



# Room Rental Guide

Rent a room for your workshop, meeting, birthday party, wedding reception, or conference.

Room	Highlights	Hourly Rate + Tax	Capacity
<b>Meeting Room 2 (MTG 2)</b>	Waterviews and lots of natural light for your event or meeting. (500 sq. ft.)	\$30. <sup>62</sup>	20
<b>Multipurpose Room 1 (MP 1)</b>	Perfect for events and functions views of the seawall. (600 sq. ft.)	\$35. <sup>71</sup>	25
<b>Multipurpose Room 2 (MP 2)</b>	Rubber floor in portion of room. Great for movement activities or meetings. (750 sq. ft.)	\$51. <sup>00</sup>	35
<b>Dance Studio</b>	Performance rehearsal/dance space. (900 sq.ft.)	\$51. <sup>00</sup>	50
<b>Multipurpose Room 4 (MP 4)</b>	Fantastic for events and functions. Spectacular views and access to small kitchen facilities. Download our Event Information Overview from our website to assist with your event planning. (1950 sq. ft.)	\$105. <sup>00</sup>	100
<b>Gymnasium</b>	Full court Gym ideal for sport bookings. Events (tradeshows, receptions). 7500 sq. ft.	Sport: \$76. <sup>52</sup> Event: \$153. <sup>04</sup>	300
<b>Additional Charges</b>			
<b>Staffing</b>	For rentals outside of regular operating hours; number of staff required dependant on activity, scope and size of rental	\$28. <sup>57</sup> -42. <sup>86</sup> /hr per staff	
<b>Damage Deposit</b>	Deposit fee may apply depending on scope of rental event	\$200-\$1000	
<b>SOCAN &amp; ReSound</b>	Music royalty tariff for rentals with music and/or dancing; dependent on rental group size and activity	Starting at \$31. <sup>30</sup>	
<p>To check room availability call 604.257.3050 ext 1                      All reservation requests must be submitted online at <a href="http://creeksidecentre.ca">creeksidecentre.ca</a>                      Note: Discounted room rental rates are available for not-for-profit organizations.                      Commercial events and sport leagues are subject to our commercial rates.</p>			
 <a href="https://facebook.com/creeksiderec">facebook.com/creeksiderec</a>  <a href="https://twitter.com/creeksiderec">twitter.com/creeksiderec</a>			

# Creekside

Community Recreation Centre



FALL  
2017  
Program  
Guide  
[creeksidecentre.ca](http://creeksidecentre.ca)



# Register Online Today



Create an online account and register for unique and exciting programs across 24 community centres. Your online account allows you to keep track of your schedules, rental agreements, payment receipts and look up your current pass status.

**Skip the line and buy your pass online** All our passes are now available online. Get your 10-usage pass to indoor cycling classes or visit a fitness centre, pool or rink with the click of a button. Monthly Flexipasses are great for getting active and staying active, giving you access to 21 fitness centres, 9 indoor pools, 5 outdoor pools, and 8 ice rinks! [vancouver.ca/passes](http://vancouver.ca/passes)

**Drop-in activities**  
If you're looking for something to do last minute or make a long term commitment, we offer a wide range of drop-in activities to fit anyone's schedule. Check out what's available today on our drop-in calendar.

**Event space**  
Planning a sporting event, social gathering or wedding? Submit your request for use of community centre rooms, outdoor parks or fields, ice rinks and more!

Follow us on Facebook and Twitter for up to date information on programs and registration.



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Special Events  
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for details



welcome

## Experience Recreation at Creekside



Make recreation at Creekside a regular part of your schedule. Participate in your choice of activities while enjoying our magnificent view. Convenient registration and drop-in option for all ages, interests and budgets.

### Contact Us

Creekside Community Recreation Centre  
1 Athletes Way  
(north foot of Ontario Street)  
Vancouver, BC V5Y 0B1  
Phone: 604.257.3050 ext. 1  
Fax: 604.257.3051  
E-mail: [creekside@vancouver.ca](mailto:creekside@vancouver.ca)  
[creeksidecentre.ca](http://creeksidecentre.ca)  
[facebook.com/creeksiderec](https://facebook.com/creeksiderec)  
[twitter.com/creeksiderec](https://twitter.com/creeksiderec)

### Hours of Operation:

Monday-Thursday  
6:30am-10pm

Friday  
6:30am-8:30pm

Saturday/Sunday  
9am-5pm

### Closed

Sept 4, Oct 9, Nov 13

### Holiday Hours

Dec 23, 24, 30, 31

10:00am-2:00pm

Dec 25, 26 Jan 1 closed

Dec 27-29

9:00am-5:00pm

Jan 2-5 6:30am-7:00pm



Creekside Community Recreation Centre is operated by the Vancouver Board of Parks and Recreation

### Convenient Registration Options

Register online, by phone or in-person at Creekside! We accept Visa, MasterCard and American Express for online and phone registration. We also accept cash and debit for in-person registration. Registration is first-come, first-served. NOTE: Programs may be cancelled due to low enrollment and are subject to change or cancellation without notice.

### Online Registration

Set-up an account (for yourself or your entire family) at [recreation.vancouver.ca](http://recreation.vancouver.ca) If you require assistance to access your online account contact us at 604.257.3050

### Refund Practices

Pro-rated refunds provided to customers who wish to withdraw from a program. Contact us two days prior to start of next class to receive refund. Rental, birthday party and Daycamp refunds require more advance notice.

### Privacy Policy

Vancouver Board of Parks & Recreation collects personal information from members and individuals who participate in classes, workshops and events. This information may be used for the provision of services, communication, processing payments and/or statistical purposes. However, we do not release personal information to outside agencies.

### Financial Assistance

#### Leisure Access Program

Individuals and families requiring financial assistance may be eligible for subsidy through the Vancouver Park Board's Leisure Access Program. You can receive a 50% discount towards program and fitness centre fees (single admissions, monthly passes, program drop-ins and program registrations\*). For more info call 604.257.8497 or visit [vancouverparks.ca](http://vancouverparks.ca)

\*some exclusions apply.

### Important Registration Dates

Online:  
Wednesday  
August 9  
at 9am

Phone-in and in-person:  
Thursday  
August 10  
at 9am

NOTE:  
Program prices do not include taxes.

how to register



Enjoy time with your young ones or start them on adventures of their own.



**DANCE**  
**Mini Ballet**  
(3-4 yrs)

Introduce your child to the world of ballet. Classes develop coordination, musicality and fluidity of movement while having fun. Increased ballet technique is expected at each progressive level. Appropriate dance shoes and attire please. Child must be able to attend class alone. Children will dance for parents on the last day of class. Visit [performingstars.ca](http://performingstars.ca) for more information. Instructor: Vancouver Performing Stars  
Tu Sep19-Nov28  
3:00 PM-3:45 PM  
\$109/11 sess

**Mini Hip Hop**  
(3-4 yrs)  
Want to learn how to move to and groove to your favorite tunes? Learn basic hip hop dance in this high energy program. Discover new and exciting moves while learning fun and challenging choreography. Beginners welcome!  
[performingstars.ca](http://performingstars.ca)  
Instructor: Vancouver Performing Stars  
Th Sep21-Nov30  
3:15 PM-4:00 PM  
\$109/11 sess

**Baby Sign Language**  
(0-2 yrs)  
Using songs and games, learn basic American Sign Language (ASL) hand gestures, to facilitate communication with your hearing child. Research shows that babies who learn Sign Language learn quicker and talk earlier. Bring your baby 0-24 months old to class. No drop-ins.  
[intoyoga.ca](http://intoyoga.ca)  
No program Oct 9  
Instructor: Sheri Kauhausen  
M Sep18-Oct23  
10:00 AM-10:45 AM  
\$60.95/5 sess

**ART, CULTURE & ENVIRONMENT**  
**Wee Expressions**  
(0-4 yrs)  
Join us on an adventure of imagination in songs while we engage a child through free and structured play. Take pleasure in the interactivity and jointly participate in singing, instrument playing, learning manners, brain gym, accompanying song actions, baby sign language and dance. Curriculum based on music infused with music therapy techniques. Materials fee \$15. Siblings 25 % discount. Siblings under 10 mo free w./ no materials fee.  
[musicalexpressions.ca](http://musicalexpressions.ca)  
Instructor: Musical Expressions  
Tu Sep12-Dec05  
10:45 AM-11:30 AM  
\$144/12 sess  
No class Sep 26  
Instructor: Musical Expressions  
Th Sep14-Dec07  
10:30 AM-11:15 AM  
\$144/12 sess  
No class Sep 28  
Sa Sep23-Dec16  
9:30 AM-10:15 AM  
\$132/11 sess  
No class Oct 7, Nov 11

**MARTIAL ARTS**  
**Tigers All Levels**  
(3-5 yrs)  
Increase concentration, motor and social skills. Learn in a fun and safe environment. Kids will be rewarded with stripes on their belt for their attendance, attitude, respect, knowledge subjects and effort in class.  
[squamishmartialarts.com](http://squamishmartialarts.com)  
New student fee with the purchase of a uniform is 169.<sup>90</sup> of which \$50 is payable to the instructor. Returning students that have already purchased a Taekwondo uniform pay 119.<sup>90</sup>  
Instructor: Squamish Martial Arts & Fitness Centre  
Sa Sep09-Oct21  
11:00 AM-11:30 AM  
\$119.9/7 sess  
Sa Oct28-Dec16  
11:00 AM-11:30 AM  
\$119.9/7 sess  
No program Nov 11.

