

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 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



SOCIAL



Girls Night Out

Ages: 9-13 years

Hey girls! If you want to hang out, go on fun out-trips, eat some awesome food and meet some new people, this program is for you. Every week come hang out on your Night Out. Grades 5, 6, and 7.

Set 1:

- Sep 29 Make your own pizza
 - Oct 6 Candle Making
 - Oct 13 Create your own sundae
 - Oct 20 Wii Games & Nachos
 - Oct 27 Pumpkin Carving
 - Nov 3 Watermania Pool
- 25800.401FC \$55/6 sessions
Th Sep 29-Nov 03 6:00 pm-8:00 pm

Set 2:

- Nov 10 Cooking Dinner
 - Nov 17 Make your own Tie Dye Shirt!
 - Nov 24 Death by chocolate
 - Dec 1 Making bath bombs
 - Dec 8 Cast making activity
 - Dec 15 Movie Theatre
- 25800.402FC \$55/6 sessions
Th Nov 10-Dec 15 6:00 pm-8:00 pm
Instructor: Brittany Walsh

Youth Open Gym Sessions

These sessions are for youth to drop in and use our gymnasium free of charge. Please bring your own equipment as ours is limited. See weekly activity schedule for current times.

Guys on the Go

Ages: 9-13 years

Hang out with the guys every Tuesday night to chill, eat, laugh, meet some new people and just have a good time. We will be doing a variety of activities in this program including some fun out trips. This session we will complete a carpentry project and build a birdhouse from scratch. This program's for boys in grades 5, 6 and 7.

Set 1:

- Sep 27 Pasta Dinner
 - Oct 4 Painting T-Shirts
 - Oct 11 Science Experiment
 - Oct 18 Nachos and Movie
 - Oct 25 Plaster Masks
 - Nov 1 Bowling
- 25801.401FC \$55/6 sessions
Tu Sep 27-Nov 01 6:00 pm-8:00 pm

Set 2:

- Nov 8 Pizza Making
 - Nov 15 Big Screen Movie
 - Nov 22 Chocolate Making
 - Nov 29 Tie-Dye Shirts
 - Dec 6 Games Night
 - Dec 13 Laser Tag
- 25801.402FC \$55/6 sessions
Tu Nov 08-Dec 13 6:00 pm-8:00 pm

CREATIVE ARTS

Youth Pottery

Ages: 11-15 years

This introduction to the art of clay will cover 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. No experience is necessary for this course. Program fee includes clay.

32200.401FC \$79/6 sessions
Tu Sep 27-Nov 1 4:00 pm-6:00 pm

32200.402FC \$79/6 sessions
Tu Nov 8-Dec 13 4:00 pm-6:00 pm

Instructor: Carole Henshall

Halloween Twilight Pre-Teen Dance

Ages: 9-12 years
Friday October 28
7:00 pm-9:00 pm

Twas Twilight before the fun got started last year at the Halloween Dance! We will be hosting Twilight, the Hallowe'en Pre-Teen Dance. Loads of prizes to be given away. Wear a costume if you'd like, either way, it's going to be a spooktacular night! We will be pumpin the top 40 along with professional lights and effects.

Tickets are \$3.00 in advance and \$5.00 at the door. 35625.400FC

Out Trip Activities



Whistler Ski / Snowboard

Ages: 10-17 years

Come out and shred it up with False Creek this Winter. December 17th we will be hittin' the slopes for a fun day in Whistler. You will get hooked up with gear if you need it, a lesson and the best day you'll have 'til the next trip. Call 604-257-8155 for details. Sign up now to ensure your spot! At this price, it fills up fast.

33500.401FC \$82 for renters
\$69 non-renters
Sa Dec 17 6:30 am-6:00 pm

SOCIAL

Youth Weekly Activity Schedule



Tuesday	Youth Floor Hockey 4pm-5:30pm Youth Pottery 4pm-6pm Guys on the Go 6pm-8pm Youth Weight Training 6pm-8pm
Wednesday	Youth Open Gym 6-7:30pm
Thursday	Youth Open Gym 6pm-7:30pm Girlz Night Out. 6pm-8pm
Friday	Youth Open Gym 3pm-6pm Open Gym Activity 6pm-9:30pm Friday Night Live Out-Trip 6pm-9pm*

Youth Games Room

The False Creek Games room is open to youths Mondays, Wednesdays and Fridays, afterschool until close. We have it stacked with Air-hockey, Foosball, TV as well as a big screen for our Friday night games and movie nights. Free wi-fi is available all around the centre too! It's your place to hang out and have a good time.



