



# FALSE CREEK

COMMUNITY CENTRE

Spring & Summer 2018

## Recreation Guide



Register Online:  
[www.vancouver.ca/falsecreekrec](http://www.vancouver.ca/falsecreekrec)

Association Website:  
[www.FalseCreekCC.ca](http://www.FalseCreekCC.ca)



Jointly operated by the Vancouver Board of Parks and Recreation & the False Creek Community Association.



# FALSE CREEK COMMUNITY CENTRE

on Granville Island 1318 Cartwright Street Vancouver BC V6H 3R8  
 tel: 604-257-8195 fax: 604-257-8194 e-mail: falsecreekcc@vancouver.ca  
 Website: www.vancouver.ca/falsecreekrec Association Website: www.FalseCreekCC.ca

## False Creek Community Association Presidents' Message

The False Creek Community Association's Annual General Meeting is Monday May 14th. The incoming board members for 2018-2019 are elected at this meeting. The Association's bylaws require that 50% + 1 of the Board live in the catchment area. To this end, the Board has approved the following steps for individuals wishing to stand for nomination to the Board:

1. Nomination Package: Each potential candidate must complete a nomination form, available from the front desk. A nomination committee member will follow up with each declared candidate.
2. Information Meeting: An information meeting will be held at the False Creek Community Centre in late March to outline the role of the False Creek Community Association.
3. Nomination Deadline: Nominations must be signed and returned to the front desk no later than May 7th at 5:00 P.M. Nomination from the floor at the AGM will not be accepted.
4. Eligibility Restriction: Individuals employed or contracted by the Association within the past 12 months are not eligible to seek a position on the Board of Directors. This is to avoid any potential conflict of interest.

Community service has allowed our neighborhoods to remain focused on delivering a safe, healthy and dynamic environment for our constituents. In addition to board positions, there are many other volunteer positions available that would help the Association to meet the needs of the public to the best of our ability.

Paul Porter, President

**REGISTRATION BEGINS  
 WEDNESDAY MARCH 14,  
 9:00AM**



**IN PERSON**  
 at the Centre  
 starting at 9:00am



**ONLINE at**  
[www.vancouver.ca/falsecreekrec](http://www.vancouver.ca/falsecreekrec)  
 starting at 9:00am



**BY PHONE**  
 call 604-257-8195  
 starting at 10:00am



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### Waterworld Adventures (8-13 yrs)

This day camp will focus on learning canoe and kayak skills behind the community centre at Alder Bay.

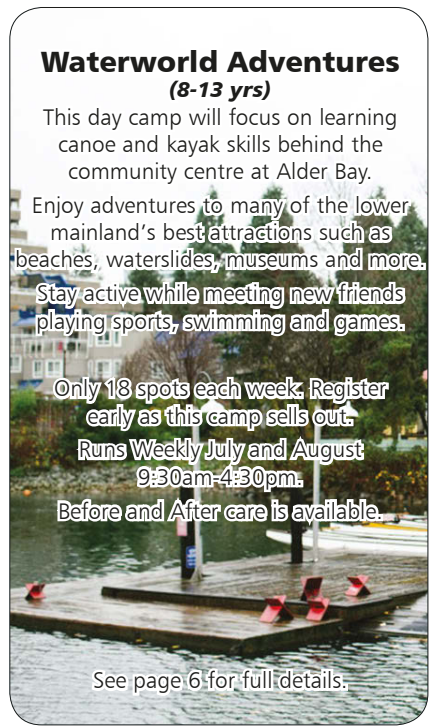
Enjoy adventures to many of the lower mainland's best attractions such as beaches, waterslides, museums and more.

Stay active while meeting new friends playing sports, swimming and games.

Only 18 spots each week. Register early as this camp sells out.

Runs Weekly July and August  
9:30am-4:30pm.

Before and After care is available.



See page 6 for full details.



# Granville Island Water Park

Great fun for kids  
of all ages!

It's that time of year again! Time to shake the dust off those old bathing suits and get ready to plunge into the biggest free water park in North America!

The Granville Island Waterpark will be open from Victoria Day long weekend to Labour Day. (May 19-September 3) from 10:00am-6:00pm

- **FULL WATER PARK** open weekends and Victoria Day from May 19-June 24
- **SPRAY PARK ONLY** (no waterslide) open weekdays from June 18-22
- **FULL WATER PARK** open 7 days a week, June 25-September 3

Group bookings: Please call 604-257-8195 to reserve a time slot. Large groups who arrive without a booking may be restricted from using the waterslide. Children must be at least 3 feet 6 inches (no exceptions!) to use waterslide.



# Canada Day Celebration

Sunday July 1, 11:00am-3:00pm

Joins us for carnival games, bouncy castle, children's entertainment, a BBQ, kayaking demos and a pottery sale.

FREE fun for all ages!

Enjoy the Water Park from 10:00am-6:00pm.  
No registration required.



Get the latest updates!

[www.falsecreekcc.ca/newsletter.htm](http://www.falsecreekcc.ca/newsletter.htm)

Subscribe to our online newsletter.

# Looking for a space to hold a private function?

Situated on beautiful Granville Island and conveniently located near hotels, restaurants and shops, False Creek Community Centre offers a vibrant, picturesque setting for hosting a variety of events.

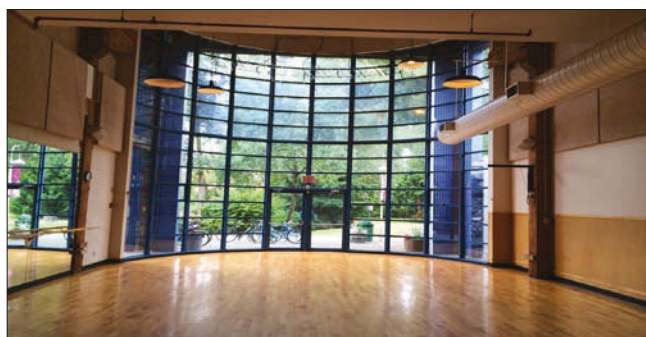
Space is available for: weddings • birthday parties • meetings • corporate events • other private functions.

## Regular Rates during Operating Hours

Room	Price/hr
<b>Board Room (20x20 feet)</b>	
Regular	\$31.50
Room Capacity	15-20 seated
<b>Chinook Room (20x25 feet)</b>	
Regular	\$31.50
Room Capacity	15-20 seated
<b>Fairview Room (14x30 feet)</b>	
Regular	\$26.25
Room Capacity	10-15 seated
<b>Granville Island (22x29 feet)</b>	
Regular	\$31.50
Room Capacity	15-20 seated
<b>Tyee Hall (44x24 feet)</b>	
Regular	\$63.00
Room Capacity	60 seated
<b>Lind Hall (65x49 feet)</b>	
Regular	\$105.00
Room Capacity	200 seated

Please contact rental administrator for after- hour rates

Visit [www.falsecreekcc.ca](http://www.falsecreekcc.ca) to see list of all our available rooms, photos and rates. To reserve a room or book a room viewing, please contact Neil at 604-257-6998 or via email at [falsecreekcc@vancouver.ca](mailto:falsecreekcc@vancouver.ca).



### Tyee Hall

*This is a great room for meetings and presentations. It overlooks Alder Bay and the park behind the centre. During Operating Hours Room Seats: 60  
Size: 44x24 1056sqft*



### Lind Hall

*It is a great room for weddings, and large group functions. It over looks Alder Bay and the park behind the centre. During Operating Hours Seats: 200  
Size: 65x49 3185sqft*



## 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.



[recreation.vancouver.ca](http://recreation.vancouver.ca)



# Swamp Willow Preschool

Time cards will be distributed at the Preschool Open House on Saturday, April 7, 2018.

## 3 year old program:

Children attend on Tuesday & Thursday mornings from 9:15–11:30am. All children must be turning 3 by December 31st, 2017 and be diaper-free. The 2017-18 class currently has a waitlist. If you wish to add your child's name to the list please call the front desk at 604-257-8195.

Registration for the 2018/2019 school year is currently open. You can register in person, by phone or online.

\*To register online you will need to set up an account at least 24 hours in advance.

## 4 year old program:

Children attend on Monday, Wednesday & Friday mornings from 9:15 – 11:45 a.m. All children must be turning 4 by December 31st, 2017. The 2017-18.

Registration for the 2018/2019 school year will be open on Monday, April 9, 2018. \*Please note that priority registration is provided to children currently registered in the 3 year old program.

Teachers: Sandy Galpin & Cheryl Taylor Lee

## Out-of-School Care

Before and After School Care is now being provided for the 2017/18 school year. Children can attend from 7:30 am and are dropped at school by staff. After school children are picked up at 3:00 pm and can attend the program until 6:00 pm.

**This program is currently full and has a waitlist.**

If you wish to add your child's name to the list please call the front desk at 604-257-8195.

Priority registration is given to children currently enrolled in this program.

\*Please note that the Out of School Care program is only available to children who attend False Creek Elementary School.

Supervisor: Devon Edmondson



## Trekkers Day Camp (5-12 yrs)

This licensed daycamp combines exciting out-trips, sports, games and special events for children 5.6-12 years of age. Fee includes admission to all attractions and transportation. Parental consent forms and waivers must be completed and submitted on the first day of camp.



### Trekkers

#### Extended Care (5.6-12 yrs)

Tu-F Jul 3-Jul 6	141765	8:30 AM-6:00 PM	\$30/8 sess
M-F Jul 9-Jul 13	141766	8:30 AM-6:00 PM	\$35/9 sess
M-F Jul 16-Jul 20	141769	8:30 AM-6:00 PM	\$35/10 sess
M-F Jul 23-Jul 27	141772	8:30 AM-6:00 PM	\$35/10 sess
M-F Jul 30-Aug 3	141773	8:30 AM-6:00 PM	\$35/10 sess
Tu-F Aug 7-Aug 10	141774	8:30 AM-6:00 PM	\$30/8 sess
M-F Aug 13-Aug 17	141775	8:30 AM-6:00 PM	\$35/10 sess
M-F Aug 20-Aug 24	141777	8:30 AM-6:00 PM	\$35/10 sess

#### Trekkers Combo Camp (6-12 yrs)

There are only 20 spaces available for all age groups so please register early.

M-F Aug 27-Aug 31	141752	8:30 AM-6:00 PM	\$175/5 sess
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#### Little Trekkers (5.6-8.5 yrs)

Tu-F Jul 3-Jul 6	141742	10:00 AM-4:00 PM	\$115/4 sess
M-F Jul 9-Jul 13	141744	10:00 AM-4:00 PM	\$140/5 sess
M-F Jul 16-Jul 20	141746	10:00 AM-4:00 PM	\$140/5 sess
M-F Jul 23-Jul 27	141747	10:00 AM-4:00 PM	\$140/5 sess
M-F Jul 30-Aug 3	141748	10:00 AM-4:00 PM	\$140/5 sess
Tu-F Aug 8-Aug 10	141749	10:00 AM-4:00 PM	\$115/4 sess
M-F Aug 13-Aug 17	141750	10:00 AM-4:00 PM	\$140/5 sess
M-F Aug 20-Aug 24	141751	10:00 AM-4:00 PM	\$140/5 sess

#### Summer Trekkers (8.5-12.5 yrs)

Tu-F Jul 3-Jul 6	141754	10:00 AM-4:00 PM	\$115/4 sess
M-F Jul 9-Jul 13	141756	10:00 AM-4:00 PM	\$140/5 sess
M-F Jul 16-Jul 20	141757	10:00 AM-4:00 PM	\$140/5 sess
M-F Jul 23-Jul 27	14175	10:00 AM-4:00 PM	\$140/5 sess
M-F Jul 30-Aug 3	141758	10:00 AM-4:00 PM	\$140/5 sess
Tu-F Aug 7-Aug 10	141760	10:00 AM-4:00 PM	\$115/4 sess
M-F Aug 13-Aug 17	141761	10:00 AM-4:00 PM	\$140/5 sess
M-F Aug 20-Aug 24	141763	10:00 AM-4:00 PM	\$140/5 sess

# Specialty Summer Daycamps

## Waterworld Adventures (8-13 yrs)

This day camp will focus on learning canoe and kayak skills combined with adventures to many of the lower mainland's best attractions as well as sports, and games. Fee includes public transportation and admissions. Please pack a healthy lunch, snack and drink and have your child dressed for the weather. Schedule of out-trips and parental consent forms will be available and posted on our website, [www.FalseCreekCC.ca](http://www.FalseCreekCC.ca) in early June. Parental consent form must be completed and returned by the 1st day of camp. \*July 3-6 & Aug 7-10 = \$140 (stat day during the week). All other weeks = \$175.

*Instructor: TBA Instructor*

### Summer ☀️

Tu-F	Jul 03-Jul 06	9:30 AM-4:30 PM	\$140/4 sess
M-F	Jul 09-Jul 13	9:30 AM-4:30 PM	\$175/5 sess
M-F	Jul 16-Jul 20	9:30 AM-4:30 PM	\$175/5 sess
M-F	Jul 23-Jul 27	9:30 AM-4:30 PM	\$175/5 sess
M-F	Jul 30-Aug 03	9:30 AM-4:30 PM	\$175/5 sess
Tu-F	Aug 07-Aug 10	9:30 AM-4:30 PM	\$140/4 sess
M-F	Aug 13-Aug 17	9:30 AM-4:30 PM	\$175/5 sess
M-F	Aug 20-Aug 24	9:30 AM-4:30 PM	\$175/5 sess



## Waterworld Adventures Extended Care (8-13 yrs)

Available from 8:30-9:30am and 4:30-5:30pm for children registered in Waterworld Adventures the same week. Registration is by the week only. \*July 3-6 & Aug 7-10 = \$20 (stat day during the week). All other weeks = \$25.