**FAMILY PLAY GYM**  
(0-5 yrs)  
Bring the family to the Creekside Gymnasium to run, jump, climb and play. This is a great opportunity to meet and play with other families in the neighbourhood. Parent/guardian participation is required.  
Drop-in only, registration not required.  
\$1.50/child or purchase a 10 visit pass for \$10.

**MONDAYS**  
Sept 11 - Dec 11  
9:30 AM-12:30 PM

**TUESDAYS**  
Sept 5 - Dec 12  
1:30 PM-3:30 PM

**WEDNESDAYS**  
Sept 6 - Dec 27  
9:30 AM-12:30 PM

**THURSDAYS**  
Sept 7 - Dec 28  
1:30 PM-3:30 PM

**FRIDAYS**  
Sept 8 - Dec 29  
9:30 AM-12:30 PM

No Play Gym:  
Sep 21, Sep 26, Oct 9, Nov 13, Dec 20,21,22,25,26

## Olympic Village Family & Children Planning Table.

For more info contact Carolyn Major at [cmajor@mpnh.org](mailto:cmajor@mpnh.org)

### Infant Sing & Grow Drop-In

(Parents & babies to 12 mo)  
A drop-in program featuring: nursery rhymes & songs, exploration of parenting issues, information about infant development, and connection to community resources. Fridays 9:30am-11am, Sept 8 – Dec 15, 2017 \$2/ sess donation No reg required

### WEST Village Family Drop-In

(Parents & children 0-6 yrs)  
A play-based drop-in program for families featuring: free play, art and craft activities, circle time with songs and stories, fruit snack, and parenting resources. Saturdays 10am-12pm, Ongoing  
Location: WEST Village Children's Centre, 131 West 2nd – 7th floor (Buzz "Multipurpose Room")  
\$2/sess donation  
No reg required

## SPORTS Soccer GrassRoots

GrassRoots Soccer is based on a unique coaching model that uses the four corner model encompassing four key attributes that are vital for development: physical, technical, psychological and social elements. Children will gain confidence and build self-esteem. No drop-ins. Parent participation required. Instructor: Glyn Roberts (2-3 yrs)  
Su Sep24-Dec10 9:15 AM-10:00 AM \$88/8 sess  
No program Oct 8, Nov 5, 12, 26  
Th Sep14-Dec14 9:30 AM-10:15 AM \$154/14 sess (3-4 yrs)  
Th Sep14-Dec14 10:15 AM-11:00 AM \$154/14 sess (4-5 yrs)  
Su Sep24-Dec10 10:00 AM-10:45 AM \$88/8 sess  
No program Oct 8, Nov 5, 12, 26

## Sportball Junior (1-2 yrs)

This 45 min program is a perfect introduction to Sportball. Children and parents participate in sports, creative games, songs, rhymes, stories, bubble time and much more. Parent/adult participation is **required** for this course. Instructor: Sportball Vancouver  
M Sep11-Oct23 9:15 AM-10:00 AM \$102/6 sess  
No program Oct 9  
M Oct30-Dec11 9:15 AM-10:00 AM \$102/6 sess  
No program Nov 13  
Sa Sep23-Oct28 11:00 AM-11:45 AM \$68/4 sess  
No program Oct 7,14  
Sa Nov04-Dec16 11:00 AM-11:45 AM \$85/5 sess  
No program Nov 11, Nov 25

### FLU CLINIC

Thurs, Oct 26, 2016  
1:30pm to 3:30pm  
SEE PAGE 19  
FOR DETAILS

## Sportball Multi-Sport Coach & Child (3-5 yrs)

Sportball Multi Sport skills development programs introduce preschool and primary school children to the concepts and skills involved in the eight core sports of the sportball methodology. The programs reinforce the benefits of teamwork and skill development rather than the importance of winning, enabling children to gain the confidence and develop the social necessary to succeed in sport and life.  
[sportball.ca](http://sportball.ca)  
Instructor: Sportball Vancouver  
M Sep11-Oct23 10:45 AM-11:30 AM \$102/6 sess  
No program Oct 9.  
M Oct30-Dec11 10:45 AM-11:30 AM \$102/6 sess  
No program Nov 13.  
Sa Sep23-Oct28 10:15 AM-11:00 AM \$68/4 sess  
No program Oct 7,14  
Sa Nov04-Dec16 10:15 AM-11:00 AM \$85/5 sess  
No program Nov 11, Nov 25

## Sportball Parent and Tot (2-3 yrs)

This program teaches children important introductory physical skills and help them develop confidence in their abilities. Classes focus on refining, rehearsing and repeating skills and playing games in a fun, creative, non-competitive environment.  
[sportball.ca](http://sportball.ca)  
M Sep11-Oct23 10:00 AM-10:45 AM \$102/6 sess  
No program Oct 9.  
M Oct30-Dec11 10:00 AM-10:45 AM \$102/6 sess  
No program Nov 13.  
Sa Sep23-Oct28 9:30 AM-10:15 AM \$68/4 sess  
No program Oct 7,14  
Sa Nov04-Dec16 9:30 AM-10:15 AM \$85/5 sess  
No program Nov 11, Nov 25

## Have your Birthday Party at Creekside!

Play Gym equipment, toys and/or sports equipment (basketball, badminton, soccer) are available for you to incorporate into your party activities! No food, decorations or activity leader is provided. 15 minutes of set up and clean up time is provided before and after the party. Refund Policy: 30 days notice prior to the party date is required.  
Sa 2:30pm-4:30pm  
Sa 5:00pm-7:00pm  
Su 12:00pm-2:00pm  
Su 2:30pm-4:30pm  
Oct 1, 7, 8, 15, 21, 22, 28  
Nov 4, 11, 12, 18  
Dec 2, 3, 9, 10, 16, 17, 24, 31  
Jan 6, 7, 13, 14, 20, 21, 27, 28  
\$125/party





Encourage creativity and imagination to foster growth and development.

**MUSIC**  
**Piano**  
**(4 yrs+)**

From the beginners to preparing for exams, students will be encouraged to tap into their creative sides to express themselves through improvisation. Each class session is 30 minutes long. If you're grade 5 level or above, please book two half hour sessions to ensure enough time for the lesson. All music books and materials purchased separately through the instructor.

*musicaexpressions.ca*  
Instructor: Musical Expressions  
Tu Sep12-Dec12  
3:30 PM-7:00 PM  
\$308/14 sess  
Th Sep14-Dec14  
3:30 PM-8:00 PM  
\$308/14 sess

**Private Guitar/ Ukulele/Bass**  
**(4 yrs+)**

This program is based on special interests and fundamental goals for beginners to tomorrow's prodigies. All students are required to bring their own instrument.

