

YOUTH ACTIVITIES (AGES 8-17 YRS)

DROP-IN

FLIPOUT FRIDAYS (9-12 YRS)

Dodgeball, baking, outdoor games, swimming and movie nights are just a few of the activities you can expect for your FlipOut Friday nights. We provide a fun, safe and welcoming environment for youth to participate in their favourite activities and try new ones. No FlipOut on STAT holidays or Pro-D Days.

Oaklands Community Centre	Drop-In/\$5
Fridays	Apr 6-Aug 31
	6:15-9 pm

FLOOR HOCKEY (9-17 YRS)

Come out and practice your hockey skills off the ice. Equipment provided; just bring a pair of non-marking shoes and some energy! No games on STAT holidays or Pro-D days. Parents welcome to participate.

Oaklands Elementary School Gym	FREE
Fridays	Apr 6-Jun 22
	4:30-6 pm

HEALTH & WELLNESS

KIDS AT TENNIS SOCIETY (KATS) TENNIS LESSONS (9-13 YRS)

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. Classes subject to last minute cancellation due to rain.

Oaklands Park Tennis Courts (on Kings road)	10/FREE		
55005	Th	Apr 19-Jun 21	5-6 pm
55006	Th	Jun 28-Aug 30	5-6 pm

YOGA FOR YOUTH (8-12 YRS)

Youth will be introduced to poses, sequences and breathing exercises that will help boost confidence, strengthen the body and improve posture. Explore partner yoga, meditation and yoga games and take home a yoga toolbox to help manage stress.

Oaklands Community Centre	5/\$45 or Drop-In \$11		
55045	Su	Apr 8-May 6	11-11:45 am
55199	Su	May 13-Jun 17	11-11:45 am

* No class May 20

KIDS STAND UP PADDLEBOARDING (8-12 YRS)

Join us at Thetis Lake where your child will learn to fall in love with the outdoors, water sports, and experience Stand Up Paddleboard training from our certified instructors. Throughout our six weeks together, we use games, drills, and SUP activities to provide your child with the skills to develop love for a fun, outdoor sport that will stay with them for life.

Thetis Lake	2/\$75	
55224	Tu,Th Jul 3 & 5	9:30-11:30 am
55225	Tu,Th Jul 10 & 12	9:30-11:30 am
55226	Tu,Th Jul 24 & 26	9:30-11:30 am
55227	Tu,Th Aug 7 & 9	9:30-11:30 am
55228	Tu,Th Aug 21 & 23	9:30-11:30 am
55229	Tu,Th Aug 28 & 30	9:30-11:30 am

LEARN FOR LIFE

HOME ALONE (9-12 YRS)

A program that teaches children to be more confident and capable, should they find themselves home alone. Topics include safety in the home, stranger awareness, fire prevention, internet safety and injury prevention.

Oaklands Neighbourhood House	1/\$25		
55182	M	Apr 23	6-8 pm
55183	M	Jun 25	6-8 pm

RED CROSS BABYSITTING COURSE (11-14 YRS)

This fun, educational and interactive course will include the basics of babysitting, safety procedures, activities for young children, steps to handle emergencies and more. The class culminates with a test and certificate upon completion. Please bring a lunch, notebook, and pen to class. Course held at Oaklands Chapel 2736 Fernwood Road.

Oaklands Chapel	1/\$50		
55191	F	Apr 20	9 am-4 pm
55020	F	May 18	9 am-4 pm