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33001.405FC FREE Sep 23-Dec 16 6:00 pm-9:00 pm

Youth Thrills & Skills Winter Day Camp

Ages: 10-15 years

Experience the adventures of snowtubing, swimming, hiking or snowshoeing, games and other awesome adventures. Youth travel using the False Creek Community Centre van so space is limited. Consent forms must be filled out. Extended care activities are available for those registered. For more info on the schedule of activities, please see www.FalseCreekYouth.ca

36090.400FC \$147/5 sessions
M-F Dec 19-Dec 23 9:30 am-4:30 pm

LEADERSHIP



Youth Open House and BBQ

Come out for some free burgers and dogs! We will be having our welcome back weenie roast and youth open house. Learn about youth programs, play games, meet the youth workers and hang out with your friends in the gym or our games room. This night is completely on us!

35701.401FC FREE
F Sep 23 6:00 pm-9:00 pm

Duke of Edinburgh Award Booklet

Ages: 14-25 years

This Award has 3 levels, bronze, silver and gold. At each level you must complete tasks in community service, personal skills development, physical recreation and an adventurous journey. Upon completion of the program, you are congratulated by the Community, the Lieutenant Governor and/or by a member of the Royal Family. This certificate is an excellent asset to your resume and career. Call 604-257-8193 and talk to Brian for more information.

35900.600FC \$28/Booklet

Volunteer Opportunities!

Interested in volunteering for children's programs or one of our special events? Contact Brian at 604-257-8193.



FRIDAY NIGHT LIVE



Our Friday night out trips will give you somethin' to talk about.

We are going to hit up a bunch of different venues around Vancouver while meeting new people and having a good time. Registration not required for free program nights.

Fridays 6:00 pm-9:00 pm
 *Times Vary depending on activity.
 For specific times please call
 604-257-8195 or visit
www.FalseCreekYouth.ca

Sept 23	Youth Open House BBQ	35701.401FC	FREE
Sep 30	Kayak and Hot Chocolate	35701.402FC	\$9.00
Oct 7	Laser Tag	35701.403FC	\$12.00
Oct 14	PlayLand Fright Nights	35701.404FC	\$34.00
Oct 21	Big Screen Movie Night	35701.405FC	FREE
Oct 28	Pre-Teen Halloween Dance	35625.400FC	\$3/\$5at door
Nov 4	Watermania	35701.407FC	\$19.00
Nov 18	Laser Tag	35701.408FC	\$12.00
Nov 25	Big Screen Games Night	35701.409FC	FREE
Dec 2	Pizza & Ice Skating	35701.410FC	\$8.00
Dec 9	Giants Hockey Game	35701.411FC	\$23.00
Dec 16	Snow Tubing	35701.412FC	\$25.00

PRO D DAY

Lazer Tag

Ages: 9-15 years
 Spend your pro-d-day with False Creek where we will be heading to Planet Lazer in Richmond. We will play two games of Lazer Tag. After this will be hanging out, playing games and lots of other activities. We will be traveling in the False Creek Van. Please pack a lunch.

False Creek Elementary School:
 35703.401FC \$29/1 session
 F Sep 23 9:00 am-3:00 pm

Henry Hudson Elementary School:
 35703.402FC \$29/1 session
 M Sep 26 9:00 am-3:00 pm

Watermania & Pumpkin Patch

Ages: 9-15 years
 Spend your pro-d-day with False Creek where we will be heading to Watermania and the Pumpkin Patch in Richmond. After this will be hanging out, playing games and picking pumpkins. We will be traveling in the False Creek Van. Please pack a lunch.

All Schools:
 35703.403FC \$32/1 session
 F Oct 21 9:00 am-3:00 pm

Castle Fun Park

Ages: 9-15 years
 Spend your pro-d-day with False Creek where we will be heading out Castle Fun Park in Abbotsford. This place is packed with arcade games, batting cages, mini-golf and a whole lot more. We will be traveling in the False Creek Van. Please pack a lunch.

Henry Hudson Elementary School:
 35703.404FC \$33/1 session
 Tu Nov 1 9:00 am-3:00 pm

Indoor Rock Climbing

Ages: 9-15 years
 Spend your pro-d-day with False Creek where we will be spending most of our day indoor rock climbing. Whether you have no experience or are a pro, our belayers can help you out. After this will be hanging out, playing games and lots of other activities. We will be traveling in the False Creek Van. Please pack a lunch.

Henry Hudson Elementary School:
 35703.405FC \$33/1 session
 W Nov 9 9:00 am-3:00 pm

False Creek Elementary School:
 35703.406FC \$33/1 session
 F Nov 25 9:00 am-3:00 pm



Science World & IMAX Movie

Ages: 9-15 years
 Spend your pro-d-day with False Creek where we will be heading to Science World where we will catch an IMAX movie on the gigantic screen and explore the rest of the Telus World of Science. After this will be hanging out and participating in other fun activities. We will be traveling in the False Creek Van. Please pack a lunch.

All Schools:
 35703.407FC \$33/1 session
 M Nov 14 9:00 am-3:00 pm