*musicaexpressions.ca*  
Instructor: Musical Expressions  
W Sep06-Dec13  
4:00 PM-7:00 PM  
\$330/15 sess

**Uke & Me**  
**(3-5 yrs)**

Come join us on a ukulele adventure. Parents with their child will jamming together on the ukulele while singing along to songs. There will be musical story telling time with the ukuleles as well. No previous knowledge of the ukulele or skills sets are required. Ukuleles will be provided during class and you are welcome to bring your own instead. Parent participation is required

*musicaexpressions.ca*  
Instructor: Musical Expressions  
Sa Sep23-Dec16  
11:30 AM-12:00 PM  
\$72/9 sess  
No class Oct 7, Oct 28, Nov 11, Nov 25

**SPORTS**  
**Soccer GrassRoots**  
**(5-7 yrs)**

Based on the four corner model encompassing four key attributes vital for development: physical, technical, psychological and social. Children gain confidence and build self-esteem. No drop-ins. Parent Participation required. Instructor: Glyn Roberts

Su Sep24-Dec10  
10:45 AM-11:30 AM  
\$88/8 sess  
No program Oct 8, Nov 5, 12, 26



**DANCE**  
**Junior Ballet**  
**(5-6 yrs)**

Introduce your child to the world of ballet. These classes develop coordination, musicality and fluidity of movement while having fun. Increased ballet technique is expected at each progressive level. Appropriate dance shoes and attire please. Child must be able to attend class alone. Children will dance for parents on the last day of class. Visit *performingstars.ca* for more information.

Instructor: Vancouver Performing Stars  
Tu Sep19-Nov28  
3:45 PM-4:30 PM  
\$109/11 sess

**Junior Hip Hop**  
**(5-7 yrs)**

Learn the basic style of hip hop dance in this high energy program. Discover new and exciting moves while learning fun and challenging choreography. Beginners welcome! Leave feeling energized, confident and excited about dance. Visit *performingstars.ca* for more info.

Instructor: Vancouver Performing Stars  
Th Sep21-Nov30  
4:00 PM-4:45 PM  
\$109/11 sess

**Intermediate Hip Hop**  
**(8-12 yrs)**

Want to learn how to move to and groove to your favorite tunes? Learn the basic style of hip hop dance in this high energy program. Discover new and exciting moves while learning fun and challenging choreography. Beginners welcome! Leave feeling energized, confident and excited about dance. Visit *performingstars.ca* for more information.

Instructor: Vancouver Performing Stars  
Th Sep21-Nov30  
4:45 PM-5:45 PM  
\$135/11 sess



## DAY CAMPS

### Mad Science - Brixology (5-12 yrs)

Children will explore the world of engineering by using LEGO® bricks, children will build a different engineering-themed project. They will use critical thinking, cooperation, and creative problem-solving to test and improve creations. The types of engineering fields that children will explore includes mechanical, structural, aerospace, nautical, and bioengineering.

Instructor: Mad Science  
W Th F Dec27-Dec29  
9:00 AM-3:00 PM  
\$210/3 sess

### Mad Science - Secret Agent Lab Camp (5-12 yrs)

Enter the mysterious and multifaceted world of Secret Agent Lab. Come discover detection - use decoding skills to analyze evidence and become a mystery solver. Have fun with case-breaking science!

Instructor: Mad Science  
Tu W Th F Jan02-Jan05  
9:00 AM-3:00 PM  
\$268.57/4 sess

## EDUCATION

### Pro-D MCKIDS Minecraft Academy (8-12 yrs)

The Heroes Journey in Minecraft. Join us for a series of learning and play on our Castles-themed custom Minecraft server. We explore the architectural variations in forts, tower houses and castle builds and incorporate the mythology studies of Joseph Campbell's *The Hero with a Thousand Faces*. Epic story-telling and history learning all within Minecraft!

Instructor: Anna Momibelle Belluz  
F Sep22, F Oct20  
F Nov10, F Dec01  
9:00 AM-3:00 PM  
\$75/1 sess

### Mad Science for Kids (5-12 yrs)

Hands-on science programs themed around a particular area of science. Children engage in hands-on activities, watch demonstrations and take home things that relate to what they learned that day.

Instructor: Mad Science  
M Sep18-Nov20  
4:00 PM-5:00 PM  
\$132.66/8 sess  
No program Oct 9 and Nov 13.

## MARTIAL ARTS

### Taekwondo Beg - White Belt (6-10 yrs)

Beginners (White Belts) Increase concentration, motor & social skills. Learn in a fun and safe environment. Stripes awarded for attendance, attitude, respect, knowledge subjects and effort in class. [squamishmartialarts.com](http://squamishmartialarts.com). New student fee with uniform purchase is \$179.<sup>90</sup> (\$50 is payable to Instructor). Returning students \$129.<sup>90</sup>\* Our fee includes Promotion Test Fee (Belt + stripes)  
Instructor: Squamish Martial Arts & Fitness Centre  
Sa Sep09-Oct21  
11:30 AM-12:15 PM  
\$129.9/7 sess  
Sa Oct28-Dec16  
11:30 AM-12:15 PM  
\$129.90/7 sess  
No program Nov 11.



### Taekwondo Yellow Belts (6-10 yrs)

Beginners (Yellow belts) Increase concentration, motor & social skills. Stripes rewarded for attendance, attitude, respect, knowledge subjects and effort in class. [squamishmartialarts.com](http://squamishmartialarts.com). New student fee with uniform \$179.<sup>90</sup> (\$50 is payable to instructor). Returning students pay \$129.<sup>90</sup>\* Fee includes Promotion Test Fee (Belt + stripes)  
Instructor: Squamish Martial Arts & Fitness Centre  
Sa Sep09-Oct21  
12:15 PM-1:00 PM  
\$129.9/7 sess  
Sa Oct28-Dec16  
12:15 PM-1:00 PM  
\$129.9/7 sess  
No program Nov. 11.

### Taekwondo Green and Blue Belts (7-10 yrs)

Intermediate (Green and Blue Belts) Increase concentration, motor & social skills. Learn in a fun and safe environment. Instructor info: [squamishmartialarts.com](http://squamishmartialarts.com)\* Fee includes Promotion Test (Belt + stripes)  
Instructor: Squamish Martial Arts & Fitness Centre  
Sa Sep09-Oct21  
1:00 PM-1:45 PM  
\$129.<sup>90</sup>/7 sess  
Sa Oct28-Dec16  
1:00 PM-1:45 PM  
\$129.<sup>90</sup>/7 sess  
No program Nov 11.

### Aikido For Children (6-12 yrs)

A traditional Japanese martial art based on the principle of non-conflict. Through learning Aikido techniques and enjoying physical activity, children develop a strong body and learn important principles for emotional growth. Classes on-going. Mon/Thur 6:40-7:30pm. Drop-ins welcome with Instructor's permission \$10. [vancouveraikido.com](http://vancouveraikido.com). Program fee & refund not prorated. Instructor: Vancouver Shomonkai Aikido Association  
M Th Sep11-Sep28  
6:40 PM-7:30 PM  
M Th Oct02-Oct23  
6:40 PM-7:30 PM  
No program Oct 9, 26 and 30.  
M Th Nov02-Nov30  
6:40 PM-7:30 PM  
No program Nov 13.  
M Th Dec04-Dec21  
6:40 PM-7:30 PM  
\$50/month



# paddling



## Paddling down the Creek with Creekside Kayaks and DragonZone

Children and youth under 18 must be with an adult or have a waiver signed by a parent/guardian to participate.

### Paddling at Dragon Zone

Get out on the beautiful waters of False Creek! Paddling programs offered in partnership with Dragon Boat BC. All classes are weather permitting. Meet in our Boating Centre Lobby. [dragonzone.ca](http://dragonzone.ca)

#### Creekside Kayaks

Affordable kayak, paddleboard rentals and intro to Kayak courses. Open 7 days a week until Oct 2. M-F: 11am-sunset; Sa-Su: 9am-5pm. Weekends only Oct 7, 8, 15, 16. Valid photo ID and credit card required as a deposit. Contact Creekside Kayaks at 604.616.7453 or [info@creeksidekayaks.ca](mailto:info@creeksidekayaks.ca) to reserve a kayak. Drop-in rentals may be available but reservations are strongly recommended. A waiver form must be completed. More info visit [creeksidekayaks.ca](http://creeksidekayaks.ca) Single Kayaks: \$20/hr Tandem Kayaks: \$35/hr

#### Drop-in Dragon Boating (19+ yrs)

A unique chance to get out on the water and try dragon boating. All equipment provided. Come once and you are welcome to continue with our 4 week Intro to Dragon Boating program. F Aug 25, Sep 22 6:30pm-8:00pm \$20/sess

#### Intro to Dragon Boating (19+ yrs)

Want to try out dragon boating but not sure if you are ready to commit to a team? The Intro To Dragon Boat 4 week program is for you. New paddlers will learn everything one needs to know to join a dragon boat team. These intro courses are very social and often people socialize afterwards. 6:30 pm-8:00 pm F Aug 25-Sep 15 F Sep 22-Oct 13

#### Join Kitsilano Water Demons Youth Team (12-18 yrs)

Fee includes team t-shirt and registration into Dragon Zone Junior Regatta and the Vancouver Dragon Boat Festival M/Th 4:00pm-6:00pm & Sa 9:00am-11:00am Sep 9-Jun 24 \$142.<sup>86</sup>/season

## EVENTS at CREEKSIDE



### Bibbity Bobbity Boo Halloween

Sun, Oct.29, 2017 (1pm-3pm)

\$3 per child. Get ready to have a ghoulish good time, with an age appropriate haunted house, halloween style games and crafts. Join us for a group trick or treat trek to the sponsoring businesses in the village. Wear your costume for a howling good time.

