

CHILDREN 6-12 YRS

GENERAL

Boys' & Girls' Science Adventures 5-8yrs

Stimulate the investigative mind! Have fun with magnets, slime and loads of NEW experiments. We'll create fossils, mini volcanoes, sand castles, personalized science books with recipes included and much, much more! (Cherie S.)

271849	Jan 9	M	3:30-5:00pm
\$2 Sample Class– must register			
271850	Jan 16-Mar 5	M	3:30-5:00pm
\$85.84			



PERFORMING ARTS

Beginner Group Guitar Lessons 10-14yrs

Join instructor Don Strom for lessons that will have you playing some of your favourite songs right away. Basic chord structure, single note reading and strums in the open position. Please bring your own guitar.

LEVEL 1

267370	Jan 10-Feb 7	Tu	5:00-6:00pm
267371	Jan 10-Feb 7	Tu	6:00-7:00pm
267372	Feb 14-Mar 13	Tu	5:00-6:00pm
267373	Feb 14-Mar 13	Tu	6:00-7:00pm
\$53.50			

LEVEL 2

267375	Jan 10-Feb 7	Tu	7:00-8:00pm
267374	Feb 14-Mar 13	Tu	7:00-8:00pm
\$64.20			

Private Keyboard Lessons

A great opportunity to explore your interest in musical expression. Learn the fundamentals of playing including reading, basic technique and music appreciation. No previous background in piano is required.

287088	Jan 5-Feb 2	Th	6:00-6:30pm
287089	Feb 9-Mar 8	Th	6:00-6:30pm
\$90			

Adapted Musical Theatre 7-10yrs

Move to music, dress in costume and play with rhythm. This program encourages independence, teamwork, and listening skills. (Kelsey)

268799	Jan 18-Mar 7	W	4:30-5:15pm
\$53.48			



8 reasons to Involve Your Children in Out-of-School Activities:

- Support social and emotional development
- Encourage physical & mental health & well being
- Increase academic achievement
- Develop new skills and interests
- Support new relationships
- Relate to adult role models
- Provide safe out of school care
- Reduce the impact of technology

~ Middle Childhood Matters on the North Shore

CHILDREN 6-12 YRS

MARTIAL ARTS

Judo 7-12yrs

A form of Japanese self-defense. This martial art teaches discipline and self control, and improves balance and coordination between the mind and body (Jon C).

275592	Jan 11-Jan 25	W	6:00-6:45pm
\$6 intro			
275593	Feb 1-Mar 7	W	6:00-6:45pm
\$38.75			

SPORTS

Basketball

Learn the basics of ball handling, shooting, passing and other basketball skills. Drills will be reinforced with plenty of game play and scrimmaging. All levels welcome.

5-8yrs

274085	Jan 15-Mar 4	Su	10:30-11:15am
\$39.20			

9-12yrs

274086	Jan 15-Mar 4	Su	11:30am-12:30pm
\$52			

Soccer

Enjoy the game of soccer in a playful atmosphere. Focus is on FUN and the fundamental skills such as throwing, kicking, dribbling and goalie skills.

4-6yrs

274392	Jan 14-Mar 4	Sa	10:30-11:15am
\$52			

6-8yrs

274073	Jan 14-Mar 4	Sa	11:30am-12:30pm
\$52			

Badminton 7-10yrs

Learn the basic skills of badminton in a fun and social environment. Build hand-eye coordination, make friends and play on teams. Racquets are available to use during the class or bring your own.

268692	Jan 12-Mar 8	Th	3:30-4:30pm
\$70.65			

After School Sports Drop in 8-15yrs

A chance to play a variety of sports in the gym, supervised by an on-site leader. Please pay your \$1 drop-in fee at the front desk to receive a hand stamp.

Jan 4-Mar 28	M,W,F	3:30-5:30pm
\$1 drop-in		

YOGA

Zen-tastic Yoga Fun with Rio

Classes combine exercise with time for stories, poses, games and stillness. Promotes strength, flexibility, balance, posture, and confidence. Children learn to relax, concentrate, and be still.

6-11yrs

275580	Jan 19-Mar 8	Th	3:30-4:15pm
\$50.76			

12-17yrs

275586	Jan 19-Mar 8	Th	4:15-5:15pm
\$67.68			

SPRING BREAK

Spring Break Daycamp 6-12yrs

Two whole weeks of exciting games, sports, swimming, out-trips and crafts! Register early to avoid disappointment! Daily drop-in available. Please check with front desk for availability.

271872	Mar 12-16	M-F	8:45am-4:15pm
271878	Mar 19-23	M-F	8:45am-4:15pm
\$171.60			



Financial Access

Financial access is available to any North Vancouver resident who is unable to afford the full fees for a program.

If you are experiencing financial hardship which prevents you from participating in programs at JBCC please contact the JBCC Front Desk at 604.982.8300 to book an Access appointment.