



Southern Cortes Community Association

Summer Youth Recreation Programs



2024

JULY & AUGUST

REGISTER ONLINE

MANSONSHALL.ORG

250.935.0015 office@mansonshall.org

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July

Cortes Corners *with Autumn & Whitney*

We will explore wetland, coastal red cedar forest, and ocean ecosystems. For the budding naturalists, guided by our ecology experts, participants will delve deeply into the natural world of Cortes.

July 2 – 4

10am – 1pm (bring hearty snacks)

3-day workshop

Age 6 – 10 years

\$60 or \$20 per day

Tuesday wetland at 1642 Carrington Bay Rd,

Wednesday at Kwaas Bay Rd wetland parking lot,

Thursday at Mansons Lagoon



Intro to Documentary Filmmaking *with Jennifer Pickford*

This lecture-based and hands-on summer program gives young adults an overview of all the stages involved in independent documentary filmmaking and is a must for beginning directors and producers.

Learn about prepping for your shoot, crewing up, interviewing techniques, the fundamentals of production, basic cinematography, the importance of sound, and getting all your shots.

July 2 – 4

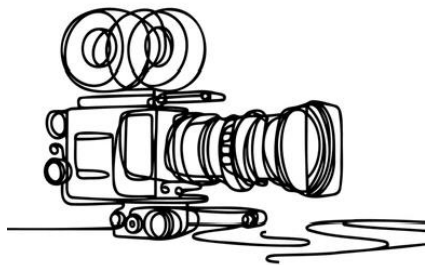
10am – 12pm & 1 – 3pm (4hrs per day, 1 hr lunch break)

3-Day Workshop

Ages 11 to 16 years

\$90

Mansons Hall



Eco Skills *with Autumn Barret-Morgan*

For young naturalists, dive deeply into the flora and fauna of Cortes ecosystems with Autumn. Participants will explore, collect specimens, and analyse collections. Build skills in field collection, recording, identification, wild crafting and more.

July 8 – 11

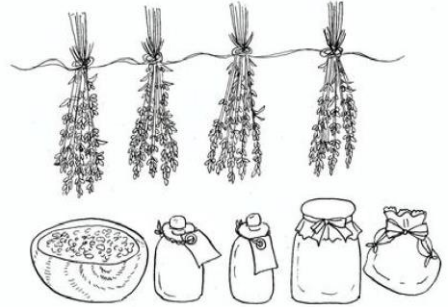
10am – 1pm (bring hearty snacks)

4-day workshop

Age 11 – 16 years

\$80

Meet at Linnaea Farm parking lot



Swimming Lessons *with Sadie Morris*

Five days of swimming lessons at beautiful Hague Lake. When not in class participants can relax with Claudia and Apollo at the beach. Please bring lunch and snacks if planning to be on site beyond your class time.

July 8 – 12 Monday to Friday

Sandy Beach at Hague Lake

\$60 for 5 classes

Level 1 - parent & tot

10 – 10:20 am

Age: 2-4 (with parents)

In shallow water or lifejacket

To help parents guide their child to getting used to the water and improving confidence.



Level 2

10:30 – 11

Age: 4 – 6

In shallow water or lifejacket

Getting used to the water, putting our faces in, floating and kicking.

Level 3

11:10 – 11:40am

Age: 5+

In shallow water-shoulder high

Floating and swimming short distances, kicking and gliding.

Level 4

12:45 – 1:15pm

Age: 5+

In shoulder high water

Introduction to front crawl and back crawl, swimming short lengths independently.



Level 5

1:30 – 2pm

Age: 6+

Shoulder high and deeper water

Swimming in deep water, refining our front crawl, back crawl and breaststroke.

Level 6

2:10 – 2:40pm

Age: 6+

Deep water

Students must be comfortable in deep water and with front and back crawl, and breaststroke. Intro to some life-saving skills, underwater swimming, eggbeater and scissor kicks, and towing.

Basic swimming skills for non-swimmers

2:45 – 3:15pm

Age: 10+

Shallow to chest deep water

Objective: starting at basics, building up to floating, and kicking

Action Games *with Claudia Raaen*

Every Monday at Smelt Bay Park join Claudia for five fun-filled mornings to play many of your favourite action games like Capture the Flag, Kick the Can, Stingers, Turtle Tag, and more.

Bring water, snacks, and a hat or sunscreen.

July 15 and 22; August 5, 12 and 19

10am – 12pm

Ages 6 to 16 years

\$60 or \$15 per session

Smelt Bay Park Waterfront on the grassy field



Cortes Junior Guard *with Sadie Morris*

More swimming with Sadie at Hague Lake. Participants will learn basic first aid, some rescues from the water, and more advanced swimming skills. The training can direct participants in two ways: Further first aid, or advancement to Bronze Medallion and Bronze Cross lifeguarding.

