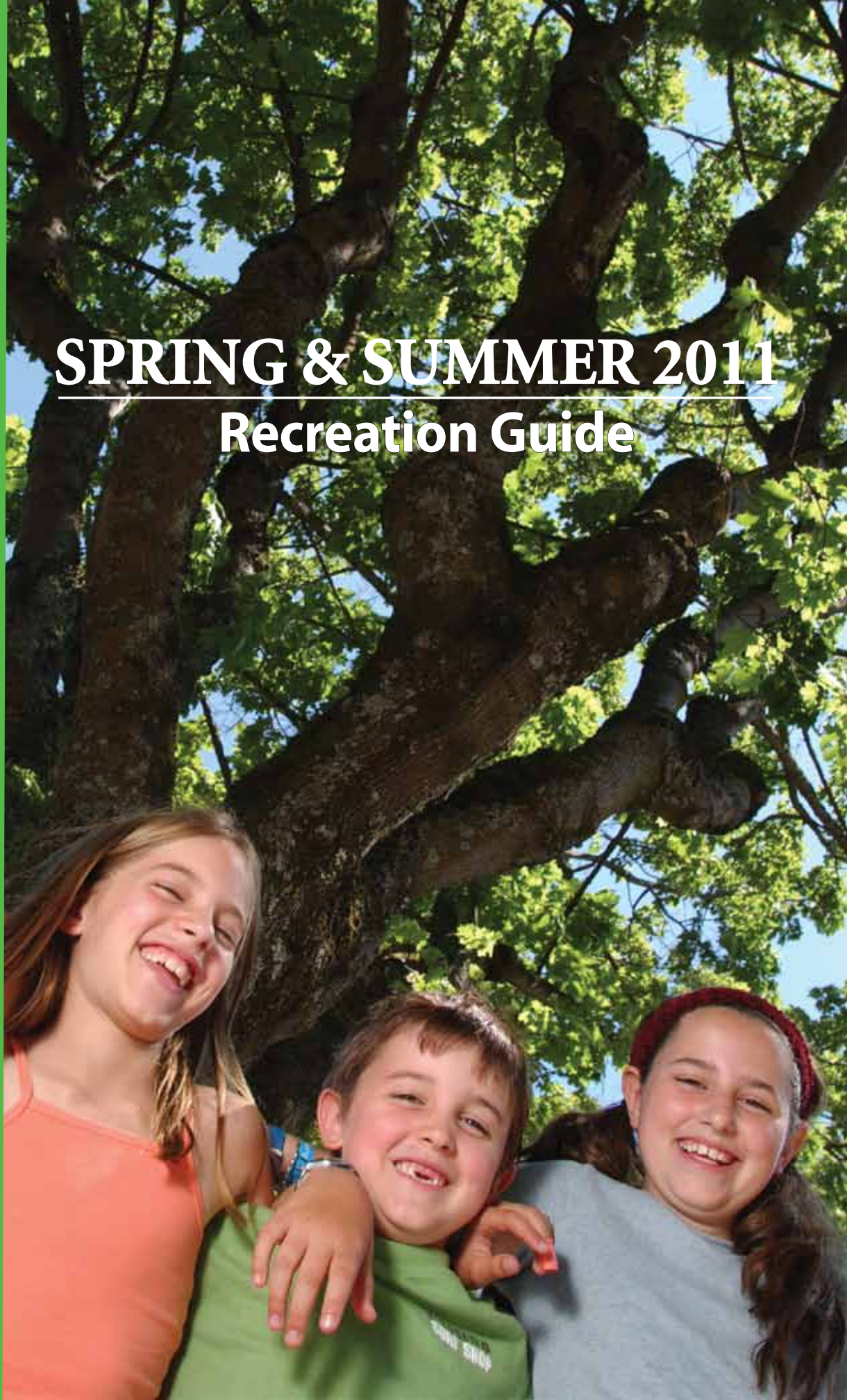


MOUNT PLEASANT
COMMUNITY CENTRE

SPRING & SUMMER 2011

Recreation Guide





MOUNT PLEASANT COMMUNITY CENTRE

www.mountpleasantcc.ca

Open House
Monday, April 4th, 5:00-7:00pm
We strongly encourage new families to attend our Open House as private viewings during class time will not be taking place.

How to Register

• **On-line**
April 4, 9:00am



• **In-person**
April 5, 9:00am



• **Phone**
April 5, 9:00am



See Page 16 for more registration information including getting set-up for on-line registration.

Operating Hours

Monday-Friday
6:00am-10:00pm

Saturdays
8:00am-6:00pm

Sunday & Holidays
9:00am-6:00pm

*Office closes
30 minutes earlier.*

Contact Us

P: 604.257.3080
F: 604.257.3081

Table of Contents

Adult Programs.....	16-37
Aerobic	38
Children Programs.....	9-14
Climbing Wall.....	4,13
Community Association Information	22-23
Events.....	21
Fitness Centre	39-40
Licensed Preschool and Childcare	2-3
Older Adult Programs.....	19-21
Preschool Programs.....	3-8
Pre-Teen and Youth Programs	15
Registration Information	22
Room Rentals.....	22



Licensed Child Care

Operated by the Mount Pleasant Community Centre Association.

Please check our website at www.mountpleasantcc.ca (Facilities, Licensed Childcare) for more information.

3 Corners Child Care Centre

(3 months – 5 years)

Located in the Mount Pleasant Community Centre (#1 Kingsway)

Waitlist

We are currently FULL and are projected to be full until the Fall of 2012 and at that time we hope to be in taking children into our Infant Program. We feel that it is unfair to give families false hope that we may have space for your child, therefore we do not want to add names to our waitlist.

Please refer all waitlist inquires to our website. We will have the waitlist opening date up on our website for at least a month before the date, so checking once a month is sufficient.

Licensed Preschool

*Located at: Our House Child Care Centre
123 West 16th Avenue at Manitoba*

2yrs old before December 31, 2011 Parent Participation

Fridays 9:30-11:00am
Session:

1. September – December - \$128/session
(Registration begins Tuesday, April 19, 2011)
2. January – March - \$96/session
(Registration begins Wednesday, November 16th, 2011)
3. April – June - \$96/session
(Registration begins Wednesday, February 15, 2012)

3yrs old before December 31, 2011

Tuesday/Thursday Cost: \$98/month
..... 9:15-11:15am, 12:45-2:45pm

3yrs old before December 31, 2011 & 4yrs old before December 31, 2011

Monday/Tuesday/Wednesday/Thursday/Friday
Choose a min of 2, 3 or a max of
4 days/week 1:00-3:00pm Each day = \$49/month

4yrs old before December 31, 2011

Monday/Wednesday/FridayCost \$158/month
9:00-11:30am, 12:30-3:00pm
Monday-ThursdayCost \$252/month
9:00am-12:00pm

Registration Information for 2011/2012 School Year

On-line or In Person starting at 9:00am
*More details to follow at the Open House
We require at the time of registration:

1. A non-refundable \$50.00 registration fee (cash, debit, cheque, Visa, MC)
 2. June 2012 payment (dated & cashed at the time of registration)
- We will require by June 1, 2011:
1. 9 post-dated cheques from September to May or Visa/MC information
 2. Proof of Age (e.g., birth certificate)

Licensed Summer Daycamps

July 4 to September 2 Ages 6-12 yrs

Our House an extension of the licensed Out of School care program, we are thrilled to offer our popular summer daycamp for children 5-12 years. These programs are geared to children entering into grade 1 (must of completed Kindergarten) through age 12. While the children are registered according to their birth year, some of the days are spent together. Your child will visit key attractions and participate in many special activities and theme days. Program fees include transportation, admission costs, and one daycamp t-shirt.

