



K'tanim (Ages 2-3)

Simcha (Ages 3-5)

Bonim (Grades 1 & 2)

Tzofim (Grades 3 & 4)

Halutzim (Grades 5-8)

CIT Program (Grades 9-10)

SPECIALTY CAMPS

- British Soccer
- Sportbal
- Baseball
- Floor Hockey
- Martial Arts
- Cooking
- Spa
- Mixed Media Art
- Hebrew Ulpan
- Science
- Robots
- Musical Theater



SUMMER CAMPS & AQUATICS



JCCGV CAMP SHALOM INFO

- **Parent Information Handbook:**

Handbook with information about the camp program you have registered for, what to bring and wear each day, and a medical form, will be available June 4th. Please contact JCCGV Front Desk or Camp Office if you haven't received a copy.

- **Medical Forms:**

All medical forms must be returned to the JCCGV by the first day of camp.

- **Food:**

Lunches and snacks brought by campers to the JCCGV must be DAIRY/VEGETARIAN, NUT FREE.

- **Program Changes:**

The JCCGV reserves the right to cancel, adjust or alter programs, depending on registration, available facilities and weather conditions.

- **Camperships:**

A limited number of camperships is available to those who are unable to pay the full fee. To apply please fill out a Campership Application Form (available at the front desk) and return it along with Camp Registration and \$50 deposit to the JCCGV no later than March 26, 2010. Special scholarships for new immigrants available thanks to the generosity of the Dorothea Gould Foundation - Immigrant Youth Project.

- **Special Needs:**

Children with special needs can participate in many of our programs. We see integration as a rewarding experience for all. To discuss any special needs your child may have and the flexibility of our programs, please make an appointment with Camp Director at 604-257-5147.

- **Tax Receipts:**

Our camps are eligible for a child care tax credit! We issue Tax Receipts at the end of February the following year.



REGISTRATION INFORMATION

Member & non-member registration is open now

- Registration forms may be mailed, dropped off or faxed (604-257-5119) to the JCCGV.
- Do not send cash in the mail. Registrations will not be accepted by phone.
- Registrations are not confirmed unless accompanied by all applicable fees
- A non-refundable deposit of \$50 is automatically assessed per child/session and has been included as part of the camp fees.
- We offer a sibling discount of 5% when 2 or more siblings are registered. Discount applies to 2nd and subsequent siblings. Cannot be combined with any other special offers or discounts.

CANCELLATION (please read carefully)

- Once a session has begun, pro-rated refunds (less deposit) will only be issued for medical reasons and when accompanied by a Doctor's certificate.
- If you change your mind about attending camp, please make your request to us in writing at least 28 days before your first day of the program. A refund (less the non-refundable deposit) will be issued.
- Cancellations with less than 28 days written notice are not eligible for a credit or refund.
- Camp Director reserves the right to withdraw any camper if in the Director's opinion it is in the best interests of either the child or the camp. In such an event no credit or refund will be issued.



JCCGV CAMP SHALOM 604-257-5147

JCCGV CAMP SHALOM

Preschoolers HALF DAY CAMP

Ages 2-3 **K'TANIM**

Entering Nursery 3 (born 2007) **Hours: 9:00am-11:30am**
This "mini" camp will provide a fun and nurturing experience, while introducing your 2 & 3 years old to the world of camp. We will have theme days, special guests, swimming, crafts and play time. Limit 12 per group. Run by ECE staff. 1 week sessions.

Ages 3-5 **SIMCHA**

Entering N4 & K (born 2006/5) **Hours: 9:00am-1:00pm**
Your preschooler will enjoy a morning filled with stimulating activities. There will be crafts, games, special guests, swimming and much, much more. Each session in Simcha is two weeks, except session 4. Children must be toilet trained in order to participate.

SIMCHA AFTER CAMP CARE

Hours: 1:00pm-3:30pm
The perfect place for children with lots of energy, and ideal for children with older siblings enrolled in full day camp.

