

EDUCATIONAL

**Fun with French**

Ages: 3-6 years

Introduce your child to a second language in a fun and positive atmosphere. Children will learn French through conversation, stories, songs and crafts. Gestures and pictures will be used to introduce new words and communicate in class. Ideal for building the confidence of those planning to attend French immersion. Research shows that this is the perfect age to introduce children to a second language. Parents are welcome to stay but it is not necessary. Please bring a peanut-free snack. No class Oct 10.

15001.401FC \$130/10 sessions  
M Sep 26-Dec 05 12:15 pm-2:15 pm  
Instructor: Helene Roy

**Sur le Pont d' Avignon**



Did you know that babies and toddlers learn the languages spoken to them regardless of how many languages there are? Introducing French at an early age is the best way to a successful start, and why not learn French while singing, playing and socializing with peers. Come and listen to the stories, rhymes, and songs in a fun atmosphere using puppets, sign language and finger play. Come and participate to the marches, clapping games, stretching and dances, and make acquaintances with families with same-aged kids and interests. Snacks will be provided during both sessions during which parents and caregivers can socialize and ask for interpretation for some materials covered and the handouts. Caregiver participation required.

**Ages: 0-12 months**

15005.401FC \$96/12 sessions  
Th Sep 22-Dec 08 9:15 am-10:15 am

**Ages: 12-30 Months**

Ages: 1-2 years  
15005.402FC \$96/12 sessions  
Th Sep 22-Dec 08 10:15 am-11:15 am  
Instructor: Silva Abkarian

PERFORMING ARTS

**Little Ballerinas**

Ages: 4-5 years

Children will learn basic ballet techniques such as coordination, balance and group work. They will learn basic positions in a class set to classical music. Creativity in their movement will be encouraged.

11604.401FC \$81/12 sessions  
W Sep 21-Dec 07 2:45 pm-3:30 pm  
Instructor: Kirby Snell

**ZumbAtomic**



Ages: 4-7 years

**FREE TRIAL CLASS**

**W Sep 21 3:30 pm-4:15 pm**

ZumbAtomic® is a blast! That's why you're gonna love the Zumbatomic® program for kids. It's a fast-forward fusion of the Zumba moves (salsa, cumbia, reggaeton, hip-hop and more) and designed to let kids max out on fun and fitness all at the same time. Safe and effective, kids can't wait to get into the Zumbatomic groove. Watch their energy and fitness levels soar as they get the groove.

11608.401FC \$96/11 sessions  
W Sep 28-Dec 07 3:30 pm-4:15 pm  
Instructor: Kirby Snell

**Highland Dance**

Ages: 4-6 years

Set to both traditional Scottish and contemporary Celtic music, this class offers the chance to learn highland dances and one-of-a-kind choreographed dances. Operating at a brisk tempo, this athletic dance form is a great way for kids to gain strength, flexibility and precision of movement while having fun in a class setting! No specific highland dance wear necessary - soft dance shoes or bare feet acceptable. No class Oct 10.

11610.401FC \$49/11 sessions  
M Sep 26-Dec 05 3:30 pm-4:15 pm  
Instructor: Kate McRae

**Creative Dance**



Ages: 4-6 years

Your little dancers will have the opportunity to explore creative dance moves in a fun, non-competitive learning environment. Improve your child's confidence as a dancer while they use their imagination and move to fun music! No class Oct 8.

11620.401FC \$49/12 sessions  
Sa Sep 17-Dec 03 9:45 am-10:30 am  
Instructor: Kiera Hill



**Private Music Lessons**

Develop your musical ability. Lessons are private and customized to your level. Select your 1/2 hour lesson on Thursdays or Fridays. Registration fees can be made in 2 separate payments, see office for details. Early Registration for current students begins August 4. Spaces will not be held once general registration begins on August 23. No class Fri November 11.

**Piano**

Ages: 5+ years

21000.401FC-.409FC \$304/16 sessions  
Th Sep 08-Dec 22 4:00 pm-8:00 pm

21000.421FC-.429FC \$285/15 sessions  
F Sep 09-Dec 23 3:00 pm-7:30 pm

Instructor: Monika Oldershaw

**Guitar**

21001.401FC-.410FC \$304/16 sessions  
W Sep 7-Dec 21 3:30 pm-8:30 pm

Instructor: Bernard Boulanger

PERFORMING ARTS

**Hip Hop Kids**

Ages: 8-12 years

This Hip Hop dance class will get kids moving creatively, having fun, and improving coordination. Set to upbeat music, this class incorporates a warm-up, simple choreography and fun dance games!