AM Care is for families who require care before the daycamp begins. The daycamp is a pre-requisite for AM Care.

PM Care is for families who require care after the daycamp is over. The daycamp is a pre-requisite for PM Care. Program fees include an afternoon snack.

Consent forms must be completed by the legal parent/guardian and returned by Tuesday, June 14th. We are a licensed program, and need to adhere to those policies, therefore without the proper paper work; we will remove your child from the program. If you register after June 14th, the forms must be in the Thursday before the camp starts.

Register by the week.		5 days / wk	4 days / wk
Daycamp	9:00am-4:00pm	\$132	\$106
AM Care	7:30am-9:00am	\$29	\$23
PM Care	4:00pm-6:00pm	\$38	\$30

Forms and Calendar of Events available On-line or in person	Wednesday, May 11 th
On-line Registration	Tuesday, May 17 th , at 9:00am
In-person & telephone Registration at #1 Kingsway	Wednesday, May 18 th , at 9:00am
Consent Forms Returned by	Tuesday, June 14 th ,

Preschool Summer Daycamps 3-5yrs

Monday, July 4-Friday, August 26
9:30am-1:00pm
\$92/5 days or *\$74/4 days
Located at #1 Kingsway



July 4-815801.501MP
July 11-1515801.502MP
July 18-2215801.503MP
July 25-2915801.504MP
August 2-5 *15801.505MP
August 8-1215801.506MP
August 15-1915801.507MP
August 22-2615801.508MP

A FUNtastic summer daycamp program for 3-5yr olds. Preschoolers can develop social and cooperative skills through a well rounded program that includes free play, art, music, singing, games, stories, and outside play.



Special emphasis will be placed on the use of the Equitas program, Play It Fair! which is an innovative program implemented in our daycamps and after school care program which increases children aged 6-12 understanding of human rights, respect for diversity and peaceful conflict resolution. The Play It Fair! Toolkit contains interactive age appropriate activities and games that provide a starting point for children to discuss issues in their lives and work together to find ways to promote inclusion, respect, fairness, acceptance and cooperation. This unique approach succeeds because the children are having so much fun that they don't even realize they are learning!



Active Kids

Gymnastics

Adagio Rhythmic Academy

Learn basic gymnastics skills, focusing on body awareness, coordination and balance using tumbling and routines on gym apparatus.

2-3yrs

Su, 9:45am-10:30am

May 1-Jun 26

\$57.75/9 sess

Gymnasium - 2/3

13001.201MP

Su, 10:30am-11:20am

May 1-Jun 26

\$57.75/9 sess

Gymnasium - 2/3

13001.202MP

4-5 yrs

Su, 11:30am-12:15pm

May 1-Jun 26

\$57.75/9 sess

Gymnasium - 2/3

13001.203MP

Rhythmic Gymnastics Camp

Adagio Rhythmic Academy

Swirling ribbons, bouncing balls, skipping ropes, twirling hoops - these are the hand held apparatus unique to rhythmic gymnastics. Put together with choreographed routines set to music, participants will enjoy a great introduction to Club Adagio's Rhythmic Gymnastics training.

3-4yrs

Tu Th , 9:00am-10:30am

Jul 5-Jul 28

\$100.50/8 sess

Gymnasium - 2/3

13001.301MP

4-6yrs

Tu Th , 10:30am-12:00pm

Jul 5-Jul 28

\$100.50/8 sess

Gymnasium - 2/3

13002.301MP

Parent and Tot Tennis

3-5 yrs

Gord Hauka Tennis

Introduce your child to the joy of running, chasing and hitting a ball. Racquets are available.

Sa, 1:00pm-1:45pm

May 7-Jun 18

\$55.50/6 sess

Robson Park Tennis Courts

13006.201MP

Tiny Climber

4-6 yrs

Jason Hudson

This course is available to 4-6 year olds who wish to test their strength on the Climbing Wall. A safe, fun-based opportunity to reach the stars with encouragement and guidance of an experienced instructor.

Sa, 9:30am-10:25am

May 7-Jun 4

\$82.75/5 sess

Gymnasium - 1/3

13800.201MP

Sa, 10:25am-11:20am

May 7-Jun 4

\$82.75/5 sess

Gymnasium - 1/3

13800.202MP

Sa, 11:20am-12:15pm

May 7-Jun 4

\$82.75/5 sess

Gymnasium - 1/3

13800.203MP

Tu Th , 9:30am-10:25am

Jul 5-Jul 14

\$66.50/4 sess

Gymnasium - 1/3

13800.301MP

Tu Th , 10:25am-11:20am

Jul 5-Jul 14

\$66.50/4 sess

Gymnasium - 1/3

13800.302MP

Tu Th , 9:30am-10:25am

Jul 19-Jul 28

\$66.50/4 sess

Gymnasium - 1/3

13800.303MP

Tu Th , 10:25am-11:20am

Jul 19-Jul 28

\$66.50/4 sess

Gymnasium - 1/3

13800.304MP

Social

Parent & Tot Gym

0-5 yrs

Betty Lentz

A perfect time for you and your toddler to socialize and play. It is also a great opportunity to meet other parents in the neighbourhood. Parents or sitters must supervise their child at all times. \$3/child or \$5/family.

MTu WTh FSa, 10:15am-12:15pm

May 2-Jun 29

Gymnasium - 2/3

15801.201MP

Summer days Mon/Wed/Fri/Sat only

MWFSa, 10:15am-12:15pm

Jul 1-Aug 27

Gymnasium - 2/3

15801.301MP

Active Kids

Parent & Tot Soccer

Mike Martins

Learn basic soccer skills in a fun environment. Dribbling, passing and kicking will be some of the skills covered. Drop-in available for \$10, space permitting. Parents participation required.

2.5-3.5 yrs

Th , 10:00am-10:45am
Apr 28-Jun 30
\$71.50/10 sess
Gymnasium - 1/3 13101.201MP

3.5-5 yrs

Th , 10:45am-11:30am
Apr 28-Jun 30
\$71.50/10 sess
Gymnasium - 1/3 13101.202MP

Soccer Camps

3-4 yrs

Mike Martins

Have tons of fun learning soccer basics and improve on all aspects of the game including; dribbling, passing, shooting and conditioning. Rain or Shine! Location: Robson Park, 599 Kingsway at St. George St.

