

# Creekside

Community Recreation Centre

Spring &  
Summer  
2012  
Program  
Guide

EARLYBIRD  
PROMO  
**SAVE 15%**  
DETAILS PAGE 4



welcome

experience  
recreation  
at Creekside

Spring into recreation and enjoy what Creekside has to offer. Explore our range of programs and services aimed to suit a variety of ages, interests and budget. Help us grow with the community and let us know what you would like to see develop at the centre. Give yourself a break, benefit from some needed fun and join us at Creekside!

**Contact Us**

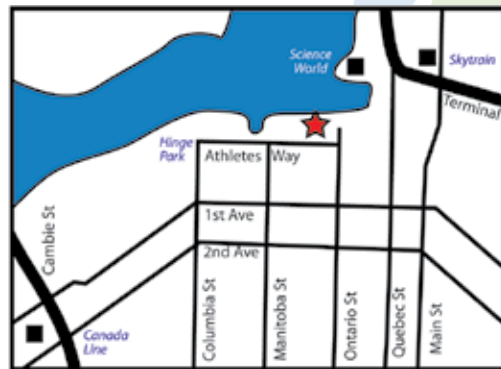
**Creekside Community Recreation Centre**

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



2012 Hours of  
Operation:  
Mon-Fri  
6:30am-10pm  
Sat/Sun & Holidays\*  
9am-5pm

\*Stat holidays:  
May 21, July 2, Aug. 6



Front and back cover photo: Claudette Carracedo

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### Important Registration Dates

Online, phone and in-person: Friday, April 13 at 9am

## Convenient Registration Options

Register online, by phone or in-person at Creekside! We accept Visa, MasterCard and American Express for online and phone registration. We also accept cash and debit for in-person registration.

- Registration is first-come, first-served. Programs may fill up quickly, so don't delay!
- Programs may be cancelled due to insufficient registration up to 4 days before the start date and are subject to change or cancellation without notice.
- All program prices include tax.

## Online Registrations

If you are new to online registration, you can set-up an account (for yourself or your entire family) at [vancouverparks.ca](http://vancouverparks.ca). If you have previously registered online, but require assistance to access your account, please don't hesitate to contact us at Creekside. 604.257.3050

## Take advantage of these great promotions\*

### Early Bird Bonus:

Register before April 30 and receive 15% off your program registration, (some exceptions apply).

- Discount is applied automatically on-line, in person and by phone.
- Online prices will reflect the 15% discount until April 30.

### Senior Summer program discount:

Senior 65 yrs + registering after May 2 for an adult program occurring in July and/or August are eligible for a 25% discount off the program fee.

**Shape Up for Summer Promotion:** Show us your Flexi Pass in July and August and get a 25% discount on our drop-in programs. Ask us for more info!

- \* Some programs, workshops & events are not eligible.
- \* Can not be combined with other discounts.
- \* Not applicable for drop-ins, unless otherwise specified
- \* Contact us for more information.

## Refund Practices

Creekside will provide pro-rated refunds to customers who wish to withdraw from a registered program. Please contact us at least two days prior to the start of the next class to receive a refund for the remaining classes. Rental and birthday party refunds require more advance notice. For more information, please contact us. 604.257.3050

## Privacy Policy

In the course of providing programs and activities, the Vancouver Board of Parks & Recreation collects personal information from members and other individuals who participate in classes, workshops, events or other facility uses. This information may be used for the provision of services, communication, processing payments and/or statistical purposes. We respect the importance of protecting personal information and do not release it to other persons, companies or agencies. For more information on this subject, please call 604.257.3050.

## Financial Assistance/Leisure Access Card Program (LAC)

We want everyone to have the opportunity to participate in recreation at Creekside. Individuals and families requiring financial assistance may be eligible for subsidy through the Vancouver Park Board's Leisure Access Card Program. Those with a valid leisure access card can receive a 50% discount towards program and fitness centre fees (single admissions, monthly passes, program drop-ins and program registrations\*) at Creekside. For more information about the LAC program, please call 604.257.8497 or visit [vancouverparks.ca](http://vancouverparks.ca)

*\*some exclusions apply*



## WiFi... why yes!

Ask our staff about getting access to our free WiFi; while you're at it, feel free to message your friends to meet you at Creekside





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

**Wee Expressions**  
0-4 yrs with adults

**Musical Expressions**  
More than just a traditional children's music program. Based on researched methods surrounding the benefits of music infused with Music Therapy techniques. Jointly participate in singing, instrument playing, accompanying song actions, baby sign language and dances with a refreshing sense of exploration and fun. Both structure and free play learning. All registrants will receive a complimentary CD with a collection of songs for the current term. Take-home materials package can be bought from the instructors for \$21. Sibling receive a 30% discount and those under 10 months attend for free.  
**M, 1:15pm-2:00pm**  
**May 7-Aug 13**  
**Th, 10:30am-11:15am**  
**May 3-Jul 12**  
**\$148/10 sess**

**Time for Twos**  
2 yrs

Join us for unstructured fun and organized play in a classroom setting. This program is for children that are born in 2010. The intent is for the child to stay in the program by themselves but if you feel your child needs you to stay until they are comfortable then you are welcome to. Each day requires one parent helper. Enroll your child in one or both of the day's different activities will be implemented. Parents this is an opportunity for you to go to the gym, take a class, or run errands. Limited space due to instructor:participant ratio. No program May 10, 24, Jul 26  
**Tu, 9:45am-11:45am**  
**May 8-Jun 19**  
**Jul 17-Aug 28**  
**Th, 9:45am-11:45am**  
**May 3-Jun 28**  
**Jul 19-Aug 30**  
**\$150/6 sess**  
**\$175/7 sess**

**Baby Sign Language**  
19+ yrs

**Into Yoga**  
Using songs and games, learn basic American Sign Language (ASL) hand gestures, to facilitate communication with your hearing child. Increase understanding of your child's needs and wants, alleviating much unneeded frustration. Bring your 0-24 months baby to class. Sleeping babies welcome. Instructor website: [intoyoga.ca](http://intoyoga.ca)  
**Tu, 9:45am-10:30am**  
**May 22-Jun 19**  
**\$64/5 sess**

**Family Play Gym**  
0-7 yrs

Run, Jump, climb and play. A great opportunity to meet and play with other families in the neighbourhood. Parent/guardian participation is required. \$1.00/child. Contact us or visit our website, facebook or twitter page for info on cancelled session.  
**M/W/F,**  
**9:30am-12:30pm**  
**Tu, 2:30pm-5:30pm**  
**Th, 1:30pm-3:30pm**  
**Sa, 12:45pm-2:00pm**  
**Su, 9:30am-11:30am**  
**May 2-Aug 31**

**Birthday Party at Creekside**  
1-12 yrs

Enjoy play gym or sports equipment at your next party! All party activities occur in the Gymnasium. Please note staff set-up and clean up, but do not lead activities. No food or decorations are provided.  
**Sa, 2:30pm-4:30pm**  
**May 12, 19,**  
**June 2, 9, 23, 30**  
**July 7, 14, 21, 28**  
**Aug 4, 11, 18, 25**  
**Su, 12:00pm-2:00pm**  
**May 6, 13, 20**  
**June 3, 10, 24**  
**July 1, 8, 15, 22, 29**  
**Aug. 5, 12, 19, 26**  
**Su, 2:30pm-4:30pm**  
**May 6, 13, 20**  
**June 3, 10, 24**  
**July 1, 8, 15, 22, 29**  
**Aug. 5, 12, 19, 26**  
**\$125/1 sess**

**Preschool Spaces Available**  
**3-5 years of age**

**Creekside**  
Child Development Centre

Monday to Friday classes

Morning 9:00-11:30am  
Afternoon 1:00-3:30pm

\$330/month, incl. snack

Please contact:  
Katharine at 604.872.5007  
[creekside@develop.bc.ca](mailto:creekside@develop.bc.ca)

Developmental Disabilities Association

[www.develop.bc.ca](http://www.develop.bc.ca)





Encourage creativity and imagination and involve your child in a range of activities to foster their growth and development.