### ParticipACTION 150+ Playlist

Sun, Nov.19, 2017 (2:00pm-4:00pm)

\$1 per child. Celebrate ParticipACTION 150+ Playlist at Creekside! Join us for a couple hours of fun and interactive sports. Under 12 years of age must be accompanied by an adult.

### Holiday Decorating & Gingerbread House Making

Thu, Dec.7, 2017 (5:30pm-7pm)

\$15 per child (with gingerbread house) & \$3.00 per child (w/o house). A chance for little ones to participate in decorating the centre with their personalized crafts/ornaments and then put it on display in the centre, and decorate a gingerbread house to take home. Holiday songs, movies, cookies and hot chocolate will also be enjoyed during this gathering.

### Holly Jolly Holiday Celebration

Sun, Dec.17, 2017 (10am-12pm)

\$3 per child. Come celebrate the holiday season with other families and community members in the Creekside Gym. There will be crafts, cookie decorating, and storytelling from Santa Claus!



### Thrill The World Vancouver

Join us on Oct 28th at 3pm for our annual dance event, Thrill The World, as part of Vancouver's Largest Halloween Flash Mob! Participants simultaneously emulate the zombie dance seen in the music video of Michael Jackson's "Thriller"! Learn the dance online or attend the rehearsals.

Website: [ttwvancouver.ca](http://ttwvancouver.ca)

Hashtag: #ThrillVancouver



Social media: [facebook.com/ttwvancouverbc](https://www.facebook.com/ttwvancouverbc) |

Twitter @ttwvancouverbc



# Sport Schedule

See pg 18-19 for info, dates plus registration and drop-in fees. Schedule subject to change without notice.

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<b>Badminton</b>	1:15pm-2:45pm		1:15pm-2:45pm		1:00pm-2:30pm or 5:00pm-6:45pm	9:15am-11:45am
<b>Basketball</b>		8:15pm-10:00pm	6:15pm-8:00pm			
<b>Pickle Ball</b>		9:30am-11:45am		9:30am-11:45am	2:45pm-4:45pm	
<b>Soccer</b>	6:15pm-8:00pm	12:00pm-1:00pm		12:00pm-1:00pm or 6:15-8:00pm		12:00pm-1:45pm
<b>Table Tennis</b>	1:15pm-2:45pm	1:15pm-2:45pm	1:15pm-2:45pm	1:15pm-2:45pm	1:00-2:30pm	<b>Table Tennis</b> You can also call us on the day of and if a room is available, we can provide a table!
<b>Volleyball</b>	8:15pm-10:00pm	6:15pm-8:00pm	8:15pm-10:00pm	8:15pm-10:00pm	7:00pm-8:45pm	

# Yoga & Fitness Schedule

See pgs 20-26 for info, dates and registration fees. Schedule subject to change without notice.

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		<b>Cycle Xpress</b> 6:45am-7:30am		<b>Cycle Xpress</b> 6:45am-7:30am	<b>Yoga Made for Runners</b> 6:45am-7:45am	
	<b>Zumba Gold (45+yrs)</b> 9:30am-10:30am	<b>Drummercise</b> 9:30am-10:15am	<b>Fit4Two® Mom and Baby Spin &amp; Strength</b> 10:30am-11:30am			
					<b>Fit4Two® Mom&amp;Baby Barre</b> 10:00am-11:00am	<b>Yoga4Stiff People™</b> 10:15am-11:15am
	<b>Fit4Two® Mom &amp; Baby Fitness</b> 11:15am-12:15pm	<b>Yoga For Older Adults</b> All Lvl 10:30am-11:45am	<b>Cycle Xpress</b> 12:15pm-1:00pm	<b>Yoga for Older Adults Lv 2</b> 10:30am-12:00pm		<b>Bootcamp Kickboxing</b> 10:00am-11:00am
<b>Yoga Basics</b> 10:30am-11:45am		<b>Iyengar Yoga with Terri</b> 12:00pm-1:30pm		<b>Drummercise</b> 12:15pm-1:00pm		
		<b>Callanetics</b> 4:45pm-5:45pm	<b>Hatha Yoga I</b> 5:45pm-6:45pm			
	<b>Fit4Two® Prenatal Yoga</b> 6:15pm-7:15pm	<b>Fit4Two® Prenatal Barre</b> 6:10pm-7:10pm		<b>Hatha Yoga All Levels</b> 6:00pm-7:15pm		
						
	<b>Yoga Made for Runners</b> 7:30pm-8:45pm	<b>Pilates</b> 7:00pm-8:00pm	<b>Dance Bootcamp</b> 7:00pm-8:00pm			
	<b>Tai Chi</b> 7:30pm-9:00pm	<b>Hatha Yin Yoga</b> 7:30pm-8:45pm	<b>Strong By Zumba®</b> 8:15pm-9:15pm			

adult program schedules



From painting to martial arts to yoga and more, we have programs that will stimulate your mind, body and soul.

## Sports Registration & Drop-In

### Three ways to participate in evening sports:

- 1. Register for Full Season** This guarantees you a spot in the program every week. Sign-in at the front desk BEFORE the start of the program or your spot may be sold. (\$3.<sup>81</sup>/sess)
- 2. Buy a 10 Visit Sports Pkg on OneCard** Purchase card in-person. Phone in as early at 6:30am to reserve up to two people if the program has unregistered spots. (\$4.<sup>76</sup>/sess)
- 3. Waitlisting** Call as early as 6:30am. Waitlist up to 2 people. If registered players do not show at the start of the program, their spots will be sold to people on the waitlist. You must be at the front desk when your name is called. (\$5.<sup>71</sup>/sess)

### Badminton

(All levels/Ages)

Non-instructional, recreational badminton. Double play and rotation of players required if session full. Racquets and birdies may be borrowed.

#### Drop-In only (2 courts)

M W Sep06-Dec27  
1:15 PM-2:45 PM  
No program Oct 9, Nov 13, Dec 18, Dec 20, Dec 25  
F Sep01-Dec29  
1:00 PM-2:30 PM  
No program Dec 22  
Sa Sep02-Dec30  
9:15AM-11:45AM  
No program Sep 16, Oct 14, Nov 25, Dec, 23  
\$2.<sup>86</sup>/drop-in or \$19.<sup>05</sup>/10 visit pass  
**Register or \$5.<sup>71</sup>/Drop-In (4 courts)**  
F Sep01-Dec15  
5:00 PM-6:45 PM  
No program Oct 6, Dec 22  
\$57.<sup>15</sup>/15 sess

### Basketball

(16+ yrs) All levels

Non-instructional, recreational full gymnasium basketball court with maximum 15 spots for 5 on 5 play with a rotating group. Basketballs may be borrowed from the centre.

#### Reg or \$5.<sup>71</sup>/Drop-in

Tu Sep05-Dec12  
8:15 PM-10:00 PM  
No program Sep 26  
\$53.<sup>34</sup>/14 sess  
W Sep06-Dec13  
6:15 PM-8:00 PM  
\$57.<sup>15</sup>/15 sess

**Renew your OneCard online today!**  
[creeksidecentre.ca](http://creeksidecentre.ca)  
and click on 'Buy a Recreation Pass'

### Pickleball

(16+ yrs) All levels

Non-instructional, all levels. If busy, doubles play required. Racquets and balls may be borrowed from the centre.