21601.401FC \$81/12 sessions  
 W Sep 21-Dec 07 5:30 pm-6:30 pm  
 Instructor: Kirby Snell



**Musical Theatre**

Dance, sing and act! This class will incorporate basic dance, voice warm up and choreography set to musical theatre songs. Dance and acting games will keep children moving and having fun! No class Oct 10.

**Ages: 6-8 years**

21605.401FC \$74/11 sessions  
 M Sep 19-Dec 05 3:30 pm-4:30 pm

**Ages: 9-12 yrs**

21605.402FC \$74/11 sessions  
 M Sep 19-Dec 05 4:30 pm-5:30 pm  
 Instructor: Kirby Snell

**ZumbAtomic**

Ages: 8-13 years



**FREE TRIAL CLASS**

**W Sep 21 4:30 pm-5:30 pm**

ZumbAtomic® is a blast! That's why you're gonna love the Zumbatomic® program for kids. It's a fast-forward fusion of the Zumba moves (salsa, cumbia, reggaeton, hip-hop and more) and designed to let kids max out on fun and fitness all at the same time. Safe and effective, kids can't wait to get into the Zumbatomic groove. Watch their energy and fitness levels soar as they get the groove.

21608.401FC \$96/11 sessions  
 W Sep 28-Dec 07 4:30 pm-5:30 pm  
 Instructor: Kirby Snell

**Highland Dance**

Ages: 7-10 years

Set to both traditional Scottish and contemporary Celtic music, this class offers the chance to learn highland dances and one-of-a-kind choreographed dances. Operating at a brisk tempo, this athletic dance form is a great way for kids to gain strength, flexibility and precision of movement while having fun in a class setting! No specific highland dance wear necessary - soft dance shoes or bare feet acceptable. No class Oct 10.

21610.401FC \$68/12 sessions  
 M Sep 19-Dec 05 4:15 pm-5:15 pm  
 Instructor: Kate McRae

**Jazz Dance**



Jazz is one of today's most popular dance forms. This class combines the fundamentals of ballet posture with the energy, dynamic and exciting moves unique to jazz. This is a high energy class with great music and tons of fun. All levels welcome. Bare feet or ballet shoes recommended. No class Oct 8.

**Ages: 7-9 years**

21620.401FC \$66/11 sessions  
 Sa Sep 21-Dec 03 11:30 am-12:30 pm

**Ages: 10-12 years**

21620.402FC \$72/12 sessions  
 Th Sep 22-Dec 08 5:45 pm-6:45 pm  
 Instructor: Kiera Hill

**Ballet-Beginners**

Ages: 7-9 years

This ballet class teaches grace, elegance, balance and poise through the beginner concepts of ballet. No previous experience required, just an appetite for learning. Ballet shoes recommended. No class Oct 8.

21622.401FC \$66/11 sessions  
 Sa Sep 17-Dec 03 10:30 am-11:30 am  
 Instructor: Kiera Hill

**Ballet-Intermediate**



Ages: 10-12 years

An intermediate class for dancers with some previous ballet experience. Perfect your pointy toes and graceful arms and further explore the magical world of ballet. Younger dancers with previous experience may register.

21623.401FC \$72/12 sessions  
 Th Sep 22-Dec 08 4:45 pm-5:45 pm  
 Instructor: Kiera Hill



**PRIVATE MUSIC LESSONS  
 GUITAR AND PIANO**

See page 8



CREATIVE ARTS



**Child's Clay**

Ages: 6-8 years  
 This class offers your child an opportunity to express themselves creatively using clay. Also covered will be methods of decorating and glazing their new creations. Program fee includes clay.  
 22200.401FC \$76/11 sessions  
 W Sep 21-Nov 30 3:30 pm-4:30 pm  
 Instructor: Tarrynea Biallecki

**Pottery for Kids**

Ages: 8-11 years  
 Covers both wheel throwing and hand building techniques to create one-of-a-kind pieces. We will also cover methods of decorating and glazing your new creations. Program fee includes clay.  
 22201.401FC \$135/10 sessions  
 Th Sep 15-Nov 17 4:00 pm-6:00 pm  
 Instructor: Keith Lehman

**Tot Potters**

Ages: 3-5 years  
 A perfect program for your future potter. This age appropriate exploration with clay is a great way for your child to experience tactile creativity. Tarrynea has a passion for teaching pottery to all ages. While this program is designed for your preschooler, parents are most welcome to stay. Program fee includes clay.  
 12200.401FC \$76/11 sessions  
 W Sep 21-Nov 30 1:45 pm-2:45 pm  
 Instructor: Tarrynea Biallecki