Preschool SPECIALTY CAMPS

Sportball Parent & Tot Outdoor Soccer Ages 2-4



Parents are instructed how to correctly assist their children in learning the FUNdamentals of soccer. Programs focus on: throw-ins, kicking, dribbling and goalie skills. Coaches teach in a fun and creative manner, with a focus on success and participation. Grandparents and caregivers are also welcome to bring children to programs. We recommend the same adult attends the program each week. Every child gets a Soccer Ball + Shirt
Instructor: Vancouver Sportball Location: Montgomery Park
Ses I July 7-28; Ses II Aug 4-25
Age 2-3 Wed 5:30-6:15pm Ses I 3556 Ses II 3558 M\$105; N\$135
Age 3-4 Wed 6:15-7:00pm Ses I 3557 Ses II 3559 M\$105; N\$135

Sportball Camp Ages 3.5-5.5

Join the Sportball team for a summer camp experience that your child will never forget! Children participate in the skills and games of seven different ball sports. Sports include: soccer, hockey, basketball, baseball, volleyball, tennis, and golf.
Instructor: Vancouver Sportball Location: JCC Gym East
Ses I Aug 16-20 9:00am-12:00pm 3560 M\$195; N\$235
Ses II Aug 23-27 9:00am-12:00pm 3561 M\$195; N\$235

British Mini Soccer Ages 3.5-5.5

A unique way to learn the fundamentals of the game. Fun games, competitions and challenging skill-building activities will captivate and enlighten the youngest players. See p. 4 for more.



FULL DAY CAMP 9:00am-3:30pm

Entering Grade 1 **BONIM ALEPH**

Entering Grade 2 **BONIM BET**

Bonim is the perfect place to start "building" wonderful camp memories. We offer exciting field trips, challenges and adventures; theme days including sports day, Jewish culture, arts and crafts, drama, dance and music, daily swimming and lots of fun in the sun... Overnight trip optional.

Entering Grades 3 & 4 **TZOFIM**

At Tzofim we "scout" for fun and adventures. We emphasize outdoor activities, sports, dance, music and Jewish heritage programs, field trips, special guests and theme days including mini-Maccabi games. A one-night camping trip to Alice Lake at the end of each session is included.

Entering Grades 5-8 **HALUTZIM**

This program is for outdoor enthusiasts. Halutzim provides pre-teens with the opportunity to explore B.C.'s most valuable asset - Nature. We will spend our days hiking, biking, climbing and even kayaking. Each session features a 3-night, 4-day camping excursion. The Halutzim group is limited to 12 spaces per session, so please register soon!

CAMP SHALOM AFTER CAMP CARE

Hours: 3:30 - 5:30pm
For Bonim, Tzofim and Halutzim participants



Shirly Goldstein

JCCGV CAMP SHALOM DIRECTOR
(604) 257-5111 ext. 254; shirly@jccgv.bc.ca

Cobi Dayan

JCCGV CAMP SHALOM ASSISTANT DIRECTOR
(604) 257-5111 ext. 253; camp@jccgv.bc.ca

Teens FULL DAY 9:00am-4:00pm

Entering Grades 9 & 10 **C.I.T.'S**

Counselors-In-Training

The stepping stone to the next level, becoming a Camp Shalom Jr. Counselor. Through workshops and experiential learning, participants will develop and strengthen their communication, organizational and programming skills. The CIT's will participate in all camp activities, working side-by-side with Jr. and Senior Staff. A camping trip will conclude the program and a certificate of completion will be issued. Applications can be picked up in the Teen Lounge.

Entering Grades 11 & 12 **JR. MADRICHIM**

This program provides the experience necessary to become a confident and skilled Madrich. Participate in Staff training week, overnight camping trip & First Aid training. Work side by side with Senior Counselors to guarantee lots of experience with children of all ages. (Weekly honorarium provided). Candidates must meet all qualifications. Please contact camp office to set up an interview.