*Instructor: TBA Instructor*

### Summer ☀️

Tu-F	Jul 03-Jul 06	8:30 AM-5:30 PM	\$20/4 sess
M-F	Jul 09-Jul 13	8:30 AM-5:30 PM	\$25/5 sess
M-F	Jul 16-Jul 20	8:30 AM-5:30 PM	\$25/5 sess
M-F	Jul 23-Jul 27	8:30 AM-5:30 PM	\$25/5 sess
M-F	Jul 30-Aug 03	8:30 AM-5:30 PM	\$25/5 sess
Tu-F	Aug 07-Aug 10	8:30 AM-5:30 PM	\$20/4 sess
M-F	Aug 13-Aug 17	8:30 AM-5:30 PM	\$25/5 sess
M-F	Aug 20-Aug 24	8:30 AM-5:30 PM	\$25/5 sess

## Bricks 4 Kidz - Mining & Crafting NEW (5-10 yrs)

Experience the world of Minecraft with LEGO® bricks in this fun camp! Kids will start by crafting their shelters and some of the mobs, critters and tools using LEGO® bricks. Campers will face new challenges each day, building motorized Bricks 4 Kidz models and crafting key elements from the popular Minecraft game. The week will be filled with fun and creative engineering builds, team building exercises and much more. At the end of the week, all CAMPERS will go home with a custom mini figure!

*Instructor: Bricks 4 Kidz Vancouver*

### Summer ☀️

M-F	Jul 23-Jul 27	1:00 PM-4:00 PM	\$175/5 sess
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## Bricks 4 Kidz - Space Adventures NEW (5-10 yrs)

Inspired by NASA and Star Wars, Bricks 4 Kidz® Space Adventures camp is packed full of models that will make your imagination blast off! Each day, kids will learn about real-life space exploration and build models related to the NASA space program. All kids will go home with a custom-made minifigure!

*Instructor: Bricks 4 Kidz Vancouver*

### Summer ☀️

M-F	Aug 13-Aug 17	1:00 PM-4:00 PM	\$175/5 sess
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## Byte Camp - 2D Video Game Design (11-14 yrs)

Learn how to build an HTML5 game from the ground up using awesome free tools. This is a coding camp, so be prepared to challenge yourself and learn some new skills. Time will be spent learning how to create advanced 2D vector artwork and animated character sprites to make your game look great. The final project is a game you can take home on USB or proudly share with friends online. No previous experience is required however Byte Camp's Introduction to Coding is recommended.

*Instructor: Melody Kassiri*

### Summer ☀️

M-F	Aug 27-Aug 31	9:00 AM-3:00 PM	\$260/5 sess
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## Byte Camp - 3D Animation (11-14 yrs)

Dreaming of a career with Ever wonder how those awesome 3D animated movies like Shrek, Toy Story and Frozen are made? Spend the week learning how by modeling, animating and telling your own stories in 3D. You'll use Blender, a wonderful 3D software, to design characters that jump off the screen and then make them come alive by adding voices, soundtracks and completing your own animated short film. Final projects are usually group projects with each student contributing a character and a scene.

*Instructor: Melody Kassiri*

### Summer ☀️

M-F	Jul 16-Jul 20	9:00 AM-3:00 PM	\$260/5 sess
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## Byte Camp - Introduction to Coding (9-12 yrs)

Discover how much fun it is to build your own game! Students will be introduced to basic coding skills with easy to use drag-and-drop software, and get to use those skills to make their very own games. Students will also learn how to create their own 2D vector artwork to make characters and levels that are entirely their own. The final project is a game that you can take home on USB or proudly share with friends online.

*Instructor: Melody Kassiri*

### Summer ☀️

M-F	Jul 30-Aug 3	9:00 AM-3:00 PM	\$260/5 sess
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# Creative Arts & Music

## Rhythmic Gymnastics (4-12 yrs)

A fun opportunity for your child to experience Rhythmic Gymnastics presented in a recreational style format. Tumble, jump and dance using ribbons, balls, ropes and hoops with instruction provided by a very experienced leader.

*Instructor: Daniela Rincon*

### 4-6yrs

**Th Apr 19-Jun 21 4:15 PM-5:00 PM**  
150914 \$95/10 sess

### 7-12yrs

**Th Apr 19-Jun 21 5:15 PM-6:45 PM**  
150915 \$145/10 sess

## Acrobatic Dance (4-7 yrs)

Leap, twirl and spin in this high energy class which involves ribbons, hoops and other fun props. Great for coordination, balance and kids learn fun new tricks to show to friends and family. No class on May 19. More info at [www.kirbysnelldance.com](http://www.kirbysnelldance.com). \$10/drop-in.

*Instructor: Endorphin Rush Dance And Fitness*

**Sa Apr 21-Jun 30 10:45 AM-11:30 AM**  
150779 \$93.5/10 sess

## Afterschool Hip Hop (5-7 yrs)

Get your groove on! Calling all b-boys and girls! Here is the place to shine. Join us as we move and groove, exploring the locking stops and the suspended drops that make the hip hop style so popular and fly. Working as a group and in small groups, we will create and shape a dance that is performed in a "cypher" in classic b-boy/b-girl supportive circle of peers, where each person gets to dance their unique style and be cheered on with gusto! More info: [www.kirbysnelldance.com](http://www.kirbysnelldance.com). \$11/drop-in.

*Instructor: Endorphin Rush Dance And Fitness*

**W Apr 18-Jun 20 3:45 PM-4:30 PM**  
150780 \$90/10 sess

## Dance Extreme for Girls (7-12 yrs)

Come explore a number of different styles of dance with a variety of guest dance artists. Enjoy energetic exploration of movement in a welcoming and inspiring environment. Styles may include; Hip Hop, Latin Dance, Acrobatic Dance, Musical Theatre, Creative Movement and Bollywood. More info at [www.kirbysnelldance.com](http://www.kirbysnelldance.com). \$11/drop-in.

*Instructor: Endorphin Rush Dance And Fitness*

**Tu Apr 17-Jun 19 4:00 PM-5:00 PM**  
150827 \$90/10 sess

## Little Ballerinas (3-7yrs)

Young ballerinas explore the fun and beauty of ballet while learning the basic techniques. They will love playing with their creative expression in this fun class. Children must be able to participate without a parent in the room. There will be a presentation for parents/family on the last day. No class on May 19. More info: [www.kirbysnelldance.com](http://www.kirbysnelldance.com). \$10/drop-in.

*Instructor: Endorphin Rush Dance And Fitness*  
**3-4yrs**

**Sa Apr 21-Jun 30 9:15 AM-10:00 AM**  
150858 \$85/10 sess

### 5-7yrs

**Sa Apr 21-Jun 30 10:00 AM-10:45 AM**  
150859 \$85/10 sess

## Creative Art & Music Music Together Summer (0-5 yrs)

A summer full of music! Join us and find summer songs, dinosaur roars, and trains to beach. Come dance, sing songs, and play with bells of all sorts, triangles, shakers, rhythm sticks, dancing scarves, giant sheets, and instruments galore! All this with a developmentally appropriate, research based curriculum taught by a registered Music Together teacher. Parent participation is required. Includes music, a songbook, and parent support materials. Sibling attend at discounted rate. Siblings 6mos and younger attend free!

*Instructor: Joan DeVerteuil*

### Summer ☀️

**W Jul 18-Aug 22 9:30 AM-10:15 AM**  
151527 \$123/6 sess

**W Jul 18-Aug 22 10:30 AM-11:15 AM**  
151528 \$123/6 sess

**W Jul 18-Aug 22 11:30 AM-12:15 PM**  
151529 \$123/6 sess

## Family Fun Pottery (4-12 yrs)

Create collaborative clay projects with your child in this fun filled hour while learning a variety of hand building techniques like pinching, slabbing, coiling and slip decoration. We will make a selection of fun and functional pieces to take home when glazed. Our clay and glazes are food safe. Program fee includes clay, glazes and firing. Fee is for one child and one adult. Please register under child's name and bring an apron. Parent participation required.

*Instructor: Suling Yuen*

**Sa May 5-Jun 23 10:00 AM-11:30 AM**  
150832 \$128/8 sess



## Pottery for Kids (8-13 yrs)

Learn wheel throwing, hand building techniques and methods of decorating and glazing to create one of a kind pieces. No experience required. Please bring an apron.

*Instructor: Suling Yuen*

**Sa May 5-Jun 23 12:00 PM-1:30 PM**  
150892 \$128/8 sess

## Private Piano Lessons (5+yrs)

Students ages 5 and up, develop your musical ability! Lessons are customized to students level. Select your 1/2 hour lesson on Thursday or Fridays.

*Instructor: Monika Oldershaw*

**Th May 3-Jun 28 3:30 PM-7:30 PM**  
\$180/9 sess

**F May 4-Jun 29 3:30 PM-4:00 PM**  
\$180/9 sess



# Vancouver Performing Stars Summer Camps

## Parent & Tot Ballet (1-2 yrs)

Introduce your little ones to the world of dance. Classes are designed to encourage little dancers to join in and have fun while dancing with mom or dad. Visit [performingstars.ca](http://performingstars.ca) for more information.

*Instructor: Vancouver Performing Stars*

**Th Apr 12-Jun 14 9:30 AM-10:15 AM**  
150886 \$99/10 sess

## Mini Stars

### Musical Theatre (3-4 yrs)

Dance and sing their favourite show tunes! Your little performers will develop rhythm, characterization, coordination and musicality through movement and song. Students must be able to participate without an adult. Visit [performingstars.ca](http://performingstars.ca) for more information.

*Instructor: Vancouver Performing Stars*

**Th Apr 12-Jun 14 11:30 AM-12:15 PM**  
150865 \$99/10 sess



### Music and Movement (2-3 yrs)

Join your child in this high energy class full of singing and dancing. We will learn simple songs and beginner dance movement to help build your child's self-confidence and coordination. Music will be provided for at home listening and to encourage these little performers to participate on their own. Visit [performingstars.ca](http://performingstars.ca) for more information. Parent or guardian participation is mandatory.

*Instructor: Vancouver Performing Stars*

**Th Apr 12-Jun 14 10:30 AM-11:15 AM**  
150867 \$99/10 sess

## Dance Fusion Camp (6-9 yrs)

This unique camp includes a ballet warm up followed by jazz and hip hop technique exercises and activities to improve the child's flexibility and strength. The essential dance vocabulary, moves, and styles that every performer should know will be taught in this high-energy, positive, and creative week camp leaving students excited to show you what they have learnt in a mini presentation on the final day. All children must be able to participate without an adult and should bring a small snack and water. Let's Dance!

*Instructor: Vancouver Performing Stars*

### Summer ☀️

**M-F Aug 20-Aug 24 1:00 PM-3:30 PM**  
158309 \$125/5 sess

## Mini Hip Hop Camp (3-5 yrs)

Want to learn how to move to and groove to your favourite 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.

*Instructor: Vancouver Performing Stars*

### Summer ☀️

**M-F Aug 20-Aug 24 11:00 PM-12:30 AM**  
158304 \$85/5 sess



## Education



### At Home Alone and First Aid for Kids (10-14 yrs) **NEW**

This fun and active workshop helps prepare children to be at home alone and to respond to medical emergencies. Important skills are learned through interactive lessons and role play that help make both you and your child more confident when they are at home alone.

*Instructor: Kidproof Safety*

**Sa Jun 16 10:00 AM-2:30 PM**  
155139 \$40/1 sess

### Stranger

### Smarts (7-11 yrs) **NEW**

Stranger Smarts is a dynamic, nonthreatening two hour child safety workshop that captures the attention of students and allows them to learn how to make safe choices when approached by strangers. Lessons help to reduce fear and anxiety by providing children with skills and knowledge they need teaching them to make safe choices, and giving them the confidence and skills to react safely.

*Instructor: Kidproof Safety*

**Sa May 26 10:30 AM-12:30 PM**  
155140 \$25/1 sess

### Infant Massage

### Workshop (0-7 mos)

Learn the basics of Infant Massage! Infant massage helps baby sleep better, relaxes and soothes, aids digestion, contributes to development, encourages bonding & improves communication. Research shows further benefits for babies with colic, eczema, babies with special needs and adoptive families. Mats, oil and handouts are provided. Please bring a blanket for baby. This workshop is designed for pre-mobile babies.

*Instructor: Fit4Two Van Downtown/False Creek*

**Th Apr 5 10:00 AM-11:00 AM**  
150840 \$23.81/1 sess



**Parents**

**Time Out (19+yrs) NEW**

Join your local children librarians from the Vancouver Public Library for this early literacy workshop that builds on the parenting toolkit by sharing books, songs, and other literacy activities that support your children's daily routines. Meet people, have fun and get inspired about new ways to support your child's learning at home. Childcare not provided. Registration only.

*Instructor: Vancouver Public Library*

**Sa Apr 14 11:00 AM-12:30 PM**  
160878 Free

**Reading Circle (0-5 yrs) NEW**

*Instructor: Vancouver Public Library*

A fun and interactive way to share your favourite read including books, articles and blogs with other enthusiastic book lovers. Bring a few must-read titles, authors or themes you'd like to share. Tell us why you enjoyed them and, if you like, read a short passage.

**W Apr 25/May 30/June 27 10:30 AM-11:30 AM**  
160937 Free

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

Babies understand and can communicate long before they are able to speak. Research shows that babies who learn Sign Language learn quicker and talk earlier. Using songs and games learn how to teach your baby basic American Sign Language (ASL) so they can better convey their wants and needs and relieve unnecessary frustration. The instructor will teach you the signs and songs so you can practice at home. Babies can sleep during class or you can bring some toys. Newborn-24 months.

*Instructor: Into Yoga*

**Tu May 22-June 19 11:30 AM-12:15 PM**  
150783 \$64/5 sess

**LEGO® Robotics 1.0 (7-9 yrs)**

Learn about the basics of engineering with the LEGO® WeDo 1.0 construction kits. Every day you will build, program, and complete fun team challenges. You will enhance your building and programming skills by creating cool interactive machines that move, react, and make sounds! Project list: Smart Spinner, Airplane, Sail Boat, and more!

*Instructor: iLearning Canada*

**Su Apr 8 11:00 AM-12:00 PM**  
162689 **FREE TRIAL**

**Su Apr 15-May 13 12:00 PM-1:30 PM**  
162681 \$102/5 sess



**LEGO® Robotics 2.0 (7-9 yrs)**

Dive into a hands-on learning experience with the latest technology from LEGO®. You will create and program different projects that will challenge you to think like a scientist and an engineer. These exciting new builds will come to life by using smart hubs, gears, motors, and different sensors. LEGO® is a trademark of the LEGO® Group, which does not sponsor, authorize or endorse these programs.