MTu WTh F, 10:00am-11:00am
Jul 4-Jul 8
\$41.50/5 sess
Robson Park 13101.301MP

MTu WTh F, 10:00am-11:00am
Jul 18-Jul 22
\$41.50/5 sess
Robson Park 13101.302MP

Art

Paint & Play with Sylvia

Sylvia Richman

Sylvia will introduce parents and their children to finger painting, brush painting, develop mini-scrap books of the art you do throughout the session. All materials are water soluble but you are encouraged to bring a smock. Registration includes all materials.

1-2yrs

Sa, 9:30am-10:15am
Apr 16-Jun 18
\$55.50/9 sess
Art Room 12310.201MP

1-4yrs

Sa, 10:30am-11:15am
Apr 16-Jun 18
\$55.50/9 sess
Art Room 12310.202MP

Art

Painting to Music with Susan

2-5 yrs

Susan Aili

Have fun with acrylics with music as inspiration. We'll explore our imaginations while listening to calming piano and cello music as well as upbeat canadian guitar instrumentals. Let music guide your brush in this creative workshop for kids.

M, 11:00am-12:00pm
May 2-Jun 20
\$69.50/8 sess
Art Room 19231.201MP

M, 11:00am-12:00pm
Jul 4-Jul 25
\$35.50/4 sess
Multipurpose 3 - Small 19231.301MP

Art for Tots & Parents

2-4 yrs

Meredith Rokosz

Toddlers along with there parents explore painting with different instruments including feathers, fingers and feet. Along with painting we will be creating master pieces out of play dough, collaging with different colors and textures and making a mess along the way.

Tu , 3:00pm-4:00pm
Apr 26-Jun 21
\$60/9 sess
Art Room 12315.201MP



Toddler Art Time

2-3 yrs

Taryn Connors

Join us as we play and discover different art mediums. Each week we will explore a different project to enhance toddler development and spark inspiration and creativity. Play dough to paint and everything in between. Parent participation required. Please bring an art smock or old shirt as we might get a little messy!

W, 10:00am-11:00am
Apr 27-Jun 29
\$51.50/10 sess
Art Room 12320.201MP

Mount Pleasant Community Centre | www.mountpleasantcc.ca

Merry Music Drop in

Th Apr 28-Jun30
9:30am-10:30am
0-5 yrs

\$3/child
\$5/family

Music

Merry Music

Barbara Duncan

Begin on a musical adventure. These activities help to develop a baby's focus, language, musical ear, coordination and social skills. Puppets, simple musical instruments, finger plays and movement are included. Barbara has been an instructor at Mount Pleasant for over 10 years and is a singer, songwriter and recording artist. Parent participation required. \$10/child drop-in, space permitting.

0-1yrs

F, 9:30am-10:00am
Apr 29-Jun 24
\$60/9 sess
Multipurpose 3 - Small 11102.201MP

1-2yrs

F, 10:10am-10:50am
Apr 29-Jun 24
\$60/9 sess
Multipurpose 3 - Small 11102.202MP

F, 12:00pm-12:40pm
Apr 29-Jun 24
\$60/9 sess
Multipurpose 3 - Small 11102.206MP

2-3yrs

F, 11:00am-11:50am
Apr 29-Jun 24
\$60/9 sess
Multipurpose 3 - Small 11102.203MP

3-5yrs

Th, 10:45am-11:45am
Apr 28-Jun 30
\$66.50/10 sess
Dance Studio 11102.204MP

Educational

Baby Sign Language

16+ yrs

Into Yoga

Did you know that babies understand and can communicate long before they are able to speak? Learn basic American Sign Language (ASL) hand gestures through fun songs and games. Increase understanding of your child's needs and wants, alleviating much unneeded frustration. Research shows that babies who learn sign language learn quicker and talk earlier. Bring your baby to class.

M, 11:15am-12:00pm
May 30-Jun 27
\$66.50/5 sess
Multipurpose 3 - Small 45001.201MP

Sing A Little Song with Jennifer

Jennifer Hershman

Simple songs to encourage sharing...this class also offers some movement and dance, and your child will be introduced to a wide range of percussion instruments too. Music, song, and dance are a wonderful way to connect and enjoy, and enhance your child's ear, and social skills. Drop-in \$9, space permitting.

1-2yrs

Tu, 10:00am-10:45am
May 3-Jun 28
\$64.50/9 sess
Multipurpose 3 - Small 11103.201MP
Tu, 10:00am-10:45am
Jul 5-Aug 23
\$57.50/8 sess
Multipurpose 3 - Small 11103.301MP

3-5yrs

Tu, 11:00am-11:45am
May 3-Jun 28
\$64.50/9 sess
Multipurpose 3 - Small 11103.202MP
Tu, 11:00am-11:45am
Jul 5-Aug 23
\$57.50/8 sess
Multipurpose 3 - Small 11103.302MP

Preschool Summer Daycamps 3-5yrs



Monday, July 4-Friday, August 26
9:30am-1:00pm
\$92/5 days or *\$74/4 days
Located at #1 Kingsway

- July 4-815801.501MP
- July 11-15.....15801.502MP
- July 18-22.....15801.503MP
- July 25-29.....15801.504MP
- August 2-5 *15801.505MP
- August 8-1215801.506MP
- August 15-1915801.507MP
- August 22-2615801.508MP

A FUNtastic summer daycamp program for 3-5yr olds. Preschoolers can develop social and cooperative skills through a well rounded program that includes free play, art, music, singing, games, stories, and outside play.



Babytime – Vancouver Public Library

Rhymes, songs, bounces, fingerplays and stories for babies (0-18 months), their parents and caregivers. Drop-in, no registration required. Fridays, 10:00am-10:30am
 Jun 24-Aug 19 no program Jul 1
 Multipurpose 1 room Free

Birthday Parties

Saturday Birthday Party - Preschool

Want a party but not the hassle? Let us help! Come out and enjoy private access to the parent and tot gym equipment plus our preschool bouncy castle. We provide a birthday leader to help you run the party. After the gym time, you have a multipurpose room to enjoy your cake, presents (not provided).

Sa, 1:30pm-3:30pm
 May 7 – Jun 25
 \$200/1 sess
 Art Room 25701.201MP-.216MP

Sa, 3:00pm-5:00pm
 May 7 – Jun 25
 \$200/1 sess
 Multipurpose 2 - Large

Sa, 1:30pm-3:30pm
 Jul 2 – Aug 27
 \$200/1 sess
 Art Room 25701.301MP-.318MP

Sa, 3:00pm-5:00pm
 Jul 2 – Aug 27
 \$200/1 sess
 Multipurpose 2 - Large



Visit our Birthday Party page at www.mountpleasantcc.ca for full details on all parties.