**Cartooning & Animation**

Ages: 8-12 years  
 For young animators who are keen to learn Disney's way of hand drawing in sequences, from animated movies such as Mickey, The Simpson's, Bolt, Up etc. Create your very own characters and see them brought to life through digital and HD film. Computer "live animation" is the newest part in this program. A professional touch of editing voice over and sound effects will be added in the studio (students do not take part) for the final show. Award-winning animators Nadia and Theo will direct you in your beginning steps of your animation dream. Purchase of DVD optional \$20. No class Oct 10 & 31.  
 22001.401FC \$98/8 sessions  
 Mon Sep 19-Nov 21 4:00 pm-6:00 pm  
 Instructor: Nadia Dimitrow

FAMILY PROGRAMS

**Family Self-Defense & Fitness**



Ages: 6+ years  
**FREE TRIAL CLASS**  
**Sa Sep 17 1:00 pm-2:00 pm**  
 This is an anti-bullying program and teaches kids and their parents the necessary tools, awareness and life skills to avoid potential dangerous situations, to recognize sex offenders and to respond effectively if they ever find themselves in a high-risk situation. You will learn realistic defensive and escape techniques from Krav Maga (Israeli Fighting System), the fastest growing martial art. Self-defense strategies are played in games which improve kid's fitness, concentration and techniques. The techniques are recommended to be practiced at home, interactively, between a parent and their children. Suitable for anyone, regardless of athletic ability. Parent participation is mandatory for children under 10 years. Participating parents and siblings will receive a 50% discount. See [www.fit2defend.ca](http://www.fit2defend.ca) for sample techniques. No class Oct 8.  
 23405.401FC \$120/10 sessions  
 \$60/10 sessions (parents & siblings)  
 Sa Oct 01-Dec 10 1:00 pm-2:00 pm  
 Instructor: Mario Schioppa

**Family Yoga**

Ages: 6+ years  
 This active Yoga class is inspired by Hatha Yoga, which relates to the practice of special animal and insect named poses. Learn how some poses are calming and grounding while others are energizing and uplifting. Learn how breathing techniques can alter moods and how peaceful postures soothe away tension. A wonderful class to promote family connection and unity. Fees are based on parent and child(ren); \$50 family of 2, \$51 family of 3 and \$52 family of 4. No on-line registration. Visit [www.butterflyyoga.ca](http://www.butterflyyoga.ca) for more information. No class Oct 9.  
 24303.401FC \$50/5 sessions  
 Su Sep 18-Oct 23 11:00 am-11:45 am  
 24303.402FC \$50/5 sessions  
 Su Oct 30-Nov 27 11:00 am-11:45 am  
 Instructor: Butterfly Yoga



**KARATE**  
**CHILDREN AND FAMILY**  
**6+ yrs**  
 See page 11

**SPORTS**

**Recreational Rhythmic Gymnastics**

A fun opportunity for your child to experience Rhythmic Gymnastics presented in a recreational style format. Tumble, jump and dance using ribbons and hoops with instruction provided by very experienced leaders. No class Nov 11.

**Ages: 4-6 years**

13100.401FC \$83/11 sessions  
F Sep 23-Dec 09 3:30 pm-4:30 pm

**Ages: 7-12 years**

23100.401FC \$83/11 sessions  
F Sep 23-Dec 09 4:30 pm-5:30 pm  
*Instructor: Daniela Voinescu*

**Golden Boot Soccer Academy**

Learn the basic skills of the most popular game in the world through fun games and scrimmages. Play with no-bounce balls and develop great technique and skill while also learning team play. Parent participation is required.

**Ages: 2.5-3.5 years**

13150.401FC \$96/12 sessions  
Th Sep 22-Dec 08 1:15 pm-2:00 pm

**Ages: 3.5-5 years**

13150.402FC \$96/12 sessions  
Th Sep 22-Dec 08 2:00 pm-2:45 pm  
*Instructors: Mohsen Hatamian & Toni Locascio*

**Sportball Multi-Sport**

Children are introduced to a wide range of fundamental skills while developing familiarity with several popular sports. Sportball instruction helps children develop social as well as physical skills through a curriculum that reinforces confidence and is free of the pressure of competition. This is a high-energy, fun-filled program. To learn more visit [www.sportball.ca](http://www.sportball.ca). No class Oct 8, 29 & Nov 12.