*Instructor: iLearning Canada*

**Su Apr 8 10:00 AM-11:00 AM**  
150854 **FREE TRIAL**

**Su Apr 15-May 13 10:00 AM-11:30 AM**  
150857 \$102/5 sess

**Sport & Fitness**

**Mom and Baby Barre**

**(19+yrs)**

Designed specifically for postpartum women, Fit 4 Two® Mom & Baby Barre focuses on strength, posture, core and flexibility. Inspired by a blend of ballet barre work, strength training, Pilates and yoga, barre style classes use the barre and a variety of equipment. The results, a long, lean and strong body. Pre-mobile babies only please. Drop in \$15.24, if space permits.

*Instructor: Fit4Two Van Downtown/False Creek*

**Th Apr 12-May 17 10:00 AM-11:00 AM**  
150866 \$79.05/6 sess

**Th May 24-June 28 10:00 AM-11:00 AM**  
158191 \$79.05/6 sess

**Karate - Ku Yu Kai**

**Go-Ju Ryu (6-17 yrs)**

Learn Go Ju Ryu karate, the style featured in the original Karate Kid movies. Courage, Respect, Perseverance, Prudence, Self-Control, Character, Patience, Courtesy and Friendship are the principles of Ku Yu Kai. Shihan George Chan (7th degree black belt) and Sensei Julie Zilber (5th degree black belt) teach all ages and levels together in a friendly class environment. Participants may start any time and progress at their own rate. Uniform is optional for beginners. More information at [www.kuyukai.com](http://www.kuyukai.com).

*Instructor: George Chan*

**Tu Th May 8-June 21 7:00 PM-8:30 PM**  
150848 \$130/14 sess

**Summer**

**Tu Th Jul 10-Aug 23 7:00 PM-8:30 PM**  
150849 \$130/14 sess

**Zumba**

**Kids Junior (4-8 yrs) NEW**

Calling all kids! Perfect for our younger Zumba® fans! Kids get the chance to be active and jam out to their favorite music. Classes feature kid-friendly routines based on original Zumba choreography. We break down the steps, add games, activities and cultural exploration elements into the class structure. Zumba Kids helps develop a healthy lifestyle and incorporate fitness as a natural part of children's lives by making fitness fun. More information visit [www.emilysum.zumba.com](http://www.emilysum.zumba.com). Drop-in \$8.

*Instructor: Emily Sum*

**Summer**

**W Jul 18-Aug 22 4:15 PM-5:00 PM**  
157995 \$49/6 sess



# Sportball

## Sportball Parent and Child Soccer (2-3 yrs)

Participants are introduced to fundamental concepts of soccer and are provided the basic skills required to score with confidence in fun, exciting, skills-focused games. With the guidance and support of their Sportball Coach, parents and children zero in on soccer skills. Children are challenged according to their individual skill level and Coaches help grownups understand proven teaching techniques that can be applied outside of Sportball classes. To learn more visit [www.sportball.ca](http://www.sportball.ca). Fee includes jersey. No class on May 20, May 27, June 17, August 5.

*Instructor: Vancouver Sportball*

**Sa May 6-Jun 24 10:45 AM-11:30 AM**  
161136 \$97.33/5 sess

### Summer ☀️

**Su Jul 8-Aug 26 10:45 AM-11:30 AM**  
161152 \$114/6 sess



## Sportball Birthday Party (5-12 yrs) NEW

Sportball offers high-energy, action-packed birthday parties for kids ranging in age from 5-12 years! Kids enjoy a variety of sports and supervised games in a fun, structured and safe environment; festivities finish off with a traditional birthday celebration. The kids will need to catch their breath before they blow out their candles! Parties include 60 minutes of activities followed by 30 minutes of birthday celebrations with the coach. Patrons are required to pay in full at the time of registration. Max 15 kids only. Inclusions: Sportball leader, gymnasium, party room, tables, chairs. Exclusions: decorations, table settings (plates, cutlery, cups, etc), snacks, food or beverages. Regular birthday party refund policy applies.

*Instructor: Vancouver Sportball*

<b>Sa May 5</b>	<b>2:00 PM-3:30 PM</b>
161223	\$220/1 sess
<b>Sa May 12</b>	<b>2:00 PM-3:30 PM</b>
161229	\$220/1 sess
<b>Sa May 26</b>	<b>2:00 PM-3:30 PM</b>
161231	\$220/1 sess
<b>Sa Jun 2</b>	<b>2:00 PM-3:30 PM</b>
161232	\$220/1 sess
<b>Sa Jun 16</b>	<b>2:00 PM-3:30 PM</b>
161233	\$220/1 sess
<b>Sa Jun 23</b>	<b>2:00 PM-3:30 PM</b>
161234	\$220/1 sess

## Sportball Multi-Sport (3-5 yrs)

Refine, rehearse, repeat. Coaches focus on the basic skills common to all sports, like balance, coordination, stamina and timing in a fun, supportive, non-competitive setting that emphasizes teamwork. Each class focuses on one of eight popular sports. To learn more visit [www.sportball.ca](http://www.sportball.ca). No class on May 19 and August 4.

*Instructor: Vancouver Sportball*

**Sa May 5-Jun 23 10:00 AM-10:45 AM**  
150927 \$116.67/7 sess

### Summer ☀️

**Sa Jul 7-Aug 25 10:00 AM-10:45 AM**  
161151 \$116.67/7 sess

## Sportball Soccer (4-6 yrs)

Sportball coaches develop competence and confidence on the court. Children are taught the fundamental skills necessary to excel in soccer. These include throw-ins, dribbling, trapping, passing, goalie skills and more. Classes are dedicated to skills development and putting those skills to work in an exciting, non-competitive game. To learn more visit [www.sportball.ca](http://www.sportball.ca). Fee includes jersey. No class on May 20, May 27 and June 17.

*Instructor: Vancouver Sportball*

**Su May 6-Jun 24 11:30 AM-12:15 PM**  
161126 \$97.33/5 sess

### Summer ☀️

**Su Jul 8-Aug 26 11:30 AM-12:15 PM**  
161150 \$114/6



## Sportball Parent and Child Multi-Sport (2-3 yrs)

Sportball Parent & Child programs help pre-schoolers to refine their motor skills, such as balance and coordination, as well as develop their social skills such as confidence, following instructions, turn-taking and sharing. Coaches introduce eight different sports using developmentally appropriate games and activities. This is a parent participation program. To learn more visit [www.sportball.ca](http://www.sportball.ca). No class on May 19 and August 4.

*Instructor: Vancouver Sportball*

**Sa May 5-Jun 23 9:15 AM-10:00 AM**  
150939 \$116.67/7 sess

### Summer ☀️

**Sa Jul 7-Aug 25 9:15 AM-10:00 AM**  
161153 \$116.67/7 sess



## Sports

### Dynamix Dodgeball (8-13 yrs)

Come join our dynamic dodgeball program and get dodging. Every Friday we meet to rock the Mini-gym with both team and arena style dodgeball. Bring your friends, bring your skills, bring your style! Drop-in only. This program is FREE. No class on March 30.

*Instructor: Youth Leader*

**F May 04-Jun 22 4:00 pm-5:00 pm**  
152396 Free/8 sess

### Drop In Hockey (8-13 yrs)

Come join our drop-in hockey program and get moving. Every Tuesday we will rock the Mini-Gym with both team and shootout style Hockey. Bring your friends, bring your skills, and bring your best slap shot! Drop-in only. This program is free

*Instructor: Youth Leader*

**Tu May 01-Jun 19 4:00 pm-5:00 pm**  
152395 Free/8 sess

### Youth Gym Drop-in (13-18 yrs)

Do you want to get some practice time in? Play a game with some friends? come on down to the youth drop-in for sports such as basketball or soccer. All are welcome!

*Instructor: Youth Leader*

**W May 02-Jun 20 5:00 pm-6:15 pm**  
152404 Free/8 sess

### Summer ☀

**W Jul 04-Aug 22 6:00 pm-7:15 pm**  
156634 Free/8 sess

### Slapshot Hockey Camp (10-13 yrs)

Do you want to learn to play hockey? How about improving your skills? In this camp we will be learning to play the game as a team and have a lot of fun! We have sticks and gear for you!

*Instructor: Youth Leader*

**Summer ☀**  
**Tu-Fri Aug 28-Aug 31 4:00 pm-5:30 pm**  
160162 \$8/4 sess

## Education

### Byte Camp - Introduction to Coding (9-12 yrs)

Students will be introduced to basic coding skills with easy to use drag-and-drop software, and make their very own games. Students will also learn how to create their own 2D vector artwork to make characters and levels that are entirely their own. The final project is a game that you can take home on USB or proudly share with friends online.

*Instructor: Melody Kassiri*

### Summer ☀

**M-F Jul 30-Aug 03 9:00 AM-3:00 PM**  
155178 \$260/5 sess

### Babysitter Course (11-16 yrs)

A nationally recognised program designed to prepare your growing preteen/teen to develop self-assurance, knowledge, and skills required for babysitting duties and when caring for themselves alone.

*Instructor: Community Care First Aid*

**Sa Jun 23 9:00 am-3:45 pm**  
152394 \$69/1 sess

## Outdoor Activities

### Bike Adventures (12-18 yrs)

Learn about bike mechanics, how to ride safely alone or in a group, important of a helmet road safety. Helmets are mandatory. We will not be going out on the road for the first 2 weeks in order to inspect bikes discuss safety, and have the necessary skills to do so. All participants must have their own bike.

*Instructor: Youth Leader*

### Summer ☀

**Tu Jul 10-Aug 28 3:00 pm-5:30 pm**  
152947 \$7/7 sess

### Kayak Adventures (8-15 yrs)

Get a taste of ocean kayaking in this fun program on False Creek inlet. Learn the basics: strokes, equipment and water safety. This program is run by a certified kayak instructor and runs rain or shine. Please dress appropriately for the weather and remember to bring water and a snack. \*\*All youth need to provide a completed Waiver form to participate and should be able to swim.

*Instructor: Canoe Club Instructor*

**Su Jun 10-Jun 24 12:30 pm-3:00 pm**  
156598 \$63/3 sess

### Summer ☀

**Su Jul 08-Jul 22 12:30 pm-3:00 pm**  
156599 \$63/3 sess

**Su Aug 12-Aug 26 12:30 pm-3:00 pm**  
156600 \$63/3 sess

## Fitness & Health

### Fitness Orientation (13-18 yrs)

Want to learn how to use our fitness centre? Come down for a how to session, learn about how to use the equipment and pass information. An orientation is 45 minutes to an hour long. A PAR-Q forms needs to be filled out before the appointment. Please contact the Youth Leader at [jason.datt@vancouver.ca](mailto:jason.datt@vancouver.ca)

*Instructor: TBA Instructor*

**Sa May 05-Jun 16 10:00 am-11:00 am**  
152397 Free/7 sess

### Summer ☀

**Sa Jul 07-Aug 25 10:00 am-11:00 am**  
156635 Free/7 sess

### Youth Overboard Dragon

#### Boat Team (13-18 yrs)

BANG! The starter gun fires and Youth Overboard surges ahead... If you are interested in learning new skills, being part of a team, and sharing great experiences with new friends then dragon boating with Youth Overboard is for you. We are always taking on new paddlers, from beginners to experienced. Please contact Jason at 604-257-8155 or [Jason.datt@vancouver.ca](mailto:Jason.datt@vancouver.ca)

*Instructor: Youth Leader*

**W May 02-Jun 27 4:00 pm-6:00 pm**  
152420 Free/8 sess

### Summer ☀

**W Jul 04-Aug 22 4:00 pm-6:00 pm**  
156626 Free/8 sess

## Cooking

### Iron Chefs of FCCC (12-18 yrs)

Learn how to take regular food items in your fridge and cupboards and make the ultimate snack! We are going to use these items and take them to the next level!

*Instructor: Youth Leader*

**Sa May 05-Jun 23 11:30 am-1:30 pm**  
152400 Free/8 sess

### Summer ☀

**Sa Jul 07-Aug 25 11:30 am-1:30 pm**  
156658 Free/8 sess

# Volunteer Opportunities (13-18 yrs)

Do you want to gain leadership experience, get hours for graduation and learn new skills? We are currently seeking volunteers for:

- Birthday Parties (Saturdays & Sundays)
- Parent & Tot Gym (Sundays) • Canada Day

If interested in any of these volunteer positions or others, please complete an on-line Volunteer Form at [www.FalseCreekCC.ca](http://www.FalseCreekCC.ca).

You will find the form under:

**About Us – Volunteer & Employment – Volunteers Make a Difference.**

For more information, please contact Jason Datt, Youth Worker at 604-257-8155 or [jason.datt@vancouver.ca](mailto:jason.datt@vancouver.ca)

## VYP - Youth Volunteer Program (12-18 yrs)

If you are 13-18 years old and want to gain valuable experience, prepare yourself for a job, or need hours for school. Join and volunteer with other youth, running events and activities for kids, decorating the centre, helping with special events. Jason always has snacks on hand and will write reference letters for youth who dedicate a significant amount of time to volunteering at the Creek.

Instructor: Youth Leader

Tu	May 01-Jun 26	5:00 pm-6:30 pm	<b>Summer</b> ☀️
152406		Free/9 sess	
Tu	Jul 10-Aug 28	4:30 pm-6:00 pm	
156631		Free/9 sess	




Youth Week is an internationally celebrated event to promote awareness of youth, increase positive public profile of youth and build stronger connections between youth and the community.

During Youth Week, young people around the world organize and participate in events, performances, forums and community projects.




**Community Small Grants** are available for you to get creative with celebrating Youth Week...write a grant, plan an event and promote your activities. Contact Eric at [Eric.Yu@vancouver.ca](mailto:Eric.Yu@vancouver.ca) to see how you can get involved.

**May the Fourth Be With YOUth Dance** will be held on Friday, May 4 from 7:30pm to 10:30pm at Trout Lake CC. Tickets are \$5 each from your Centre's Youth Worker, or \$7 at the door.




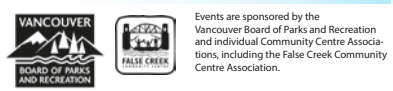
Please bring a valid school go-card when you come. A free photo booth, games, and prizes will be available. Contact Eric at [Eric.Yu@vancouver.ca](mailto:Eric.Yu@vancouver.ca) or visit the Youth Office to get your tickets starting April 1.



**Basketball 3-on-3 Tournament** will be held on Saturday, May 5 at Hillcrest Centre between 1pm and 7pm. To sign up a team, please email Matt Charan by April 25 with your team roster at [Matthew.Charan@vancouver.ca](mailto:Matthew.Charan@vancouver.ca).