This program is for youth ages 11-16 who are capable swimmers (can front crawl, back crawl and breaststroke comfortably in deep water).

July 15 – 18

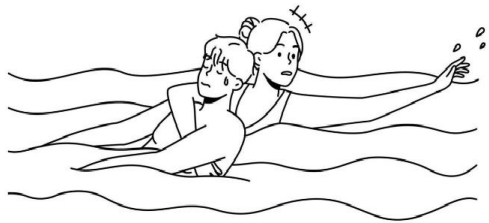
10am – 230pm

4-day intensive workshop

11 – 16 years

\$160

Hague Lake



Dancing Stories *with Jen Wilson*

This popular and fun class will teach musicality (how to interpret music with the body), movement (how to jump and turn), coordination, imagination, and creative storytelling. The children will collaboratively create a short story and make specific & improvised dances to perform/tell the story with gentle guidance.

No prior dance experience is necessary.

On the final day we will show the dance story to caregivers/parents.

Attire: Fitted stretchy clothing is ideal. Feel free to wear something fun like a tutu or bright leotard or leggings — as long as it is comfortable. No jeans.

July 15 – 18

10am – 1130am

4-day workshop

Ages 5 to 8 years

\$50

Mansons Hall

Performance: July 18 @ 11am



Fairy World *with Claudia & Monica*

*Gather round the fairy ring, finding flowers for the folk,
Making merry works of heart, tea parties and where to start?
In Maple magic Cedar grove, Arbutus hides a treasure trove*

You are welcome to bring a gathering basket and dress up for the occasion, or come in casual attire.



July 16 - 18

1 – 3 pm

3-day workshop

4 years and up

\$45



Tues at Mansons Lagoon at the picnic table near parking lot
Wed and Thurs at Smelt Bay Park maple tree near parking lot

You are SO Dramatic! *with Jen Wilson*

Come get dramatic with me! Do you like musicals? Have you ever seen a musical on stage or in a movie? In this class, you will learn how dancing and acting can enhance a story. Like professional musicals, you will learn some choreography (steps) and acting skills that tell a story through performing a famous theatrical musical song. This will be a fun class with plenty of room for exploring personal movement style, creating characters, and physical theatre (using your body to tell a story).

No experience necessary. This is a class for enthusiastic expressive youth who are interested in things like performing, theatre, dance and musicals.

Come dressed in comfortable stretchy/loose clothing for a dance/movement-based class.

July 22 – 25

1 – 3pm

4-day workshop

9 years and up

\$60

Performance: Jul 25 @ 230pm



Horse Play *with Oriane Lee Johnston*

Make friends with two gentle horses, Moon and Sky, in their forest and paddock home. Learn how to observe and listen to the horses, to groom and care for them, and to lead a horse on a walk with self-assurance. Nature art-making adds to the fun.

All activities are on the ground, no riding. Suitable for every young person who longs to get close to a horse safely, even kids who are afraid. Builds self-confidence, personal boundaries, and empathy.

July 23 – 25

3-day workshop



(Horse Play continued)

10 am – 12 pm
Ages 12 – 16 years

2pm – 4pm
Ages 8 – 11 years

\$45
Near Smelt Bay



(If class is full contact registration for possible August dates.)
(Contact Oriane Lee directly at olj@orianelee.com to arrange a private class at whitehorsesanctuary.com)

Radio Gaga *with Bryan & Apollo*

Learn radio and live broadcasting skills and techniques with CKTZ Director Bryan McKinnon.

Students will produce their own radio broadcast to air on CKTZ Cortes Community Radio.

July 29 – Aug 1
10am – 12pm
4-day workshop
Ages 11 – 16 years
\$60
Cortes Community Radio Building



August

Circus Play *with Coco & Jamie*

In this 4-day camp we will provide a variety of equipment and instructors for you to hone your skills in tumbling, hula hooping, dance moves, poi, rope skipping, and juggling. We provide an environment for you to be inspired to put together some acts to show off your brilliance to friends and family in an outdoor setting.

Coco and Jamie both have a background in dance, gymnastics, sports, and yoga as well as other circus arts classes with children.

August 5 – 8
1 – 3pm
4-day workshop
Ages 5 years and up
\$60

Smelt Bay Park, grassy field
If it rains, we will meet in Mansons Hall.



Soccer *with John & David*

Soccer is truly the world's game. In every nook and cranny, every corner of the globe, and every mother's kitchen! Our goal is to ensure that we create an environment that allows players to explore and take risks while feeling safe to make mistakes as we feel this is crucial to their development as young soccer players.

Each day will involve small-sided games which allow young players to learn the game of soccer by maximizing ball touches in a short period of time. There will be lots of solo and partner activities to develop skills such as: Juggling, Passing, Shooting, and Controlling.