JCCGV SPECIALTY CAMPS

BRITISH SOCCER



"BRITISH SOCCER CAMPS is the largest soccer camp provider in the US and Canada! Over 100,000 players will learn the "Challenger Way" this year.

"Challenger has developed one of the most innovative methods of coaching in the U.S. & Canada. While focusing on teaching key techniques and technical components of soccer, we are also committed to developing the whole child. We coach soccer skills within a framework of character development based on respect, responsibility, integrity, leadership and sportsmanship. We offer cultural education too! Our ever-popular Camp World Cup Tournament allows us to introduce players to the geography, traditions and cultural of other great soccer playing countries."

Location: Montgomery Park - West 43rd & Montgomery Street
Ball and t-shirt are included.
Pre Order Challenger Soccer Jersey for \$20 till May15, 2010.

MINI SOCCER Ages 3-5

A unique way to learn the fundamentals of the game. Fun games, competitions and challenging skill-building activities will captivate and enlighten the youngest players.

Ses I	Jul 19-23	9:15am-10:45am	3540	M\$100; N\$125
	Jul 19-23	10:45am-12:15pm	3541	M\$100; N\$125
Ses II	Jul 26-30	9:15am-10:45am	3544	M\$100; N\$125
	Jul 26-30	10:45am-12:15pm	3545	M\$100; N\$125
Ses III	Aug 9-13	9:15am-10:45am	3548	M\$100; N\$125
	Aug 9-13	10:45am-12:15pm	3549	M\$100; N\$125
Ses IV	Aug 16-20	9:15am-10:45am	3552	M\$100; N\$125
	Aug 16-20	10:45am-12:15pm	3553	M\$100; N\$125

PLAYER DEVELOPMENT Ages 6-12

A three hour daily program providing technical and tactical instruction in all areas of the game. Emphasis is on individual skill development and fundamental tactical awareness through maximum participation, progressive practices and small sided games. For novice players the "Learning Through Games" will provide many possible touches on the ball, under limited pressure, allowing for more success. This leads to a more confident soccer player. Players are split into age appropriate groups.

Ses I	Jul 19-23	9:15am-12:15pm	3542	M\$130; N\$165
Ses II	Jul 26-30	9:15am-12:15pm	3546	M\$130; N\$165
Ses III	Aug 9-13	9:15am-12:15pm	3550	M\$130; N\$165
Ses IV	Aug 16-20	9:15am-12:15pm	3554	M\$130; N\$165

FULL DAY ADVANCED Ages 7-14

This camp provides advanced training for players who are serious about the game. Combining the Player Development Program with a focus in the afternoon on game related techniques, tactical development and coached match play. The full day program is an ideal camp for competitive players. For the recreational player the afternoon also has more expansive work on techniques and match play in various fun drills and game related situations. Players are split into age appropriate groups.

Ses I	Jul 19-23	9:15am-4:00pm	3543	M\$195; N\$235
Ses II	Jul 26-30	9:15am-4:00pm	3547	M\$195; N\$235
Ses III	Aug 9-13	9:15am-4:00pm	3551	M\$195; N\$235
Ses IV	Aug 16-20	9:15am-4:00pm	3555	M\$195; N\$235

SPORTS CAMPS Ages 6-12

BASEBALL CAMP

Ben Groberman and Ben Neumer are ecstatic to be returning to the JCC for a second year of baseball camp! This camp provides a structured, non-competitive environment in which to learn and play. New participants will learn the fundamentals, and experienced players will enhance their skills and teamwork. Children will be divided in small groups by skill level. Just like last year, the camp will be a fundraiser and help the instructors compete in the Annual International Jewish Men's Slo-Pitch Softball Tournament in Toronto/Hamilton. See you on the field!