**Skateboard Event** will be held on Saturday, May 5 from 1 to 4pm at the Vancouver Skate Plaza. All skill levels welcome. Contact Eric at [eric.yu@vancouver.ca](mailto:eric.yu@vancouver.ca) for a waiver form before you participate! This event is a partnership with the Vancouver Skateboard Coalition.





# Youth Exploration Trips (12-18 yrs)

July 6	<b>Kitsilano Outdoor Pool</b>	156660	We are going swimming outdoors at one of the best pools in town! Kitsilano Pool! Ready...Set...Get Wet! <b>11:00 am-4:00 pm</b>	\$5
July 13	<b>Revs Bowling</b>	156707	Let aim for a strike at Revs Bowling in the Brentwood area. <b>11:00 am-4:00 pm</b>	\$12
July 20	<b>Victoria Day Trip</b>	156656	We are headed down to BC's Capital City Victoria. Bring your cameras for some great selfies on the lawn of the Parliament Building or the Empress Hotel. <b>8:00 am-6:00 pm</b>	\$35
July 27	<b>Big Splash Waterpark</b>	156652	The 7-acre water slide park in Tsawwassen, British Columbia, features body slides, tube slides and kids friendly slides <b>10:00 am-5:00 pm</b>	\$25
August 10	<b>Spanish Banks</b>	156721	Sun, Sand, and Castles! Spanish Banks is one of the best beaches to build sand castles and has an incredible view. Bring you cameras as there will be plenty of photo oportunites <b>11:00 am-4:00 pm</b>	\$5
August 17	<b>Greater Vancouver Zoo</b>	156650	We will visit the Vancouver Aquarium, seeing some of the most amazing ocean animals in the world. From dolphins to otters, there is plenty to see! <b>10:00 am-4:00 pm</b>	\$25
August 24	<b>PNE Fair</b>	156628	Lets head down to the fair and experience fun, games, and shows like the Super Dogs or the magician. The Fair is packed with a lot of interesting and fun exhibits! <b>11:00 am-5:00 pm</b>	\$12

# Friday Night Live

Our Friday night out-trips will get you off your sofa and on the road. Please note, a completed consent form and pre-registration is required for all out trips. Friday Night LIVE in-house activities are free, fun-filled evenings, with a different flavour of fun each week. No registration or consent required for free event nights. Please complete a consent form for all out-trips. Forms can be found at [www.falsecreekcc.ca/youth.htm](http://www.falsecreekcc.ca/youth.htm)

## Pre-teen (10-13 yrs)

May 4	<b>Big Screen Games</b>	152398	Its that time of year.....MAY THE FORTH BE WITH YOU!.....Its a Star Wars Movie with the Friday Night Live Crew! We will have the movie and the gym going all night!	FREE
May 11	<b>Sports at the Beach</b>	156096	We are going to enjoy the warm spring weather @ Kits Beach playing a few games of Ultimate Frisbee and Soccer!	\$5
May 18	<b>Silver City Movie</b>	156625	Big Screen! Big Sound! We are heading to SilverCity to catch one of the blockbuster movies of the year! <b>5:30 pm-9:15 pm</b>	\$12
May 25	<b>Sports 'n Snacks</b>	154941	We will be playing team games and having some fun in the gym! After we are going to have some fresh made Grilled Cheeses!	FREE
Jun 1	<b>Kitsilano Outdoor Pool</b>	154948	We are going swimming outdoors at one of the best pools in town! Kitsilano Pool! Ready....Set...Get Wet!	\$5
Jun 8	<b>Puzzle Quest</b>	154942	We will have various puzzles, riddles, and quizzes for you to complete with a partner. The team with the most correct answers will win a prize!	FREE
Jun 15	<b>Lip Sync Battle!</b>	154943	We will be having a lip sync battle which you could do on your own or in a group. You choose your song and put on the best performance you can! Winners names will be posted on the youth board as Champions!	FREE
Jun 22	<b>Last Day BBQ Bash!</b>	152399	Last day of Friday Night Live until the fall. Come out for some fun games, great music, and awesome food!	\$2

## Teen (13-18 yrs)

May 4	<b>Youth Week Dance</b>	152402	Join youth from all over the city at our May the Forth be with You Youth Week Dance at Trout Lake Community Centre. Pick up and drop off at False Creek CC. Please bring valid Go Card. <b>7:00 pm-11:00 pm</b>	FREE
May 11	<b>Quesadillas</b>	156105	We will be playing team games and having some fun in the gym! After we are going to have some fresh made Quesadillas!	FREE
May 18	<b>Silver City Movie</b>	152403	Big Screen! Big Sound! We are heading to SilverCity to catch one of the blockbuster movies of the year! <b>5:30 pm-9:15 pm</b>	\$12
May 25	<b>Drop in Sports and Loungin</b>	154939	Drop-in basketball, soccer or mini games @ FCCC. We will play and make smoothies afterwards	FREE
Jun 1	<b>Scavenger Hunt</b>	156117	A scavenger hunt for you to complete in teams throughout Granville Island. The team with the most correct answers will win a prize!	FREE
Jun 15	<b>New Brighton Pool</b>	156632	New Brighton is a outdoor pool nestled behind the PNE. It has lanes, slide and a decent deep section. <b>5:30 pm-8:30 pm</b>	\$5
Jun 22	<b>Last Day BBQ Bash!</b>	156601	Last Day of Teen FNL! Come have some great food and games with friends!	\$2

## Community Youth Development at False Creek CC

Youth services at False Creek Community Centre is a partnership between the Vancouver Board of Parks and Recreation and the False Creek Community Association.

The Youth Leader at False Creek Community Centre focuses on developing programs that reflects the principles of the CYD in the City of Vancouver; assessable, collaborative, and inclusive. Youth are involved with volunteer opportunities, social activities and program planning in a respectful atmosphere where they are able to implement and work on their decision making skills.

# Children Tennis

## Children's Tennis - Red Ball Orange Ball (7-8 yrs)

The 7-8 year old program is divided into two levels. Red Ball for the Beginner; Orange Ball for the player who has taken the Red Ball Beginner previously or the 5-6 years program. Following the Progressive Tennis Model" players will use the soft teaching Red Ball or Orange Ball, a smaller court, lower net and right sized racquets. Coach to player ratio is 6 to 1 allowing for everyone's development and improvement. Lessons are held at 5th & Hemlock.

Instructor: Gord Hauka

<b>W</b>	<b>May 2-Jun 6</b>	<b>3:45 PM-5:00 PM</b>
137383		\$86/6 sess
<b>Sa</b>	<b>May 5-Jun 9</b>	<b>10:00 AM-11:15 AM</b>
138441		\$86/6 sess

## Kid's Club Tennis (9-15 yrs)

Kid's Club Program gives players between the ages of 9-15 the opportunity to develop skills from Beginner to Intermediate Levels. The program follows the Progressive Tennis Model allowing kids to move up the skill levels and compete in a fun low key competition program. Coached at a ratio of 6 players to 1 coach everyone gets the opportunity to improve and enjoy the play. Inter Community Centre play and Tournaments are all part of the fun. Lessons are held at Granville Park, 14th & Fir Street on Wednesday. Lessons are held at False Creek CC on Saturdays.

Instructor: Gord Hauka

<b>W</b>	<b>May 2-Jun 6</b>	<b>3:45 PM-5:45 PM</b>
138445		\$125/6 sess
<b>Sa</b>	<b>May 5-Jun 9</b>	<b>10:00 AM-12:00 PM</b>
138448		\$125/6 sess

# Gord Hauka Tennis Camps

(5-8 yrs) | (12-16 yrs)

Slap on the sunscreen, grab a hat and come out and play with us. Gord Hauka's Summer Tennis Camps are made for fun and run, learning to play tennis and meeting new friends. We provide all you need racquets and water and of course our 36 year tradition Fruit snacks of gummy bears. All camps held at the False Creek Courts on Granville Island. More information at [gordhaukastennis.com](http://gordhaukastennis.com).

## Tennis Red Ball Camp (5-6 yrs) Summer

<b>Tu-F</b>	<b>Jul 3-Jul 6</b>	<b>10:00 AM-11:30 AM</b>
161899		\$60/12 sess
<b>M-F</b>	<b>Jul 16-Jul 20</b>	<b>10:00 AM-11:30 AM</b>
161900		\$75/15 sess
<b>Tu-F</b>	<b>Aug 7-Aug 10</b>	<b>10:00 AM-11:30 AM</b>
161902		\$60/4 sess

## Tennis Red Ball Orange Ball Camp (7-8 yrs) Summer

<b>Tu-F</b>	<b>Jul 3-Jul 6</b>	<b>10:00 AM-12:00 PM</b>
161903		\$80/4 sess
<b>M-F</b>	<b>Jul 16-Jul 20</b>	<b>10:00 AM-12:00 PM</b>
161904		\$100/5 sess
<b>M-F</b>	<b>Jul 30-Aug 3</b>	<b>10:00 AM-12:00 PM</b>
161908		\$100/3 sess
<b>Tu-F</b>	<b>Aug 7-Aug 10</b>	<b>10:00 AM-12:00 PM</b>
161910		\$80/4 sess
<b>M-F</b>	<b>Aug 20-Aug 24</b>	<b>10:00 AM-12:00 PM</b>
161911		\$100/5 sess



## Tennis Orange Ball Green Ball Camp (12-16 yrs) Summer

<b>Tu-F</b>	<b>Jul 3-Jul 6</b>	<b>1:00 PM-3:00 PM</b>
161915		\$80/4 sess
<b>M-F</b>	<b>Jul 16-Jul 20</b>	<b>1:00 PM-3:00 PM</b>
161918		\$100/5 sess
<b>M-F</b>	<b>Jul 30-Aug 3</b>	<b>1:00 PM-3:00 PM</b>
161919		\$100/5 sess
<b>Tu-F</b>	<b>Aug 7-Aug 10</b>	<b>1:00 PM-3:00 PM</b>
161922		\$80/4 sess
<b>M-F</b>	<b>Aug 20-Aug 24</b>	<b>1:00 PM-3:00 PM</b>
161924		\$100/5 sess



# Gord Hauka's Tennis "Play is what we teach."

We offer a combination of lesson clinics, drills and tournament play for beginner to advanced players. Lessons are taught using the latest techniques and equipment to speed your learning along and get you into the fun and health of playing tennis. Information available at [www.gordhaukastennis.com](http://www.gordhaukastennis.com).

Make this your year to begin, or to take your game to a new level. All classes are taught with enthusiasm and the greatest respect for your efforts. We will provide racquets for use in class and endless fun to help you on the way."



## Tennis Registration/Refund Procedures

- The instructor reserves the right to assess and place participants in the level best suited for their success.
- Instructor approval required for registration after the first class (Beginner through Novice) and after the 2nd class (Lower Intermediate level and up).
- Refunds only issued up to 72 hours prior to the first class, except due to medical reasons (doctor's note required)
- Lesson locations vary. Check the location listed to the right of the course number.
- Taxes not included in fees shown.

## Tennis Court Locations

<b>False Creek Community Centre</b>	<b>Granville Park 14th &amp; Fir</b> Corner of West 14th & Fir Street	<b>Parkade (Roof Top)</b> 650 Moberly Road (Roof Top) Tennis Courts
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## What to Wear

- Gym clothes and non -marking running/tennis shoes. (Please no work or school clothes or jeans.)
- It is also recommended that you bring water and a snack.

## Beginner \$130.05

Our Beginner 10 hour course is designed to show you and develop all the fundamentals of the game. We Coach techniques and tactics whilst developing your playing skills with a great bunch of people. Our Goal is for the Beginner courses to give you the basic skills that will allow you to get out

SESSION	DAYS	DATES	TIME	LOCATION
140952	M & W	Apr 4 – Apr 8	5:30 PM – 7:30 PM	False Creek CC
140964	Sa & Su	Apr 14 – Apr 22	10:00 AM – 12:30pm	Parkade: (Roof Top) 650 Moberly Rd
140961	Tu & Th	May 1 – May 15	5:30 PM-7:30 PM	Granville Park W14th and Fir
140971	Tu & Th	May 29 – Jun 12	5:30 PM – 7:30 PM	Parkade (Roof Top) 650 Moberly Rd
140972	Sa & Su	May 26 – Jun 3	10:00 AM – 12:30PM	Granville Park W14th and Fir





**REGISTRATION BEGINS  
March 14, 2018**

**Novice \$130.05**

Our Novice 10 hour course will help you improve the basic skills to add consistency and placement to the fundamental skills Ground strokes, volleys and serves will improve to have you playing at full court. Player to Coach is Ratio 6-1. We Coach weekly themes on consistency and placement to develop match skills and compete for fun.

SESSION	DAYS	DATES	TIME	LOCATION
140951	Tu & Th	May 29 – Jun 12	5:30 PM – 7:30 PM	Parkade (Roof Top) 650 Moberly Rd
140953	Sa & Su	May 26 – Jun 3	10:00 AM – 12:30 PM	Granville Park 14th and Fir
140962	M & W	Apr 4 – Apr 8	5:30 PM - 7:30 PM	Granville Park 14th and Fir
140965	Sa & Su	Apr 14 – Apr 22	10: 00 AM – 12:30PM	Parkade (Roof Top) 650 Moberly Rd
141111	Tu & Th	May 1 – May 15	5:30 PM – 7:30 PM	Granville Park 14th and Fir

**Novice Plus \$130.05/ \*\$119.05**

Novice Plus is where even more fun begins. Top Spin for your forehand, slice for the backhand and a consistent serve. Players will be introduced to tactics and strategies for singles and doubles developing your skills in low key competitive play with your class mates

SESSION	DAYS	DATES	TIME	LOCATION
*140960	Tu & Th	May 1 – May 17	7:00 PM – 8:30 PM	False Creek CC
140967	Sa & Su	May 26 – Jun 3	10:00 AM – 12:30 PM	Parkade (Roof Top) 650 Moberly Road
*141113	M & W	Apr 4 – Apr 18	5:30 PM – 7:30 PM	Granville Park W14th and Fir
141114	Sa & Su	Apr 14 – Apr 22	10:00 AM – 12:30PM	Granville Park W14th and Fir
141115	Tu & Th	May 29 – Jun 12	5:30 PM – 7:30 PM	Granville Park W14th and Fir
140960	Tu & Th	May 1-May 17	7:00 PM – 8:30 PM	False Creek CC

**Lower Intermediate | Intermediate\*\* \$124.05**

Learn to initiate points by serving accurately with slice and returning with a variety of placements. Cross court rally with topsin and slice. At net, pressure opponents with placement and respond to lobs with overheads. This is the level of Death for most recreational players - make this your year to break through!!