**Private Guitar Lessons**  
5 yrs+

**Stanton Jack**  
30 minute One to one instruction for acoustic or electric guitar (please bring your own amp for electric guitars). All ages and styles welcome; progress and expand your music interests. No program May 21, July 2, Aug. 6. Instructor website: [myspace.com/stantonjack](http://myspace.com/stantonjack)

**M, 4:00pm-8:00pm**  
**May 7-June 25**  
**\$154/7 sess**

**Private Violin / Fiddle Lessons**  
5 yrs+

**Melissa Bandura**  
30 minute one on one lesson in learning or improving on playing the violin (classical, pop) or fiddle (celtic/bluegrass/country). Instructor website: [melissabandura.com](http://melissabandura.com)

**W, 6:15pm-8:15pm**  
**May 9-Jun 13**  
**\$132/6 sess**

**Art & Music Therapy for Special Needs**  
8-16yrs

**Musical Expressions**  
Come and join our "Expressive Arts Therapy" summer program designed for youth & adults with disabilities with an arts & music therapy approach. Here, participants with an interest in arts & music can find a place where they will feel a strong sense of belonging and build life skills. Participants will be empowered to develop skills in the following areas: problem solving, decision making, leadership skills, social skills, self expression & leisure building. Siblings are welcome to participate and sign up as well.

Aides are encouraged to come with participants if required.  
Instructor: Musical Expressions & Art Therapist Andrea Hrysko  
BFA, DKATI  
**F, 10:30am-11:45am**  
**Aug 3-Aug 24**  
**\$140/4 sess**

**Taekwondo**  
6-11 yrs

**Squamish Martial Arts**  
Korean Martial Art (World Taekwondo Federation) Develop self-control and self confidence. Learn self-defense in a fun, safe environment. For more info on the program and instructors, see [squamishmartialarts.com](http://squamishmartialarts.com) Uniform required (\$45). Promotion Test Fees not included in membership Drop In \$10.

**Sa, 10:45am-11:30am**  
**May 12-Jun 30**  
**\$70/7 sess**  
**Ju 7-Aug 25**  
**\$80/8 sess**

**Aikido**  
6-12yrs

**Vancouver Shomonkai Aikido**  
Aikido is a traditional Japanese martial art based on the principle of non-conflict. Through learning Aikido techniques and enjoying physical activity, children can not only develop a strong body, but also learn important principles for their growth, such as cooperation, compassion, and manners. Classes are on-going. New students are accepted at anytime. Drop-ins welcome space permitting \$7.50. Instructor website: [vancouveraikido.com](http://vancouveraikido.com)

**No class May 21**  
**M, 6:30pm-7:20pm**  
**May 7-28**  
**\$20/3 sess**  
**Ju 4-25**  
**\$25/4 sess**

For youth martial arts...

See pages 20-21 for more details



Check out our neighbouring community centres:

False Creek, [falsecreekcc.ca](http://falsecreekcc.ca), 604.257.8195  
Mount Pleasant, [mountpleasantcc.ca](http://mountpleasantcc.ca), 604.257.3080  
Roundhouse, [roundhouse.ca](http://roundhouse.ca), 604.713.1800



Come up to the Creek and have yourself a paddle.

## Paddling with Dragon Zone.

Sign up for these great paddling programs offered in partnership with the Dragon Boat Festival Society. All classes are weather permitting. No classes if temperature drops to 0 C or below, and in case of snow, freezing rain and high winds. In case of class cancellation, more classes will be added to end of session. Meet in our Boating Centre Lobby.

### Intro to Dragon Boating

19 yrs+

Come and discover all the magic around Dragon Boating and the many positions to fill on a Dragon Boat Team in this four-week course (Drummer, Paddler and Steersperson). Discover how fast the boats can travel when everything and everyone is magically synchronized to the beat of the Drum. A great way to meet new people and get fit at the same time. Please come early to the first class to complete a waiver form.

**Tu, 6:00pm-7:30pm**

**May 8-29**

**May 29-Jun 19**

**July 10-31**

**Jul 31-Aug 21**

**F, 6:30pm-8:00pm**

**May 11-Jun 1**

**Jun 1-22**

**Jul 13-Aug 3**

**Aug 3-24**

**\$99/4 sess**

### Join a Dragon Boat Team

19 yrs+

Want to be on a dragon boat team but don't know where to start? Join one of the Dragon Zone club teams and have fun while meeting new people and getting in shape. Teams practice once a week for eight or nine weeks. Fee includes coaching, all equipment, practice sessions and registration into the Rio Tinto International Dragon Boat Festival on June 16 & 17, 2012.

Refund Policy: no refunds after second class.

**W, 6:00pm-7:30pm**

**Jun 27-Aug 15**

**\$199/8 sess**

## Reservations are required for all kayak programs and rentals.

Please contact Creekside Kayaks by e-mail [rentals@creeksidekayaks.ca](mailto:rentals@creeksidekayaks.ca) or by phone at 604-616-7453. Check in at the Dragon Zone office and pay your fees at our reception. For more info visit: [creeksidekayaks.ca](http://creeksidekayaks.ca)

### Drop-in Paddling

These paddling sessions provide you with a unique chance to get out on the water and try the exciting sport of dragon boating. Instruction and all equipment provided. You bring the fun! Pay your fees at the community centre and present your receipt at the Boating Administration Office to obtain access to equipment - Max of 48 spots per Friday. A valid photo id and credit card are required as a deposit and a waiver form must be completed. More info: [creeksidekayaks.ca](http://creeksidekayaks.ca).

Children under 10 years old MUST be accompanied by an adult.

**May 11, Jun 1, Jul 13,**

**Aug. 3**

**F, 6:00pm-7:15pm**

**\$16/Adult: (13 +yrs)**

**\$8/Children: (6-12yrs)**

### Intro to Kayaking

Learn kayaking basics in this three-hour course and fundamental skills and knowledge to paddle in protected waters. Basic and intermediate paddling skills, rescue techniques, and water safety are some of the topics covered. Come ready to get wet. Please arrive early to complete a waiver form. Course fee is for ONE session only. RESERVATIONS REQUIRED: once you have paid your fees, please contact 604-616-7453 or e-mail [info@creeksidekayaks.ca](mailto:info@creeksidekayaks.ca) to reserve your kayak for a specific date within the dates provided.

Not offered on

M: July 2, Aug 6

S: May 12, June 2, 16

**M, 5:30pm-8:30pm**

**Jun 25-Aug 27**

**\$99/1 sess**

**Sa, 9:30am-12:30pm**

**May 5-Aug 25**

**\$99/ 1 sess**

### Kayak Rentals

One or two hour kayak rentals. Valid photo id and credit card required as a deposit. A waiver form must be completed. Enjoy half price kayak rentals on Tuesdays!

**Starts Apr 14**

**\$22.40/single per hour**

**\$28/tandem per hour**

### Small Boat Memberships

Explore Vancouver with a small boat membership. This small boat pass allows year round access to kayaks on the Creek!

**\$279/year**

### Kayak Rules:

- \* All children under the age of 18 must be accompanied by an adult.
- \* At least one person in a tandem kayak and canoe must be 18 years of age.
- \* All participants must wear a Personal Flotation Device (PFD) at all times.
- \* It is highly recommended that you bring your cell phone with you in case of an emergency.

### Prohibited Activities:

- \* Feeding or provoking wildlife
- \* Trespassing on private property
- \* Littering
- \* Swimming
- \* Intentional capsizing or swamping



Workshops and events to educate, inspire and enjoy.