Location: Montgomery Park Diamond
Ses I Aug 23-27 9:00am-12:30pm 3562 M\$150; N\$195

FLOOR HOCKEY CAMP



Come enjoy playing Canada's Winter game this Summer at Floor Hockey Camp! This camp provides a structured, non-competitive environment in which to learn and play. New participants will learn the fundamentals, and experienced players will enhance their skills and teamwork. Children will be divided in small groups by skill level. Instructors: Ben Groberman & Ben Neumer

Location: JCC Gym
Ses I Aug 23-27 12:30:00am-3:30pm 3563 M\$150; N\$195

MARTIAL ARTS CAMP



In this Camp program Children will learn to be "street smart", to think, and not panic in potentially serious situations. Discipline and respect are taught by leadership & example.

Instructor: Olympic Coach Alexei Orekhov
Location: JCC Gym
Ses I (3-days)
Jun 28-30 9:00am-12:00pm 3538 M\$100; N\$130
Ses II (5 days)
Aug 30-Sep 3 9:00am-12:00pm 3539 M\$150; N\$195



click to register: www.jccgv.com

JCCGV SPECIALTY CAMPS

SCIENCE EXPLORERS Ages 6-12



Become a Mad Science Investigator. Use forensic science to track down an elusive ice cream thief. Learn the fundamentals of rocketry as you build your model rocket. Step into a chemist's shoes, mix and dissolve a variety of everyday ingredients to create amazing reactions. Learn the basics of the code of life, and make a model of a cell. And much more.

Instructor: Mad Science Vancouver
 Location: JCC AD Arts & Craft Room
 Ses 1 Jul 12-16 9:00am-12:00pm 3564 M\$195; N\$235

ROCKIN ROBOTS Ages 7-12



Learn about the uses of robots in our world and spend time experimenting with super cool red-hot robots. Discover the science of circuits and how robots use sensors to explore things around them. Use your skills to build your very own working robot to take home with you! Instructor: Mad Science Vancouver

Location: JCC Room 102
 Ses 1 Aug 23-27 12:30-3:30pm 3565 M\$195; N\$235

KIDS CAN COOK Ages 6-12

Campers will learn about food in other cultures as well as how to prepare foods they love. A wonderful opportunity to polish manners, learn table etiquette and safe food handling while learning creative garnishing & carving techniques. Every day Campers will prepare a 3 course meal lunch to eat.

Location: JCC AD Arts & Craft Room
 Ses 1 Aug 23-27 9:00am-12:00pm 3566 M\$195; N\$235

SPA CAMP Ages 6-9

If you want to get pampered, relax and learn all about healthy living this program is for you! Participants will enjoy daily walks, yoga, swimming and beauty treatments while learning how to give themselves the perfect manicure, pedicure and facial. Emphasis is on friendships and healthy lifestyles.

Location: JCC Room 102
 Ses 1 Aug 23-27 9:00am-12:00pm 3567 M\$195; N\$235

PHOTOGRAPHY CAMP Ages 9-12

An exciting new photography program! We will view photos, discuss ideas, then head out to shoot. Back in the lab, campers will be taught the tools required to bring their vision to life. Capturing dreams to documenting events and from self-discovery to telling stories through photos, campers will tackle a different artistic challenge every day and grow as photographers as they develop a style of their own. No previous experience is necessary, experienced photographers are welcome!

Please bring your digital camera. Instructor Rachel Lando
 Location: JCC Room 103
 Ses 1 Aug 23-27 12:30-3:30pm 3568 M\$195; N\$235

HEBREW ULPAN CAMP Ages 6-9



This exciting new program has been designed to provide children with Israeli culture and language education. A great way to develop their Jewish identity. Study Hebrew, learn new songs, and Hebrew folk dancing, and learn about Jewish tradition and Israeli culture in a fun and stimulating camp.

Location: JCC Room 103
 Ses 1 Aug 23-27 12:30-3:30pm 3570 M\$150; N\$195

MIXED MEDIA ARTS CAMP Ages 6-12

Snap, sketch and sculpt in this mixed-media camp. Work with photography, illustration techniques and various sculpting projects to explore how artists use a variety of materials to create their artwork. A wonderful and exciting opportunity for the young artist to explore different media such as pencil, ink, pastel, colored pencils and markers. Students will complete a project each day. Creativity and imagination will be emphasized. An art exhibit will be held the last day of camp.

