
Parent/Child Drop in Programs in the Cowichan Valley for Children ages 0-5

Sundrops Summer Playgroup

Come join us for some summer fun in the park! This **free** drop-in program is for children aged birth to five years old and their families.

Thursdays 9am – 11am July 7th to August 25th

Centennial Park – 325 1st Street in Duncan

SD 79 Strong Start

* Limited capacity of nine visitors per session

* Parents and caregivers please wear a mask

Monday – Friday, 8:30am-11:30am at these locations:

George Bonner Elementary **one visit per week please*

Alexander Elementary

Drinkwater Elementary

Khowhemun Elementary

Other locations and times:

Palsson Elementary – Monday – Friday 9:00am – 11:00am

Chemainus Community School – Mon, Wed, Fri 8:30am-11:30am

Wendy's House - an SD 79 Strong Start Program

Monday – Thursday, 10:30am – 2:30pm,

Located on University Way. Look for the children's mural on the building beside the Trans Canada Highway and next to Vancouver Island University.

Mother's Morning Out – Parent group. Childcare provided.

Will return in the fall - Duncan United Church (246 Ingram St)

CCRR Playgroup hosted by Child Care Resource and Referral

Free drop in. Activities for 2 – 5 year olds

Every second Wednesday 9:30am to 11am June 1st, 15th, and 29th

5814 Banks Road, Duncan.

For more information please call CCRR at 250-746-4135 ext. 235

Parent-Child Mother Goose (songs and stories)

0 to 2 years with Adults (focused on infants) Cowichan Library (Registration required)

Wednesday May 11th, to June 29th 10:30 – 11:30am

0 – 4 years with adults – Online Zoom (Registration required) Wednesday May 11th to June 29th
10:00 – 10:45am

Registration: learninglinksecretary@sd79.bc.ca or 250-748-0321 ext 320

Summer Camps in the Cowichan Valley

Pivot Point Day Camps

Various day camps throughout the summer for ages 5+
Monday to Friday (9am – 3pm) \$500 per week
www.pivotpoint.ca/groupactivities

VCM Music Therapy Summer Camp

The VCM is thrilled to be able to offer our FREE Music Therapy Camp once again. Our theme this year is “World Music”. Join us on a musical journey! Explore our world with musical games, play new instruments, and sing and move around.

June 27 - July 1: Nanaimo Conservatory of Music, 375 Selby Street

July 4 - 8: VCM Westhills, Langford, #210 - 1314 Lakepoint Way

July 11 - 15: VCM Downtown Victoria, 900 Johnson Street

9:00-9:45am 1-2 years old

10:00-10:45am 3-4 years old

11:00-11:45am 5-6 years old

1:00-1:45pm 7-8 years old

2:00-2:45pm 3-5 years old

3:00 - 3:45pm Medically Complex Children (1-8 years old) *

* Medically Complex Children are children with cortical visual impairment with additional sensory, language, and motor impairment.

COST: Free!

AGES: 1-8 years

Register:

<https://vcm.bc.ca/music-programs/summer-intensive-programs/#music-therapy-summer-camp>

Cowichan Estuary Science and Nature Camps

Do you have children between the ages of 5 and 9? We are excited to offer our popular five-day Nature and Science day camps again this summer starting July 4th. Children will learn about the birds, animals and plants of the Cowichan Estuary, explore the clam beds, eelgrass meadows, mudflats, and the beaches at Hecate Park, and have the same fun we have every summer with all the required Covid-19 physical distancing and health and safety protocols in place – a safe, learning-filled camp experience for children in small groups of no more than 12 campers.

July 4-8: Ages 5-7

July 11-15: Ages 7-9

July 18-22: Ages 5-7

July 25-29: Ages 7-9

Aug 3: Single Day Camp, Ages 5-9

Aug 4: Single Day Camp, Ages 5-9

Aug 5: Single Day Camp, Ages 5-9

Aug 8-12: Ages 5-7

Aug 15-19: Ages 7-9
Aug 22-26: Ages 5-7

All camps run from 9am to 3pm

To find out more and to register please visit <https://www.cowichanestuary.ca/programs/camps/>

Cowichan Bay Kayaking Kids & Youth Day Camps

We have Day Camps for children aged 8 – 12 years old, for youth aged 12- 14, teens aged 13- 18, plus after-school and day trips for 13 to 18 year-olds. The day camps each run 4 week days this summer, except for the after school and day trip programs. All day programs are based in Cowichan Bay, starting from our dock at Bluenose Marina. The main water sport activities are kayaking using sea kayaks, river kayaks (on flatwater), canoes and stand-up paddle boards. Children also spend afternoons doing a variety of other activities in the area.

Cost: 4 Days 8:30am to 3pm - \$259 pp plus tax

Kona Specialty Camps

At Kona Speciality Camps we strive to ensure that each child feels safe, accepted and in a place where they can learn, grow and have fun. At Kona Speciality Camps we focus on making sure our staff are trained and passionate about supporting children to develop skills to take with them beyond their time at camp. Kona staff believe that each child is special and that each child has the ability to participate and engage with the children and world around them.