Dance

Kinderdance

Julia Zennstrom

Preschoolers are introduced to the joy of dance in a playful, fun environment. They will learn the elements of dance, develop movement skills and respond creatively to movement suggestions. Parent participation required.

2-3 yrs

W, 9:45am-10:25am
 May 4-Jun 29
 \$51/9 sess
 Dance Studio 11701.201MP

W, 11:15am-11:55am
 May 4-Jun 29
 \$51/9 sess
 Dance Studio 11701.202MP

Th, 12:30pm-1:05pm
 May 5-Jun 30
 \$51/9 sess
 Dance Studio 11701.204MP

Th, 1:10pm-1:45pm
 May 5-Jun 30
 \$51/9 sess
 Dance Studio 11701.205MP

W, 9:45am-10:25am
 Jul 6-Aug 24
 \$45.50/8 sess
 Dance Studio 11701.301MP

W, 11:15am-11:55am
 Jul 6-Aug 24
 \$45.50/8 sess
 Dance Studio 11701.302MP

4-5 yrs

W, 10:30am-11:10am
 May 4-Jun 29
 \$51/9 sess
 Dance Studio 11701.203MP

Th, 1:50pm-2:30pm
 May 5-Jun 30
 \$51/9 sess
 Dance Studio 11701.206MP

W, 10:30am-11:10am
 Jul 6-Aug 24
 \$45.50/8 sess
 Dance Studio 11701.303MP

Healthy Eyes Free Vision Screening

Available for 3 year old children
 Call 604-654-2640
 To find a vision screening clinic in Vancouver
 All 3 year old children should have their vision screened
 Eye problems caught early in life can prevent vision problems.



Parents Notice

Children must be able to attend class unaccompanied by an adult; however, for safety reasons, parent must stay within the immediate area.

Dance

Ballet 1

3 yrs

Lorraine Smith

Classes is designed to improve coordination, flexibility, rhythm and imagination. Dancers become fairies, birds and butterflies, bees who buzz, cowgirls that gallop and nutcracker soldiers who march. A fun class where imagination and free dance is encouraged. Some ballet equipment is needed, please ask Lorraine for a brochure. For new students only.

Sa, 10:30am-11:00am

May 7-Jun 25

\$41.50/8 sess

Dance Studio 11601.201MP

Sa, 10:30am-11:00am

Jul 2-Aug 27

\$46.50/9 sess

Dance Studio 11601.301MP

Ballet 2

4 yrs

Lorraine Smith

A slightly more structured class than Ballet 1, where students learn to march in lines and partner in dances with lots of fun, imagination and free dance.

Sa, 11:00am-11:45am

May 7-Jun 25

\$47.50/8 sess

Dance Studio 11601.202MP

Sa, 11:00am-11:45am

Jul 2-Aug 27

\$53.25/9 sess

Dance Studio 11601.302MP

Ballet 3

5 yrs

Lorraine Smith

A starting class for future Ballerina's and an introduction to the world of ballet. Learn ballet positions and why we use a ballet barre. Imagination and free dance is encouraged as well as Ballet terminology. Learn a lot in a fun atmosphere.

Sa, 11:45am-12:45pm

May 7-Jun 25

\$57.50/8 sess

Dance Studio 11601.203MP

Sa, 11:45am-12:45pm

Jul 2-Aug 27

\$64.50/9 sess

Dance Studio 11601.303MP



Ballet 4

6-12 yrs

Lorraine Smith

Basic foot and arm positions will be taught along with ballet terminology and ballet barre exercises. Emphasis is placed on having fun while creating good posture, body coordination and self-confidence. Free dance and self expression is encouraged. Some equipment needed please ask Lorraine for brochure.

Sa, 12:45pm-1:45pm

May 7-Jun 25

\$57.50/8 sess

Dance Studio 21601.201MP

Sa, 12:45pm-1:45pm

Jul 2-Aug 27

\$64.50/9 sess

Dance Studio 21601.301MP

Ballet: Pre-Senior

6-8 yrs

Lorraine Smith

Pre-requisite: 2 yrs previous ballet training.

Tu, 4:15pm-5:30pm

May 3-Jun 28

\$69/9 sess

Dance Studio 21601.202MP

Tu, 4:15pm-5:30pm

Jul 5-Aug 23

\$61.50/8 sess

Dance Studio 21601.302MP

Ballet: Senior

9-16 yrs

Lorraine Smith

Tu, 5:30pm-6:45pm

May 3-Jun 28

\$69/9 sess

Dance Studio 21601.203MP

Tu, 5:30pm-6:45pm

Jul 5-Aug 23

\$61.50/8 sess

Dance Studio 21601.303MP

Dance

Creative Ballet



3-4 yrs

Catherine Andersen

A fun and creative introduction to ballet for pre-schoolers. We will learn basic ballet steps and positions through imagination, stories, and creative movement. Parents and friends invited to a performance on the last day of class. Child must be able to take class unaccompanied by an adult.

F, 4:30pm-5:15pm

May 13-Jun 24

\$47/7 sess

Dance Studio

11650.201MP



Hip Hop for Kids

Tanya Sanghera

This funky and energetic dance builds strength, coordination & flexibility. Learn today's popular dance moves through warm up and easy choreography. A great cardio workout, hip hop is full of style and fun.

4-6yrs

M, 3:30pm-4:15pm

May 2-Jun 20

\$43.50/7 sess

Dance Studio

21620.201MP

M, 3:30pm-4:15pm

Jul 4-Aug 15

\$37.50/6 sess

Dance Studio

21620.301MP

7-12yrs

M, 4:15pm-5:00pm

May 2-Jun 20

\$43.50/7 sess

Dance Studio

21620.202MP

M, 4:15pm-5:00pm

Jul 4-Aug 15

\$37.50/6 sess

Dance Studio

21620.302MP

Music

Piano Tuesays

6+ yrs

Monika Oldershaw

Take a 30 minute private piano lesson with Monika. Lessons follow the school year. Music books may be required at the participants expense. Please see instructor.

Tu, 3:15pm-7:15pm

May 3-Jun 28

\$159/9 sess

Meeting 2 - Music Room

21110.201MP-208MP

Piano Wednesdays

6+ yrs

Monika Oldershaw

Music books may be required at the participants expense. Please see instructor.

W, 3:15pm-7:45pm

May 4-Jun 29

\$159/9 sess

Meeting 2 - Music Room

21110.209MP-217MP

Violin Lessons

5+ yrs

Melissa Bandura

These 30 min private lessons for classical violin and fiddle are designed to teach fundamentals in a supportive and fun atmosphere. Please bring your own instrument.