Location: JCC AD Arts & Craft Room
 Ses 1 Aug 23-27 12:30-3:30pm 3569 M\$195; N\$235



SUMMER PERFORMING ARTS PROGRAMS

Musical Theatre Summer Camp

Ages 8-12

Participants will spend the day singing, acting and dancing under the direction of our Dena Wosk School of Performing Arts professional staff, who are performers as well as instructors. Campers will receive theatre training and experience in putting on a show: sets, costumes, stage managing,... and we throw in some swimming for the fun of it! Performance on the last day of camp. An excellent preparation for next year's "Gotta Sing! Gotta Dance!" auditions.

Aug 16-27 9:00am-3:30pm 7900 M\$400; N\$480

Summer Afternoon Dance Camps



Instructors from the Dena Wosk School of Performing Arts faculty

The Dena Wosk Sampler - Dance & Theatre

Ages 6-9 Mo-Fr 3:30-5:00pm 1.5 hrs/day M:\$100; NM:\$120

7990 Ses 1 Jul 5-9 3:30-5:00pm
 7991 Ses 2 Aug 9-13 3:30-5:00pm
 7992 Ses 3 Aug 16-20 3:30-5:00pm
 7993 Ses 4 Aug 23-27 3:30-5:00pm

Dancestories - Jazz, Hip Hop & Theatre

Ages 9-12 Mo-Fr 3:30-5:30pm 2 hrs/day M:\$120; NM:\$150

7994 Ses 1 Jul 5-9 3:30-5:30pm
 7995 Ses 2 Aug 9-13 3:30-5:30pm
 7996 Ses 3 Aug 16-20 3:30-5:30pm
 7997 Ses 4 Aug 23-27 3:30-5:30pm

Please see p. 16 in the Program Guide for full descriptions.

CAMP SCHEDULE & FEES

JCCGV Summer Camp Shalom 2010

Age for entering grade	Session 1 July 5-16	Session 2 July 19-30	Session 3 Aug 3-13	Session 4 Aug 16-20
K'tanim (N3) 9:00 – 11:30 am	Week 1 3501 M\$125; NMS\$150	Week 1 3503 M\$125; NMS\$150	Week 1 3505 M\$100; NMS\$120	Week 1 3507 M\$125; NMS\$150
	Week 2 3502 M\$125; NMS\$150	Week 2 3504 M\$125; NMS\$150	Week 2 3506 M\$125; NMS\$150	x
Simcha (N4 & K) 9:00am – 1:00pm	3511 M\$320; NMS\$380	3512 M\$320; NMS\$380	3513 M\$300; NMS\$360	3514 M\$160; NMS\$190
Simcha After Care 1:00 – 3:30pm	3516 M\$180; NMS\$225	3517 M\$180; NMS\$225	3518 M\$165; NMS\$210	3519 M\$90; NMS\$115
Full Day Camps 9:00am – 3:30pm	Ses 1 (10 days) July 5-16	Ses 2 (10 days) July 19-30	Ses 3 (9 days) Aug 3-13	Ses 4 (5 days) Aug 16-20
Bonim-Aleph* Entering Gr 1	3521 M\$400; NM \$500	3522 M\$400; NM \$500	3523 M\$380; NM \$450	3524 M: \$200 NMS\$250
Bonim-Bet* Entering Gr 2	3525 M\$400; NM \$500	3526 M\$400; NM \$500	3527 M\$380; NM \$450	3528 M: \$200 NMS\$250
Tzofim* Entering Gr 3-4	3531 M\$400; NM \$500	3532 M\$400; NM \$500	3533 M\$380; NM \$450	3534 M: \$200 NMS\$250
Halutzim** Entering Gr 5-8	3571 M\$500; NMS\$580	3572 M\$500; NMS\$580	3573 M\$480; NMS\$560	3574 M: \$200 NMS\$250
After Camp Care 3:30 – 5:30pm	3591 M\$120; NM \$150	3592 M\$120; NM \$150	3593 M\$110; NM \$135	3594 M\$60; NM \$75
Chaverim/C.I.T.'s Entering Gr 9-10	July 5-30 4 weeks	3580 M\$480; NMS\$560		

