschool – Health and Wellness

Outdoor Soccer (2–3 yrs)

Learn and explore the fundamentals of soccer through structured and unstructured play. We provide a safe, fun, and positive environment for children to develop fundamental movement skills and sport-specific techniques. Activities will be adapted to help each child reach their full potential. Parent participation required.

<i>Oaklands Park</i>	<i>8/\$48</i>
Tu Aug 3 – Sep 21	4:30-5:15 pm
Th Aug 5 – Sep 23	4:30–5:15 pm

Outdoor Soccer

Learn and explore the fundamentals of soccer through structured and unstructured play. We provide a safe, fun, and positive environment for children to develop fundamental movement skills and sport-specific techniques. Activities will be adapted to help each child reach their full potential.

<i>Oaklands Park</i>	<i>8/\$48</i>
(4–6 yrs)	
Tu Aug 3 – Sep 21	5:15–6 pm
(7–10 yrs)	
Th Aug 5 – Sep 23	5:15-6 pm

Child & Youth – Health and Wellness

Kids At Tennis Society (KATS) Tennis Lessons

Using smaller racquets and low compression balls we help kids develop confidence in their ability to hit the ball which allows them to be successful very quickly. This program is sponsored by KATS and is free for those families who can't afford lessons. Please contact the centre for registration forms. Classes subject to last minute cancellation due to rain.

<i>Kings Roads Tennis Court</i>	<i>8/FREE</i>
(5–8 yrs)	
Th Jun 3 – Jul 29	4–5 pm
Th Aug 5 – Sep 30	4-5 pm
(9–13 yrs)	
Th Jun 3 – Jul 29	5-6 pm
Th Aug 5- Sep 30	5-6 pm

Yoga for Families (5-8 yrs)

This is a fun opportunity to engage with your children in yoga. Explore and learn poses with imagination through adventure and games. Encouraging self-regulation techniques through breathing, meditation, and mindfulness. This class will take place outdoors when the weather is nice.

<i>Oaklands Community Centre</i>	<i>7/\$63 per family</i>
Su Jul 4 –Aug 22	10:15–11 am

* No class Aug 1

Yoga for Kids (8-12 yrs)

In this beginner class, we explore yoga through movement, stillness, and silence in an interactive and engaging way. Self-regulation is introduced through breathing exercises and meditation. Cultivating a strong sense of self and confidence.

<i>Oaklands Community Centre</i>	<i>7/\$63</i>
Su Jul 4 –Aug 22	11:15am–12 pm

* No class Aug 1

Child & Youth - Summer Camps (Licensed)

Refunds for Summer Camps

- Written or email cancellation 30 days prior to 1st day of camp – full refund
- Under 30 days prior to 1st day of camp – full refund LESS \$25
- Under 14 days prior to 1st day of camp – NO REFUND*
 - Unless cancellation is for medical reasons and a doctor's note is presented.

Camp Oaklands (5-10yrs)

Our licensed camps provide quality childcare to children in Kindergarten to Grade 5. Oaklands provides a positive atmosphere in which children can develop self-esteem, confidence, and social awareness. Our staff offer a warm, safe, and welcoming environment so your child's time here is fun and memorable. We accept subsidies available through the Ministry of Children and Family. As we are a licensed program, any children who have not yet started kindergarten require temporary placement permission before being accepted into camp. Visit our website for the online registration link or call 250.370.9101

Week 1 "Space Invaders" (Grade K/1) Licensed Camp

Aliens, astronauts and exploring the solar system in our home-made UFO!

Oaklands Community Center \$200/\$225 week

M-F Jul 4–Jul 9 7:30am-5:30pm

Week 1 "Harry Potter Camp" (Grade 2-5) Licensed Camp

Be "sorted" by the sorting hat into one of the 4 houses, wand-making, potions, mythical beasts and more!

Oaklands Community Center \$225 week

M-F Jul 4–Jul 9 7:30am-5:30pm

Week 2 "Pokémon Camp" (Grade K/1) Licensed Camp

Are you Team Instinct, Team Mystic or Team Valor? It is all things Pokémon this week!