Th, 4:15pm-4:45pm

May 5-Jun 16

\$127.50/7 sess

Meeting 2 - Music Room

21001.201MP-206MP

Guitar with Susan

5+ yrs

Susan Aili

Learn your favorite songs with basic chords, tabs and sheet music. Get comfortable with strumming, chord transitioning and finger-picking and play popular music or even your own progressions! Fine tune your ears and muscle memory to make jamming come naturally in this class for beginners.

Sa, 11:00am-12:00pm

Apr 30-Jun 18

\$85.50/8 sess

Multipurpose 3 - Small

21002.201MP

Piano Sundays

6+ yrs

Clarus Leung

Take a 30 minute private piano lesson with Clarus. Music books may be required at the participants expense. Please see instructor.

Su, 9:30am-1:30am

Jun 5-Aug 14

\$176.50/10 sess

Meeting 2 - Music Room

21120.201MP-208MP



Art

Creative Painting

6-12 yrs

Susan Aili

Come play with paint and let your imagination inspire colours and forms! We will experiment with various techniques, multi-media and explore how a variety of music frees our creativity! From slow meditative processes to bustling energetic fun, bring home vibrant works of art!

M, 12:00pm-1:00pm
 Jul 4-Jul 25
 \$35.50/4 sess
 Multipurpose 3 - Small 22320.301MP

Animation Styles in Cartooning

6-12 yrs

Sylvia Richman

In this fun class we will make all kinds of interesting characters and set them to gags and cartoons while working in a 2D format, eventually working into a variety of 3D animation styles. The last 15 minutes of class will include watching cartoons!!

Sa, 11:30am-1:00pm
 Apr 16-Jun 18
 \$87.10/9 sess
 Art Room 22310.203MP

Comic Book Art

6-8 yrs

Meredith Rokosz

Great minds think alike! Together we will create a comic book rivalling Spiderman and Superman combined. Each week we will come up with different comic book heroes/heroines and villains. I am sure DC and marvel comics will be fighting to publish our comic!

Tu, 4:00pm-5:00pm
 Apr 26-Jun 21
 \$82.50/9 sess
 Art Room 22315.201MP

Library

Summer Reading Club

Explore summer reading with this year's theme, Savour Each Word. Children ages 5-12 are invited to register, starting June 17th in the Library. All readers will receive a free bookmark and a reading record that is their season pass to plenty of fun, stickers and great prizes. **Free**



Vancouver Public Library



KidSport™

The KidSport™ Fund is a program of Sport BC designed to "remove the financial obstacles that prevent underprivileged children from playing sport in British Columbia". Each child who applies is eligible for up to \$150 for one season of sport. The grant is usually provided directly to the league, club or sport organization. A child who is eligible may apply for one sport per year. Please check the KidSport website for more information or to download an application. See us on-line at www.kidsport.ca

Monster Madness Arts & Crafts

5-7 yrs

Meredith Rokosz

Slime, monsters bugs and anything else you can think would gross out your mom we are going to be making using paints, pipe cleaners and our imaginations!

Su, 10:00am-11:00am
 May 1-Jun 19
 \$47/7 sess
 Art Room 22315.202MP

Glamorous Arts & Crafts

5-7 yrs

Meredith Rokosz

Magic mirrors, friendships bracelets, bejeweled purses and many other fabulous crafts we are going to create together and become more glamorous by the week!

Su, 11:00am-12:00pm
 May 1-Jun 19
 \$47/7 sess
 Art Room 22315.203MP

Licensed Summer Daycamps 6-12yrs

**Monday, July 4-Friday, September 2
 9:00am-4:00pm**

Our House an extension of the licensed Out of School care program, we are thrilled to offer our popular summer daycamp for children. Your child will visit key attractions and participate in many special activities and theme days. Program fees include transportation, admission costs, and one daycamp t-shirt.

See page 3 for full details.



Martial Arts



Tae Kwon Do

6-15 yrs

Michael Ellis

Your future black belt will be sure to learn some cool kicks in this Korean martial art program. Keep your wannabe karate kid fit while learning self respect and discipline.

Level 1

Su, 12:00pm-1:00pm

May 1-Jun 26

\$55.50/8 sess

Multipurpose 2 - Large

23410.201MP

Su, 12:00pm-1:00pm

Jul 3-Aug 28

\$42/6 sess

Multipurpose 2 - Large

23410.301MP

Level 2

Su, 1:00pm-2:00pm

May 1-Jun 26

\$55.50/8 sess

Multipurpose 2 - Large

23410.202MP

Su, 1:00pm-2:00pm

Jul 3-Aug 28

\$42/6 sess

Multipurpose 2 - Large

23410.302MP

Tae Kwon Do: Practice Time

6-15 yrs

No registration required, this time is for all kids registered in Level 1 or 2

Su, 2:00pm-2:30pm

May 1-Aug 28

\$1.50/15 sess

Multipurpose 2 - Large

23410.203MP

Karate Kids

6-15 yrs

Gilbert Choung

Karate is the most popular form of martial art and is practiced world-wide today. Karate also has a long history of improving and maintaining health and fitness. Our instructor is a fully certified and Karate BC registered black belt instructor. Please note: program fee does not include Karate BC (N.K.A.) membership, test, uniform or sparring gear.

Level 1 & 2

MTh, 6:00pm-7:00pm

May 2-Jun 27

\$84/16 sess

Multipurpose 2 - Large

23401.202MP

Level 3

MTh, 7:00pm-8:15pm

May 2-Jun 27

\$105/16 sess

Multipurpose 2 - Large

23401.203MP

Kung Fu: Choy Lee Fat

6-13 yrs

Paul Tam

Choy Lee Fat is one of the most widely practiced martial art style inside and outside of China. This unique style combines the leg manoeuvres of Northern Chinese martial art with the intricate Southern Chinese hand techniques. The Choy Lee Fat system has many forms which is suitable for any students to develop proficiency in the techniques of the style.

WF, 5:30pm-7:00pm

May 4-Jun 29

\$71.50/17 sess

Multipurpose 3 - Small

23405.201MP

WF, 5:30pm-7:00pm

Jul 6-Aug 31

\$71.50/17 sess

Multipurpose 3 - Small

23405.301MP



Tennis



Tennis Beg/Novice

6-8 yrs

Gord Hauka

Have a great time this summer playing “progressive tennis”, the most fun and successful instruction method for kids. Instruction adapts to 1/2 court and 3/4 and full court tennis depending on player ability. We also use special balls, nets, and racquet sizes to help every new player develop their skills. Racquets are available if needed for all lessons. Healthy Snacks and h2o provided. Tennis classes are held at the Robson Park courts, 599 Kingsway @ St. George Street.