**Ages: 3-5 years**

13172.401FC \$187/12 sessions  
Tu Sep 20-Dec 06 2:00 pm-3:00 pm

13172.402FC \$125/8 sessions  
Sa Sep 24-Dec 03 10:15 am-11:15 am

**Ages: 4-6 years**

13172.403FC \$202/13 sessions  
W Sep 14-Dec 07 3:45 pm-4:45 pm  
*Instructor: Sportball*

**KARATE**

**Karate Children and Family All Levels (Sat only)**

Ages: 6+ years  
Have fun while learning traditional Go-Ju Ryu karate taught by 7th Dan Sensei George Chan (over 28 years of experience) and his team of senior assistants. This program improves focus and self-discipline. Students learn at their own pace in their own groupings and provides confidence for all with mini-tests to determine progress levels. This program is also recognized by the school board as physical education credit and tax deductible by Revenue Canada. Please note that George encourages parents to register for this program and participate with their children. The Parent registration fee is the same price as the child's registration fee. Visit website for more information: [www.kuyukai.com](http://www.kuyukai.com). No class Oct 8 & Nov 12.  
23400.401FC \$37/5 sessions  
Sa Sep 24-Oct 29 1:45 pm-3:00 pm

23400.402FC \$37/5 sessions  
Sa Nov 05-Dec 10 1:45 pm-3:00 pm  
*Instructors: George Chan & Natasha Lo-Chang*



**Karate Children and Family Int/Adv (Thr/Sat)**

Ages: 6+ years  
An Intermediate/Advanced level which takes place on Saturday afternoon and Thursday evening. This Go-Ju Ryu karate program is taught by 7th Dan Sensei George Chan (over 28 years of experience) and his team of senior assistants. This program improves focus and self-discipline. Students learn at their own pace and gain confidence with mini-tests to determine progress levels. This program is also recognized by the school board as physical education credit and tax deductible by Revenue Canada. Please note that George encourages parents to register for this program and participate with their children. The Parent registration fee is the same price as the child's registration fee. Visit website for more information: [www.kuyukai.com](http://www.kuyukai.com). No class Oct 8 & Nov 12.

23401.401FC \$62/10 sessions  
Th/Sa Sep 24-Oct 29 7:00 pm-8:00 pm

23401.402FC \$75/12 sessions  
Th/Sa Nov 03-Dec 15 7:00 pm-8:00 pm  
*Instructors: George Chan & Julie Zilber*



**SPECIAL INTEREST**

**Fun With My Dog**

Ages: 7-12 years  
Designed for children to enhance the existing bond with their pet. Participants will learn to teach basic skills and manage their dog in a kind and fair way. Mentally stimulating tricks and games will be included to ensure fun for both the junior handler and their dog partner. With new knowledge, children will confidently enjoy daily outings with their dogs. Bring dogs on the first day. Suitable for dogs 5 months +.  
25410.401FC \$70/7 sessions  
Tu Sep 27-Nov 08 4:30 pm-5:30 pm  
*Instructor: Canine Companion*

PROGRESSIVE TENNIS

The Progressive Tennis Program is a series of stages that allow learners to develop tennis through modified courts, nets, balls and racquets. Players start at 1/2 or Mini Court using racquets that fit their physical size, slow moving low compression or dense foam balls and cooperative learning models of play. All tennis skills including ground strokes, footwork and playing strategies are introduced. The levels progress to 3/4 court, with a modified ball, then to full court with the play to be achieved using the regular ball.

All classes are held indoors at False Creek Community Centre  
 Note: No lessons Oct 8, 10, 31 and Nov 12.



**Parent and Tot Tennis**

**Ages:** 4-5 years  
 This program introduces your child to the joy of running, chasing and hitting a ball. All enjoyed with Mom and Dad. Combine the physical skills with the program's emphasis on positive social development and interaction and you have the beginning of a family relationship to the sport that can be shared for a lifetime. We provide the racquets if required and balls. Fee is for one child and one parent. Parent participation required. Classes are held indoors. No class Oct 8 & Nov 12.  
 13201.401FC \$72/8 sessions  
 Sa Sep 24-Nov 26 12:30 pm-1:15 pm  
*Instructor: Provided by Gord Hauka's Tennis*

**6-8 yrs**

1/2-3/4 Court Tennis The first step in "Progressive Tennis". Beginning with Mini 1/2 Court play and using easy to control low compression or foam balls, players develop ground stroke rally skills, coordination and court movement. Low key cooperative activities lead to the improvement of the fundamentals and the advancement to play at 3/4 court. This program takes place indoors. No class Oct 8, Oct 10, Oct 31 and Nov 12.