Crafts, face painting, scavenger hunts and games. Costumes are welcome!

Oaklands Community Center \$200/\$225 week

M-F Jul 12-Jul 16 7:30am-5:30pm

Week 2 "Out & About Camp" (Grade 2-5) Licensed Camp

This camp will be off-site for most of the day. Trips include Mt. Doug, Gyro Park, Flying Squirrel and Esquimalt Water Park. Fees include a daily snack, all activity admissions, and transportation.

Oaklands Community Center \$285/week

M-F Jul 12-Jul 16 7:30am-5:30pm

Week 3 "Parks & Beaches" (Grade K/1) Licensed Camp

Ryan Street Park, Gyro and Willows are a few places we will be visiting this week.

Oaklands Community Center \$200/\$225 week

M-F Jul 19-Jul 23 7:30am-5:30pm

Week 3 "Camping & Treasure Hunting" (Grade 2-5) Licensed Camp

Geocaching, campfires, setting up tents and fort-making are on the agenda this week!

Oaklands Community Center \$225/week

M-F Jul 19-Jul 23 7:30am-5:30pm

Week 4 "Move to the Music" (Grade K/1) Licensed Camp

Various instructors will be visiting us on-site this week to teach us dance styles, yoga and more. Let's get movin'!

Oaklands Community Center \$200/\$225 week

M-F Jul 26-Jul 30 7:30am-5:30pm

Week 4 "Out & About" (Grade 2-5) Licensed Camp

This camp will be off-site for most of the day. Trips include Willows Park, Thetis Lake, Blenkinsop Mini-Golf and Island View Beach. Fees include a daily snack, all activity admissions, and transportation.

Oaklands Community Center \$285/week

M-F Jul 26-Jul 30 7:30am-5:30pm

Week 5 "Little Explorers" (Grade K/1) Licensed Camp

Exploring Mt. Doug Park, Beaches, Tidepools and Francis King Park, Scavenger Hunts, treasure hunting and a visit from the Bug Zoo!

Oaklands Community Center \$160/\$180 week

T-F Aug 3-Aug 6 7:30am-5:30pm

Week 5 "Cooking for Kids!" (Grade 2-5) Licensed Camp

Cooking a basic meal and baking goodies every day! "Wheely Wednesday" will include a fun day of using your bike, scooter, skateboard, or roller skates. Let's roll!

Oaklands Community Center \$180/week

T-F Aug 3-Aug 6 7:30am-5:30pm

Week 6 "Superhero Academy" (Grade K/1) Licensed Camp

Welcome to Superhero Academy! Design your superhero alter-ego, refine your super-powers, secret society badges, costume/cape making and a certificate upon completion!

Oaklands Community Center \$200/\$225 week

M-F Aug 9-Aug 13 7:30am-5:30pm

Week 6 "Out & About" (Grade 2-5) Licensed Camp

This camp will be off-site for most of the day. Trips include Sooke Potholes, Langford Lanes, Sidney by the Sea and Swan Lake. Fees include a daily snack, all activity admissions, and transportation.

Oaklands Community Center \$285/week

M-F Aug 9-Aug 13 7:30am-5:30pm

Week 7 “Water Waves” (Grade K/1) Licensed Camp

Peter Pan Water Park, Esquimalt Water Park, Sprinkler fun, beachcombing and Salish Sea Center are some of our plans. Be prepared to get wet!

Oaklands Community Center \$200/\$225 week

M-F Aug 16-Aug 20 7:30am-5:30pm

Week 7 “Rock Stars!” (Grade 2-5) Licensed Camp

Campers will create “bands” for the week. Create a band name/logo/t-shirt! Instrument petting zoo on site. Special guests! Costumes! Music! Let’s Rock!

Oaklands Community Center \$225/week

M-F Aug 16-Aug 20 7:30am-5:30pm

Week 8 “Little Einsteins” (Grade K/1) Licensed Camp

Let’s get creative with experiments like Elephant Toothpaste, Coke & Mentos and a visit from the Compost Education Center. Science experiments galore!