SESSION	DAYS	DATES	TIME	LOCATION
140963**	M & W	Apr 30 – May 14	5:30 PM – 7:00PM	False Creek CC
141129	F	May 4 – Jun 1	5:30 PM – 7:00 PM	False Creek CC
141131	Sa & Su	Apr 14 – Apr 22	10:00 AM – 12:30 PM	Granville Park W14th and Fir
140959	M & W	Apr 4 – Apr 18	7:30 PM – 9:00 PM	False Creek CC
141262	Tu & Th	May 29 – Jun 12	7:00 PM – 8:30 PM	False Creek CC



# ☀ Summer Tennis Program ☀

## Beginner Tennis (19+ yrs)

Our Beginner 10 hour course is designed to show you and develop all the fundamentals of the game. Player to Coach is Ratio 6-1. We Coach techniques and tactics whilst developing your playing skills with a great bunch of people. Our Goal is for the Beginner courses to give you the basic skills that will allow you to get out and chase the yellow ball for the rest of your life and want more. No lesson and August 6.

Instructor: Gord Hauka

### Granville Park Courts

**Tu Th Jul 3-Jul 17** 5:30 PM-7:30 PM  
161970 \$130.05/5 sess

**Su Sa Jul 7-Jul 15** 10:00 AM-12:30 PM  
161979 \$130.05/4 sess

**Su Sa Aug 11-Aug 19** 10:00 AM-12:00 PM  
161993 \$130.05/4 sess

### False Creek Community Centre Courts

**M W Aug 1-Aug 20** 5:30 PM-7:30 PM  
161989 \$130.05/5 sess

## Novice Tennis (19+ yrs)

Our Novice 10 hour course will help you improve the basic skills to add consistency and placement to the fundamental skills Ground strokes, volleys and serves will improve to have you playing at full court. Player to Coach is Ratio 6-1. We Coach weekly themes on consistency and placement to develop match skills and compete for fun with a great bunch of people. Lessons take place at Granville Park courts located on W 14th and Fir.

Instructor: Gord Hauka

### Granville Park Courts

**Tu Th Jul 3-Jul 17** 5:30 PM-7:30 PM  
162008 \$130.05/5 sess

**Su Sa Jul 7-Jul 15** 10:00 AM-12:30 PM  
162012 \$130.05/4 sess

**Su Sa Aug 11-Aug 19** 10:00 AM-12:30 PM  
162022 \$130.05/4 sess

### Parkade Roof Top Courts

**Tu Th Aug 2-Aug 16** 5:30 PM-7:30 PM  
162018 \$130.05/5 sess



## Novice Plus Tennis (19+ yrs)

Novice Plus is where even more fun begins. Top Spin for your forehand, slice for the backhand and a consistent serve. Players will be introduced to tactics and strategies for singles and doubles developing your skills in low key competitive play with your class mates. Coach is Ratio 6-1. We Coach hard and push your fitness. Our Goal is for the Novice Plus player to be able to play a game in almost any social setting and practice and play until they need more.

Instructor: Gord Hauka

### False Creek Community Centre

**M W Jul 4-Jul 18** 5:30 PM-7:30 PM  
162752 \$130.05/13 sess

### Granville Park Courts

**Tu Th Jul 3-Jul 17** 5:30 PM-7:30 PM  
162031 \$130.05/5 sess

**Su Sa Aug 11-Aug 19** 10:00 AM-12:30 PM  
162033 \$130.05/4 sess

### Parkade Roof Top Courts

**Tu Th Aug 2-Aug 16** 5:30 PM-7:30 PM  
162034 \$130.05/5 sess

## Lower Intermediate Tennis (19+ yrs)

Lower Intermediate and Intermediate courses are designed to help you improve skills you already have and add spin, speed and evil to your techniques and tactical planning. Our goal is to get you ready for the Summer Tournaments from Stanley Park to playing the local court champ.

Instructor: Gord Hauka

### False Creek Community Centre

#### Courts

**M W Jul 4-Jul 18** 7:30 PM-9:00 PM  
162030 \$124.05/5 sess

**Tu Th Aug 2-Aug 16** 7:00 PM-8:30 PM  
162038 \$124.05/4 sess

### Granville Park Courts

**Tu Th Aug 7-Aug 21** 5:30 PM-7:00 PM  
162042 \$124.05/5 sess

## Intermediate Tennis (19+ yrs)

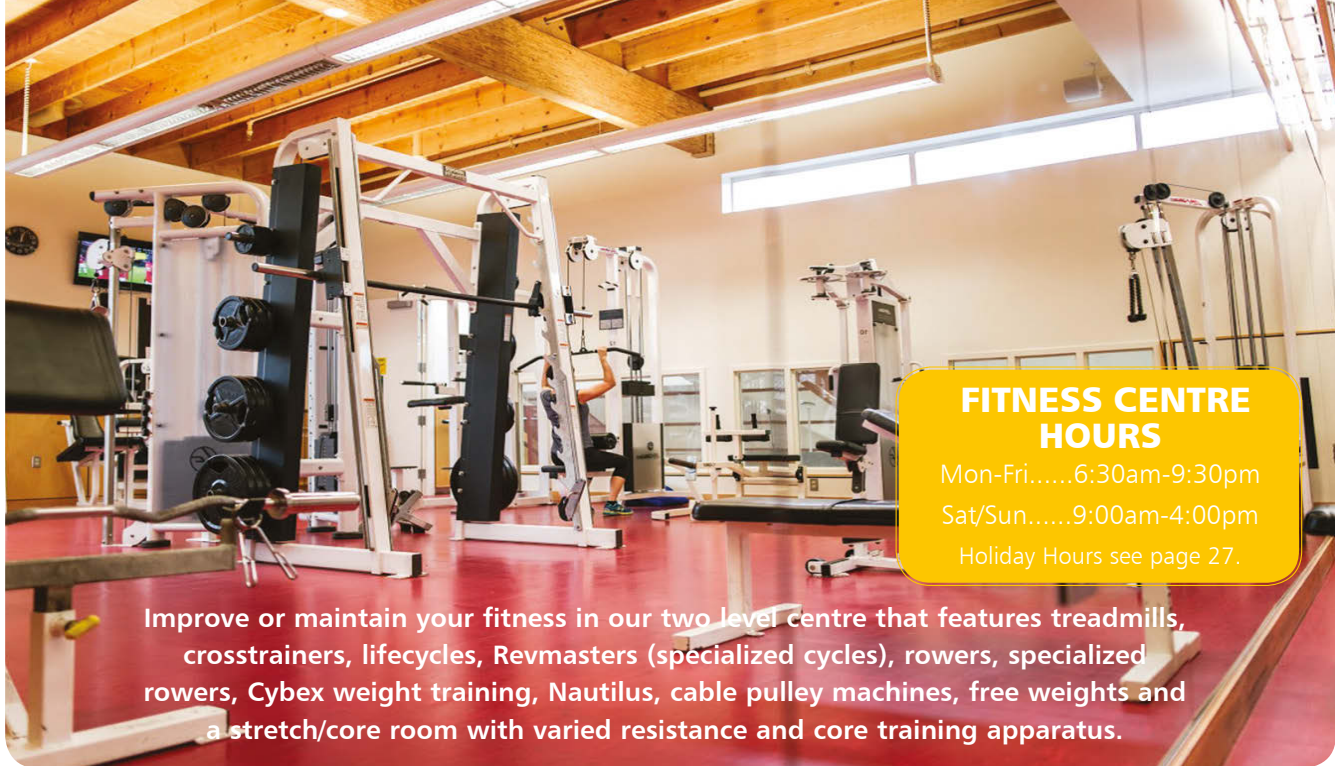
Lower Intermediate and Intermediate courses are designed to help you improve skills you already have and add spin, speed and evil to your techniques and tactical planning. Our goal is to get you ready for the Summer Tournaments from Stanley Park to playing the local court champ. No lessons on August 3.

Instructor: Gord Hauka

### False Creek Community Centre Courts

**F Jul 13-Aug 17** 6:00 PM-8:00 PM  
162046 \$124.05/5 sess





**FITNESS CENTRE HOURS**  
 Mon-Fri.....6:30am-9:30pm  
 Sat/Sun.....9:00am-4:00pm  
 Holiday Hours see page 27.

Improve or maintain your fitness in our two level centre that features treadmills, crosstrainers, lifecycles, Revmasters (specialized cycles), rowers, specialized rowers, Cybex weight training, Nautilus, cable pulley machines, free weights and a stretch/core room with varied resistance and core training apparatus.

**Free Fitness Orientations**

Call 604-257-8195 to book a free 30 min orientation.  
 Tuesdays: 7:30AM-8:30AM, 12:00PM-1:00PM  
 Thursdays: 12:30PM-1:30PM  
 Saturdays: 9:30AM-12:30PM

**Youth in the Fitness Centre**

Youth aged 13-18 years are welcome to use our Fitness Centre provided they complete our Fitness Centre parent/guardian consent form and attend a scheduled orientation with one of our qualified Fitness Centre staff. Call 604-257-8195 to book an orientation.

**False Creek Fitness Centre Admission Fees**

These fees exclude gst and valid only for the False Creek Fitness Centre.

	Drop-in	10-Visit Swipe	20-Visit Swipe	3-Month Pass	6-Month Pass	1 Year Pass
Adult (19-54 yrs)	\$4.52	\$40	\$75.24	\$106.19	\$172.62	\$310
Youth (13-18 yrs)	\$3.10	\$26.67	\$48.57	\$75.24	\$123.81	\$230.48
Senior (55+ yrs)	\$3.10	\$26.67	\$48.57	\$75.24	\$123.81	\$230.48

Leisure Access Card accepted for 50% off adult Fitness Centre drop-in fee and monthly passes. Park Board 10-visit card and Flexipass accepted.

**Personal Training**

Our Fitness professionals work with you to identify goals, customize a specific program and maximize the benefits of your training routine. **Personal Training Packages include the option of 1, 3, 5 or 10 session and the option to 'Train with a Friend'. Individual sessions are 1 hour and 2 person sess are 1.25 hours.**

**Karen Everall**

Karen is a BCRPA Personal Trainer, Stot Pilates Instructor, Yoga Alliance teacher and has experience with Pre and Post Natal and Third Age fitness. Karen has been in the fitness industry for approximately 20 years and holds a Certificate of Health and Fitness from Simon Fraser University. Karen believes in functional training and will set you up on a very customized fitness program.

**Jenny Mah**

Jenny comes with over 25 years of knowledge and experience in the fitness industry. She is a BCRPA Personal Trainer, TRX certified with twist strength and conditioning. Furthermore she is an Osteofit Fall Prevention Specialists and she will design a program specifically for you.

**Kevin Prudencio**

Kevin has been training since 2014. His specialties include Fat Loss, Muscle Growth, Strength and Conditioning, Third Age, and Hip/Knee Rehabilitation. He has obtained a Kinesiology Bachelor's Degree from UBC, BCRPA Weight Training and Personal Training, and YMCA Group Fitness. His hobbies include weight lifting, yoga, badminton, and hip hop. Kevin believes that no matter your fitness level, he can provide exercise and health knowledge that will empower you to achieve your goals!

**Scovia Meako**

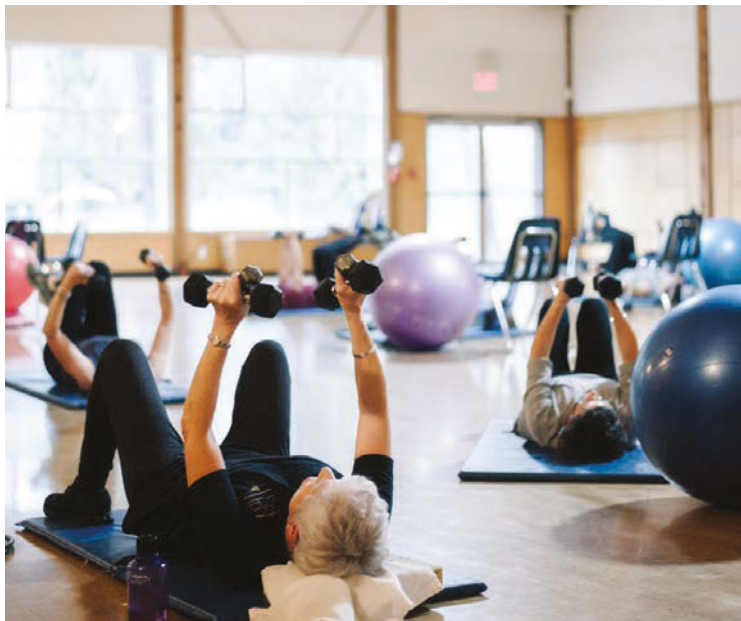
Scovia is a CanfitPro Certified Personal Trainer, BCRPA Certified Weight Training/Group Fitness/Pilates Fitness Instructor. Scovia specializes in strength training for introductory and novice fitness programs as well as Women's only weight training and weight loss programs. "It doesn't matter when or how long you have stopped. Just remember to restart"

1 client (private training)		2 clients (semi-private)	
1 session	\$44	3 sessions	\$83
3 session	\$122	5 session	\$122
5 session	\$194	10 sessions	\$239
10 session	\$375	gst excluded in fees	

# Aerobics Schedule

No class May 27, July 2, August 6 and 19.

Monday	Tuesday	Wednesday	Friday	Sunday
<b>Morning Fit</b> 9:15 am-10:15 am Harry	<b>Zoomerfit</b> 9:15 am-10:15 am Jenny	<b>Core Control</b> 9:15 am-10:15 am Harry	<b>Morning Fit</b> 9:15 am-10:15 am Philippa	<b>Zoomerfit</b> 9:15 am-10:15 am Harry



FEES	ADULT	55+ yrs
Drop-in	\$4.76	\$3.57
10 visits	\$42.86	\$32.14
20 visits	\$85.71	\$64.29
Tax not included.		

<b>Morning Fit</b>	A balanced workout emphasizing cardiovascular health, step & low impact conditioning, resistance training, stretching and body alignment.
<b>Zoomerfit</b>	Moderate cardio, free weights, and gentle stretching for the zesty, zippy, pre/present/post boomer in you.
<b>Core Control</b>	Functional fitness & body alignment using your own body's resistance and a variety of equipment. (No cardio).