#### Drop-in only (4 courts)

Tu Sep05-Dec12  
9:30 AM-11:45 AM  
F Sep01-Dec29  
2:45 PM-4:45 PM  
No program Dec 22  
**Drop-In Only (2 courts)**  
Th Sep07-Dec28  
9:30 AM-11:45 AM  
No program Dec 21

### Soccer

(16+ yrs) All levels

**Reg or \$2.<sup>86</sup>/Drop-in**

Tu Sep05-Dec12  
12:00 PM-1:00 PM  
\$35.<sup>70</sup>/15 sess  
Th Sep07-Dec28  
12:00 PM-1:00 PM  
No program Dec 21  
\$38.<sup>08</sup>/16 sess

#### Reg or \$5.<sup>71</sup>/Drop-in

M Sep11-Dec11  
6:15 PM-8:00 PM  
No program Sep 25, Oct 9, Nov 13  
\$41.<sup>91</sup>/11 sess  
Th Sep07-Dec14  
6:15 PM-8:00 PM  
No program Dec 21  
\$57.<sup>15</sup>/15 sess  
Sa Sep02-Dec30  
12:00 PM-1:45 PM  
No program Sep 16, Oct 14, Oct 28, Nov 25, Dec 23  
\$53.<sup>33</sup>/14 sess

### Table Tennis

(All Levels/Ages)

Non-instructional, recreational table tennis. Up to 4 tables available in 1/3 gymnasium. Double play and rotation of players will be required if busy. Paddles and balls may be borrowed.  
M Tu W Th  
Sep05-Dec28  
1:15 PM-2:45 PM  
No program Sep 26, Oct 9, Nov 13, Dec 18, 19, 20, 21  
F Sep01-Dec29  
1:00 PM-2:30 PM  
No program Dec 22

### Volleyball

(16+ yrs) All levels

Non-instructional, volleyball for all levels. Players sort themselves into levels and play 6 on 6 per court

#### Reg or \$5.<sup>71</sup>/Drop-in

M Sep11-Dec11  
8:15 PM-10:00 PM  
No program Sep 25, Oct 9, Nov 13  
\$41.<sup>91</sup>/11 sess  
Tu Sep05-Dec12  
6:15 PM-8:00 PM  
No program Sep 26  
\$53.<sup>34</sup>/15 sess  
W Sep06-Dec13  
8:15 PM-10:00 PM  
\$57.<sup>15</sup>/15 sess  
Th Sep07-Dec14  
8:15 PM-10:00 PM  
\$57.<sup>15</sup>/15 sess  
F Sep01-Dec15  
7:00 PM-8:45 PM  
No program Oct 06  
\$57.<sup>15</sup>/15 sess

## Don't Let the Flu Bug Get You!

Public Health Nurses from Vancouver Coastal Health will be providing free influenza vaccines to protect individuals and families at risk (for example infants 6-59 months of age and their immediate family members, as well as children and adults with chronic health problems and seniors over age 65)

Clinic date:  
Thurs, Oct 26,  
2016 from 1:30pm to 3:30pm  
To determine if you are eligible for free vaccine, please contact Raven Song Community Health Centre at 604-709-6400.  
For other clinic times and locations please visit [immunizebc.ca](http://immunizebc.ca)

# Sports Med BC

## Athletic Taping Course

(16 yrs+)

Basic athletic taping skills to support, protect and prevent injuries. *Approved for 7.0 BCRPA, 7.0 PE/A2 CMTBC, 3.0 NCCP credits.*

Instructor: Sport Medicine Council Of BC

Sa Sep16  
9:00 AM-5:00 PM  
\$130/1 sess

## Concussion Management Workshop

(16 yrs+)

Review injury mechanisms, on-field assessment techniques, signs, symptoms, and best-practices. *Approved for 2.0 BCRPA, 2.0 PD/A2 CMTBC, 2.0 NCCP credits.*

W Oct11  
7:00 PM-9:00 PM  
\$21/1 sess

## SPORT

### All Levels Volleyball Skills Clinic

(19 yrs+)

All Levels Volleyball Skills Clinic: learn, develop and perfect basic volleyball skills whether you're a beginner or advanced player. Emphasis will be on the technical components of the forearm pass, overhead pass, serving, hitting and blocking. Instructor: DJTN Solutions

M Oct30-Dec11  
8:30 PM-10:00 PM  
\$135/6 sess  
No program Nov 13

### Intermediate Advanced Volleyball Skills Clinic

(19 yrs+)

Instructor: DJTN Solutions  
M Sep11-Oct23  
8:30 PM-10:00 PM  
\$135/6 sess  
No program Oct 9

## ART

### Fantastic Painting & Mixed Media

(19 yrs+)

Create a painting and try a variety of acrylic techniques, tools and mediums while learning colour and composition. Materials included. Beg & Intern level. Instr: Zohar, founder of "Pacific Artist Guild".

More info online  
Instructor: Zohar Fiszbaum  
M Sep18-Oct23  
6:30 PM-9:30 PM  
\$147.<sup>60</sup>/4 sess  
No program Sep 25, Oct 9

M Oct30-Nov27  
6:30 PM-9:30 PM  
\$147.<sup>60</sup>/4 sess  
No program Nov 13

### EDUCATION Beginner Dog Obedience

(16 yrs+)

Dog obedience training using positive reinforcement techniques without food treats, force or fear. How to deal with inappropriate behaviours. [alpha-dogtraining.ca](http://alpha-dogtraining.ca).

Instructor: Alpha Dog Training  
Tu Sep 26-Oct 31  
6:15 PM-7:15 PM  
\$162/6 sess  
Tu Nov07-Dec12  
6:15 PM-7:15 PM  
\$162/6 sess

### NEPP Earthquake Prep-Apartment Living

(16 yrs+)

This session covers what is required to develop your emergency plan, how to conduct a hazard hunt and what to do when an earthquake strikes when you live in an apartment or strata.

Instructor: Jackie Kloosterboer  
W Oct18  
7:00 PM-8:30 PM  
\$0/1 sess  
W Nov 22  
7:00 PM-8:30 PM  
\$0/1 sess

### Baby Sign Language (0-2 yrs)

Using songs and games, learn basic American Sign Language (ASL) hand gestures, to facilitate communication with your hearing child. Research shows that babies who learn Sign Language learn quicker and talk earlier. Bring your baby 0-24 months old to class. No drop-ins. [intoyoga.ca](http://intoyoga.ca)  
No program Oct 9  
Instructor: Sheri Kauhausen  
M Sep18-Oct23  
10:00 AM-10:45 AM  
\$60.<sup>95</sup>/5 sess

### FIRST AID Red Cross Emergency First Aid CPR C/AED

(16 yrs+)

Covers heart attacks, bleeding, choking, and respiratory emergencies for adults, children and babies. 3 year certification upon completion.

[communitycarefirstaid.com](http://communitycarefirstaid.com)  
Instructor: Community Care First Aid  
Sa Sep23  
9:00 AM-5:00 PM  
\$99/1 sess  
Sa Nov04  
9:00 AM-5:00 PM  
\$99/1 sess

### DANCE Dance Bootcamp

(19 yrs+)

Takes the best of dance fitness with a mix of dance styles and bootcamp elements. A workout movement/circuit, choreography, and straight bootcamp movements. Drop in \$11.<sup>43</sup>

[kirbysnelldance.com](http://kirbysnelldance.com)  
Instructor: Endorphin Rush Dance  
W Sep13  
7:00 PM-8:00 PM  
FREE TRIAL  
W Sep20-Oct25  
7:00 PM-8:00 PM  
\$57.<sup>12</sup>/6 sess  
W Nov01-Dec13  
7:00 PM-8:00 PM  
\$66.<sup>64</sup>/7 sess

### Cycle Xpress

(16 yrs+)

45 minutes riding with warm-up and cool down. Register to guarantee spot or reserve your bike the day before at 604.257.3050  
Tu Sep 19-Oct 31  
6:45am-7:30am  
\$32.<sup>83</sup>/7 sess

Tu Nov 7-Dec 12  
6:45am-7:30am  
\$28.<sup>14</sup>/6 sess

W Sep 20-Oct 18  
6:45am-7:30am  
\$23.<sup>45</sup>/6 sess

W Nov 1-Dec 13  
6:45am-7:30am  
\$32.<sup>83</sup>/7sess

Th Sep 21-Oct 26  
6:45am-7:30am  
\$32.<sup>83</sup>/7 sess

Th Nov 2-Dec 14  
6:45am-7:30am  
\$28.14/6 sess

Drop ins \$5.<sup>76</sup>+tax  
Instructor :  
Brooke Hannah



adult



### Callanetics

(19 yrs+)

The unique CALLANETICS exercise method promotes deep muscle tone throughout the entire body increasing flexibility, strength and improving posture. Using a combination of mat work and ballet bar work, precise positioning and tiny movements, CALLANETICS exercises tighten, tone and lift muscles fast. You lose inches and you feel great! Drop-in \$17.<sup>14</sup>

space permitting.