Oaklands Community Center \$200/\$225 week

M-F Aug 23-Aug 27 7:30am-5:30pm

Week 8 “Out & About” (Grade 2-5) Licensed Camp

This camp will be off-site for most of the day. Trips include Mystic Vale, Westshore Mini-Golf, Tod Inlet and Elk Lake. Fees include a daily snack, all activity admissions, and transportation.

Oaklands Community Center \$285/week

M-F Aug 23-Aug 27 7:30am-5:30pm

Child & Youth - Summer Camps (Unlicensed)

Creative Yogis (7-10 yrs)

Join us for a fun-filled week of yoga and art. This half day camp offers children aged 7-10 years old the opportunity to explore self-expression creatively through movement and visual art. Prepare to meditate, move... and get a little messy!

Oaklands Community Centre 5/\$125

M-F Jul 12 – Jul 16 11am-3pm

M-F Aug 9 – Aug 13 11am-3pm

Ecoquest Kayaking ‘Introduction’ (8-12yrs)

Paddle your way to becoming a kayak pro! This camp is great for first-timers and those who are looking to develop more skills. Explore different locations on the water while learning safety, terminology, tips and tricks! All required safety equipment, kayaks and transportation are included. See www.ecoquestadventures.ca for more complete information.

Offsite 5/\$309

M-F Jul 12 – Jul 16 9:00am-3:00pm

Ecoquest Kayaking ‘Essentials’ (8-12yrs)

The next step after successfully completing the “Introduction to Kayaking Camp”. Kayakers will continue to build on their skills including advanced paddling, safety, rescue and trip planning while exploring new locations on the water. Each day will be more challenging. Campers are required to bring a basic wetsuit, however, all required safety equipment, kayaks and transportation are included. See www.ecoquestadventures.ca for more complete information.

Offsite 5/\$309

M-F Aug 30 – Sep 3 9:00am-3:00pm

Little Explorers (6-9 yrs)

Join us for a week for gardening, nature crafts, out trips, and more! This half-day camp is based on the principles of experiential learning, curiosity, creativity, and care for the natural world. Our goal is to nurture.

Oaklands Community Centre 5/\$100

M-F Aug 23 – Aug 27 1-4:30pm

Parks & Play Outdoor Camp (5-10 years)

Campers will meet at Oaklands Park on Ryan Street daily for drop-off and pick-up. This outdoor based camp will explore local parks, beaches, and green spaces in the Greater Victoria area. Activities include hikes, games, crafts, beachcombing, scavenger hunts/geocaching and more. Leaders will support campers to help build their confidence, creativity, and environmental responsibility. Please ensure your child is prepared for spending time outdoors by sending them with sunscreen, a hat, and a water bottle. No before/after care available. Snack included.

Oaklands Park \$210/week (4-day week \$170)

M-F July 5 – Aug 27 10am-4pm

Physical Literacy Basics (4-6 yrs)

Calling all active kids! Join us for a week of learning fundamental movement skills including running, throwing, catching, jumping, and balancing in a safe, fun, and positive environment. Activities and games are designed to encourage active play and develop agility, balance, and coordination. This afternoon camp will be ran outdoors.

Oaklands Community Centre 5/\$100

M-F Jul 26 – Jul 30 12-3:30pm

M-F Aug 16 – Aug 20 12-3:30pm

Licensed Child Care

Little Acorn Care Centre – (2.5–5 yrs)

Entrust your little ones to our fully qualified Early Childhood Educators (ECEs). At Little Acorn Care Centre, we offer either theme-based or emergent curriculums within a full day preschool program for children ages 2.5–5 years. We accept subsidies available through the Ministry of Children and Family. For more information contact us at 250–370–9101 ext. 6 or littleacorn@oaklandsca.com

Oaklands Neighbourhood House, 2629 Victor Street

Please contact us for up-to-date fee information.

Childcare Hours: M–F 7:30 am–5:30 pm

Adult – Creative Arts

Botanical Watercolour Illustration

Nurture your relationship with nature by creating illustrations that honor the places and creatures that surround us. While exploring basic watercolour techniques we will work from our own nature reference photos and found objects such as seashells and plants. Learn how to capture what you see by developing skills including: drawing, colour mixing, brushwork, and painting with water. The instructor will send a supply list via e-mail before the first class.