### First Aid courses

The following First Aid course are provided by Community Care First Aid. Complete a certifying course and receive 3 years valid certification. Instructor website: [communitycarefirstaid.com](http://communitycarefirstaid.com)

#### Emergency First Aid & CPR C/AED

**13 yrs+**

This course, covering major emergencies in babies and children, is approved for Day Care and Day Home Providers in BC by the BC Provincial Childcare Facilities.

**F, 9:00am-5:00pm**

**May 4**

**Jun 1**

**Jul 20**

**Aug 24**

**\$99/1 sess**

#### Emergency Child Care First Aid & CPR B/AED

**13 yrs+**

This course, covering major emergencies in babies and children, is approved for Day Care and Day Home Providers in BC by the BC Provincial Childcare Facilities.

**Sa, 9:00am-5:00pm**

**May 19**

**\$99/1 sess**

#### Basic First Aid and CPR for Babies & Children

**16 yrs+**

A short, informative and interactive course provides basic first-aid and CPR skills to treat babies and children. Cover common emergencies such as choking, SIDS, allergic reactions and more. This course is non-certifying.

**Sa, 10:00am-1:00pm**

**Aug 18**

**Su, 10:00am-1:00pm**

**Jul 29**

**\$58/1 sess**

#### Standard First Aid and CPR C/AED

**13 yrs+**

Red Cross First Aid and CPR level C covering common and comprehensive emergencies in adult, children and babies, including airway, breathing and circulation emergencies as well as head, spine and joint injuries, wound care and more.

**F & Sa, 9:30am-4:30pm**

**May 25-May 26**

**\$187/2 sess**

#### Work Place Emergency First Aid 16 yrs +

For individuals who want an overview of First-Aid & CPR for the work place or home. Learn how to deal with emergency situations in your work environment and offer immediate help to your colleagues and clients. Canadian Red Cross Workplace Emergency First-aid & CPR certification is a WorkSafe BC approved Occupational First-Aid Level 1 (OFA Level 1) course.

**F, 9:00am-5:00pm**

**Jul 27**

**\$99/1 sess**

SportMed BC is offering three sport-specific workshops (for 16 yrs+) at Creekside this season. Visit their website for more info: [sportmedbc.com](http://sportmedbc.com)

#### Sport First Aid

Intro to injury prevention and on-site management of sports related injuries. Include recognition and control of potentially hazardous situations, injury assessment and the handling of life-threatening situations, management of common injuries, referral patterns and the development of a sports first-aid kit. A certificate of completion is issued.

**Sa, 9:00am-5:00pm**

**Aug 11**

**\$100.80/1 sess**

#### Athletic Taping

Learn sport taping techniques through a combination of lecture and practical sessions. Learn safety considerations preventive and supportive techniques for the ankle regional techniques for the ankle, foot, elbow, wrist, thumb and finger. Discover procedures for injury prevention, minimizing the chance of further damage when injury occurs and for aiding the healing process. A certificate of completion is issued. Instructor website: [sportmedbc.com](http://sportmedbc.com)

**Su, 9:00am-5:00pm**

**Aug 19**

**\$145.60/1 sess**

#### Concussion Management

Focus on sharing the latest medical and scientific information about brain injury, sport risk factors, prevention techniques, and concussion management guidelines. Practical session where participants will review on-field assessment techniques, including the use of the SCAT2 tool and other techniques that coaches can use to ensure that their athletes are properly managed should they suffer a head injury. Return-to-play decisions will be explored. Instructor website: [sportmedbc.com](http://sportmedbc.com)

**W, 7:30pm-9:30pm**

**Aug 8**

**\$22.40/1 sess**

Rio Tinto Alcan  
**DRAGON BOAT FESTIVAL**  
JUNE 15-17 2012

**FREE ADMISSION**  
FALSE CREEK & CREEKSIDE  
COMMUNITY CENTRE,  
AT THE FOOT OF  
ONTARIO STREET

DRAGON BOAT BC  
DRAGONBOATBC.CA

RioTintoAlcan ZIMB CONCORD

See page 10 for paddling programs offered at the centre

### Portobello West: Vancouver' Fashion & Art Market

Featuring over 50 local designers at a time, the market brings you a curated selection of handmade accessories, fashion, jewelry, and art. More info:

[portbellowest.com](http://portbellowest.com)  
**Sa & Su, 11:00am-5:00pm**  
**May 26 & 27**  
**\$2/admission,**  
**under 12 yrs free**

### YouthWeek

Celebrate Vancouver's YouthWeek on Saturday, May 5th, 2012, from 12:00-5:00pm at South East False Creek, near Main Street/ Science World Skytrain Station. We will be at Creekside Community Recreation Centre, Science World and the Union Street Skate Plaza, to celebrate youth in our communities. We will be setting up for breakdancing, bands, basketball, yoga, theatre performances, graffiti wall and skateboard demos at the Skate Plaza. To find out more info visit [www.VancouverYouthWeek.ca](http://www.VancouverYouthWeek.ca).



### Vancouver Draw Down 2012 All Ages

**Vancouver Draw Down Draw! Draw, draw - don't waste time!**

**Michelangelo**  
Hey, Vancouver, let's draw! Community Centres across Vancouver invite you to drop in and draw at a fun, easy and inspiring workshop led by an artist in your neighbourhood. Make a quick scribble and transform it into a creature, sketch a portrait of your cell phone, draw everything you ate yesterday... release your inner doodler!

FREE, all ages drawing activities will challenge your preconceptions about drawing and reconnect you with the creative pleasure of making your mark. For more information on Draw Down events happening across the city check out [www.vancouverdrawdown.com](http://www.vancouverdrawdown.com)

**Sat, 11:30-1:30pm**  
**June 9**  
**FREE**



### Sport Performance Speaker Series "Sports Medicine"

Presented in partnership by Canadian Sport Centre Pacific and the Vancouver Park Board. All events are open to public and free to attend. Please pre-register for a session a minimum of 3 days prior to the event date, as there may be cancellations if there is insufficient interest. Updates at: [cscpacific.ca](http://cscpacific.ca)  
**M, 4:30pm-6:30pm**  
**May 28**

### London 2012 Summer Games Athletes Send Off

Join us in celebration of BC's athletes bound for London 2012 Visit the Village Plaza in June for a community celebration event honour of BC's high performance athletes heading to London this summer for the 2012 Olympic and Paralympic Games presented by Canadian Sport Centre Pacific! The event will feature entertainment for the whole family including sport demos, athlete autographs and a special presentation of Team Canada. Check out [www.cscpacific.ca](http://www.cscpacific.ca) for more details closer to June!



### Summer Games Celebration All Ages

Let's bring London to us, and celebrate and participate in the excitement. Join us for fun filled activities for all ages.  
**Sat, 11:00am-2:00pm**  
**July 28**  
**FREE**

### Special Event Planning Group

Are you interested in special events? If so, join us in planning and implement new events for all ages at Creekside. Email your contact information to [creekside@vancouver.ca](mailto:creekside@vancouver.ca)


# Sport Schedule

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

Drop-in \$5 unless noted otherwise	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<b>Badminton</b>	1:00pm-2:45pm <i>Drop-in \$2</i>		1:00pm-2:45pm 8:15pm-10:00pm		5:00pm-6:45pm	All Ages 9:15am-10:45am <i>Drop-in \$2</i>
<b>Basketball</b>		8:15pm-10:00pm	6:15pm-8:00pm			
<b>Pickle Ball</b> <i>Drop-in only \$2</i>		9:30am-11:45am		9:30am-11:45am	2:00pm -2:45pm	
<b>Soccer</b>	6:15pm-8:00pm	12:00pm-1:00pm <i>\$2 drop-in</i>		12:00pm-1:00pm <i>\$2 drop-in</i>		11:00am-12:30pm
<b>Table Tennis</b> <i>Drop-in only \$2</i>	Please call us on the day of and if a room is available, we will be able to set up a table for you to play in.			Equipment may be borrowed in exchange for ID.		
<b>Volleyball</b>	8:15pm-10:00pm	6:15pm-8:15pm		8:15pm-10:00pm	7:00pm-8:45pm	

# Yoga & Fitness Schedule

See pg 23-29 for info, dates and registration fees. Schedule subject to change without notice.