*1-night overnight included in S. 1, 2 & 3. ** 3-night overnight included in S. 1, 2 & 3



JCCGV Specialty Camps 2010

July 5-9	July 12-16	July 19-23	July 26-30	Aug 9-13	Aug 16-20	Aug 23-27 AM	Aug 23-27 PM
Dena Wosk Sampler-Dance/Theatre age 6-9 3:30-5:00pm 7990 M\$100; NMS\$120	Science Explorers age 6-12 9:00-12:00pm 3564 M\$195; NMS\$235	British Soccer Mini Soccer age 3-5 9:15am-10:45am 3540 M\$100; NMS\$125	British Soccer Mini Soccer age 3-5 9:15am-10:45am 3544 M\$100; NMS\$125	British Soccer Mini Soccer age 3-5 9:15am-10:45am 3548 M\$100; NMS\$125	British Soccer Mini Soccer age 3-5 9:15am-10:45am 3552 M\$100; NMS\$125	Sportball age 3-5 9:00am-12:00pm 3561 M\$195; NMS\$235	
Dancestories-Jazz, Hip Hop/Theatre age 9-12 3:30-5:30pm 7994 M\$120; NMS\$14		British Soccer Mini Soccer age 3-5 10:45am-12:15pm 3541 M\$100; NMS\$125	British Soccer Mini Soccer age 3-5 10:45am-12:15pm 3545 M\$100; NMS\$125	British Soccer Mini Soccer age 3-5 10:45am-12:15pm 3549 M\$100; NMS\$125	British Soccer Mini Soccer age 3-5 10:45am-12:15pm 3553 M\$100; NMS\$125	Baseball age 6-12 9:00am-12:00pm 3562 M\$195; NMS\$235	Floor Hockey age 6-12 12:30-3:30pm 3563 M\$150; NMS\$195
		British Soccer Player Development age 6-12 9:15am-12:15pm 3542 M\$130; NMS\$165	British Soccer Player Development age 6-12 9:15am-12:15pm 3546 M\$130; NMS\$165	British Soccer Player Development age 6-12 9:15am-12:15pm 3550 M\$130; NMS\$165	British Soccer Player Development age 6-12 9:15am-12:15pm 3554 M\$130; NMS\$165	Kids Can Cook age 6-12 9:00am-12:00pm 3566 M\$195; NMS\$235	Rocking Robots age 7-12 1:00-4:00pm 3565 M\$195; NMS\$235
		British Soccer Full Day Advanced age 7-14 9:15am-4:00pm 3543 M\$195; NMS\$235	British Soccer Full Day Advanced age 7-14 9:15am-4:00pm 3547 M\$195; NMS\$235	British Soccer Full Day Advanced age 7-14 9:15am-4:00pm 3551 M\$195; NMS\$235	British Soccer Full Day Advanced age 7-14 9:15am-4:00pm 3555 M\$195; NMS\$235	Spa Camp age 6-9 9:00am-12:00pm 3567 M\$195; NMS\$235	Mixed Media age 6-12 12:30-3:30pm 3568 M\$195; NMS\$235
				Dena Wosk Sampler-Dance/Theatre age 6-9 3:30-5:00pm 7991 M\$100 NMS\$120	Sportball age 3-5 9:00am-12:00pm 3560 M\$195; NMS\$23	Photography age 9-12 9:00am-12:00pm 3558 M\$195; NMS\$235	Hebrew Ulpan age 6-9 12:30-3:30pm 3570 M\$150; NMS\$195
				Dancestories-Jazz, Hip Hop/Theatre age 9-12 3:30-5:30pm 7995 M\$120 NMS\$140	Dena Wosk Sampler-Dance/Theatre age 6-9 3:30-5:00pm 7992 M\$100; NMS\$120		Dena Wosk Sampler-Dance/Theatre age 6-9 3:30-5:00pm 7993 M\$100; NMS\$120
					Dancestories-Jazz, Hip Hop/Theatre age 9-12 3:30-5:30pm 7996 M\$120 NMS\$140		Dancestories-Jazz, Hip Hop/Theatre age 9-12 3:30-5:30pm 7997 M\$120; NMS\$14
					Musical Theatre Summer Camp age 8-12 (2 weeks) 9:00 - 3:30pm 7900 M\$400; NMS\$480		