Instructor: Linda Shedden

Tu Sep12-Oct24

4:45 PM-5:45 PM

\$85.<sup>74</sup>/6 sess

No class Oct 3

Tu Oct31-Dec12

4:45 PM-5:45 PM

\$100.<sup>03</sup>/7 sess

### Bootcamp Kickboxing

(15 yrs+)

Come and enjoy the exciting Fitness Kickboxing class. Regardless of age, size, shape, fitness level and man or woman, this class is designed to suit. Work hard or go at your own pace. It's non contact and taught in a fun safe non intimidating environment. Drop-in \$14.<sup>29</sup> space permitting.

Instructor: Squamish Martial Arts & Fitness Centre

Sa Sep09-Oct21

10:00 AM-11:00 AM

\$99/7 sess

Sa Oct28-Dec16

10:00 AM-11:00 AM

\$99/7 sess

No program Nov 11.

### Strong By Zumba

(19 yrs+)

This new program revolutionizes Zumba workouts combining strong, upbeat rhythms with powerful, high-intensity cardio and strength conditioning moves. Join the party, discover the athlete within you, feel the force and get fit! Drop in \$10.<sup>50</sup>

[zumbavancouver.ca](http://zumbavancouver.ca)  
Instructor: Zumba Vancouver

W Sep06

8:15 PM-9:15 PM

FREE TRIAL

W Sep13-Oct25

8:15 PM-9:15 PM

\$59.<sup>99</sup>/7 sess

W Nov01

8:15 PM-9:15 PM

FREE TRIAL

W Nov08-Dec13

8:15 PM-9:15 PM

\$51.<sup>42</sup>/6 sess

### Drumercise Lunch Time

(18 yrs+)

A unique fusion of fitness and drumming, perfect for those who want to keep fit and get a whole body workout. Class is designed to give participants a fun way to work out. Drop in \$9.<sup>52</sup>

No class Sep 28

Instructor: Musical Expressions

Th Sep14-Dec07

12:15 PM-1:00 PM

\$91.<sup>44</sup>/12 sess

### YOGA & PILATES Hatha Yoga All Levels

(19 yrs+)

This All Levels class will include a variety of poses, breathing techniques and meditations with modifications given for beginners, intermediate and advanced students. Everyone is welcome, regardless of fitness and experience level. Drop-ins \$12.<sup>38</sup>

Instructor: Angela Matheson

Th Sep07-Oct26

6:00 PM-7:15 PM

\$85.<sup>68</sup>/8 sess

Th Nov02-Dec14

6:00 PM-7:15 PM

\$74.<sup>97</sup>/7 sess

### Hatha Yoga I

(19 yrs+)

A beginner friendly class with a focus on foundation and flexibility. Through this class style of Hatha Yoga, we will discover the many healthful benefits of yoga using basic asana, breathing techniques and simple meditations. Drop-ins \$11.<sup>43</sup>

Instructor: Angela Matheson

W Sep06-Oct25

5:45 PM-6:45 PM

\$76.<sup>16</sup>/8 sess

W Nov01-Dec13

5:45 PM-6:45 PM

\$66.<sup>64</sup>/7 sess

### Pilates All Levels

(19 yrs+)

Pilates uses the world's most effective core movements to create long, lean and toned muscles. This class will help you to achieve full range of motion and incredible strength. It is also amazing for easing back and neck pain. This is a challenging class for all levels. Drop-ins \$15.<sup>24</sup>

[clsfitness.com](http://clsfitness.com)  
Instructor: CLS Fitness

Tu Sep12-Oct24

7:00 PM-8:00 PM

\$84/7 sess

Tu Oct31-Dec12

7:00 PM-8:00 PM

\$84/7 sess

### Yoga Basics

(19 yrs+)

Learn the basic principals of Hatha Yoga through posture work, breath management & meditation techniques. Increase flexibility & body strength while releasing stress & tension. All levels welcome Drop-ins \$14. [yoga4heartnsoul.com](http://yoga4heartnsoul.com)

Instructor: Pamela Ferman

Su Sep10-Oct29

10:30 AM-11:45 AM

\$96/8 sess

Su Nov05-Dec17

10:30 AM-11:45 AM

\$84/7 sess

### Yoga Made For Runners

(16 yrs+)

Attend as many classes as you want for one low price: \$250 + tax. Or for those attending one class per week or fewer, the single class or drop-in option is available at a great price. Drop in \$14 [yogamadeforrunners.com](http://yogamadeforrunners.com)

Instructor: Mike Dennison

F Sep08-Dec15

6:45 AM-7:45 AM

\$180/15 sess

M Sep11-Dec11

7:30 PM-8:45 PM

\$168/12 sess

No class Oct 9, Nov 13

Monday & Friday

M F Sep11-Dec15

\$250/28 sess

No class Oct 9, Nov 13



## Yoga4Stiff People

(19 yrs+)

A fun interactive class that makes yoga accessible for everyone!

All levels yoga series designed to improve flexibility, increase strength, and relax the mind and body. Clear concise instruction, adjustments, workshop style teachings and demonstrations help deepen your practice and understand at any level. Beginners welcome.

Instructor:

Misurka Yoga Ltd.

Sa Sep09-Oct28

10:15 AM-11:15 AM

\$91.<sup>44</sup>/8 sess

Sa Nov04-Dec16

10:15 AM-11:15 AM

\$68.<sup>58</sup>/6 sess

No class Nov 25

## Hatha Yin Yoga

(19 yrs+)

Slow down, release stress with a mix of Hatha & Yin Yoga to increase flexibility, relax the mind & ease away tension in your body. All levels. Drop-ins \$14.

[yoga4heartsoul.com](http://yoga4heartsoul.com)

Instructor: Pamela Ferman

Tu Sep12-Oct31

7:30 PM-8:45 PM

\$96/8 sess

Tu Nov07-Dec12

7:30 PM-8:45 PM

\$72/6 sess



## Iyengar Yoga with Terri

(19 yrs+)

All levels with creative sequencing to nourish and challenge the body. Experience Iyengar (alignment, breath focused) yoga, infused with humour, to bring a connection to our self and others. Modifications and support provided.

Drop-ins \$15.<sup>23</sup>/person are welcome through out the session. [yoga2go.ca](http://yoga2go.ca)

Instructor: Terri Damiani

Tu Sep12-Oct24

12:00 PM-1:30 PM

\$93.<sup>31</sup>/7 sess

Tu Oct31-Dec12

12:00 PM-1:30 PM

\$93.<sup>31</sup>/7 sess

## MARTIAL ARTS

### Capoeira

(14 yrs+)

Capoeira is an Afro-Brazilian art, which combines martial art techniques with emphasis on movement. In addition it incorporates music, simple acrobatics and has a foundation of rich history.

Drop-ins \$14.<sup>29</sup>

Instructor: Aleksey Sher

F Sep08-Dec15

6:00 PM-7:30 PM

\$142.<sup>80</sup>/15 sess

### Shotokan Karate

(13 yrs+)

Shotokan Karate will teach Kihon (basic blocks, punches and kicks), Kata (forms) and Kumite (sparring) to men and women 13 years and older (or younger with instructor's permission).

Annual membership is required and can be purchased from the instructor. Drop-ins welcome with instructor approval \$4.76. [creeksideshotokanKarate.yolasite.com](http://creeksideshotokanKarate.yolasite.com). Instructor:

Canada Shotokan Karate

M W Sep06-Dec20

6:00 PM-7:15 PM

\$106.<sup>40</sup>/28 sess

No program Sept 25,

Oct 9 and Nov 13.

## Iaido - Art of the Japanese Sword

(19 yrs+)

Learn the traditional Japanese sword arts of Eishin Ryu and Hoki Ryu. The practice is individual kata based with some paired partner kenjutsu. Interested individuals contact shinkenkai.

[bunbu@gmail.com](mailto:bunbu@gmail.com) prior to enrollment. Drop in \$9.<sup>52</sup>. Max class size is limited to 8 students.

Instructor: Shin Ken Kai No Bun Bu

Instructor: Hoshu

Vancouver Dojo

Su Sep10-Sep24

2:30 PM-4:00 PM

Su Oct08-Oct29

2:30 PM-4:00 PM

No program Oct 15.

Su Nov05-Nov26

2:30 PM-4:00 PM

No class Nov. 12.