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	<b>Kundalini Yoga</b> 9:30am-10:30am	<b>FitCamp</b> 7:15am-8:00am & 6:00pm-6:45pm	<b>Yoga Basic</b> 9:30am-10:30am	<b>FitCamp</b> 7:15am-8:00am & 6:00pm-6:45pm	<b>Indoor Cycling</b> 7:00am-7:45am	
<b>Yoga Basics</b> 9:30am-10:30am	<b>Fit4Two® Stroller Bootcamp</b> 10:00am-11:00am		<b>Fit4Two® Stroller Bootcamp</b> 10:00am-11:00am	<b>Total Body Conditioning</b> 9:00am-10:00am	<b>Fit4Two® Mom &amp; Baby Spin &amp; Strength</b> 10:00am-11:00am	<b>Fitness Kickboxing</b> 9:30am-10:30am
<b>Cardio Kick Box</b> 10:45am-11:45am	<b>Zumba® Zen</b> 4:45pm-6:00pm	<b>Yoga For Older Adults</b> 10:30am-11:30am	<b>Nia Fitness</b> 12:00pm-1:00pm	<b>Yoga For Older Adults Intermediate</b> 10:15am-11:45am		<b>Dance Bootcamp</b> 12:45pm-1:45pm
	<b>Fit4Two® Prenatal Fitness</b> 6:00pm-7:15pm	<b>Callanetics</b> 4:45pm-5:45pm	<b>Yoga for Beginners</b> 5:45pm-6:45pm	<b>Indoor Cycling</b> 5:00pm-5:45pm		<b>Yoga Class Pass Options:</b> unlimited drop-in, space permitting... <b>One Month Pass: \$100</b>
	<b>Prenatal Kundalini Yoga</b> 6:15pm-7:15pm			<b>Yoga for Your Core</b> 6:00pm-7:00pm		
	<b>Michael Dennison's Runners' Yoga</b> 7:30pm- 8:45pm	<b>Fit4Two® Prenatal Fitness</b> 6:00pm-7:15pm	<b>Dance Bootcamp</b> 7:00pm-8:00pm	<b>Pilates</b> 7:00pm-8:00pm		
	<b>Yoga Basic</b> 7:45pm-8:45pm <i>*end of July &amp; Aug only</i>	<b>Pilates</b> 7:00pm-8:00pm	<b>Yogaflex Pilates</b> 7:30pm-8:30pm	<b>Zumba® Fitness</b> 7:00pm-8:00pm		
	<b>Candle Light Yoga</b> 9:00pm-10:00pm	<b>Power Yoga</b> 7:30pm-8:30pm		<b>Power Yoga</b> 7:15pm-8:15pm		
				<b>Body Rolling</b> 8:30pm-9:30pm		

adult program schedules



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

**Note for Adult Sports Participants (16 yrs+)** Registered players **MUST** arrive and sign in at the reception desk within 5 minutes of the program start time or their spot may be sold to a drop-in player. Drop-ins (\$5/person) may sign up on waiting list 15 minutes prior to the start of the program and will **ONLY** be allowed to participate if there is space. Prices vary.

### Badminton

Double play and rotation of players will be required if session is full. Racquets and birdies may be borrowed from the centre. M/W afternoon & Sa: maximum 24 spots for 4 courts. Drop-in only \$2. W/F evening: maximum 24 spots for 4 courts. Drop-in \$5. No session May 16  
**M, 1:00pm-2:45pm**  
**Apr 30-Aug 27**  
**\$2/drop-in**  
**W, 8:15pm-10:00pm**  
**May 2-Jun 27**  
**Jul 4-Aug 29**  
**\$36/9 sess**  
**W, 1:00pm-2:45pm**  
**May 2-Aug 29**  
**\$2/8 sess**

### Basketball

Full court with maximum 15 spots for 5 on 5 play with a rotating group. Basketballs may be borrowed. Drop-ins \$5/person  
**Tu, 8:15pm-10:00pm**  
**May 1-Jun 26**  
**Jul 3-Aug 28**  
**\$36/9 sess**  
**W, 6:15pm-8:00pm**  
**May 2-Jun 27**  
**Jul 4-Aug 29**  
**\$36/9 sess**

### Pickle Ball

3 courts. Double player and player rotation required if program is full. Drop-ins \$2. No class May 10, Jun 15.  
**Tu/Th,**  
**9:30am-11:45am,**  
**May 1-Aug 30**  
**F, 2:00pm-2:45pm**  
**May 4-Aug 31**  
**\$2/drop-in**

### Indoor Soccer

Full Gym play with a rotating group; all levels. Soccer balls and nets provided. M/Sa; 18 spots for 5 on 5 Drop In \$5. Tu/Th Noon: 15 spots for 6 on 6 play with subs in each group. Drop-ins \$2. No session May 21, Mar 17, 24 & Apr 14 Aug. 6  
**M, 6:15pm-8:00pm**  
**Apr 30-Jun 25**  
**Jul 9-Aug 27**  
**\$28/7 sess**  
**\$32/8 sess**  
**Tu, 12:00pm-1:00pm**  
**May 1-Jun 26**  
**Jul 3-Aug 28**  
**\$36/9 sess**  
**Th, 12:00pm-1:00pm**  
**May 3-Jun 28**  
**Jul 5-Aug 30**  
**\$36/9 sess**  
**Sa, 11:00am-12:30pm**  
**May 12-Jun 30**  
**Jul 7-Aug 25**  
**\$24/6 sess**  
**\$28/7 sess**

### Table Tennis

Please call us on the day of and if a room is available, we will be able to set up a table for you to play in. Equipment may be borrowed in exchange for ID. Drop-in only \$2/person.

### Volleyball Skills Clinic 16 yrs+

**Drago Jasinovic**  
 Learn how to put spin on a ball to increase control, read players when setting, anticipate on the court, reach and extend when hitting and learn how to time a set. Also learn why you should watch the hitter when blocking and learn how to play defense behind a block; why you should broad-jump into the set; how to snap a ball instead of hitting it, how to pop your serves; and the fundamentals of communication. Drop-ins not permitted. No session Jun 16, Aug 6

Beg/Int  
**F, 7:00pm-8:30pm**  
**May 18-Jun 29**  
**\$99/6 sess**

Adv/Competitive  
**M, 8:30pm-10:00pm**  
**May 28-Jun 25**  
**\$82.50/5 sess**

All Levels  
**M, 8:30pm-10:00pm**  
**Jul 9-Aug 13**  
**\$82.50/5 sess**

### Volleyball

Players sort themselves into levels and play 6 on 6 per court. Volleyballs may be borrowed. M/F: maximum of 24 players. Tu/Thu: Maximum of 36 players. Drop-in \$5. No class June 15.