Aug 6 – 8
10am – 12pm
3-day workshop
Ages 8 – 16 years
\$45

Cortes School Field



Jump into Music! *with Monica Lee*

This summer, join Teacher Monica for a one-of-a-kind music and movement camp that will explore singing, dancing, drumming, parachuting, improvising, maracas, scarf play, special instruments, jumping, and playing. All while exploring the rich history of Canadian Folk Music. Each group will perform a number with Monica during her 12pm Aug 16 performance at the Village Commons Pavilion.

August 13 – 15 3-day workshops
\$60 Mansons Hall



Little Learners, ages 4 and under, 930am – 1030am

Music serves as the pulse of our connections, the backdrop to the human experience. A single song has the power to bring deep moments of positivity into our lives. The songs we will explore in these classes are heartfelt and attentive, relevant to the parent-child relationship, our connection to community and our sense of place.

The instructor will provide everything needed for class, including instruments, an interactive world map, bubbles, and more! Children under 6 months attend free with a registered sibling. Caregiver participation is required

Musical Minds, ages 5 – 9, 11am – 1230pm

We'll sing, dance, and smile together, exploring Canadian Folk Music in body and mind! This free-flowing class allows children to discuss and contribute while moving their bodies and exploring Canadian folk music. We will play maracas and drums, dance with scarves, play with a big, colourful parachute, explore a huge interactive world map, and more! The instructor will provide everything needed for class.

Ukulele Master Class, ages 10 – 16, 130pm – 3pm

Let's play the Ukulele! Learn some fantastic Canadian Folk songs that your whole family will love! Music has the power to create connection and recognition of our shared humanity. Together, we will learn about our instrument, some basic music theory and how to follow along, singing and playing as a group. Bring your own Ukulele to class. Tuners and music stands are very helpful but not required for class participation.

Nature Play *with Claudia*

Join us for a playful inquisitive exploration of forest to ocean at Manson's Lagoon and Hanks Beach. Following the children's curiosities, we will watch for wildlife, smell the flowers, play in the forest, build sculptures in the sand, tell stories, and much more. Please bring your own water bottle, a snack, and sunscreen or a hat.

Aug 21 – 22

10am – 1230pm

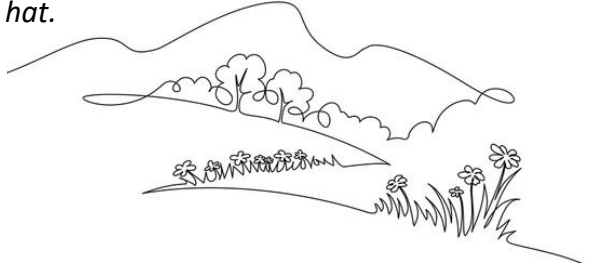
2-day workshop

Ages 5 to 10 years

\$30

Wednesday Aug 21: Mansons Lagoon. Meet at the picnic table by the parking lot of Mansons Lagoon dock.

Thursday Aug 22: Hanks Beach. Meet at the Hanks Beach parking lot by the yellow gate.



Fort Building *with Angelica & Bruen*

Join our 2-day program where you will learn to build shelters using a tarp, rope and driftwood! We will focus on team building, with fun activities to help participants work together and communicate. They'll learn knot tying in structural applications. Teams will design and build shelters that can withstand the elements, and then test their strengths in weather simulations to see which team builds the strongest structure!

August 20 – 21

1 – 3pm

2-day workshop

7 years and up

\$30

Moon Beach



Instructors

Autumn Barret-Morgan has been a nature enthusiast and advocate for ecosystems and wildlife for decades. She has been an avid board member at Friends of Cortes Island for 4 years, and is a Biological Monitor at the Dillon Creek Wetland Restoration, is a facilitator for the Mycology workshop at Hollyhock, and is involved in a number of other local ecological and environmental projects on Cortes Island. She is also a community herbalist, hobby farmer and local animal first aid practitioner.

Sadie Morris is from Nova Scotia and comes out to Cortes each summer. She has been teaching swimming lessons and lifeguarding for the past three years, as well as coaching the swim team and lifesaving sport for the past two years. She has experience working with all ages and skill levels. She has always loved being in the water and now loves seeing the next generation of swimmers improve!

Jennifer Isme Pickford is an award-winning documentary filmmaker, who has 20 years of writing, directing and producing experience in film and television. She has produced programming for Global Television, CTV, CBC, Rogers, Prime, Knowledge, W, Corus Entertainment and Noga Communications in Israel. Her most recent film, SACRED INDIA: A Plastic Revolution, won Best Environmental Film (Award of Excellence) at Nature Without Borders International Film Festival.