Please visit <https://www.konaspecialitycamps.com/> to find out about what camps are being offered this year and how to register.

Kinpark Kids Camp – Cowichan Green Community

KinPark Kids Camp is a great opportunity for children ages 6 – 10 to learn plenty about gardening, nature and food while making lasting memories and friendships at the KinPark Youth Urban Farm in downtown Duncan. Each day focuses on a different theme that is reflected in the day's activities, discussions, and games.

Cost: \$180 per week, \$155 per week that lands on a statutory holiday (Canada Day and August long weekend), \$45 per day.

Where: KinPark Youth Urban Farm (5789 Alderlea Street, Duncan)

Please visit <https://cowichangreencommunity.org/project/kinpark-kids-camp-2/> for more information and to register.

Cowichan Bay Kayaking Kid's & Youth Day Camps

For the summer of 2022, most of our programs for kids, youth and teens are day camps because of some remaining cautions over Covid-19. However, we are slowly adding overnight programs back in to give youth and teens a more committed experience on our incredible island. We have Day Camps for children aged 8 – 12 years old, for youth aged 12- 14, teens' aged 13- 18, plus after-school and day trips for 13 to 18 year-olds. The day camps each run 4 week days this summer, except for the after school and day trip programs. All day programs are based in Cowichan Bay, starting from our dock at Bluenose Marina. The main water sport activities are kayaking using sea kayaks, river kayaks (on flatwater), canoes and stand-up paddle boards. Children also spend afternoons doing a variety of other activities in the area.

Cost: Varying fees

Check out <https://cowichanbaykayaking.com/kids-day-camps.html> for program descriptions, dates and fees.

The Raptors Summer Camps

Look no further than our amazing week-long camps for a fun and engaging way to spend the summer! Children will spend time with our highly trained wildlife staff, participating in a wide variety of bird and nature based activities. Activities may include hands-on raptor interactions, flight demonstrations, bird care overview, and nature outings. Our summer camps are an excellent way to teach children about these wonderful birds of prey, and how to take an active roll in encouraging wildlife conservation. We strongly recommend reserving well in advance, as spaces fill up quickly!

Please check <https://the-raptors.com/camps> to find out more about the camps we offer, dates, and the fees associated with each camp.

Maritime Mondays at The Maritime Centre

Maritime Mondays will give children a chance to spend three hours on select Monday afternoons being lead through various fun and educational activities at the Cowichan Bay Maritime Centre. Each Afternoon will centre around a different theme. Dates and themes are as follows:

July 11th – Crabbing, including building your own crabbing tool.

July 25th – Birdhouse building & woodworking skills

August 1st – Pirate Adventure including crafts and a treasure hunt

August 15th – Boat safety & rowing in Cowichan Bay

August 29th – Nautical Crafting

Maritime Mondays run from 1pm to 4pm. Children can register for all the dates or choose the ones that are of most interest to them! The cost per session is \$20 per child or register for all six for \$100. To register please visit <https://www.classicboats.org/maritime-mondays>.

Cowichan Valley Arts Council (CVAC) Kids Camps

Please visit <https://cowichanvalleyartscouncil.ca/learning/kids-camp-program/> to see the variety of art focused kids summer camps available for children aged 6 to 12.

Children's Activities in the Cowichan Valley

World Class Muay Thai

World Class Muay Thai provides an opportunity to young children and youth to learn and cultivate a discipline that strengthens their mental and physical health. A program for children with Autism is being developed.

Email: info@worldclassmt.com

Tel: 403-680-5522

Website: www.worldclassmt.com

Cowichan Valley Regional District

Various summer camps, drop in programs and activities offered through the CVRD.

May through August 2022

Cost: Varying fees, some programs are FREE!

Locations: Cowichan Lake Recreation, Cowichan Community Centre, Kerry Park Recreation Centre, and Shawnigan Lake Community Centre.

Check out the online catalog for all programs

https://issuu.com/cvrd/docs/cvrd_summer_recreation_guide_2022_-_final_w_covers, and

register today at www.cvrd.ca.

BC Forest Discovery Centre

Kids Day at the BC Forest Discovery Centre includes musical entertainment, unlimited train rides, a scavenger hunt, cotton candy, mini donuts and a barbeque.

August 5th to 7th at 2892 Drinkwater Road in Duncan

Maple Bay Marina Sundaes on Sundays

During July and August, the Maple Bay Marina will featuring free concerts by acclaimed musician, Brent Hutchinson in the marina's courtyard. To make the performance even sweeter, be sure to pick up a build-your-own ice cream sundae at Mariners Market & Espresso Bar.

Performances will take place between 11am and 1pm every Sunday in July and August.

Maple Bay Marina – 6145 Genoa Bay Road