Martial Arts Camp-

Session 1 (3 days) June 28-30 3538 M\$100; NMS\$130

Session 2 (5 days) Aug 30 - Sep 3 3538 M\$150; NMS\$175

AUGUST 23-27 SPECIAL!

Sign up for 1 AM Specialty Camp + 1 PM Specialty Camp and receive 10% OFF BOTH! Plus free care between camps.

SUMMER AQUATICS

This summer we are pleased to offer a great selection of swimming programs. We'll be offering lessons on weekday afternoons and Sunday mornings, as well as the greatest selection of advanced aquatic courses in the city. There will be lots of open swim time available for you to drop in and cool off. See you in the pool!

Dave Ibbott, Aquatics Director 604-257-5111 ext. 285

Bring your report card at registration time!

Report cards help us to ensure that your child is registered in the appropriate level. If you do not have a current report card (within 8 months) you can have your child assessed by JCCGV Aquatic Instructors during open swim times.

A fee will be charged to transfer mis-registered children.

SUMMER SESSION DATES

Weekday Lessons

Session I	July 5-8, July 12-15
Session II	July 19-22, July 26-29
Session III	Aug 3-5, Aug 9-12 (no class Aug 2)
Session IV	Aug 16-19, Aug 23-26
Sunday Lessons	One set only July 11 - Aug 22 (no class Aug 1)



register online: www.jccgv.com

HOW TO REGISTER

- Online: www.jccgv.com
- By fax: 257-5119
- In person at the JCCGV front desk

Weekday Group Lesson Schedule

12:30-1:00 Turtles	1:00-1:30 Guppies	Classes run Mo-Th for 2 weeks 8 lessons except session III which is 7 lessons.	
1:30-2:00 Dolphins			
3:30-4:00 SK 1	3:30-4:00 Sharks	3:30-4:00 Turtles	3:30-4:00 Guppies
4:00-4:30 Dolphins	4:00-4:30 SK 2	4:00-4:45 SK 4	4:00-4:45 SK 5
4:30-5:00 SK 3	4:30-5:15 SK 6	4:45-5:30 SK 7	4:45-5:30 SK 8/9
5:00-5:45 SK 10	5:15-6:00 Lifesaving School		

Sunday Group Lesson Schedule

July 11-Aug 22; no lessons Aug 1			
10:00-10:30 Turtles	10:00-10:30 Dolphins	10:00-10:30 SK 1	
10:30-11:00 Guppies	10:30-11:00 Sharks	10:30-11:00 SK 2/3	
11:00-11:45 SK 4	11:00-11:45 SK 5	11:00-11:45 SK 6	
11:45-12:30 SK 7	11:45-12:30 SK 8	11:45-12:30 SK 9/10	

Lesson Registration Fees:

	Members	Non Members
Private Lessons	\$23.75/lesson	\$30.90/lesson
Semi Private Lessons	\$13.65/lesson	\$21.35/lesson
Private Lesson Registration: Sun June 13, 10:00am M, 12:00pm NM		
6 Lesson Group Session		
30 minutes	\$41.40	\$50.70
45 minutes	\$51.60	\$80.10
7 Lesson Group Session		
30 minutes	\$48.30	\$59.15
45 minutes	\$60.20	\$93.45
8 Lesson Group Session		
30 minutes	\$55.20	\$67.60
45 minutes	\$68.80	\$106.80
Group Lesson Registration: Mo June 14 M; Mo June 21 NM		

SUMMER AQUATICS

Advanced Aquatics

For Summer 2010 we will be offering an excellent selection of advanced aquatic courses including the National Lifeguard Service Pool Option, Assistant Water Safety Instructors, Water Safety Instructor, as well as Bronze Medallion and Bronze Cross. N.L.S. and Water Safety Instructor Re-certs will also be available. Specific course times and prices will be available soon. Please contact the pool office (257-5111 ext. 284) for more detailed information.

Private swimming lessons

Private or Semi-Private lessons are available to swimmers of all ages and abilities. Private lessons are one-to-one. Semi-Private lessons are for two students of similar ability, both students should be provided by the customer. Lessons are 30 minutes long and are booked into open swim times and lesson times.

Please register at the JCCGV front desk beginning Sunday June 13, 10:00am for members, 12:00noon for non-members.



Parties

The pool is available for Birthday parties and other party rentals on Sunday afternoons 1:00-2:00pm. Birthday Party Fun Leaders are available on request. Special rental times may be available on other days and times. Please contact our Facility Booking Associate at (604) 257-5111 ext. 254 for more information.

Preschool Aquatics

Preschool Levels children 3-5 yrs	Class level description - all classes 30 min. Min. 3 / Max. 4. Age: 3-5 years.
Turtles	Children must be able to participate with instructor working towards independent floats, submersion & movement. No Prerequisite
Guppies	Children must be able to consistently float on front and back on their own and are comfortable in the water - class will work on progressing to short swims. Prerequisite: Completed Turtles
Dolphins	Children are able to swim independently for short distances, working on taking a breath and are comfortable working on deep water activities and skills. Prerequisite: Completed Guppies
Sharks	Preparation for the SwimKids program. Reviews all floating and propulsion skills. Good for kids that are not yet 6 but are ready for SwimKids 2 Prerequisite: Completed Dolphins

Children's Aquatics Levels

SWIMKIDS LEVELS (children 6 years +)	CLASS LEVEL DESCRIPTION	CLASS LENGTH	MIN / MAX ENR.
SwimKids 1	Beginners progressing from submersion to float & glides on front and back. Swims up to 5m.	30 min.	4/6
SwimKids 2	Efficient in floats & glides with kick. Deep water activity. Swim up to 10m	30 min.	4/6
SwimKids 3	Front & Side glides with kick. Intro to Front crawl. Surface support & dives. Swim up to 15m	30 min.	4/6
SwimKids 4	Front crawl technique. Intro to Back crawl. Dives and safe entries. Swims up to 25m.	45 min.	5/8
SwimKids 5	Efficient Front crawl. Back crawl technique. Whip kick and Sculling. Swims up to 50m.,	45 min.	5/8
SwimKids 6	Efficient Front & Back crawl. Intro to Elementary Backstroke. Swims up to 75m.	45 min.	5/8
SwimKids 7	Efficient Elementary backstroke. Intro to Breast stroke. Egg beater. Swims up to 150m	45 min.	5/8
SwimKids 8	Efficient in all strokes to date. Breast stroke technique. Intro to dolphin kick. Stride entry. Swims up to 300m.	45 min.	5/8
SwimKids 9/10	Mastering all strokes to date. Intro to Butterfly/ Side stroke Surface, shallow dives, rescue breathing. Swims up to 500m	45 min.	5/8
Lifesaving School (Rookie, Ranger, Star)	Introduction to rescue, emergency skills and first aid. Enter Rookie after AQ 9, Ranger after AQ 11 and Star after AQ 12	45 min.	5/8