**M, 8:15pm-10:00pm**  
**Apr 30-Jun 25**  
**Jul 9-Aug 27**  
**\$32/8 sess**  
**\$28/7 sess**  
**Tu, 6:15pm-8:15pm**  
**May 1-Jun 20**  
**Jul 3-Aug 28**  
**\$36/9 sess**  
**Th, 8:15pm-10:00pm**  
**May 3-Jun 29**  
**Jul 5-Aug 30**  
**\$36/9 sess**  
**Fr, 7:00pm-8:45pm**  
**May 4-Jun 29**  
**Jul 6-Aug 31**  
**\$36/9 sess**

For information on Open Gym times, please call 604.257.3050 or follow us on Twitter @creeksiderec

## **Aikido (13 yrs+)**

**Vancouver Shomonkai Aikido Association**  
Suitable for all ages. Learn fitness, meditation, and self-defense techniques. Develop or improve relaxation, flexibility, coordination, and endurance both physically and mentally. Purchase an annual Aikido membership (\$30) from instructor. Drop-ins welcome space permitting \$10. Instructor website: [vancouveraikido.com](http://vancouveraikido.com)

Intro / Beginners  
**Th. 6:15pm-7:15pm**  
**May 10-Jun 28**  
**\$48/8 sess**

Ongoing Practice  
**M/W/Thu, 7:30-9:30pm**  
**Su, 10:30-12:30pm**  
**May 2-May 31**  
**Jun 3-Jun 28**  
**Jul 1-Jul 30**  
**Aug 1-Aug 30**  
**\$68/month**

## **Brazilian Jujitsu 19 yrs+**

**Squamish Martial Arts**  
Beginner-friendly. Learn takedowns, sweeps and submission holds in a safe environment. Great for conditioning and excellent for self-defense. Purchase uniform through instructor (\$60 + tax). Drop-Ins \$20, with instructor approval. Instructor website: [squishmartialarts.com](http://squishmartialarts.com)

No class June 17.  
**Su, 1:00pm-2:30pm**  
**May 13-Jun 24**  
**Jul 1-Aug 26**  
**\$90/6 sess**  
**\$120/8 sess**

## **Fencing 19 yrs+**

**Daniel Kamin**  
Learn fencing basics: bladework, footwork, offensive and defensive techniques, coordination, and balance and fitness. Equipment is provided. Wear T-shirt, sweats (no shorts) and gym shoes. You may need to purchase a fencing glove (approximately \$15). NOTE: absolute beginner require instructor approval prior to registering in the course. Drop-ins \$17 welcome with instructor approval. No class June 15.

**F, 7:30pm-9:00pm**  
**May 11-Jun 29**  
**\$91/7 sess**

## **Shotokan Karate 19 yrs +**

**Joel Nitikman**  
Teaching basic blocks, punches and kicks, forms and sparring. Warm-up and stretching, followed by instruction. Purchase an annual karate membership is required (\$75 US first year; \$100US ongoing) from the instructor. Drop-ins welcome with instructor approval \$5. Instructor website: [creeksideshotokankarate.yolasite.com](http://creeksideshotokankarate.yolasite.com)

**M & W, 6:00pm-7:15pm**  
**May 2-Jul 30**  
**\$96/24 sess**

## **Shorinji Kempo 19 yrs+**

**Shorinji Kempo Van South Side**  
A sophisticated martial art that not only develops individual's confidence and courage and nurtures a spirit of compassion and a sense of justice. The motto of Shorinji Kempo is "Half for one's own happiness, and half for the happiness of others. Drop-ins \$10, space permitting. No program May 5. Instructor website: [shorinjikempobc.ca](http://shorinjikempobc.ca)

**Tu 7:30pm-9:00pm**  
**Sa, 10:30am-12:00pm**  
**May 1-May 29**  
**Jun 2-Jun 30**  
**Jul 3-Jul 31**  
**Aug 4-Aug 28**  
**\$50/month**

## **Shindo Muso Ryu Jodo**

**19 yrs+**  
**Hoshu Vancouver Dojo**  
Learn the traditional Japanese martial art of Jojutsu, the short staff defense versus the Samurai sword. Improve your balance, coordination, agility, focus and timing. Spare weapons are available for loan to beginners. Drop-ins \$15, space permitting. Instructor website: [qolity.org](http://qolity.org)

**W, 8:15pm-9:45pm**  
**Su, 12:45pm-2:15pm**  
**May 2-May 30**  
**Jun 3-Jun 27**  
**Jul 1-Jul 29**  
**Aug 1-Aug 29**  
**\$50/month**

## **Tai Chi Chuan: Beginner**

**19 yrs+**  
**Rich Sobel**  
Increases muscle strength, improves balance and flexibility, gently stretches and "lubricates" the joints and connective tissues, and is great for relieving stress. This simple 24-posture form is a popular routine that is perfect for introducing T'ai Chi practice. Drop-ins \$12, space permitting. No program May 21, Au 6

**M, 7:30pm-8:30pm**  
**May 7-Jul 25**  
**Jul 9-Aug 27**  
**\$70/7 sess**

## **Tai Chi Chuan: Intermediate**

**19 yrs +**  
**Rich Sobel**  
Focus is on Cheng Man-Ch'ing's 24-posture short form. Other forms - including Jian (sword) - of T'ai Chi from Yang, Wu and Chen styles may be taught. All levels welcome, but less time will be spent teaching basic fundamental postures and movements. Drop-ins \$10, space permitting. No program May 21, Aug 6

**M, 8:30pm-9:30pm**  
**May 7-May 28**  
**Jun 4-Jun 25**  
**Jul 9-Jul 30**  
**Aug 13-Aug 27**  
**\$40/ month**

## **Wing Chun Kung Fu 19 yrs +**

**Philip Gee**  
A traditional Southern Chinese Martial Art on the theory of economy of motion in practical self defense. Improve relaxation, coordination, and fitness while learning the applications. Drop-ins with instructor approval \$8. No class June 17.

Beginner  
**Su, 2:30pm-4:30pm**  
**May 6-Aug 26**  
**\$96/16 sess**

Advanced  
**Tu, 8:15pm-9:45pm**  
**May 15-Aug 14**  
**\$63/14 sess**

## **Taekwondo 12 yrs+**

**Squamish Martial Arts**  
Korean Martial Art (World Taekwondo Federation) Adults and Teens Develop self-control and self-confidence Build strength, endurance and flexibility Learn self-defense in a fun safe environment. For more info on the program and instructor, check website [www.squamishmartialarts.com](http://www.squamishmartialarts.com) Uniform required (\$45) Promotion Test Fees not included in membership. Drop In \$10.

**Sa, 11:30am-12:30pm**  
**May 19-Jun 30**  
**\$60/6 sess**  
**Jul 7-Aug 25**  
**\$80/8 sess**





### **Beginner Dog Obedience** 19 yrs+

#### **Alpha Dog Training Co.**

Based on a “working dog” system using praise/ play rewards without food treats and the universal six commands combined with instinct, behaviours, healthcare and socialization. A program for new puppies, dogs with unwanted behaviours or those who just want better leadership skills and understanding of their dogs. Instructor website: [alpha-dogtraining.ca](http://alpha-dogtraining.ca)

**Tu, 6:30pm-7:30pm**  
**May 1-Jun 5**  
**Jun 26-Jul 31**  
**\$159/6 sess**

### **Seniors Duplicate Bridge Drop In**

Join our group to enjoy duplicate bridge. Please note that no instruction is provided; however, new players are always welcome. Please register your name with the centre.

**Th, 1:00pm-4:00pm**  
**May 1-Aug 28**  
**FREE**

### **Chess Drop In** All Ages

Here is an oppourtunity for you to play some Recreation Chess. Please note that no instruction is provided; Each player must bring their own chess set and clock.

**F, 6:30pm-9:30pm**  
**May 4-Aug 31**  
**\$2.00/Drop in**



### **Fantastic Acrylics** 19 yrs+

#### **Bastiana Krabbendam**

Learn a variety of different acrylic painting technique and methods you can use to ‘translate’ your idea into a piece of art. Try all kinds of different painting tools and mediums; all use of tools and materials are included.

**W, 6:30pm-9:30pm**  
**Jun 13-Jul 4**  
**\$144/4 sess**

### **Art & Music Therapy for Special Needs**

#### 17-25 yrs

#### **Musical Expressions**

Designed for youth & adults with disabilities with an arts & music therapy approach. Participants with an interest in arts & music can find a place where they will feel a strong sense of belonging and build life skills. Develop skills in the following areas: problem solving, decision making, leadership skills, social skills, self expression & leisure building. Siblings welcome to participate and sign up as well.