Sa, 1:45pm-3:15pm

May 7-Jun 18

\$86/6 sess

Robson Park Tennis Courts

23006.201MP

Tennis Beg/Novice

9-12 yrs

Gord Hauka

Sa, 3:15pm-4:45pm

May 7-Jun 18

\$86/6 sess

Robson Park Tennis Courts

23006.202MP



Progressive Tennis

Gord Hauka

Have a great time this summer playing “progressive tennis”, the most fun and successful instruction method for kids. Instruction adapts to 1/2 court and 3/4 and full court tennis depending on player ability. We also use special balls, nets, and racquet sizes to help every new player develop their skills. Racquets are available if needed for all lessons. Healthy Snacks and h2o provided. Tennis classes are held at the Robson Park courts, 599 Kingsway @ St. George Street.

6-8 yrs

MTu WTh F, 10:00am-12:00pm

Jul 11-Jul 15

\$86/5 sess

Robson Park Tennis Courts

23006.301MP

MTu WTh F, 1:00pm-3:00pm

Aug 2-Aug 5

\$68/4 sess

Robson Park Tennis Courts

23006.302MP

MTu WTh F, 10:00am-12:00pm

Aug 15-Aug 19

\$86/5 sess

Robson Park Tennis Courts

23006.303MP

MTu WTh F, 1:00pm-3:00pm

Aug 29-Sep 2

\$86/5 sess

Robson Park Tennis Courts

23006.304MP

9-12yrs

MTu WTh F, 1:00pm-3:00pm

Jul 11-Jul 15

\$86/5 sess

Robson Park Tennis Courts

23006.311MP

MTu WTh F, 10:00am-12:00pm

Aug 2-Aug 5

\$68/4 sess

Robson Park Tennis Courts

23006.312MP

MTu WTh F, 1:00pm-3:00pm

Aug 15-Aug 19

\$86/5 sess

Robson Park Tennis Courts

23006.313MP

MTu WTh F, 10:00am-12:00pm

Aug 29-Sep 2

\$86/5 sess

Robson Park Tennis Courts

23006.314MP

Sports

Soccer Camps

6-8 yrs

Mike Martins

Have tons of fun learning soccer basics and improve on all aspects of the game including; dribbling, passing, shooting, conditioning and more. Rain or Shine! Location: Robson Park, 599 Kingsway at St. George Street.

MTu WTh F, 11:00am-12:00pm
 Jul 4-Jul 8
 \$41.50/5 sess
 Robson Park 23102.301MP

MTu WTh F, 11:00am-12:00pm
 Jul 18-Jul 22
 \$41.50/5 sess
 Robson Park 23102.302MP

Gymnastics Camp

5-7 yrs

Adagio Rhythmic Academy

Learn basic gymnastics skills, focusing on body awareness, coordination and balance using tumbling and routines on gym apparatus.

Tu Th , 10:35am-12:05pm
 Jul 5-Jul 28
 \$100.50/8 sess
 Gymnasium - 2/3 23001.302MP

Rhythmic Gymnastics Intro

5-10 yrs

Adagio Rhythmic Academy

Swirling ribbons, bouncing balls, skipping ropes, twirling hoops - these are the hand held apparatus unique to rhythmic gymnastics. Put together with choreographed routines set to music, participants will enjoy a great introduction to Club Adagio's Rhythmic Gymnastics training.

Su, 10:30am-11:15am
 May 1-Jun 26
 \$62.25/9 sess
 Gymnasium - 2/3 23002.201MP

Rhythmic Gymnastics Camp

6-8 yrs

Adagio Rhythmic Academy

Swirling ribbons, bouncing balls, skipping ropes, twirling hoops - these are the hand held apparatus unique to rhythmic gymnastics. Put together with choreographed routines set to music, participants will enjoy a great introduction to Club Adagio's Rhythmic Gymnastics training.

Tu Th , 12:15pm-2:45pm
 Jul 5-Jul 28
 \$166.50/8 sess
 Gymnasium - 2/3 23002.301MP

Legends of Rock

7-12 yrs

Jason Hudson

An hour of climb-time for kids interested in trying out the Climbing Wall. Kids will learn general safety & the basic skill set for beginning their journey to the top.

Sa, 12:15pm-1:15pm
 May 7-Jun 4
 \$82.75/5 sess
 Gymnasium - 1/3 23800.201MP

Legends of Rock Mini Camp

7-12 yrs

Jason Hudson

An hour of climb-time for kids interested in trying out the Climbing Wall. Kids will learn general safety & the basic skill set for beginning their journey to the top.

Tu Th , 11:20am-12:20pm
 Jul 5-Jul 14
 \$66.50/4 sess
 Gymnasium - 1/3 23800.301MP

Tu Th , 11:20am-12:20pm
 Jul 19-Jul 28
 \$66.50/4 sess
 Gymnasium - 1/3 23800.302MP

Sunday Climbing Birthday Party

This party includes 1 hour of climbing followed by 1 hour in a multipurpose room. This package includes 2 climbing staff but no birthday leader. The maximum number of children is 12. Waivers must be completed by all participants.



Su, 1:00pm-2:00pm
 May 1 - Jun 26
 \$150/1 sess
 Gymnasium - 1/3 25801.201MP-218MP
 Su, 2:15pm-3:15pm
 May 1 - Jun 26
 \$150/1 sess
 Gymnasium - 1/3



Su, 1:00pm-2:00pm
 Jul 3 - Aug 28
 \$150/1 sess
 Gymnasium - 1/3 25801.301MP-318MP
 Su, 2:15pm-3:15pm
 Jul 3 - Aug 28
 \$150/1 sess
 Gymnasium - 1/3

Midtown Tigers Mini Soccer 2011

Every Saturdays Starting April 30-June 25 (No session on May 21)

No experience necessary! Each registered child will receive a complementary t-shirt. Soccer boots and shin guards are not provided. For the older group (Grade 4-7 boys and girls), soccer boots and shin guards are highly recommended. Sessions include fundamental skill development and game play.

Cost: \$45.00

Where: Robson Park (Kindergarten to Grade 3 Coed) & Prince Edward Park (Grade 4-7 Boys & Girls)

Registration: At Mount Pleasant & Riley Park Community Centre (In-person, by phone or on-line) or at participating elementary schools.

Registration Deadline: April 16. Avoid disappointment and register early!

MoreSports

MoreSports is a collaborative initiative that began in 1999 and provides sustainable sport and physical activity opportunities for children and families in Vancouver. MoreSports focuses on people who often do not participate in sports such as girls, children from diverse ethnic groups, and those who simply face financial barriers.



Kindergarten to Grade 3 Coed @ Robson Park

Grade	Time	Location
Kindergarten Coed	9:30-10:45 am	Robson Park
Grade 1 Coed	11:00-12:15 pm	Robson Park
Grade 2 Coed	1:00-2:30 pm	Robson Park
Grade 3 Coed	2:45-4:15 pm	Robson Park

Grade 4-7 Boys and Girls @ Prince Edward Park

Grade	Time	Location
Grade 4-5 Boys	9:00-10:30 am	Prince Edward Park
Grade 4-7 Girls	12:30-2:00 pm	Prince Edward Park
Grade 6-7 Boys	2:15-3:45 pm	Prince Edward Park



**Depending on the schedule, the Grade 4-5 Boys will play at either 9:00am or 10:45am, each week. All teams should attend at 9:00am on April 30, unless they are called and told to come at 10:45am.*

Times and schedules may change based on registration.

