

## PERFORMING ARTS

**Musical Theatre**

Have you ever dreamed about being a triple threat? Let's dance, sing and act together! In this class we will combine basic acting principles, voice warm ups and choreography that make up dynamic musical theatre. No class Mar 12, 19 & Apr 9.

**Ages: 5-8 years**

21605.101FC \$81/12 sessions  
M Jan 9-Apr 16 3:30 pm-4:30 pm

**Ages: 9+ years**

21605.102FC \$81/12 sessions  
M Jan 9-Apr 16 4:30 pm-5:30 pm  
*Instructor: Larisse Campbell*

**ZumbAtomic****FREE TRIAL CLASS**

**W Jan 11 4:30 pm-5:30 pm**

Ages: 7+ years

ZumbAtomic® is a blast! A fusion of world and Latin styles with a hip hop edge. That's why you're gonna love the Zumbatomic® program (salsa, cumbia, reggaeton, hip-hop and more) designed to let kids max out on fun while dancing their hearts out. Kids can expect to learn 10-12 different dance combinations through the session. Watch their energy and coordination levels soar as they get the groove. For more information visit [www.kirbysnelldance.com](http://www.kirbysnelldance.com). No class Mar 14 & 21.

21608.101FC \$105/12 sessions  
W Jan 18-Apr 18 4:30 pm-5:30 pm  
*Instructor: Kirby Snell*

**Ballet - Beginner**

Ages: 6-9 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 Mar 17, 24 & Apr 7.

21622.101FC \$81/12 sessions  
Sa Jan 14-Apr 21 10:45 am-11:45 am  
*Instructor: Nita Bowerman*

**Ballet - Intermediate**

Ages: 8+ 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. Ballet shoes recommended. No class Mar 17, 24 & Apr 7.

21623.401FC \$81/12 sessions  
Sa Jan 14-Apr 21 11:45 am-12:45 pm  
*Instructor: Nita Bowerman*

**Highland Dance**

Ages: 7-12 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 Mar 12, 19 & Apr 9.

21610.101FC \$74/12 sessions  
M Jan 9-Apr 16 4:15 pm-5:15 pm  
*Instructor: Kate McRae*

**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 December 1. Spaces will not be held once general registration begins on December 13.

**Piano**

Ages: 5+ years

21000.101FC-.109FC \$323/17 sessions  
Th Jan 5-Apr 26 3:30 pm-8:00 pm

21000.122FC-.129FC \$304/16 sessions  
F Jan 6-Apr 27 3:30 pm-7:30 pm  
*Instructor: Monika Oldershaw*



## CREATIVE ARTS

## Cartooning &amp; Animation

Ages: 8-12 years

For young animators who are keen to learn Disney's way of hand drawing in sequences from animated movies. 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.

22001.101FC \$98/8 sessions  
M Jan 9-Feb 27 4:00 pm-6:00 pm  
Instructor: Nadia Dimitrow

## Play with Clay

Ages: 6-8 years

It's child's play with clay. This class offers an opportunity to create animals, masks, cups and bowls. Emphasis is on having good creative fun! No experience necessary. Program fee includes clay and glazing. No class Mar 14 & 21.

22200.101FC \$108/13 sessions  
W Jan 11-Apr 18 3:30 pm-4:45 pm  
Instructor: Tarrynea Biallecki

## Pottery for Kids

Ages: 8-11 years

This fun introduction to the world 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. Program fee includes clay.

22201.101FC \$110/8 sessions  
Th Jan 19-Mar 8 4:00 pm-6:00 pm  
22201.102FC \$68/5 sessions  
Th Mar 29-Apr 26 4:00 pm-6:00 pm  
Instructor: Keith Lehman

## SPORTS

Recreational  
Rhythmic Gymnastics

Rhythmic Gymnastics presented in a fun recreational style format. Tumble, jump and dance using ribbons and hoops with instruction provided by very experienced leaders. No class Mar 16, 23 & Apr 6.

Ages: 4-6 years  
13100.101FC \$89/12 sessions  
F Jan 13-Apr 20 3:30 pm-4:30 pm

Ages: 7-12 years  
23100.101FC \$89/12 sessions  
F Jan 13-Apr 20 4:30 pm-5:30 pm  
Instructor: Daniela Voinescu

## Yoga



Ages: 6-12 years

This Yoga class inspired by Kundalini Yoga will engage children in activities that challenge and encourage social and self-awareness in a nurturing environment. Different songs and postures will be introduced each class that promote stimulation and calmness. The stages of each class are set out to bring body awareness, mind awareness and to acquaint children with spirit awareness. Games will stimulate social interaction, coordination, concentration and focus.

24305.101FC \$48/6 sessions  
Th Jan 12-Feb 16 3:30 pm-4:30 pm

24305.102FC \$40/5 sessions  
Th Mar 29-Apr 26 3:30 pm-4:30 pm  
Instructor: Katrina Harris

## Sportball

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).