## Fitness, Health & Dance

### Mom and Baby Barre (19+yrs)

Designed specifically for postpartum women, Fit 4 Two® Mom & Baby Barre focuses on strength, posture, core and flexibility. Inspired by a blend of ballet barre work, strength training, Pilates and yoga, barre style classes use the barre and a variety of equipment. The results, a long, lean and strong body. Pre-mobile babies only please. Drop in \$15.24, if space permits.

Instructor: Fit4Two Van Downtown/False Creek

**Th Apr 12-May 17 10:00 AM-11:00 AM**  
150866 \$79.05/6 sess

**Th May 24-Jun 28 10:00 AM-11:00 AM**  
158191 \$79.05/6 sess

### Ballet for Adults

#### Level 1 (19+yrs) **NEW**

Adult ballet 1 is one full hour focusing on the foundation of classical ballet. This class is for beginners. Students will learn the basic ballet terminology and movements. The class is structured with a classical ballet barre, centre work, and fluid movements across the floor. Dance gracefully while working on strengthening your technique. Drop-in \$14.29, space permitting.

Instructor: Method Of Modern Movement

**W Apr 11-May 16 7:00 PM-8:00 PM**  
155536 \$68.57/6 sess

**W May 23-Jun 27 7:00 PM-8:00 PM**  
155908 \$68.57/6 sess

### Hoop Dance (19+yrs)

Come dance with us! In this class we will learn basic hoop dance moves, tricks (both on and off body) & short dance sequences. This class is great if you want to try hooping for the first time, or want to try a new form of creative movement and low-impact exercise in a fun & positive environment. Bring your own hoop or use one provided. Drop in \$12.10 gst not included.

Instructor: Sunita Prowse

**Th Apr 12-Jun 14 7:15 PM-8:15 PM**  
150837 \$98.09/10 sess

#### Summer ☀️

**Th Jul 12-Aug 16 7:15 PM-8:15 PM**  
156928 \$58.86/6 sess

### Method of Modern Movement (19+yrs)

Method of Modern Movement is a full body conditioning class that works through a flow of movements where fitness meets the foundation of classical dance techniques with Latin flare. All levels welcome. \$14.29 drop-in.

Instructor: Method Of Modern Movement

**F Apr 13-May 18 9:30 AM-10:30 AM**  
150864 \$68.57/6 sess

**F May 25-Jun 29 9:30 AM-10:30 AM**  
155913 \$68.57/6 sess



# Fitness, Health & Dance cont'd

## Abs, Butt, and Core (19+yrs)

ABC - Improve your quality of life and workout performance in this Abs, Butt, and Core class. You will develop and strengthen your deep core, abdominal, and gluteal muscles, all while improving your posture, balance, and preventing injury. This class will use mostly body weight resistance so that you can focus on isolation and form. Bring a yoga mat and towel. Drop-in \$13.00, if space permits.

Instructor: Nicole Wutschnik

**Th Apr 12-May 17 5:45 PM-6:45 PM**  
150777 \$60/6 sess

**Th May 24-Jun 28 5:45 PM-6:45 PM**  
150778 \$60/6 sess

### Summer ☀️

**Th Jul 12-Aug 16 5:45 PM-6:45 PM**  
155279 \$60/6 sess

## BeMoved (19+yrs)

BeMoved is a dance fitness experience for people of all movement abilities. During a one hour class participants experience a well-being transformation. The Warm-up infuses breath and movement through choreographed, artistic sequences that activate core strength and balance while improving flexibility and coordination. The Genre section of class uses continuous engaging dance combinations to inspire anyone from first-time dancers to the seasoned performer. Finally, the Cool-down brings your work out full circle, leaving you balanced in mind, body and soul- feeling rejuvenated. Drop ins \$12.00 if space permits.

Instructor: Anita Siu

**F Apr 13-May 18 1:30 PM-2:30 PM**  
150788 \$60/6 sess

**F May 25-Jun 29 1:30 PM-2:30 PM**  
150790 \$60/6 sess

## Zumba (19+yrs)

ZUMBA® fuses Latin rhythms and easy to follow moves to create a dynamic workout system designed for everyone at any fitness level. Using fitness principles of interval and resistance training to maximize caloric output, fat burning, and total body toning. It combines Salsa, Cumbia, Merengue, and more giving you a feel-happy workout that is great for both the body and the mind. Drop in \$11.43 space permitting. <http://www.ZumbaVancouver.ca>

Instructor: Zumba Vancouver

**Tu May 1-May 29 6:15 PM-7:15 PM**  
150957 \$42.24/5 sess

**Tu Jun 5-Jun 26 6:15 PM-7:15 PM**  
150958 \$36.19/4 sess

## Medical Qigong (19+yrs)

This is an experiential introduction to how Qigong can enhance your life. Learn many different cleansing and healing movements along with relaxing meditations. All fitness levels welcome. This class is for adults looking to find greater vitality and awareness in daily life. For more info, please visit [johnweiss.ca](http://johnweiss.ca). \$14.29/drop in. No class on May 30 and June 3.

Instructor: John F Weiss

**W May 2-Jun 27 10:15 AM-11:30 AM**  
150862 \$95.76/8 sess

### Summer ☀️

**W Jul 4-Aug 15 10:15 AM-11:30 AM**  
151573 \$83.81/7 sess

**Su May 6-Jun 24 9:15 AM-10:30 AM**  
150860 \$83.81/7 sess

### Summer ☀️

**Su Jul 8-Jul 29 9:15 AM-10:30 AM**  
150863 \$47.62/4 sess

Taxes not included in fees.



## Nia with Team Joy (19+yrs)

Welcome to Nia, where loving your body is loving your life and where dancing through life is the body's way. Nia is a conscious movement practice that blends martial arts, dancing arts and healing arts choreographed to soul-stirring music. Team Joy consists of four inspiring teachers who invite you to step into your own joyful journey for a conditioning and healing experience that is adaptable for every body. Drop in \$13.34 space permitting. No class on May 19 and June 30.

Instructor: Roz Royce - Team Joy

**Sa Apr 14 11:00 AM-12:15 PM**  
161081 **FREE TRIAL**

**Sa Apr 21-Jul 28 11:00 AM-12:15 PM**  
150884 \$148.57/13 sess

## Nia with Noelle (19+yrs)

Nia is a fun and creative way to nurture your body, mind, and spirit. Using soul stirring music, this unique blend of Martial Arts, Healing Arts, and Dance is designed to give you a powerful workout, as well as the opportunity to explore, unleash and heal. Register for both Tuesday/Thursday and receive a 25% discount for both days (only available in person or by telephone before the start of the 3rd session) Drop-in \$13.34

Instructor: Noelle Wardell

**Tu Apr 17-Jul 24 9:45 AM-11:00 AM**  
150882 \$120/15 sess

**Th Apr 19-Jul 26 9:45 AM-11:00 AM**  
150883 \$120/15 sess



## Rise and Shine with Purna Yoga (19+yrs)

Join this group of early risers for a fun and energizing yoga class. Alignment-based asana, juicy stretches and restorative relaxation: what better way to start your day! All levels welcome. Sorry, no drop-ins. No class June 7.

*Instructor: Laura Arpiainen*

**Th Apr 12-Jun 28 7:00 AM-8:00 AM**  
150916 \$157.86/10 sess

### Summer ☀️

**Th Jul 12-Aug 9 7:00 AM-8:00 AM**  
160165 \$71.76/5 sess

## Yoga4StiffGuys - All Levels (19+yrs)

An all levels yoga series designed by Kate Misurka (misurkayoga.com) for guys who want to improve flexibility, increase strength, and relax the mind and body. Although everyone is welcome, this class pays special attention to parts of men's bodies that are often the least flexible with an emphasis on poses to open the hips, quadriceps, hamstrings and lower back. Drop in \$15.00, space permitting.

*Instructor: Misurka Yoga Ltd.*

**M Apr 9-May 14 7:00 PM-8:00 PM**  
150955 \$72/6 sess

**M May 28-Jun 25 7:00 PM-8:00 PM**  
151516 \$60/5 sess

### Summer ☀️

**M Jul 9-Jul 30 7:00 PM-8:00 PM**  
151517 \$48/4 sess

## Yoga4StiffGuys- The Basics Plus (19+yrs)

A yoga series developed by Kate Misurka for guys that are newer to yoga, want to improve flexibility, increase strength, and relax the mind and body. Although everyone is welcome, this class pays special attention to parts of men's bodies that are often least flexible with an emphasis on poses to open the hips, quadriceps, hamstrings and lower back. Drop in \$15.00, space permitting.

*Instructor: Misurka Yoga Ltd.*

**W Apr 4-May 16 7:30 PM-8:30 PM**  
150956 \$84/7 sess

**W May 23-Jun 27 7:30 PM-8:30 PM**  
151520 \$72/6 sess

### Summer ☀️

**W Jul 4-Jul 25 7:30 PM-8:30 PM**  
151521 \$48/4 sess

## Iyengar Yoga - Levels 1 and 2 (19+yrs)

Cultivate a healthy body, quiet mind and open heart! In this class you'll increase body awareness, flexibility and strength. Iyengar adapts to your personal needs, regardless of your age or health. All women and men are welcome. No session on May 21 and July 2. Drop in \$19.00, space permitting.

*Instructor: Arezou Moeini*

**M May 7-Jul 30 6:00 PM-7:30 PM**  
150844 \$165/11 sess

## Iyengar Yoga - Gentle Level (19+ yrs)

In this gentle yoga class, you will ease through your day feeling taller, calmer and more grounded. This class is ideal for students working with injuries, for older adults, or for anyone who needs to take it down a few notches! Drop ins \$19.00 if space permits. No class on May 24 and June 28.

*Instructor: Siobhan Sloane-Seale*

**Th Apr 5 11:00 AM-12:30 PM**  
150843 Free Trial

**Th Apr 12-May 31 11:00 AM-12:30 PM**  
150841 \$105/7 sess

### Summer ☀️

**Th Jun 7-Jul 26 11:00 AM-12:30 PM**  
150842 \$105/7 sess

## Iyengar Yoga - Mixed Level (19+yrs)

Reduce stress and move with more ease! Iyengar adapts to your personal needs, regardless of your age or health. In this class, you'll increase your flexibility, strength and endurance. Drop in \$20 space permitting. No class June 27.

*Instructor: Siobhan Sloane-Seale*

**W Apr 4 5:30 PM-7:15 PM**  
150847 Free Trial

**W Apr 11-May 23 5:30 PM-7:15 PM**  
150845 \$96/6 sess

### Summer ☀️

**W Jun 6-Jul 25 5:30 PM-7:15 PM**  
150846 \$112/7 sess

## The Joy of Gentle Yoga (19+yrs)

This is a gentle and therapeutic yoga class that works with every body's unique strengths and challenges. We use yoga mats, chairs and bolsters to make more yoga poses more accessible to more people in a deep, comfortable and safe way. This class will help build and maintain strength, tone and balance in both your body and mind. Bring your own blanket for the final relaxation. More information at [www.joyofgentleyoga.com](http://www.joyofgentleyoga.com), Drop-ins are welcome. \$14.29

*Instructor: Sylvia Smallman*

**Th Apr 12-Jun 28 1:30 PM-2:45 PM**  
150952 \$156/12 sess



## Education

### Spanish Beginner

#### Level 1 (19+yrs)

Bienvenidos! Come and learn Spanish with us. This class is designed for you to learn a new language in a relaxing and enjoyable atmosphere. The emphasis of the course is on communications, proper phonetics, vocabulary, some basic grammar and writing. Class includes text book "Soleado Level 1". By the end of the course you will be able to introduce yourself in Spanish, converse about travel, work and much more.

*Instructor: Rohana Filippi*

**Tu Apr 17-Jun 19 12:30 PM-2:00 PM**  
150917 \$114.29/10 sess

### Spanish Level 2 (19+yrs)

Adelante! Join my small class designed to improve the basic Spanish learned in Beginners Level 1. Emphasizing communication, you will become familiar with idiomatic expressions and verbs such as estar, gustar, tener, and hacer. At end of the course you'll be able to talk about your family, to order in a restaurant, go shopping, ask the time and more. Soleado 1 textbook is required and can be purchased at the second class.

*Instructor: Rohana Filippi*

**Tu Apr 17-Jun 19 2:15 PM-3:45 PM**  
150919 \$114.29/10 sess

### Basic Digital Photography (19+ yrs)

Learn to use the most important functions on your new SLR camera, including aperture, shutter speed, ISO, white balance, flash and metering modes. Learn why photographers do not shoot on 'auto' and some of the basic concepts such as depth of field, shooting motion, and window light portraits. Visit [dwphotography.com](http://dwphotography.com) for more info.

*Instructor: Doug Williams*

**W May 2-May 23 7:00 PM-9:30 PM**  
150784 \$138.1/4 sess

#### Summer ☀️

**W Jul 4-Jul 25 6:30 PM-9:00 PM**  
151568 \$138.1/4 sess

### Earthquake Preparedness- Apartments (16+yrs)

This session is for the apartment / condo dwellers - who have unique challenges when preparing for emergencies or disasters. We have all witnessed the recent earthquakes in Japan, New Zealand and have seen the devastation caused. Living in Vancouver, we too could be faced with an earthquake - yet few of us take the steps to ensure we are prepared. This session will ensure you and your family are prepared. It 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: City Of Vancouver NEPP*

**W May 16 7:00 PM-8:30 PM**  
150830 *Free*

#### Summer ☀️

**Tu Jul 17 7:00 PM-8:30 PM**  
153249 *Free*

### Granville Island

#### Open Circle (19+yrs)

In a circle, you'll work with a group of people who will provide you with a foundation to progressively feel and experience spirit. Each session includes an opening meditation followed by an experiential circle and a healing circle. For centuries, the open circle has been a popular way for people to begin their psychic, mediumship and spiritual exploration. Drop in \$4.76.

*Instructor: Patrick Couling*

**F Apr 13-Jun 15 6:30 PM-8:30 PM**  
150833 \$44.38/10 sess

### Philosopher's Cafe (16+yrs)

Philosophers Cafe is a series of informal public discussions in libraries, cafe's and recreation centres throughout Metro Vancouver. The Cafes, which are open to everyone, have brought dialogue and discussion to thousands of people who are interested in exploring issues from the absurd to the sublime.