Questions?

Please contact John Mullan (Grade 4-7 Boys & Girls) or Ny Lath (Kindergarten to Grade 3 coed).

John Mullan,
Tupper Community Team Coordinator
 jmullan@vsb.bc.ca 604-713-5706 ext. 2184

Ny Lath, Midtown MoreSports Hub Coordinator
MoreSports/YELL/Tupper Community Programs
 nlath@vsb.bc.ca 604-713-5607 ext. 2190

Interested in Coaching or Volunteering?

Saturday April 16, 10:00am-1:00pm
Coaching Clinic for All Volunteers
Coaches

Volunteer coaches are invited for a day of skills, drills, and team management. All coaches are encouraged to attend. To register, please contact John Mullan or Ny Lath (see League Organizers information below).

Location: Dickens Elementary School 1010 East 17th Ave. (1 Block north of Windsor & Kingsway)



For Youth Program information please contact the Community Youth Worker at 604-257-3069 or email anne-marie.mcgee@vancouver.ca.



Youth Lounge

8-18 yrs

Are you looking for a fun, casual space to relax in after-school? Then check out the Mount Pleasant Community Center Youth Lounge. Open five days a week this is a great place to connect with friends and enjoy some much needed recreation time after a long day in the classroom! Drop in use of pool and ping pong tables is available daily. Check out the info boards in the Lounge for a calendar of weekly special activities including arts & crafts, cooking projects, games tournaments and Nintendo Wii challenges!

Youth Action Committee Grades 8-12

Y.A.C as it is casually called, is a planning group of youth from the Mount Pleasant community who meet twice a month to discuss relevant youth issues, plan special events and build leadership skills with peers. Meetings are held in the Youth Lounge on the second and fourth Saturday of each month. FREE

Sat Apr-Jun Ongoing 11:30am-1:00pm

Mount Pleasant Youth Programs introduces...

The SNACK SHACK

Fridays 4:00-8:00pm

Have the after-school munchies hit?

Visit the **Snack Shack** for some affordable and tasty grub! The **Snack Shack** is operated by the Mount Pleasant Youth Council and all proceeds directly support the Youth Outdoor Recreation program.



Volunteering

Volunteering at MPCC

12-18 yrs

Are you looking for a great way to build your leadership skills and gain valuable experience for your resume OR complete CAPP, CASS, or other service hours required for academic purposes? The Mount Pleasant Youth Program has a number of volunteer opportunities available for enthusiastic and committed individuals. A minimum commitment of two hours per week, over six months is required. Participants should bring a pen and notebook to the orientation. Pre-registration is required; registration deadline is June 10. FREE

Sat Jun 18 11:00am-1:00pm

Summer Daycamp Youth Volunteer Opportunities

15+ yrs

Are you 15 years or older?

The summer daycamp program is looking for energetic and outgoing volunteers. If you would like to gain some experience working with children in a daycamp setting, please attend our information session on Wednesday, June 1st, 2011 at 5:00pm. If you are unable to make this date but are still interested in volunteering, please contact Kelly at 604-707-0311 or kelly.bodkin@vancouver.ca.

Sports



DCY Basketball Program

12-19 yrs

The DCY Basketball Association promotes and supports the development of youth with developmental challenges through basketball. This program welcomes female participants to learn to play basketball in a fun, non-competitive environment. For more information please contact Angie Woof at 604-506-1879 or visit www.dcyba.org. No program on April 22.

Fri, 7:00-8:00pm

Apr 8-Jun 17

10 sessions FREE

Youth Open Gym

8-18 yrs

Burn off some energy after a long school day in this free, supervised drop in space. Sports or games may vary each week but focus is always on fun and participation in a recreational environment! Boys and girls welcome.

Youth Open Gym Weekly Schedule

Monday	Tuesday	Wednesday	Thursday	Friday
3:00-5:00pm	3:00-5:00pm	3:00-5:00pm	3:00-5:00pm	3:00-5:30pm 6:30-8:30pm

Youth Lounge Weekly Schedule

Monday	Tuesday	Wednesday	Thursdays	Friday
3:00-7:30pm	3:00-7:30pm	3:00-7:30pm	3:00-7:30pm	2:30-8:30pm

Educational

Science of Simplistic Living 16+ yrs**Gord Lund**

A life changing seminar on health awareness presented in a simple but powerful format by World Visionary - Gord Lund, helping you to create a tipping point towards ultimate health and wellness.

Tu, 7:00pm-9:00pm

May 31

\$27.50/1 sess

Multipurpose 1 - Library

44800.201MP

Tu, 7:00pm-9:00pm

Jun 28

\$27.50/1 sess

Multipurpose 1 - Library

44800.202MP

Mindfulness

16+ yrs

Sung Yang

Our lives are mostly spent thinking about the past or planning for the future. So we often miss what is happening in the here-and-now. Diminished awareness of the present moment severely limits our ability to live to the fullest. Mindfulness is about living consciously rather than living on autopilot. Learn mindfulness and enhance your life at home and at work. No previous knowledge of mindfulness is required.

Level 1

F, 7:45pm-9:45pm

Apr 29-May 13

\$32.50/3 sess

Art Room

44902.201MP

F, 7:45pm-9:45pm

May 20-Jun 3

\$32.50/3 sess

Art Room

44902.202MP

F, 7:45pm-9:45pm

Jun 10-Jun 24

\$32.50/3 sess

Art Room

44902.203MP

Level II

F, 7:45pm-9:45pm

Jul 8-Jul 22

\$32.50/3 sess

Art Room

44902.204MP

Stress Reduction

16+ yrs

Sung Yang

Learn simple stress reduction techniques that are scientifically and clinically shown effective in reducing stress.

F, 6:00pm-7:30pm

Apr 29-Jun 3

\$47.50/6 sess

Art Room

44903.201MP

F, 6:00pm-7:30pm

Jun 10-Jul 22

\$47.50/6 sess

Art Room

44903.202MP

**Baby Sign Language**

16+ yrs

Into Yoga

Did you know that babies understand and can communicate long before they are able to speak? Learn basic American Sign Language (ASL) hand gestures through fun songs and games. Increase understanding of your child's needs and wants, alleviating much unneeded frustration. Research shows that babies who learn sign language learn quicker and talk earlier. Bring your baby to class.

M, 11:15am-12:00pm

May 30-Jun 27

\$66.50/5 sess

Multipurpose 3 - Small

45001.201MP

Hindi Language for Beginner and Interm

16+ yrs

Laxmi Mudunoori

Learn Hindi language in a relaxed atmosphere. Classes will include conversation, reading and writing. You will learn through story reading, sentence formation and translation, grammar and many more classroom teaching methods. Please bring a binder, a pen and pencil.