Aides are encouraged to come with participants if required. Instructor: Musical Expressions & Art Therapist Andrea Hrysko BFA, DKATI  
**F, 10:30am-11:45am**  
**Jul 6-Jul 27**  
**\$140/4 sess**

### **Dance Bootcamp** 19 yrs+

#### **Dance4U Vancouver**

Two classes combined into one: the best of bootcamp fitness and a mix of dance step (salsa, breakdance, hip hop and swing) Fitness incorporating dance moves into a workout movement/circuit, choreography, straight bootcamp movements. For someone that enjoys dance and is looking for a challenging fitness routine.

Drop-ins \$10, space permitting. No program June 16, July 28.

Instructor website: [dance4uvancouver.com](http://dance4uvancouver.com)  
**W, 7:00pm-8:00pm**

**May 2-Jun 20**  
**Jul 4-Aug 22**  
**\$56/7 sess**  
**\$64/8 sess**  
**S, 12:45pm-1:45pm**  
**May 19-Jul 7**  
**Jul 14-Aug. 28**  
**\$48/6 sess**  
**\$56/7 sess**

### **Salsa Dancing for Beginners**

#### 19 yrs+

#### **Dance4U Vancouver**

For absolute beginner to those wanting to refresh the basics. Begin with basic salsa steps and progress to easy to lead and follow patterns. Learn basic turns and combinations as well as styling pointers. No partner necessary. Drop-ins \$12, instructor approval required.

Instructor website: [dance4uvancouver.com](http://dance4uvancouver.com)  
**Tu, 8:45pm-9:45pm**  
**Apr 24-Jun 12**  
**June 19-Aug 7**  
**\$80/8 sess**

### **Pussy Cat Dolls Dance Workshop** 19+yrs

#### **Dance4U Vancouver**

Learn how to strut, move and dance as seen on the latest music videos. This workshop is for any woman looking to have fun and learn basic sexy dance moves. We'll begin with a warm-up/ cardio, infused with sexy movements, and end this session by learning a sexy choreographed routine. All levels are welcome. Please wear comfortable clothing; heels required.

**S, 2:00pm-4:00pm**  
**May 26**  
**\$25/1 sess**



### **Burlesque Dance Workshop** 19+yrs

#### **Dance4U Vancouver**

This is an introductory class to the art of the tease. Learn how to move with confidence and style, in a seductive and sensual way. In this 2 hour workshop, we will begin with a dance conditioning warm-up and learn the basics of head whips, chest isolations, and how to move the hips & booty - then we will learn a sexy dance choreography! This is a ladies only class. Please wear comfortable clothing; heels required.

**S, 2:00pm-4:00pm**  
**Jun 23**  
**\$25/ 1 sess**

adult

## Fit 4 Two® Programs:

All Fit 4 Two® Instructors are Certified Pre & Postnatal Fitness Specialists and follow the guidelines of Society of Obstetricians and Gynecologists of Canada. Please note: Because we care about you and your baby, a Par-Med-X for Pregnancy Form must be signed by your healthcare provider (physician or midwife) prior to your participating in a prenatal class. This form is available at [fit4two.ca](http://fit4two.ca) or at the front desk.

### Fit4Two® Mom & Baby Spin & Strength 19 yrs+

Get a great indoor Cycle fit workout AND attend to baby's needs at any time. Intervals of hill climbs, speed work and endurance riding combined with intervals of muscular endurance work, postnatal specific core work and flexibility. Benefit from increased energy, improved posture, and a stronger core. Women should be 4+ weeks postpartum (6 weeks for caesareans). Pre-mobile babies only please. No shoes with external cleats. Drop-ins welcome space permitting \$15.  
[www.fit4two.ca](http://www.fit4two.ca)

**F, 10:00am-11:00am**  
**May 4-Jun 8**  
**Jun 22-Aug 3**  
**\$77/6 sess**

### Fit4Two® Prenatal Fitness 19 yrs+

All trimesters welcome. Enjoy the benefits of exercising through your pregnancy! Connect with other moms-to-be while reducing prenatal discomforts like lower back ache, fatigue and swelling. Pregnancy-safe cardiovascular exercise, functional strength training, flexibility and relaxation. Drop-ins welcome space permitting \$17.  
[www.fit4two.ca](http://www.fit4two.ca)

**Tu, 6:00pm-7:15pm**  
**May 8-Jun 26**  
**Jul 3-Aug 21**  
**\$119/8 sess**



### Fit4Two® Stroller Bootcamp Outdoor 19 +yrs

Baby Friendly class allows mom to get a great indoor cycling workout AND attend to baby's needs at any time. After warm-up, we will alternate between cardio on the bike and postnatal specific muscular endurance drills off the bike. Babies are nearby on mats or in strollers. The last portion of class is dedicated to postnatal specific core work and stretching. Pre-mobile babies only please. No shoes with external cleats. Drop-ins \$17 with instructor permission. No program May 21.

**M & W, 10:00am-11:00am**  
**May 2-May 30**  
**Jun 4-Jun 27**  
**Jul 4-Jul 30**  
**Aug 1-Aug 29**  
**\$119/8 sess**

### Nia Fitness 19 yrs+

#### Joi Works

Soft-impact fitness practice that blends moves and steps from the dance, martial and healing arts. Based on the science and design of the body, it provides a whole body workout that meets cardio needs while conditioning and creating a fun experience to music. Drop-in \$13, \$121.50 for 10 drop in visits (for the price of 9) at Creekside, Roundhouse and/or Dance Centre. Purchase on-line, by phone or in person at Roundhouse CC. Instructor website:

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

**W, 12:00pm-1:00pm**  
**May 9-Jun 27**  
**Jul 4-Aug 22**  
**\$84/8 sess**

### Callanetics 19 yrs+

#### Linda Shedden

Lift and tighten your behind, flatten your stomach, slim your thighs and tighten your underarms! Promotes deep muscle tone throughout the entire body increasing flexibility, strength and improves posture. Leave feeling great! Drop-ins \$20, space permitting. Instructor website:

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

**Tu, 4:45pm-5:45pm**  
**May 1-Jun 16**  
**Jul 3-Aug 21**  
**\$130/8 sess**

### Zumba® Fitness 19 yrs+

**Zumba Vancouver** Utilizes the principles of fitness interval training and resistance training to maximize caloric output, fat burning and total body toning. Zumba uses a variety of styles in its routines, including Cumbia, Soca, Merengue, Salsa, African, Reggaeton, Flamenco, Funk, and Bellydance. Drop-ins welcome, space permitting \$12. Instructor website:

[zumbavancouver.ca](http://zumbavancouver.ca)

**Th, 7:00pm-8:00pm**  
**May 10-Jun 21**  
**\$70/7 sess**  
**Jul 12-Aug 16**  
**\$60/6 sess**

### Zumba® Zen 19 yrs+

#### Zumba Vancouver

A full cardio experience of hip-shaking, heart-pumping, energizing movement of Latin and International rhythms and easy to follow moves, followed by a relaxing, calming and centering stretch. Using a variety of styles, including Cumbia, Soca, Merengue, Salsa, African, Reggaeton, Flamenco, Funk, and Bellydance. A "feel-happy" workout for both the body and the mind.

Drop-ins welcome space permitting \$14. No class May 21, Aug 6. Instructor website:

[zumbavancouver.ca](http://zumbavancouver.ca)

**M, 4:45pm-6:00pm**  
**May 7-Jun 18**  
**Jul 9-Aug 13**  
**\$60/5 sess**  
**\$72/6 sess**



## Indoor Cycling

19yrs +

Monica Rafuse(Th)

Rachel Ilg (F)

45 minutes of riding, including a quick warm-up and cool down. Designed to get your workout in and to get you on your way! Call 604-257-3050 the day before to reserve your bike (max of 10 participants per class). Drop-in for \$6.50/class.