*Moderator: Daniel Sanderson*

**W May 16 6:30 PM-8:00 PM**

**W Jun 13 6:30 PM-8:00 PM**

#### Summer ☀️

**W Jul 18 6:30 PM-8:00 PM**

**W Aug 15 6:30 PM-8:00 PM**

## Martial Arts

### Aikido (16+yrs)

Aikido is more than a self-defense art; it is a mindset and a way of life. Learn to understand the intention of an oncoming threat and how to disengage it peacefully. Size and strength do not matter in this class - you can move any mountain. Balance, timing, and especially an open mind will be your companions on the path to success. Drop in \$25.00 if space permits.

*Instructor: Jess Hilliam*

**Tu Apr 10-May 15 7:45 PM-9:15 PM**  
150781 \$125/6 sess

**Tu May 22-Jun 26 7:45 PM-9:15 PM**  
150782 \$125/6 sess

#### Summer ☀️

**Tu Jul 10-Aug 14 7:45 PM-9:15 PM**  
155892 \$125/6 sess

### Karate - Ku Yu Kai Go-

#### Ju Ryu Adults (18+yrs)

There is no first strike in karate. Go Ju Ryu founder Chogun Miyagi. Find your inner karate kid! Learn Go Ju Ryu karate the style featured in the original Karate Kid movies. Courage. Respect. Perseverance. Prudence. Self-Control. Character. Patience. Courtesy. Friendship. These are the principles of Ku Yu Kai. Shihan George Chan (7th degree black belt) and Sensei Julie Zilber (5th degree black belt) teach classes for all levels and all ages (minimum 6 years) in a friendly class environment. Continuous intake start any time. Progress at your own rate. (Students are taught to control their techniques. For safety reasons, any contact to the head, face, throat, groin and joints is strictly prohibited.) \* Uniform optional for beginners. More info at [kuyukai.com](http://kuyukai.com). Drop-in: \$12.00 per class.

*Instructor: George Chan*

**Tu Th May 8-Jun 21 7:00 PM-8:30 PM**  
150850 \$130/14 sess

**Tu Th May 8-Jun 21 7:00 PM-9:00 PM**  
\$150/14 sess

#### Summer ☀️

**Tu Th Jul 10-Aug 23 7:00 PM-8:30 PM**  
150851 \$130/14 sess

**Tu Th Jul 10-Aug 23 7:00 PM-9:00 PM**  
\$150/13 sess



### Tai Chi Applications (19+yrs)

Learn an ancient system of self-protection emphasizing mindfulness, power, balance and agility - through the tools of push hands, two person sparring sets and solo power sets. This course is an ideal way to both begin and enhance your understanding of the martial arts. No class on May 19, June 30 and August 4. Drop in \$13.33.

Instructor: Nathan Szredni

**Sa May 5-Aug 11 11:00 AM-12:00 PM**  
150945 \$144/12 sess

### Tai Chi with Nathan Szredni (19+yrs)

An ancient and unique system of health enhancement and self-defense, emphasizing relaxation, balance, coordination and agility, Tai chi incorporates both mental and physical discipline. Suitable for all ages and fitness levels, classes are conducted in a fun and relaxed manner. Over the last 15 years, Nathan has taught Tai Chi to hundreds of students. No class on May 19, May 21, June 30, July 2, August 4 and August 6. Drop in's \$13.33. All levels welcome.

Instructor: Nathan Szredni

**M May 7-Aug 13 10:30 AM-11:30 AM**  
150946 \$144/12 sess

**M May 7-Aug 13 5:45 PM-6:45 PM**  
150947 \$144/12 sess

**Sa May 5-Aug 11 9:30 AM-10:30 AM**  
150948 \$144/12 sess

### Tai Chi: Exploring Yang Style (19+ yrs)

The gentle movements of Tai Chi improve balance, alignment, and range of motion and foster body awareness while promoting relaxation. The widely practiced Yang Style is the foundation for this mixed levels class, where you will gain an understanding of the basics or expand your practice as we work towards learning the classic Long Form. Suitable for all body types and fitness levels. Taught in moderate stance with no extreme moves. Drop in \$12.38, space permitting.

Instructor: Jean Kares

**Tu Apr 10-Jun 26 7:00 PM-8:30 PM**  
150949 \$144/12 sess

## Sports

### Basketball (16+yrs)

Recreational 3 on 3 basketball - games are organized by players. Spots are held for registered participants for 15 minutes after start time and then may be sold to drop-in players. In-person drop-in sign up starts at 7pm. Completed waiver forms required for participants under 19 years. Drop-in \$4.76, space permitting. No class on May 21 and August 6.

Instructor: No Instructor

**M Apr 2-Jun 25 7:30 PM-9:30 PM**  
150786 \$45.71/12 sess

**Summer** ☀️  
**M Jul 9-Aug 27 7:30 PM-9:30 PM**  
157958 \$26.67/7 sess

**W Apr 4-Jun 27 7:30 PM-9:30 PM**  
150787 \$49.52/12 sess

**Summer** ☀️  
**W Jul 4-Aug 29 7:30 PM-9:30 PM**  
157959 \$34.29/9 sess

### Indoor Soccer (16+yrs)

Also known as futsal, this game is played with a smaller, heavier ball. Sign up as a single or register up to one additional person. Spots are held for registered participants for 15 minutes after start time and then may be sold to drop-in players. In person drop-in sign up starts at 7:00pm. Completed waiver forms required for participants under 19 years. Drop-in \$4.76, space permitting

Instructor: No Instructor

**Th Apr 5-Jun 28 7:30 PM-9:30 PM**  
150839 \$52/13 sess

**Summer** ☀️  
**Th Jul 5-Aug 30 7:30 PM-9:30 PM**  
157965 \$36/9 sess



## Pottery Studio Membership

New pottery studio memberships are limited to those who have completed a minimum 8 week pottery course within the last 2-3 years at the False Creek Community Centre. Completion of a course does not guarantee membership, but means you are eligible to purchase one should space become available.

## Art, Culture & Environment

### Pottery - Wheel Throwing (18+ yrs)

Learn the art of wheel throwing! Join potter Keith Lehman, as he leads demonstrations of basic to advanced throwing skills and decorating and finishing techniques. Get acquainted with wheel work or take your throwing to the next level. Clay must be purchased at the first class. Price includes all tools, glazing, firing and additional studio time (see instructor for details). No registration after the second class.

Instructor: Keith Lehman

**Tu Apr 17-Jun 5 6:30 PM-9:00 PM**  
150890 \$160/8 sess

**Th Apr 19-Jun 7 6:30 PM-9:00 PM**  
150891 \$160/8 sess

### Pottery Handbuilding 1 (18+ yrs)

A basic introduction to pottery making in a fun studio environment. You will create functional pottery using hand-building techniques. Earthenware clay must be purchased at the first class. Course price includes studio equipment use, glazes, firing and addition studio time.(see instructor for details ). No registration after the 2nd class.

Instructor: Tessa Reed | TBA

**W Apr 18-Jun 6 6:00 PM-8:30 PM**  
150893 \$160/8 sess

### Vancouver TheatreSports Drop-in Improv Class (18+ yrs)

This quick-witted workout is taught by a rotating roster of Vancouver TheatreSport League's finest players. Be guided through various theatre games designed to build and refine the skills needed for good improvisation. Ideally suited for beginner improvisers. No class on May 19 and August 4. Drop-in \$20.

Instructor: Vancouver TheatreSports League

**Sa Apr 7-Jun 23 1:30 PM-3:30 PM**  
\$20/Drop-in

**Summer** ☀️  
**Sa Jul 7-Aug 25 1:30 PM-3:30 PM**  
\$20/Drop-in

Taxes not included in fees.

# Waterfront

## Kayak Sampler (19+ yrs)

Treat Mom or Dad to a family day on the water! Join one of our certified kayak instructors for an introduction to kayaking, and a morning of games and paddling. Class will run rain or shine; dress appropriately for the weather. A Medical/Consent form is required prior to starting session. Fee is per person. Child/youth must be 10 yrs older.

### Mothers Day

Su May 13 9:30 AM-12:00 PM  
160948 \$28.57/1 sess

### Fathers Day

Su Jun 17 9:30 AM-12:00 PM  
160953 \$28.57/1 sess

## Kayak Sampler (19+yrs)

Do you want a taste of ocean kayaking? Learn a few basic strokes, learn about equipment and safety, and then explore False Creek with a certified instructor. Class will run rain or shine; dress appropriately for the weather. A Medical/Consent form is required prior to starting session.

### Summer Solstice NEW

Th Jun 21 5:30 PM-8:30 PM  
161029 \$61.9/0 sess

### Full Moon NEW

Th Jun 28 5:30 PM-8:30 PM  
161032 \$61.9/1 sess

### New Moon NEW

Th Jul 12 5:30 PM-8:30 PM  
161033 \$61.9/1 sess

## Kayak Sampler (19+ yrs)

W May 23 5:30 PM-8:30 PM  
160908 \$61.9/1 sess

W May 30 5:30 PM-8:30 PM  
160911 \$61.9/1 sess

W Jun 13 5:30 PM-8:30 PM  
160913 \$61.9/1 sess

W Jun 27 5:30 PM-8:30 PM  
160920 \$61.9/1 sess

### Summer ☀️

W Jul 04 5:30 PM-8:30 PM  
160922 \$61.9/1 sess

W Jul 18 5:30 PM-8:30 PM  
160923 \$61.9/1 sess

W Jul 25 5:30 PM-8:30 PM  
160924 \$61.9/1 sess

W Aug 8 5:30 PM-8:30 PM  
160926 \$61.9/1 sess

W Aug 22 5:30 PM-8:30 PM  
160928 \$61.9/1 sess

## Intro to Kayaking (19+ yrs)

Learn the basics of sea kayaking in False Creek and English Bay. Lessons cover kayaks, safety equipment, clothing, common hazards and paddling skills. You will also practice wet entries and exits as well as assisted and solo capsizing recovery techniques. Youth 13-18 must be accompanied by a participating adult. Classes run rain or shine; dress appropriately for the weather. Participants are eligible for the Kayak Club upon successful completion of the course and can receive a 50% discount on a one month membership when joining within two weeks of course completion. A Medical/Consent form is required prior to starting session.

Instructor: FCCC Waterfront

Sa May 26 9:00 AM-3:30 PM  
160959 \$132.38/1 sess

Sa Jun 16 9:00 AM-3:30 PM  
160964 \$132.38/1 sess

Sa Jun 23 9:00 AM-3:30 PM  
160968 \$132.38/1 sess

### Summer ☀️

Sa Jul 7 9:00 AM-3:30 PM  
160969 \$132.38/1 sess

Sa Jul 21 9:00 AM-3:30 PM  
160970 \$132.38/1 sess

Sa Aug 11 9:00 AM-3:30 PM  
160971 \$132.38/1 sess

Sa Aug 25 9:00 AM-3:30 PM  
160973 \$132.38/1 sess

## RCABC Canoeing: Level 1 Basic Tandem (19+yrs)

Learn the basics or brush up on your skills on beautiful False Creek. Discover the varied shoreline in boats of two while you learn strokes, capsizing recovery, safety guidelines and more. Classes run rain or shine; dress appropriately for the weather. Receive a Level 1 Recreational Canoe Association of BC certificate upon successful completion. A Medical/Consent form is required prior to starting session. Visit [bccanoe.com](http://bccanoe.com) for more a more detailed course outline.

Instructor: FCCC Waterfront

### Summer ☀️

Su Jul 22 9:00 AM-3:30 PM  
160981 \$122.86/1 sess



## Kayak with False Creek Community Centre

### Kayak and Canoe Club (13+ yrs)

An excellent opportunity for certified participants to get out on the water without owning or storing a boat! Join the club and boats can be signed out for up to two hours during our regular hours of operation. Canoe Club members need RCABC Level 2 certification and Kayak Club members need to have successfully completed an Introduction to Kayaking program that includes solo capsizing recovery, both within the past three years. An orientation is also required before getting started. \*13 - 18 year olds need certification and must be accompanied by an adult with certification. Please ask at the office for more details.

\$51.43/month

\$189.52/year

### Kayak Private Lessons (19+ yrs)

Never kayaked before? Already taken an introductory course and just need a refresher? Our 2 hour private semi-private lessons will help you focus on specific paddling skills at your own pace. We can accommodate up to 6 participants. Class will run rain or shine so dress appropriately for the weather. By appointment only, please contact [jackie.webber@vancouver.ca](mailto:jackie.webber@vancouver.ca) for more information. A medical waiver/consent form is required prior to the lesson.

Instructor: Jackie Webber

By Appointment

\$84.76/1 sess

A 50% discount off the first month of the Kayak Club when registering within 2 weeks of course completion & certification.



## Art, Culture & Environment

### Creative Endeavours (55+ yrs)

All are welcome to visit and participate in painting, drawing or your medium of choice. No instructor, but advice, encouragement and friendship for beginners and experienced alike. Some materials are available to share. Bring your own supplies and help us grow.

*Instructor: No Instructor*

**Tu Apr 03-Jun 05 1:00 PM-3:00 PM**  
151490 FREE

### Writers' Group (55+ yrs)

Join our self-directed writing group. Use this time to write in your own way: Reflections on life memoir, stories of the "old days", or moments of inspiration. Share your work in a safe and friendly space and build from suggestions. Please note, this program takes place every 2nd and 4th Wednesday of the month. Free, but please pre-register.

*Instructor: No Instructor*

**W Apr 11-Jun 27 1:00 PM-3:00 PM**  
151493 FREE

## Education

### Earthquake Preparedness - Seniors (50+ yrs)

Many sessions offered for emergency preparedness focus on families - not this session. This session is specific for Seniors focusing on challenges they may face when preparing for emergencies or disasters. We have all witnessed the recent earthquakes in Japan & New Zealand and have seen the devastation caused. Living in Vancouver, we too could be faced with an earthquake - yet few of us take the steps to ensure we are prepared. This session will ensure you and your pets are prepared. It 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: City Of Vancouver NEPP*

**Tu Jun 19 2:00 PM-3:30 PM**  
151498 FREE

### Coptic

#### Bookbinding (19+ yrs) **NEW**

Coptic book uses an ancient Egyptian technique for binding a book that requires no glue or paste. It's strength is proven when you flip the pages onto itself (like a sketchbook) and it refuses to weaken. The structure is also ideal for travel as it can hold up to extreme wet and dry climates. No prior experience is required. All supplies and tools will be provided.