23200.401FC \$45/5 sessions  
 Sa Sep 17-Oct 29 1:15 pm-2:15 pm

23200.402FC \$45/5 sessions  
 Sa Nov 05-Dec 10 1:15 pm-2:15 pm

23200.403FC \$72/8 sessions  
 M Sep 26-Nov 28 3:45 pm-4:30 pm  
*Instructor: Provided by Gord Hauka's Tennis*

**9-12 yrs**

3/4 to Full Court Tennis. Players continue their development and move on to full court as skills improve. Players at this level have completed a beginner session or can exchange a rally at 3/4 court on forehand and backhand. This program takes place indoors. No class Oct 8, Oct 10, Oct 31 and Nov 12.

23201.401FC \$45/5 sessions  
 Sa Sep 24-Oct 29 2:15 pm-3:15 pm

23201.402FC \$45/5 sessions  
 Sa Nov 05-Dec 10 2:15 pm-3:15 pm

23201.403FC \$72/8 sessions  
 M Sep 26-Nov 28 4:30 pm-5:15 pm

*Instructor: Provided by Gord Hauka's Tennis*

Questions regarding player levels and inquiries: [gordhaukastennis@gmail.com](mailto:gordhaukastennis@gmail.com)  
 Please check the website [www.gordhaukastennis.com](http://www.gordhaukastennis.com) for more information.



**Registration Refunds**

- Instructor reserves the right to assess and place players in the level best suited for their success.
- Refunds prior to the start date require 72 hours notice before 1st class. A \$5 administrative fee will be charged.
- No refunds issued after the program has begun except for medical reason (doctor's note must be provided)

## Youth Open Gym

This session is for youth to drop in and use our gymnasium free of charge. Please bring your own equipment as ours is limited. No Session October 28th and November 11th.

33001.401FC FREE/13 sessions  
 W Sep 21-Dec 14 6:00 pm-7:30 pm  
 Th Sep 22-Dec 15 6:00 pm-7:30 pm

## Preteen

F Sep 23-Dec 16 3:00 pm-6:00 pm

## Youth

F Sep 23-Dec 16 6:00 pm-9:30 pm  
*Instructor: tba*

## Youth Open Gym Activity

This session is for youth to come and play organized sports on Friday nights. Each week, let the staff know what sport you want to play. Floor hockey, basketball, dodgeball, or any other sport we can play in our mini gym. Some nights we will even treat you to pizza! If you need a break you can hang out in the games room playing Wii, XBOX 360, airhockey or foosball. No Session October 28th and November 11th.

33001.405FC FREE/13 sessions  
 F Sep 23-Dec 16 6:00 pm-9:30 pm  
*Instructor: tba*

## Community Open Gym

All Ages

Community Open Gym is a place where you, your family and your friends can come and play casual sports in our mini gym. This FREE gym time is open for all ages and abilities. Please note: this is not an exclusive open gym time and participants must respect the activities of others. This is the perfect Sunday afternoon activity for the family! No registration necessary. For sessions over the long weekends, please check community centre hours to ensure program is running.

63001.401FC FREE  
 Su Sep 25-Dec 18 2:00 pm-4:00 pm



## Youth Weight Training

Ages: 15-18 years

Looking to get fit, ripped, toned or work off the four chocolate bars you ate for breakfast? Every Tuesday join us in the fitness centre to work out, ask questions and learn healthy weight lifting and cardio techniques. No registration is required however, the proper consent forms must be completed.

33005.401FC FREE  
 Tu Sep 27-Dec 13 6:00 pm-8:00 pm

## Youth Floor Hockey

Ages: 9-13 years

If you are in grades 6, 7 or 8 join us for a game of hockey in our Mini-Gym. We will provide the stick and safety gear. Please wear non-marking soled shoes.

23001.400FC FREE  
 Tu Sep 27-Dec 13



## Karate - Youth Ku Yu Kai

Ages: 12-17 years

Friendly class environment that introduces you to many aspects of this traditional style of karate. George brings 26 years teaching experience to this program. The focus is on self-defence, fitness training, sparring practice and the graceful art of kata (forms). Progress at your own pace. Uniform optional for beginners. More info at [www.kuyukai.com](http://www.kuyukai.com) Instructors: George Chan & Julie Zilber

33400.401FC \$112/12 sessions  
 Tu Sep 20-Oct 27 7:00 pm-9:00 pm  
 Th 7:00 pm-8:00 pm

33400.402FC \$112/14 sessions  
 Tu Nov 01-Dec 15 8:00 pm-9:00 pm  
 Th 7:00 pm-8:00 pm  
*Instructor: George Chan*