Su Dec03-Dec17

2:30 PM-4:00 PM

\$28.<sup>57</sup>/month



## Jodo - The Way Of The Stick

(19 yrs+)

Learn the traditional Japanese martial art of Jojutsu, the short staff. This dynamic art teaches staff defense versus staff offense versus the Samurai sword.

This art is suitable for beginners or seasoned practitioners of other arts. Improve your balance, coordination, agility, focus and timing. Spare weapons are available for loan to beginners. Drop-ins \$9.<sup>52</sup>

[hoshudojo.com](http://hoshudojo.com)\* Canadian Kendo Federation Membership required after trial period payable to the instructor.

Instructor: Hoshu

Vancouver Dojo

Su Th Sep07-Sep24

12:45 PM-2:15 PM

Su Th Oct05-Oct29

12:45 PM-2:15 PM

No program Oct 15

Su Th Nov02-Nov30

12:45 PM-2:15 PM

No program Nov. 12

Su Th Dec03-Dec17

12:45 PM-2:15 PM

\$47.<sup>62</sup>/month

## Aikido Adult and Youth Ongoing Practice

(13 yrs+)

Aikido is a Japanese martial art based on the concept of non-violence, which covers general fitness, meditation, and self-defense techniques. Students can develop or improve relaxation, flexibility, coordination, and endurance both physically and mentally.

An annual Aikido membership (\$30) is required and can be purchased from the instructor. Drop-in \$9.<sup>52</sup> Instructor website: [vancouveraikido.com](http://vancouveraikido.com)

Instructor: Vancouver Shomonkai Aikido Association

Sep06-Sep28

Oct01-Oct30

Nov01-Nov30

Dec03-Dec21

M W Th 7:30PM-

9:30PM

Su 10:30AM-12:30PM

\$66.<sup>67</sup>/month

No program Sept 10,

Oct 8, Oct 9, Oct 29,

Nov. 12 and Nov 13.

## Aikido for Beginners (13 yrs+)

This is an introductory course for people new to the art of Aikido. Students will learn basic Aikido stances, body movements, roles, and techniques. The philosophical aspect of Aikido will also be discussed in each session. Beginners are encouraged to take this course before joining the regular Aikido program. Current Aikido students holding up to 4th kyu can also join. An annual Aikido membership (\$30) is required and can be purchased from the instructor. Instructor website: [vancouveraikido.com](http://vancouveraikido.com). Instructor: Vancouver Shomonkai Aikido Association  
M Sep11-Nov27  
7:30 PM-8:30 PM  
\$66.<sup>67</sup>/9 sess  
No program Oct. 9, Oct 30, and Nov 13.

## Tai Chi (19 yrs+)

Learning Tai Chi (fist and sword forms) with Rich will help to improve your balance and posture, increase your strength, overall energy and range of motion and ease stress. [reelingsilktaichi.ca](http://reelingsilktaichi.ca)  
Drop-ins \$14.<sup>29</sup>  
Instructor: Rich Sobel  
M Sep11-Oct30  
7:30 PM-9:00 PM  
\$90/2 months  
No class Sept 25, Oct 9.  
M Nov06-Dec18  
7:30 PM-9:00 PM  
\$90/2 months  
No class Nov 13.

## Shorinji Kempo (19 yrs+)

Shorinji Kempo is a sophisticated Japanese martial art that uses physics and pressure points to increase ones strength. We strive for a non-competitive, safe and comfortable atmosphere. Beginners welcome. Drop-in \$9.<sup>52</sup>  
Instructor: Vancouver South Side Shorinji Kempo  
Sep05-Sep30  
Oct03-Oct31  
Nov04-Nov28  
Dec02-Dec19  
Tu 7:30 PM-9:00 PM  
Sa 10:30AM-12:00PM  
\$47.<sup>62</sup>/month

## Fit4Two® Prenatal Core Workshop (19 yrs+)

Learn how to work your core safely and effectively through each trimester. We will lead you through breath work, core exercises and stretches designed to prevent and manage common prenatal discomforts. Class is suitable for women with abdominal separation.  
Sa Oct21  
10:00 AM-11:00 AM  
\$24.<sup>76</sup>/1 sess

## Fit4Two® Infant Massage

Help baby sleep better. For pre-mobile babies.  
Sa Oct21  
11:15 AM-12:15 PM  
\$24.<sup>76</sup>/1 sess

## Fit 4 Two® Programs (19 yrs+)

Par-Med-X for pregnancy form (see [fit4two.ca/forms](http://fit4two.ca/forms)) must be signed by your physician or midwife prior to your participating in a prenatal class. Instructor: Fit4Two Van Downtown/False Creek

### Fit4Two® Prenatal Barre

(19 yrs+)  
Focuses on posture, core strength and flexibility. Inspired by ballet barre, strength training, Pilates and yoga. Drop in \$17.<sup>14</sup>  
Tu Sep05  
6:10 PM-7:10 PM  
FREE TRIAL  
Tu Sep12-Oct24  
6:10 PM-7:10 PM  
\$105.<sup>90</sup>/7 sess  
Tu Nov07-Dec12  
6:10 PM-7:10 PM  
\$90.<sup>77</sup>/6 sess

### Fit4Two® Prenatal Yoga

(19 yrs+)  
Strengthen, stretch and breathe your way to a more comfortable pregnancy. For all trimesters and fitness levels. Drop in \$17.<sup>14</sup>  
M Sep11-Oct30  
6:15 PM-7:15 PM  
\$105.<sup>90</sup>/7 sess  
No class Oct 9  
M Nov06-Dec11  
6:15 PM-7:15 PM  
\$75.<sup>65</sup>/5 sess  
No class Nov 13

### Mom and Baby Spin and Strength

Indoor cycle fit workout. Instructor will take you through intervals of hill climbs, speed work and endurance riding combined with intervals of muscular endurance work, postnatal specific core work and flexibility. Benefit from increased energy, improved posture, and a stronger core. Pre-mobile babies only please. Drop in \$15.<sup>24</sup> + tax  
FREE TRIAL  
W Sep 6  
10:30am-11:30am  
W Sep 13-Oct25  
10:30-11:30am  
W Nov 1-Dec 13  
10:30am-11:30am  
\$92.<sup>27</sup>/7 sess

### Fit4Two® Mom and Baby Barre

(19 yrs+)  
For postpartum women. Focuses on posture, core strength, cardio and flexibility. Socks or bare feet. Pre-mobile babies only. Drop in \$15.<sup>24</sup>  
F Sep08  
10:00 AM-11:00 AM  
FREE  
F Sep15-Oct27  
10:00 AM-11:00 AM  
\$92.<sup>27</sup>/7 sess  
F Nov03-Dec15  
10:00 AM-11:00 AM  
\$92.<sup>27</sup>/7 sess

### Fit4Two® Mom and Baby Fitness

(19 yrs+)  
Full body workout: cardio, muscular endurance, postnatal core work and flexibility. Connect with other new moms. Pre-mobile babies only. Drop in \$15.<sup>24</sup>  
M Sep11  
11:15 AM-12:15 PM  
FREE TRIAL  
M Sep18-Oct30  
11:15 AM-12:15 PM  
\$79.<sup>09</sup>/6 sess  
No class Oct 9  
M Nov06-Dec11  
11:15 AM-12:15 PM  
\$65.<sup>91</sup>/5 sess  
No class Nov 13



Stay engaged and active while making connections with new friends.