## Multi-Sport

Ages: 3-4 years  
13172.101FC \$140/9 sessions  
Tu Jan 10-Mar 6 2:00 pm-3:00 pm

13172.102FC \$78/5 sessions  
Tu Mar 27-Apr 24 2:00 pm-3:00 pm

Ages: 5-6 years  
13172.103FC \$140/9 sessions  
W Jan 11-Mar 7 3:45 pm-4:45 pm

13172.104FC \$78/5 sessions  
W Mar 28-Apr 25 3:45 pm-4:45 pm  
Instructor: Sportball

## TENNIS LESSONS

See page 10



## PROGRESSIVE TENNIS



The goal of the Children's Tennis Program is to give players an opportunity to **develop their play** to a level where they can **enjoy a social and physical activity that lasts a lifetime.**

We will provide **the physical and skill development needed to accomplish each individual's goals.**

Our program uses the Progressive Tennis Model for lessons and play.

Players begin in a Team Group of Beginner, Novice or Intermediate. Each level relates to the combined physical and emotional skills required to play games and matches at that level.

All lessons held indoors at False Creek Community Centre.

**BEGINNER:** Has not played Tennis before or cannot maintain a rally across the net 6 times.

**NOVICE:** Maintains a rally 6 times with a partner at 1/2 or 3/4 court, hits an overhead serve.

**\*INTERMEDIATE:** Players must be cleared by Instructors for this level. Must have completed Beginner and Novice Levels and maintain a rally 8-10 times at 3/4 or full court, use a full service motion, volley and is prepared to play competitive matches

Level	Age	Day	Dates	Time	Cost	Course #
Level 1 Beginner	6-8 yrs	Mondays	Jan 16-Mar 5	3:45-4:30pm	8 Sess \$96	23200.101FC
		Saturdays	Jan 14-Mar 3	1:00-1:45pm	8 Sess \$96	23200.102FC
Level 2 Novice	9-12 yrs	Mondays	Jan 16-Mar 5	4:35-5:25m	8 Sess \$96	23200.103FC
		Saturdays	Jan 14-Mar 3	1:50-2:40pm	8 Sess \$96	23200.104FC
Level 3 Intermediate	6-8 yrs	Fridays	Jan 13-Mar 2	3:45-4:40pm	8 Sess \$96	23201.101FC
		Fridays	Jan 13-Mar 2	4:45-5:45pm	8 Sess \$96	23201.102FC
Level 3 Intermediate	6-8 yrs	Saturdays	Jan 14-Mar 3	2:45-3:40pm	8 Sess \$96	23202.101FC
		Saturdays	Jan 14-Mar 3	2:45-3:40pm	8 Sess \$96	23202.102FC



### Gord Hauka

Ensures that all instructors provide enjoyable and enthusiastic instruction. Classes follow the Progressive Tennis Program that was developed in Europe and is now used by committed instructors across Canada. Tennis is made for fun and run and is best enjoyed when taught with the philosophy that *"Play Is What We Teach"*.

Questions regarding player levels and inquiries: [gordhaukastennis@gmail.com](mailto:gordhaukastennis@gmail.com)  
[www.gordhaukastennis.com](http://www.gordhaukastennis.com)

### Registration and 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)



**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 Apr 7.

23400.101FC \$60/8 sessions  
Sa Jan 7-Feb 25 1:45 pm-3:00 pm

23400.102FC \$53/7 sessions  
Sa Mar 3-Apr 21 1:45 pm-3:00 pm

Instructors: George Chan & Natasha Lo-Chang

**Karate Children and Family Int/Adv (Thu/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. Note: Class meets twice a week. Visit website for more information: [www.kuyukai.com](http://www.kuyukai.com). No class Apr 7.

23401.101FC \$94/15 sessions  
Jan 7-Feb 25  
Sa 1:45 pm-3:00 pm & Th 7:00 pm-8:00 pm

23401.102FC \$88/14 sessions  
Mar 3-Apr 21

Sa 1:45 pm-3:00 pm & Th 7:00 pm-8:00 pm  
Instructor: George Chan & Julie Zilber

**Family Self-Defense & Fitness**

**FREE TRIAL CLASS**

Sa Jan 7 1:00 pm-2:00 pm

Ages: 6+ years  
This is an anti-bullying program and teaches kids and their parents the necessary tools, awareness and life skills to avoid potentially 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.

23405.101FC \$156/15 sessions  
Sa Jan 14-Apr 21 1:00 pm-2:00 pm

Instructor: Mario Schiopu

**SPORTS & FITNESS**

**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 is FREE gym time open for all ages and abilities. Please note: this is not an exclusive 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 the community centre hours to ensure program is running.

FREE  
Su Jan 15-Apr 29 2:00 pm-4:00 pm

**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. FREE/13 sessions

Th Jan 5-Apr 26 6:00 pm-7:30 pm

**Preteen**

F Jan 6-Apr 27 3:00 pm-6:00 pm

**Youth**

F Jan 6-Apr 27 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. We can play floor hockey, basketball, dodgeball, or any other sport we can play in our mini gym. If you need a break you can hang out in the games room playing Wii, airhockey or foosball.

33001.405FC FREE/13 sessions  
F Jan 6-Apr 27 6:00 pm-9:30 pm

Instructor: TBA