**Th, 5:00pm-5:45pm**

**May 3-Jun 28**

**F, 7:00am-7:45am**

**May 4-Jun 29**

**\$6.50/ sess**

## FitCamp

19 yrs+

Kelly Scruggs

Combining functional fitness, body weight exercises, and group bootcamp dynamics to provide a program that is enjoyable and challenging. Total body conditioning, and targeting a specific area to help you continue advancing in their fitness abilities. Drop-ins \$11, space permitting. No program May 16, June 6, July 24, 26, 31, Aug. 2

**Tu & Th,**

**7:15am-8:00am**

**May 1-Jun 7**

**Jun 12-Jul 12**

**Jul 17-Aug 30**

**Tu & Th,**

**6:00pm-6:45pm**

**May 1-Jun 7**

**Jun 12-Jul 12**

**Jul 17-Aug 30**

**\$90/10 sess**

## Fitness Kickboxing

15 yrs+

Squamish Martial Arts

Regardless of age, size, shape, fitness level or gender, this class is designed to suit you. Work hard or go at your own pace. A non contact course taught in a fun, safe, non-intimidating environment. Drop-Ins \$13, space permitting. No class June 16, Aug 4 Instructor website: [squamishmartialarts.com](http://squamishmartialarts.com)

**Sa, 9:30am-10:30am**

**May 12-Jun 30**

**Jul 7-Aug 25**

**\$70/7 sess**

## Cardio Kick Box

19+yrs

Dance4U Vancouver

This is a high energy fitness class that will take the conditioning and movement of kickboxing, boxing training and apply them for an amazing workout. This class will have punching and kicking drills as well as plyometric, cardio and strength training components. There will also be an abdominal component to make sure you get a full body workout. No program Jun 17.

**Su, 10:45am-11:45am**

**May 13-Jul 8**

**Jul 15-Aug 26**

**\$56/7 sess**

**\$64/8 sess**

## Body Rolling

19 yrs+

Bianca Carli

Learn therapeutic, stimulating exercises and self massage techniques. Every class will focus on 2 different body parts. Increase: flexibility, core strength, muscle tone, bone density, lung capacity, mind and body connection Decrease: mental stress, muscle and joint tension or/and pain How: rolling body parts over balls and a wooden dowel.

Please wear clothes that are close-fitting for full movement. Drop In's \$12.

**Th, 8:30pm-9:30pm**

**May 3-Jun 21**

**\$100/8 sess**

**Jul 12-Aug 16**

**\$60/6 sess**

## Total Body Conditioning

19 yrs+

Ruth Ann Stewart

Group Fitness is fun and challenging! This class incorporates cardio, total body toning with stretching/yoga at the end giving you the energy you need for the rest of your busy day. Beginners always welcome, follow the class routines at your own pace! Drop-ins \$7, space permitting.

**Th, 9:00am-10:00am**

**May 3-Jun 28**

**Jul 5-Aug 30**

**\$45/9 sess**

## Pilates

19 yrs+

CLS Fitness Inc

Uses the world's most effective core movements to create long, lean and toned muscles. Achieve full range of motion and incredible strength while easing back and neck pain. A challenging class for all levels. Drop-ins welcome space permitting \$16. Register for both Tuesday and Thursday sessions or both sets and receive a discount of \$40.50 (value of 3 classes)! This discount can only be applied in person or by phone. Instructor website: [clsfitness.com](http://clsfitness.com)

**Tu, 7:00pm-8:00pm**

**May 1-Jun 26**

**Jul 3-Aug 28**

**Th, 7:00pm-8:00pm**

**May 10-Jun 28**

**Jul 5-Aug 30**

**\$108/8 sess**

**\$121/9 sess**



## YogaFlex Pilates

19 yrs+

CLS Fitness Inc

This flowing YogaFlex Pilates class will focus on core strength and how to get connected with it. Core work will be incorporated into yoga postures. The class ends with deep stretching and relaxation and you will leave feeling supple and strong. \$12 drop in, space permitting. No program May 16 & June 6 Instructor website: [clsfitness.com](http://clsfitness.com)

**W, 7:30pm-8:30pm**

**May 2-Jun 27**

**Jul 4-Aug 29**

**\$70/7 sess**

**\$90/9 sess**



adult

## Yoga Basics 19 yrs+

**Pamela Ferman**

Learn the basic principals of Hatha Yoga through posture work, breath management and meditation techniques. Increase your flexibility and body strength while releasing stress and tension. Leave the class feeling revitalized, balanced and relaxed in body, mind and heart! Mixed levels. Drop-ins \$12, space permitting.

No program

June 17, Aug 6.

Instructor website:

[yoga4heartnsoul.com](http://yoga4heartnsoul.com)

**Su, 9:30am-10:30am**

**May 13-Jun 24**

**\$60/6 sess**

**Jul 8-Aug 26**

**\$70/8 sess**

**W, 9:30am-10:30am**

**May 16-Jun 27**

**\$70/7 sess**

**Jul 4-Aug 22**

**\$80/8 sess**

**M, 7:45pm-8:45pm**

**Jul 23-Aug 27**

**\$50/5 sess**



## Mike Dennison's Runners' Yoga

**19 yrs+**

**Michael Dennison**

Designed for runners who experience pain, injury or weakness in their bodies due to the stress of running. A typical class will focus on the cultivation of deep, slow core breathing and dynamic yoga postures that will stretch and strengthen those areas of the body most affected by running. Drop-ins welcome space permitting \$14. Instructor website:

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

No class May 21 & July 2

**M, 7:30pm-8:45pm**

**May 7-Jul 16**

**\$108/9 sess**

## Candle Light Yoga

**19 yrs+**

**Pamela Ferman**

A relaxing evening yoga class to un-wind and promote relaxation before bedtime. Blending gentle Hatha, Yin and Restorative postures with deep breathing techniques, you will release stress and tension in body and mind. No program May 21, Aug 6 Drop-ins \$12, space permitting. Instructor website:

[yoga4heartnsoul.com](http://yoga4heartnsoul.com).

**M, 9:00pm-10:00pm**

**May 14-Jun 25**

**\$60/6 sess**

**Jul 9-Aug 27**

**\$70/7 sess**

## Yoga for Beginners 1 19 yrs+

**Angela Matheson**

Many healthful benefits of yoga, such as increased strength, flexibility, concentration and balance. For those beginning yoga, never tried yoga or simply wanting to deepen their understanding of the practice. This gentle Hatha class will incorporate basic postures, various breathing techniques and simple meditations. Drop-ins \$12, space permitting. Instructor website:

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

**W, 5:45pm-6:45pm**

**May 2-Jun 20**

**\$80/8 sess**

## Yoga for Beginners 2 19 yrs+

**Angela Matheson**

Continuation from Yoga For Beginners 1, but is still ideal for those who are just beginning yoga or have never tried yoga. We will continue to work on the basics, while starting to move deeper into the postures, meditations and breathing techniques. Drop-ins \$12, space permitting. Instructor website:

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

**W, 5:45pm-6:45pm**

**Jul 4-Aug 22**

**\$80/8 sess**

## Yoga for Your Core 19 yrs+

**Angela Matheson**

Tired of crunches? Learn a combination of yoga postures and breathing exercises for a full body workout that will focus on stretching and strengthening the abdomen. Engage the core muscles to build abdominal flexibility and stability, resulting in improved balance and a firmer, stronger belly. Drop-ins \$12, space permitting. Instructor website:

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

**Th, 6:00pm-7:00pm**

**May 3-Jun 21**

**Jul 5-Aug 23**

**\$80/8 sess**

## Kundalini Yoga

**19+ yrs**

**Julie Wall**

Awareness that allows you to explore your authentic self and your infinite create potential. The focus is on balancing the glandular system, strengthening the 72,000 nerves of the body and bringing the body, mind and soul into balance. Drop-ins \$14, with instructor approval. No class May 21.