**FITNESS**

**Drummercise**

(55 yrs+)

This is a unique fusion of fitness and drumming, perfect for those who want to keep fit and get a whole body workout (adapted to your abilities). This class is designed to give participants a fun way to work out, engaging in general cardio, while tapping into the benefits of music & rhythm. Drop in \$9.<sup>52</sup> No class Sep 26  
Instructor: Musical Expressions

Tu Sep12-Dec05  
9:30 AM-10:15 AM  
\$91.<sup>44</sup>/12 sess

**Yoga for Older Adults All levels**

(50 yrs+)

Suited to beginners or those with existing conditions. A slow hands-on approach to yoga focusing on the foundation and pain free movement to increase stability before mobility. Drop-ins \$13.<sup>33</sup> require instructor approval after the second class.  
*yoga2go.ca*

Instructor: Terri Damiani  
Tu Sep12-Oct24  
10:30 AM-11:45 AM  
\$80.01/7 sess  
Tu Oct31- Dec12  
10:30 AM-11:45 AM  
\$80.01/7 sess



**Join the Community Garden at Creekside!**

for more info email  
*creeksidegarden@outlook.com*

**Yoga for Older Adults Level II**

(19 yrs+)

An older adult yoga class designed to increase mobility, stamina and vitality. The interactive class will be tailored for participants, addressing health concerns to improve their quality of life. Participants are guided through the postures, using props if required to ensure stability and correct alignment. Each session ends with a relaxation pose. Drop-ins \$15.<sup>24</sup> require instructor approval after the second class.  
*yoga2go.ca*

Instructor: Terri Damiani  
Th Sep14-Oct26  
10:30 AM-12:00 PM  
\$93.<sup>33</sup>/7 sess  
Th Nov02-Dec14  
10:30 AM-12:00 PM  
\$93.<sup>33</sup>/7 sess

**Nordic Pole Walking**

(40 yrs+)

Learn how to use Nordic Walking poles to stay active while managing Osteoarthritis.FREE, pre-register for one time slot only. Please contact Vancouver Coastal Health at 604.875.4544 for program details.  
Instructor: Vancouver OASIS

Tu Sep26  
9:30 AM-11:00 AM  
Free  
Tu Nov07  
9:30 AM-11:00 AM  
FREE

**Zumba Gold for Older Adults**

(45 yrs+)

ZUMBA® Gold is a low-impact dance-fitness class for beginners and seniors that uses the zesty Latin music with easy to follow moves to create a dynamic and fun fitness class. ZUMBA® Gold classes strives to improve our balance, strength, flexibility and most importantly, the heart. Drop in \$9.<sup>50</sup>  
*zumbavancouver.ca*

No program Oct 9  
Instructor: Zumba Vancouver  
M Sep18-Oct30  
9:30 AM-10:30 AM  
\$51.<sup>42</sup>/6 sess  
M Nov06-Dec11  
9:30 AM-10:30 AM  
\$42.<sup>85</sup>/5 sess

**Bridge**

(19 yrs+)

Join our group on Tuesdays and enjoy duplicate bridge. Please note that no instruction is provided. New players are always welcome. \$2/drop-in or buy a 10 visit pass for \$10. No program Dec 22  
Instructor: Instructional Non  
Tu Sep05-Dec12  
12:00 PM-3:00 PM  
\$1.<sup>90</sup>/15 sess  
F Sep01-Dec29  
12:00 PM-3:00 PM  
\$1.<sup>90</sup>/17 sess  
No program Dec 22

**Mahjong**

(19 yrs+)

Join our group on Thursdays and enjoy Mahjong. Please note that instruction may be provided. New players are always welcome. \$2/drop-in or \$10 for 10 visit pass.  
No program Dec 21  
Instructor: Instructional Non  
Th Sep07-Dec28  
1:00 PM-4:00 PM  
\$1.<sup>90</sup>/16 sess  
No program Dec 21

**FLU CLINIC**

Thurs, Oct 26, 2016  
1:30pm to 3:30pm  
SEE PAGE 19  
FOR DETAILS

**Exercise for Prostate Cancer Survivors**

Open to all prostate cancer survivors and their carer/spouse. Designed to help men with prostate cancer learn how to exercise correctly and reach and maintain wellness goals. A combination of resistance training, flexibility, balance and aerobic exercise in 2 x 60 minute circuit classes per week. Comprehensive physical assessments completed during week 1 and week 9. All participants and spouses/caregivers are required to purchase a Flexi-pass whether returning or registering for the first time. No other fee charged. No program Oct 9, Nov 13.  
M & W Sep 11-Dec 6  
4:15pm-5:15pm

There are no age restrictions for Adult Programs. If you are 19 yrs+ you are welcome to register!  
See pgs 14-27



## Flexipass Membership

Enjoy flexible and affordable recreation with our no contract all access pass. Load your monthly Flexipass onto your Vancouver Park Board OneCard and receive unlimited access to Park Board fitness centres, indoor pools, outdoor pools and ice rink facilities.

For more information and locations visit [vancouverparks.ca](http://vancouverparks.ca)

## Fitness Centre Rates

Age	Adults (19-64)	Seniors (65+)	Youth (13-18)
Drop-in	\$5. <sup>98</sup>	\$4. <sup>27</sup>	\$4. <sup>27</sup>
10 Visit Pass	\$47. <sup>79</sup>	\$34. <sup>19</sup>	\$34. <sup>19</sup>
<b>FLEXIPASS RATES</b> <i>Access to all Vancouver Park Board fitness centres, pools and rinks.</i>			
1 month	\$46. <sup>18</sup>	\$32. <sup>33</sup>	\$32. <sup>33</sup>
3 months	\$122. <sup>45</sup>	\$85. <sup>73</sup>	\$85. <sup>73</sup>
12 months	\$390. <sup>32</sup>	\$273. <sup>21</sup>	\$273. <sup>21</sup>

PRICES DO NOT INCLUDE TAX AND ARE SUBJECT TO CHANGE

## Fitness Centre Consultations

**Take advantage of our free fitness consultations. Call ahead to book up to 3 sessions with our highly trained Fitness Centre Staff. Free with drop-in admission or included with your pass. In your first session learn how to use the equipment, get a personalized fitness program and receive a card to track your progress. At your next session, staff will monitor your technique and answer questions. Book a third session if you need additional support or motivation.**

## Group Personal Training

**Try out our new small group personal training** and enjoy the same intimate coaching experience as a personal training session but at a reduced cost. A small group can include you and 2-3 of your friends/family members which can be very powerful in helping you stay on track when trying to attain your fitness goals. Training as a group provides a comfortable support system where you can encourage one another and foster some healthy competition!

## Fitness Centre Equipment

**Cardio** 5 treadmills, 3 elliptical trainers, 2 spin bikes, 2 recumbent bikes, 1 upright bike, 2 concept II ergometers

**Strength** free weights, cable pulley and plate-loaded systems, assisted chin/dip, back extension, power racks leg curl, leg press

**Core and Flexibility** stability balls, medicine balls, stretching mats



## Personal Training

Improve your health and wellness with support from our qualified and experienced Personal Trainers who will work with you to develop a customized fitness plan designed to meet your fitness goals and fit your busy schedule. Whether you are a beginner, overcoming a plateau, rehabilitating from an injury or looking for sport-specific workouts, our trainers will motivate and support you in each one hour session.

## Meet Our Personal Trainers

**Angela** Certified weight training instructor, and third age instructor focusing on the 40+ populations, functional movement patterns, circuit training and whole body strength, mobility and flexibility.

**Antun** Specializes in strength conditioning lifestyle change, and active rehabilitation. He believes that 'you reap what you sow'.

**Audrey** Specializes in weight loss, core and functional exercise as it relates to everyday activities; both occupational and recreational.

**Flory** Continuing a lifelong participation in diverse athletics and as a registered BCRPA Personal Trainer, Flory offers holistic integrations of mind-body connection and health education with functional movement, rehabilitation, strength, and performance-specific goals.

**Inderjit** Certified Personal Trainer with the Canadian Society for Exercise Physiology, specializing in beginners, sport specific training and training for POPAT/PARE testing.

**Sead** Holds a bachelor's degree in Physical Education and specializes in sport-specific training, fat loss, muscle toning and nutritional planning approaches. He is studying to become a Registered Dietician.

**Tracy-kim** Third age instructor, certified cycling and running coach. Specialty areas include third age, senior's strength and stretch programming and conditioning for runners, cyclists and triathletes.

PERSONAL TRAINING	2017 TAXES NOT INCL.
PRIVATE 1	\$49. <sup>73</sup>
PRIVATE 3	\$133. <sup>83</sup>
PRIVATE 5	\$223. <sup>79</sup>
PRIVATE 10	\$412. <sup>86</sup>
SEMI 1	\$74. <sup>56</sup>
SEMI 3	\$200. <sup>79</sup>
SEMI 5	\$348. <sup>42</sup>
SEMI 10	\$646. <sup>43</sup>
GROUP 1	\$108. <sup>80</sup>
GROUP 3	\$291. <sup>43</sup>
GROUP 5	\$427. <sup>43</sup>
GROUP 10	\$777. <sup>14</sup>

Prices subject to change.

## YOUTH

Youth ages 13-16 are welcome into the fitness centre. Parental consent and a consultation are recommended.

## VALUE ADDED PROGRAMMING

*Free with fitness centre admission*

## Conditioning for Older Adults (50 yrs+)

Self-lead sessions with the instructor to guide you through 30 minutes of cardio, 30 minutes of weight training and 30 minutes of core, balance and stretch. Ongoing Tu & Th 3:30pm-5:00pm