*Instructor: Suzan Lee*

**Sa Jun 23 11:00 AM-2:00 PM**  
158231 \$48.57/1 sess

### Japanese Box

#### Bookbinding (19+ yrs) **NEW**

Participants will learn how to make a beautiful box in using a historical Japanese method. Beautiful decorative paper and book cloth are used to finish a roughly 6 x 4 x 2 box with a bone clasp closure. No prior bookbinding or Box Making experience is required. Each student will finish a Japanese Box. No handouts will be provided. Students are encouraged to take notes and photos.

*Instructor: Suzan Lee*

**Summer** ☀️  
**Sa Aug 11 11:00 AM-2:00 PM**  
158288 \$86.67/1 sess

## Fitness & Health

### Osteofit for Life (19+ yrs)

Emphasis is on improving posture, alignment, strength, balance coordination and agility through safe and specific movements in a comfortable, fun environment. Participants must complete a medical form signed by their family physician. Sorry, no drop ins.

*Instructor: Jennifer Mah & Bill Galloway*

**Tu F Apr 03-May 08 10:30 AM-11:30 AM**  
151428 \$44/11 sess

**Tu F May 11-Jun 15 10:30 AM-11:30 AM**  
15143 \$44/11 sess

**Summer** ☀️  
**Tu F Jun 19-Jul 24 10:30 AM-11:30 AM**  
151447 \$44/11 sess

**Summer** ☀️  
**Tu F Jul 27-Aug 28 10:30 AM-11:30 AM**  
151452 \$44/11 sess

### Seniors Weight

#### Training (55+ yrs) **NEW**

The first half of this session is spent strengthening and toning muscles in the Fitness Centre. The last half of this session focuses on stretching and strengthening your core muscles. The cost is the senior's drop-in rate or FREE with a valid Fitness Centre Pass or Usage Pass. PAR-Q and consent form must be completed before participation. Registration is required.

*Instructor: Jennifer Mah*

**Th May 03-Jun 21 11:00 AM-12:00 PM**  
154167 Free w/ Admission

**Summer** ☀️  
**Th Jul 05-Aug 23 11:00 AM-12:00 PM**  
154168 Free w/ Admission

### Zumba Gold (55+ yrs)

ZUMBA® Gold is a low impact dance - fitness class for beginners and seniors that uses zesty latin music, Salsa, Cha Cha, Cumbia, Merengue, Rock n' Roll, (including Twist and Charleston), with easy to follow moves to create a dynamic and fun fitness class. Zumba® Gold strives to improve your balance, strength, flexibility and most importantly the heart. It is a "feel happy"workout that is great for both the body and the mind. Drop-ins \$9.50 - space permitting [www.zumbavancouver.ca](http://www.zumbavancouver.ca)

*Instructor: Zumba Vancouver*

**W May 09-Jun 27 2:00 PM-3:00 PM**  
150960 \$68.56/8 sess

**Summer** ☀️  
**W Jul 04-Aug 15 2:00 PM-3:00 PM**  
150961 \$59.99/7 sess

### The Joy of Gentle Yoga (19+ yrs)

This is a gentle and therapeutic yoga class that works with every body's unique strengths and challenges. We use yoga mats, chairs and bolsters to make more yoga poses more accessible to more people in a deep, comfortable and safe way. This class will help build and maintain strength, tone and balance in both your body and mind. Bring your own blanket for the final relaxation. More information at [www.joyofgentleyoga.com](http://www.joyofgentleyoga.com), Drop-ins are welcome. \$14.29

*Instructor: Sylvia Smallman*

**Th Apr 12-Jun 28 1:30 PM-2:45 PM**  
150952 \$156/12 sess

Taxes not included in fees.

## Social

### Ballroom Dancing (55+ yrs)

Join hosts Gabriel and Catherine for an afternoon of social dancing. This is a social group, but please sign in at room entrance. No class on April 1, May 20 and 27, July 1, August 5 and 19.

*Instructor: Gabriel And Catherine Yam*

**Su Apr 08-Jun 24 1:30 PM-3:30 PM**  
151470 FREE

### Summer ☀️

**Su Jul 08-Aug 26 1:30 PM-3:30 PM**  
151471 FREE

### Crafternoons (55+ yrs)

Please join our drop-in group of individuals who like to play and create. Our media has included paper, fabric, yarn, beads and paint but possibilities are endless. Bring any craft you are working on to share the afternoon with like-minded people.

*Instructor: No Instructor*

**Th Apr 05-Jun 07 1:00 PM-3:00 PM**  
151495 FREE

### Duplicate Bridge Practice (55+ yrs)

Get a feel for duplicate bridge, typically playing 3 rounds of at least 6 pre-dealt hands with various partners. Pace of play attempts to approximate a real duplicate setting. A working knowledge of bidding and scoring is required as this is a non-instructional program. Facilitated by volunteers. No class on April 2, May 21, July 2 and August 6.

*Instructor: No Instructor*

**M Apr 09-Jun 25 12:15 PM-3:00 PM**  
151496 \$0.95/drop-in

### Summer ☀️

**M Jul 09-Aug 27 12:15 PM-3:00 PM**  
151497 \$0.95/drop-in

## Outdoor Activities

### Dragon Boat for Seniors (55+ yrs)

For all level of water enthusiasts to come out once per week and paddle in a dragon boat. This is a senior recreational program and all abilities are welcome. Sponsored by the False Creek Racing Canoe Club. Waiver forms are required and available at the front desk.

*Instructor: Ron K MacDonald*

**W Jun 27-Aug 29 10:00 AM-11:30 AM**  
150828 \$90/10 sess

## Out Trips

### Circle Farm Tour (55+ yrs)

Experience the best of the Fraser Valley on a Circle Farm Tour with 3 distinctly different hand picked farms in Abbotsford including the Tulip Festival! Activity Level: Easy. Package includes: Abbotsford Tulip Festival admission, Bow & Stern Restaurant lunch, Campbell's Gold & Honey Farm & Meadery, Birchwood Dairy Farms ice cream cone, all fees and taxes. Please meet in the lobby.

*Instructor: Enjoy Tour And Travel*

**F Apr 13 8:00 AM-5:15 PM**  
155926 \$94.29/1 sess



### Royal BC Museum Egypt:

#### The Time of Pharaohs (55+ yrs)

Be among the first in North America to see this staggering exhibition's priceless ancient artifacts some an astounding 4,500 years old. Additional \$20 ferry fee for 65 years and under. Activity Level: Easy. Package includes: All Ferry fees, Royal BC Museum Egypt: The Time of Pharaohs, Legislative Dining Room Lunch, Victoria's Inner Harbour free time, Relief driver, all fees and taxes. Please meet in the lobby.

*Instructor: Enjoy Tour And Travel*

**W May 30 7:15 AM-7:30 PM**  
155931 \$141.90/1 sess

### Pender Harbour

#### Cruise (55+ yrs)

Enjoy a 90 minute narrated tour of Pender's vibrant and historic harbour with SloCat Harbour Tours. Visit a Sunshine Coast favorite Rockwater Secret Cove Resort for a stroll on the forest boardwalk and lunch. Additional \$10 ferry fee for 65 years and under. Activity Level: Easy. Package includes: SloCat Harbour Pender Tour, Lunch Rockwater Secret Cove Resort, Gibsons Landing, Relief driver, all ferry fees, all fees and taxes. Please meet in the lobby.

*Instructor: Enjoy Tour And Travel*

**M Jun 25 7:30 AM-6:15 PM**  
155933 \$141.90/1 sess

## Salt Spring Saturday

### Market (55+ yrs)

Vendors and entertainment include potters, jewelers, fiber artists, woodworkers, and fine decorative arts, armstead cheeses, organic foods, music and free festive fun! Enjoy meeting more than 140 artisans and food producers who all contribute to Salt Spring's international reputation as a hotbed of world-class artists and organic farmers. Includes: 4 Hours Salt Spring Saturday Market, Scenic sail through Gulf Islands, Relief driver, All Ferry fees and taxes. Please meet in the lobby.

*Instructor: Enjoy Tour And Travel*

### Summer ☀️

**Sa Jul 28 6:30 AM-7:00 PM**  
159227 \$122.86/1 sess

### Bowen Island (55+ yrs)

Located 20 minutes by ferry from Horseshoe Bay, Bowen Island is a scenic, forested retreat with a rich history and unique shops. Additional \$10 ferry fee for 65 years and under. Includes: Bowen Island Museum, Lunch at Artisan Eats, Village Square, Killarney Lake escorted walk, Snug Cove, Orchard Historical Society, All BC ferry fees and taxes. Please meet in the lobby.

*Instructor: Enjoy Tour And Travel*

### Summer ☀️

**Th Aug 23 8:00 AM-5:45 PM**  
159238 \$133.33/1 sess

## Sports

### Pickleball Beginner (50+ yrs)

Get active on the court with Pickleball. This sport combines elements of badminton, tennis and table tennis. It is a fun and easy to learn sport will have you coming back for more! Please note that this program is non-instructional. All equipment supplied. Maximum of 8 players, drop ins \$3.81 if space permits.

*Instructor: Instructional Non*

**Sa Apr 07-Jun 30 2:15 PM-3:45 PM**  
151405 \$26/13 sess

### Summer ☀️

**Sa Jul 07-Aug 25 2:15 PM-3:45 PM**  
151418 \$16/8 sess

Taxes not included in fees.

## Registrar

**Begins on  
Wednesday March 14**



**IN PERSON** at  
the Centre  
starting at 9:00am



**ONLINE** at  
[www.vancouver.ca/falsecreekrec](http://www.vancouver.ca/falsecreekrec)  
starting at 9:00am



**BY PHONE** call  
604-257-8195  
starting at 10:00am

### Please note:

To register online you will need  
to apply for an account.

Apply for your account  
today at  
[recreation.vancouver.ca](http://recreation.vancouver.ca)

Taxes will be included to adult programs.

A handling fee of \$30 will be  
charged for all returned cheques.



## Refund Policy

All refund and program transfer requests must be made in person or by phone. Refund and program transfer requests within 24 hrs prior to the first class will result in a full refund/program transfer. Requests made after this and within 72 hrs prior to the third class will result in a prorated transfer or a prorated refund less a \$5 admin fee.

Please note the following exceptions:

- i. Special events, one day workshops, out trips, birthday parties, day camps and waterfront programs require 7 days notice for a full refund or program transfer.
- ii. All requests for tennis refunds or program transfers must be made 72 hrs prior to the first class.

No refunds or program transfers are provided after these deadlines without a medical note. Programs and fees are subject to change without notice.



## Hours of Operation

Monday-Friday .....6:30am-9:30pm

Saturday & Sunday.....9:00am-4:00pm

July 6-August 31 Fridays..6:30am-6:00pm

\*Please note the Fitness Centre is open

Monday-Friday at 6:30am.

The main centre opens at 9:00am.

## Holiday Hours

**Mondays May 21, July 2, August 6 & September 3** .....

Community Centre and

Fitness Centre .....9:00AM-12:30PM

## Leisure Access Program

The Leisure Access Program provides Vancouver residents who are in financial need with basic recreation programs and services at a reduced cost. False Creek Community Centre provides a 50% discount on our adult Fitness Centre drop-in fee & monthly passes as well as 50% off one program registration per person per season. Visit [vancouver.ca](http://vancouver.ca) for more information.

## Cancellations

Register early to avoid disappointment! The Centre reserves the right to cancel programs due to low enrolment. Decisions to run a course are usually made 48-72 hours prior to the program start date.

## Personal Information Protection

We respect the importance of protecting the personal information that we collect. For information on our privacy policies and practices please contact our front desk at 604-257-8195.



**Association Website**

[www.FalseCreekCC.ca](http://www.FalseCreekCC.ca)

## Board of Directors

President. . . . . Paul Porter  
Vice-President . . . . . Eileen Pedde  
Treasurer. . . . . Ethan Astaneh  
Secretary. . . . . Julia Hayos  
Members at Large: Brad McFarlane, Patrick Couling, Carlie Trueman, Tom Oliver, Linda Stieler Johnson, Sherry Lin, Diana Bracken, Jeff McDonough, Maya Alonso, Judy McFarlen, Paul Wilson & Zory Drazenovic.

## Memberships

False Creek Community Association memberships are complimentary when registering for a program or upon purchase of a False Creek Fitness Centre pass (excluding drop-in) and are valid until December 31, 2018. Affiliate fees (which include membership in the Association) for clubs and groups are \$10/person/year. For those individuals who are not registered in a program but would like to have voting privileges within the Association, a yearly membership may be purchased for \$10.

## Clubs & Groups

**False Creek Racing  
Canoe Club**

604-684-7223 [www.fcrcc.com](http://www.fcrcc.com)

**False Creek Tennis Club**

[fctc.pres@gmail.com](mailto:fctc.pres@gmail.com)  
[www.falsecreektennisclub.com](http://www.falsecreektennisclub.com)

**Pacific Roadrunners**

604-515-2488  
[www.pacificroadrunners.ca](http://www.pacificroadrunners.ca)

# Parent & Tot Gym

(0-6 yrs)

This drop-in play program provides tots with physical play and supports social interaction for you and your child. Children jump in the bouncy castle, roll and climb on the mats, drive the toy cars, cook at the toy kitchen and jump start their day. A cozy corner is set up for you and your 'wee ones' with our 'wee tot' toys, books and blocks.

May 02-Jun 29 M W F 9:30 AM-12:30 PM | Su 9:30 AM-11:45 AM \$1 / Drop-In

# Birthday Parties

(2-8 yrs)

**Bounce your way into your birthday with a party at False Creek Community Centre on Granville Island.**

Your party includes our bouncy castle, a decorated room, use of the kitchen refrigerator, pizza for the children and a party leader to set out play equipment or organize games to keep the party hoppin.

Children arrive, have one hour in the gym, then go back to the party room for pizza. We provide the pizza and you provide the cake and drinks. Cost is \$179 for up to 20 children and includes general decorations for the birthday party room, pizza, plates, napkins and cutlery. Leader will contact you a week before your party to discuss the party details.

Please phone the main office at 604-257-8195 or check our on-line registration for available dates.

**Sa & Su May 5-Aug 26**

**12:00 PM-2:00 PM**

**\$179/party**