Claudia Raaen has a passion for working with children of all ages through play, arts and crafts, music and dance, sports and action games, gardening and nature activities. She has over 20 years of experience in children's education and has coordinated and facilitated the Summer Youth Recreational Program for the last 11 years in a row.

Monica Beal is a Cortes Island artist inspired by children and a love for nature, myths and fables.

Jennifer Ruth Wilson is a multifaceted artist, dance teacher, and massage and somatic worker. She trained at SFU School of Contemporary Arts in

Theatre, The National Ballet of Canada, Goh Ballet Professional Program, and has attended many workshops with honoured artists. In addition, she has skill in several styles of dance from across the globe that include historical and cultural education. Her background includes theatre, arts festival curation, comedy, contemporary dance, flamenco, improvisation, performance art & bouffant clowning. Her inclusive and respectful way of teaching is a favourite among many local youth. Come, let's dance!

Oriane Johnston began studying Natural Horsemanship with Francis Guthrie 20 years ago. Then she trained in Equine Guided Learning and since has facilitated Horse Wisdom programs for Royal Roads University, Hollyhock and other locations including Africa. She also offers individual Horse Spirit Medicine sessions for adults and children.

Monica Lee is a beloved Vancouver-based artist with a heartwarming talent for creating enchanting musical magic that captivates audiences of all ages. She has been a bandleader for many years, leading her projects as a singer-songwriter and performing as a side player in numerous bands. Monica has toured Western Canada and the West Coast of the US and is fluent in French and English. With 25 years of experience as a performer, musician, actor, and writer in the arts community, she wrote, staged, and performed her first play 'Girls Night In' in 2019 as part of the Vancouver Fringe Festival. Her second play, titled 'You, Me and the Moon,' was accompanied by the release of her first children's album of the same name as part of the Shadbolt Center for the Arts 2023 Spring Program. Monica also works as an educator, teaching music to children and adults in Vancouver. Her popular program 'Jump into Music' has brought joy and learning to thousands of families in Vancouver and internationally through her YouTube show 'The Get Together, with Teacher Monica.'

John Lefebvre lives in Cowichan Bay and his favorite pastime is teaching his sons' soccer teams. John played soccer through college and is a trained soccer coach in British Columbia. Orion, John's middle son, plays in the BC soccer premier league. Both look forward to playing soccer on Cortes each summer.

David Robertson is a huge Leicester City fan and has been an avid soccer player his entire life. He has playing experience at a variety of levels, both competitive and recreational, as well as a few cameos as an assistant coach / technical coach. Dave has a (healthy) obsession with everything football related, whether it be statistics or watching games, and it has taken him around the world.

Angelica Raaen grew up on Cortes Island where she fell in love with spending time outdoors, and finding creative ways to have fun. She has experience working in a Forest School, where she learned how to help kids build their confidence through play, exploration, and supported risk-taking.

Bruen Black has always been interested in space-making. Having been introduced to construction using recycled materials from a young age, he was hooked on the idea of using waste to create new things. This passion continues to this day as well as a desire to share space-making activities with others.

POLICIES & PROCEDURES

General Program Information

Please register early, as some classes fill up quickly. Classes will cancel without a minimum registration. We will keep a wait list for popular programs.

Bring snacks and water to all classes. Wear sunscreen and/or a hat for outdoor programs.

Cancellations

Refunds will be given if your child is ill or you give a 3 day notice. If your child is unable to participate, call Manson's Hall at 250-935-0015 and leave a message, or email office@mansonshall.org.

Pick-Up & Drop-Off Procedures

Please advise the Coordinator if someone other than yourself will be picking up your child. We are responsible for your child until you arrive so please ensure your child is picked up promptly. There is a late pick up fee of \$5 for each 10-minute increment. If there is an emergency and you will be late, call the cell phone (number provided at registration).

Bursaries

We aim to provide affordable programs that are inclusive for youth in our community. For info about financial assistance for your child to participate in a program contact Cora Moret at 250-935-0015 or cora@mansonshall.org.

Every Child Fund

Would your child benefit from extra support to show up at their best? The Every Child Fund can provide a confidential, respectful extra facilitator to support children who have challenges integrating into extra-curricular programs and help to create an inclusive environment. The application process is simple. Please contact Cortes Family Support Coordinator at cortesfsc@gmail.com or call 250-935-8558 for more info.

Donations

Help us offer affordable programs that are accessible to all youth. To donate, send an e-transfer to mansonshall@gmail.com, or mail us a cheque. If you have questions, you can reach us by email or phone at 250-935-0015.

Sponsors

We acknowledge the financial assistance of the Province of BC through the Community Gaming Grant. We would also like to thank all of our anonymous donors.

*Thank you for supporting the
SCCA (Mansons Hall) and the community of Cortes Island.*