

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. 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. 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 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

SPORTS & FITNESS

Youth Floor Hockey

Ages: 9-13 years
 If you are in grades 5, 6 or 7 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 Jan 10-Apr 24 4:00 pm-5:30 pm

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
 33400.101FC \$112/14 sessions
 Tu Jan 10-Feb 23 7:00 pm-8:00 pm
 Th 7:00 pm-8:00 pm
 33400.102FC \$120/15 sessions
 Tu Mar 1-Apr 19 7:00 pm-8:00 pm
 Th 7:00 pm-8:00 pm
Instructor: George Chan



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 Jan 10-Apr 24 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.
 32200.101FC \$79/6 sessions
 Tu Jan 17-Feb 21 4:00 pm-6:00 pm
 32200.102FC \$79/6 sessions
 Tu Feb 28-Apr 3 4:00 pm-6:00 pm
Instructor: Carole Henshall



PRO D DAY

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 we will be hanging out, playing games and lots of other activities. We will be traveling in the False Creek Van. Please pack a lunch.
All Schools: \$43/ 1 session
 F Feb 3 9:00am-3:00pm

Watermania Swimming

Ages 9-15 years
 Spend your pro-d day with False Creek where we will be heading to Watermania in Richmond. After this we will be hanging out, playing games and lots of other activities. We will be traveling in the False Creek Van. Please pack a lunch.
All Schools: \$35/1 session
 M Feb 6 9:00am-3:00pm

Youth Thrills & Skills Day Camp

Ages: 10-15 years
 Experience the adventures of snowtubing, swimming, hiking or snowshoeing, games and other awesome adventures. 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
 36090.100FC \$147/5 sessions
 M-F Mar 12-Mar 16 9:30am-4:30pm
 36090.101FC \$147/5 sessions
 M-F Mar 19-Mar 23 9:30am-4:30pm

Snow Tubing

Ages 9-15 years
 Spend your pro-d day with False Creek where we will be heading to Seymour Mountain to go Snow tubing. We will be traveling in the False Creek Van Please pack a lunch.
All Schools: \$45/ 1 session
 F Feb 17 9:00am-3:00pm

Laser 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 a game of Lazer tag. After this we 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:
 \$39/1 sess
 F Apr 20 9:00am-3:00pm
False Creek Elementary School:
 \$39/1 sess
 M Apr 23 9:00am-3:00pm



Youth Weekly Activity Schedule



Tuesday	Youth Floor Hockey 4pm-5:30pm Youth Pottery 4pm-6pm 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. 6pm-9pm*

Youth Games Room

The False Creek Games room is open to youth Mondays, Wednesdays and Fridays, after school 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.



Cupids Ball

Pre Teen Valentines Dance

Ages: 9-12 years

Friday February 3

7:00 pm-9:00 pm

Spice it up a little this year at our Pre Teen Cupids Ball. Get decked out in your most fly outfit or red, white, and pinks! Lots of prizes to be given away!

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.



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 604-257-8155 and talk to Josh for more information. 35900.600FC \$28/Booklet



Babysitter Course

Ages: 11+ yrs

This course is a nationally recognized program designed to prepare your growing teen to develop self-assurance, knowledge, and skills required for babysitting duties and when caring for themselves alone.

38020.101FC

\$75/1 sess

Sa Mar 3

9:00 am-4:00 pm

Instructor: TBA

Volunteer Opportunities!

Interested in volunteering for children's programs or one of our special events? Contact Josh at 604-257-8155.

Girlz Night Out

Ages: 9-13 years

Hey girls! If you want to hang out, go on a fun out-trip, eat some awesome food and meet new people, this program is for you. Every week come hang out on your Girlz Night Out. Grades 5, 6 and 7. Drop-in \$10-12 depending on the activity we are doing. We only have 9 spots available for out-trips and a couple of extra places for activities in the centre, so registration is recommended. **Consent form required for all trips.**



Set 1:

- Jan 12: Nachos and Movie
- Jan 19: Spa Night
- Jan 26: Baking
- Feb 2: Valentine card making
- Feb 9: Pasta Night
- Feb 16: Beading
- Feb 23: SURPRISE!
- \$64/7 sessions
- Th Jan 12-Feb 23
- 6:00 pm-8:00 pm

Set 2:

- Mar 1: Pizza and Movie
- Mar 8: Photo Scavenger Hunt
- Mar 15: Sundae night
- Mar 22: Big Screen Games
- March 29: Jewelry making
- April 5: Baking
- April 12: SURPRISE!
- \$64/7 sessions
- Th Mar 1-Apr 12
- 6:00 pm-8:00 pm

Whistler Ski / Snowboard

**Saturday February 18
6:30am-6:00pm**

Come out and shred it up with False Creek this Winter. 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.

Ages: 10-17 years
\$89 for renters and \$79 non-renters

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 or hang out at the centre's games room and gym. Our focus is fun, meeting new people, and getting involved. Registration is not required for free events.

Please complete a consent form for all out-trips.

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

Jan 13	Big Screen Games Night		FREE
Jan 20	Pizza and Ice Skating	35702.104FC	\$10
Jan 27	Laser Tag	35702.103FC	\$12
Feb 3	Plan Your Cupids Dance		FREE
Feb 10	Cupids Ball Dance	35625.101FC	\$3/\$5 at door
Feb 17	Bowling	35702.106FC	\$10
Feb 24	Snow Tubing	35702.101FC	\$25
Mar 2	Tournament Night		FREE
Mar 9	Swimming at Hillcrest Pool	35702.114FC	\$6
Mar 16	Big Screen Movie Night		FREE
Mar 23	Big Screen Games Night		FREE
Mar 30	Ice Skating and Sushi	35702.109FC	\$10
Apr 13	Swimming at Watermania	35702.112FC	\$10
Apr 20	Tournament Night		FREE
Apr 27	Surprise!!		FREE