Oaklands Community Centre 6/\$60

Th Jul 15 – Aug 19 6-7pm

Scrappy Saturday Crafternoons - Outdoors

Join SUPPLY Victoria, a local non-profit dedicated to diverting materials from the landfill for some outdoor, all-ages creative reuse crafting every Saturday of July & August in the court yard at Oaklands Community Centre. Each week, participants will upcycle colorful cast-off materials into fun and useful projects like baskets, rugs, and dish scrubbies. For more information check out: <https://www.supplyvictoria.ca/> Register early for a discounted price

Oaklands Community Centre 1/\$20

S Jul 10 – Aug 28 11am-1pm

Adult – Health and Wellness

Full Body Blast

Targeting all areas of the body from front to back and side to side, this class will vary its approach to incorporate all muscle groups. The class design will change from class to class to ensure a fun, effective workout. From circuits, endurance exercise, core workouts, glutes, strength, and mobility we'll have you guessing what's next. This class includes a warm-up and a thorough cool-down and stretch. Please note this class will be held outdoors when the weather is nice.

Instructor: TBD

Oaklands Community Centre 5/\$45

Tu Jun 29 - Jul 27 7:10 – 8:10 pm

Tu Aug 3 - Aug 31 7:10 – 8:10 pm

Gentle Yoga – Outdoors at Oaklands Park

Learn the basics of yoga, improve your balance, strengthen your core AND increase your overall body strength! Leave class feeling relaxed and focused. No need to be intimidated, yoga is for everyBODY! This is a fun, multilevel yoga class that's suitable for all ages. Please bring your own yoga mat. Instructor: Tanya Gita Roberts

Oaklands Park 4/ \$36

W Jul 7 – Jul 28 9:30–10:45 am

W Aug 4 – Aug 25 9:30 – 10:45 am

GROOVE

Experience the fun new workout that everyone is talking about. Groovin' is a revolutionary workout that celebrates everyone's unique way of moving. Break out of the fitness box! The movements are purpose-driven and are designed to build strength, cardio, and endurance. Multi-level class, no experience necessary. Please note this class will be held outdoors when the weather is nice.

Oaklands Community Centre 7/\$63

Th Jul 8 – Aug 19 6–7pm

Hatha Yoga

A 60 minute class focused on body awareness, safe alignment, and a strong mind–body connection. Designed to cultivate balance, strength, mobility, and joint stability in your body. All levels welcome!

Oaklands Community Centre 7/\$63

W Jul 7 – Aug 18 7:15–8:15 pm

HIIT Plus

A traditional high intensity interval training class with a little extra thrown in the mix. This class will get your heart rate up and keep it there for the first part of the class. The second part of the class will focus on hitting the full-body with a wide range of techniques. Prepare to sweat your DNA away, all while still enjoying the process. This class includes a warm-up and a thorough cool-down and stretch. Please note this class will be held outdoors when the weather is nice.

Instructor: TBD

Oaklands Community Centre 5/\$45

Tu Jun 29 - Jul 27 6–7 pm

Tu Aug 3 - Aug 31 6–7 pm

Adult – Learn for Life

Community Book Club

Join us on the first Wednesday of each month to meet others virtually who enjoy reading, share ideas, have lively conversations and make new friends. Visit our website at <https://oaklands.life/book-club> for monthly book selection.

ONLINE via ZOOM Free

W Jul 7 6:30–8 pm

W Aug 4 6:30–8 pm

Special Events

Try it for a Toonie

It is time to get moving without any commitment. Pay a Toonie and try one (or more) Recreation Programs for 30 minutes. There will be classes for all ages and you are welcome to try more than one! Some examples of our mini programs are Soccer, Physical Literacy, Full Body Blast, Zumba, Gentle Yoga, and more! Please try and register before to ensure your spot.

Oaklands Community Centre \$2/day

M & T Jun 28 & 29 10am – 2pm