**M, 9:30am-10:30am**

**May 7-Jun 25**

**Jul 9-Aug 27**

**\$84/7 sess**

**\$96/8 sess**

## Power Yoga 19 yrs+

**Jacci Collins (Th)**

**Pamela Ferman (Tu)**

A vinyasa based practice which increases strength and stamina while promoting detoxification and deep relaxation. Expect to stretch, strengthen and breathe deeply. Drop-ins \$12, space permitting. Instructor website: Jacci -

[jaccicollinsyoga.com](http://jaccicollinsyoga.com), Pamela

- [yoga4heartnsoul.com](http://yoga4heartnsoul.com)

**Tu, 7:30pm-8:30pm**

**May 8-Jun 26**

**Jul 3-Aug 21**

**Th, 7:15pm-8:15pm**

**May 3-Jun 7**

**\$60/6 sess**

**\$80/9 sess**

## Prenatal Kundalini Yoga

**19 yrs+**

**Julie Wall**

Designed to create flexibility, focus, strength and awareness to help prepare you for childbirth. Participants consult with caregiver/doctor prior to attending. Julie Wall is a certified pre-natal Kundalini Conscious Pregnancy Instructor. Drop-ins \$14, with instructor approval. No class May 21.

**M, 6:15pm-7:15pm**

**May 7-Jun 25**

**Jul 9-Aug 27**

**\$84/7 sess**

**\$96/8 sess**

## Yoga for Older Adults 45 yrs+

**Terri Damiani**

Designed to increase mobility, stamina and vitality and tailored for the participants, addressing health concerns to improve their quality of life. Drop-ins \$12. (instructor approval required if dropping in after 2nd class).

Instructor website: [yoga2go.ca](http://yoga2go.ca)

**Tu, 10:30am-11:30am**

**May 1-Jun 26**

**\$90/9 sess**

**Jul 10-Aug 28**

**\$80/8 sess**

## Yoga for Older Adults-Intermediate 45 yrs+

**Terri Damiani**

Progressively building, more challenging to the participant and is recommended after basic alignment and connection is accomplished. You can expect individual attention, with detailed instruction, in the exploration of movement to aid in aging gracefully. A restorative, relaxation pose finishes each class. Drop ins \$16 (instructor approval required if dropping in after 2nd class).

**Th, 10:15am-11:45am**

**May 3-Jun 21**

**Jul 5-Aug 23**

**\$112/8 sess**



From the fitness beginner to the elite athlete, Creekside is for you!

Take advantage of our standard and specialized fitness equipment available to everyone, whether you're new to fitness or have high performance training needs. Call ahead to book an orientation with our fitness staff or to get more information.

Flexibility from your Flexipass.

Buy a flexipass and use it city-wide at 12 fitness centres, 9 pools and 8 ice rinks. For a list of applicable facilities, visit [vancouverparks.ca](http://vancouverparks.ca)



## Fitness Centre Rates PRICES INCLUDE TAX

Age	Adults (19-64)	Seniors (65+)	Youth (13-18)
Drop-in	\$6.00	\$4.25	\$4.25
10 Visit Pass	\$48.00	\$34.00	\$34.00
<b>FLEXIPASS RATES</b> <i>Access to all Vancouver Park Board fitness centres, pools and rinks.</i>			
1 month	\$49.00	\$34.00	\$34.00
3 months	\$128.00	\$90.00	\$90.00
4 months	\$162.00	\$113.00	\$113.00
6 months	\$221.00	\$155.00	\$155.00
12 months	\$400.00	\$280.00	\$280.00

2012 PRICES SUBJECT TO CHANGE



### Shape Up for Summer Promotion:

Show us your Flexi Pass in July and August and get a 25% discount on our drop-in programs. Ask us for more info!

## Personal Training

Reach your fitness goals with us

Whether you need instruction, motivation or support, our BCRPA certified personal trainers are here to help you succeed. Register for one, five or ten sessions; join on your own or sign-up with a friend. Please note: Our personal training forms need to be completed prior to being scheduled with a trainer.

## Meet our trainers

### Jennifer Eng

An SFU Kinesiology graduate with a certificate in Health and Fitness studies, Jennifer enjoys weightlifting, playing sports and working with youth. She is also working towards her NCCP Level 3 Basketball Coaching certificate.

### Sead Lukovic

With a bachelor's degree in Physical Education and over 8 years of personal training experience, Sead's training specialties include sport-specific training, fat loss, muscle toning and nutritional planning approaches.

### Joe Mancini

A UBC Human Kinetics grad and NSCA Certified Strength and Conditioning Coach, Joe specializes in sport-specific training, power training, and fitness focused and performance training methods for all ages.

### Deborah Ramsay

A former educator, now BCRPA registered personal trainer and fitness instructor, Deborah enjoys working with all ages and skill levels. She has experience in weight management, sport conditioning and training beginners and populations with chronic conditions.

### Inderjit Waraich

As a UBC Human Kinetics grad with over two years of personal training under his belt, Inderjit's forte includes training athletes, individuals recovering from injuries and those with overall strength and fitness goals.

### Cathey Wong

A practicing kinesiologist, Cathey specializes in preventative health, functional movement improvement, weight loss, sport-specific training and muscle endurance and strengthening.



PERSONAL TRAINER RATES		
# OF SESSIONS	1 client (private training)	2 clients (semi-private)
1	\$52	\$78
5	\$234	\$364
10	\$416	\$676

## Scrum to work out

As part of the GymWorks program, members of the Canadian Men's Rugby Team prepped for the 2011 Rugby World Cup by training at Creekside





# Make Creekside...

## your celebration destination.

Rent a room for your rehearsals, wedding reception, birthday party or business conference.

### Room Rental Guide

Room	Highlights	Hourly Rate Tax included	Sq. Ft.
<b>MAIN LEVEL ROOMS</b>			
<b>Multi-purpose 1</b>	Perfect for events and functions under 25 with views of the seawall. Potential to rent adjoining outdoor plaza for events needing more space	\$39.20	650
<b>Meeting Room 3</b>	Great for small meetings of up to 12, built-in whiteboard for brainstorming sessions	\$22.40	200
<b>Gym</b>	Suitable for larger scale event of 300 or less (trade shows, galas, etc.). Ideal for sport bookings	Event: \$168	7500
		Sport: \$84	
<b>SECOND LEVEL ROOMS</b>			
<b>Dance Studio</b>	Great for performance/dance rehearsal space	\$56.00	900
<b>Multi-purpose 3</b>	Soft floor space for martial arts practice; Fri/Sat can be transformed into medium-sized meeting space (50 max theatre style)	\$56.00	750
<b>Multi-purpose 4</b>	Fantastic for events and function for up to 100. Spectacular views and access to small kitchen facilities. Download our Event Information Overview from our website to assist with your event planning.	\$112.00	1950
<b>Additional Charges</b>			
<b>Staffing</b>	For rentals outside of regular operating hours; number of staff required dependant on activity, scope and size of rental		\$30/hr per staff person
<b>Damage Deposit</b>	Deposit fee may apply depending on scope of rental event		\$200-\$1000
<b>SOCAN</b>	Music royalty tariff for rentals with music and/or dancing; dependent on rental group size and activity		\$20.56-\$123.38
<p>For more information please visit our website.            To check room availability call 604.257.3050.            All reservation requests must be submitted via email to <a href="mailto:creekside@vancouver.ca">creekside@vancouver.ca</a>            Note: Discounted room rental rates are available for not-for-profit organizations. Commercial events and sport leagues are subject to our commercial rates.</p>			
 <a href="https://facebook.com/creeksiderec">facebook.com/creeksiderec</a>  <a href="https://twitter.com/creeksiderec">twitter.com/creeksiderec</a>			