Su, 10:30am-11:30am

May 22-Jun 19

\$62.50/5 sess

Meeting 1 - Office

45002.201MP

Educational



Basic Digital Photography 16+ yrs

Doug Williams

Learn to use all the important functions on your new SLR camera. Some of the topics covered will be aperture, shutter speed, depth of field, ISO and more. You will get lots of practice seeing light and composition for all kinds of photos.

Tu, 6:30pm-9:30pm

May 10-May 24

\$97.50/3 sess

Multipurpose 1 - Library 45401.201MP

Tu, 6:30pm-9:30pm

Jun 7-Jun 21

\$97.50/3 sess

Multipurpose 1 - Library 45401.202MP

Sa, 9:00am-12:00pm

Jul 9-Jul 23

\$97.50/3 sess

Multipurpose 1 - Library 45401.301MP

Japanese: Beginner 1 16+ yrs

Eri Ito

This course is for people who have little or no experience with the Japanese language. You will learn basic grammar, vocabulary, expressions and Hiragana characters. At the end of this course you will be able to order food at a restaurant, go shopping and ask simple questions. Excellent if you are planning a trip to Japan! For more info please visit www.japaneseforallpeople.com.

Th, 7:00pm-9:00pm

Apr 21-Jun 16

\$110.50/9 sess

Multipurpose 1 - Library 45003.201MP

Japanese: Beginner 2 16+ yrs

Eri Ito

This course will be suitable for people who already know a bit of Japanese. "Japanese Beginner 2" expands everyday useful expressions and vocabulary and will improve your conversational skills based on basic grammar in fun clas setting. For more information, visit www.japaneseforallpeople.com.

W, 7:00pm-9:00pm

Apr 20-Jun 8

\$98.50/8 sess

Meeting 1 - Office 45003.202MP

Library

Summer Reading Club

Explore summer reading with this year's theme, Savour Each Word. Children ages 5-12 are invited to register, starting June 17th in the Library. All readers will receive a free bookmark and a reading record that is their season pass to plenty of fun, stickers and great prizes. Free



Babytime – Vancouver Public Library

Rhymes, songs, bounces, fingerplays and stories for babies (0-18 months), their parents and caregivers. Drop-in, no registration required.

Fridays, 10:00am-10:30am

Jun 24-Aug 19 no program Jul 1

Multipurpose 1 room Free

VCC ESL Learning Centre

One-on-one and small group ESL tutoring to adults at the Literacy, Beginner, Intermediate or Advanced levels. For more information, phone 604.871.7145 or 604.871.7277

Mon, Tu, Th 9:30am – 2:30pm

Free
Multipurpose 1 room

Seniors Lifelong Learning Speakers Series

Informative and educational series of workshops and presentations on various topics of relevance to seniors coordinated by Mount Pleasant Neighbourhood House 10:30 am First and Third Wednesday of each month. For more information, phone Jose Mendoza or Angela Payyizi at 604-879-8208 ext. 107

Multipurpose 1 room Free

Creative Arts

Altered Books and Artists Journals

16+ yrs

Shary Bartlett

Everybody has at least one great book in them! Create yours by altering an existing book or blank journal using quotes, creative writing, journaling, paint, stamps, photos, transfers, collage, niches and mixed media embellishments. Supplies included. www.sharybartlett.com

M, 6:30pm-9:30pm

May 2-May 16

\$119.50/3 sess

Art Room

42304.201MP



Metallica For Painting, Collage And Asse

16+ yrs

Shary Bartlett

Add the magical allure of history and antiquity to your mixed media and assemblage art. Experiment with faux finishing paint and metallic treatments such as gold leaf, patina, verdigris, copper, silver, rust, foil and iridescence on wood, metal, canvas and fabric surfaces. Learn embossing techniques to create intriguing 3 dimensional metal reliefs, textures and finishes. All supplies included. www.sharybartlett.com

Tu , 6:30pm-9:30pm

May 3-May 24

\$167.50/4 sess

Art Room

42307.201MP

Get Plastered! 3-D Painting/Sculpture

16+ yrs

Shary Bartlett

Do you love artwork that is alive with texture, colour and 3-dimensionality? Join this fun class in which we mould, stamp, mark and embed objects into plaster to create rich paintings and sculpture. Learn a variety of acrylic paint techniques which add depth, layers and allure to your creations. All supplies included

W, 6:30pm-9:30pm

May 4-May 25

\$162.50/4 sess

Art Room

42308.201MP

Photo Alteration and Transfer

16+ yrs

Shary Bartlett

Learn how to transfer photographic images to paper, canvas and non-traditional surfaces such as wood, metal, fabric, glass, ceramic and plastic. Breathe new life, colour and story into commercial and laser-printed photographs by hand-painting, distressing, bleaching and altering them. All supplies included. www.sharybartlett.com

W, 6:30pm-9:30pm

Jun 1-Jun 22

\$162.50/4 sess

Art Room

42309.201MP



Shoulda! Woulda! Coulda!

Great courses are occasionally cancelled because people wait until the last minute to register.

Courses require a minimum number of participants to proceed and course decisions are usually made about four days in advance.

Please register early! We give full refunds for all cancelled classes.

Line Dance

Hanh (Hanna) Yung

50+ yrs

Have fun, make friends and improve balance, flexibility and coordination with our energetic line dancing group. \$3.50 drop-in, space permitting.

Beginner

M, 1:15pm-3:15pm

May 2-Aug 29

\$41.50/16 sess

Dance Studio

51600.206MP

Intermediate

Tu, 12:30pm-2:30pm

May 3-Aug 23

\$44/17 sess

Dance Studio

51600.203MP

Sa, 2:30pm-4:30pm

May 7-Aug 27

\$44/17 sess

Dance Studio

51600.204MP



Line Dance

Lisa (Lin-Tai) Dong

50+ yrs

Have fun, make friends and improve balance, flexibility and coordination with our energetic line dancing group. \$3.50 drop-in, space permitting.

Beginner

Tu, 10:15am-12:15pm

May 3-Aug 30

\$41.50/16 sess

Dance Studio

51600.207MP

Intermediate

F, 2:15pm-4:15pm

May 6-Aug 26

\$39/16 sess

Dance Studio

51600.205MP

Seniors Wednesday Line Dancing

Hanh (Hanna) Yung

50+ yrs

Beginner's class. Have fun, make friends and improve balance, flexibility and coordination with our energetic line dancing group. Organized in partnership with the Mount Pleasant Neighbourhood House. Registration required and you must be member of either MPNH or MPCC to participate. New registration only.

W, 2:30pm-4:00pm

May 4-Aug 24

\$0/17 sess

Dance Studio

51600.202MP

Line Dance with Irene

Irene Groundwater

50+ yrs

Dancing is a marvelous fitness activity that builds strength and stamina and helps with mental agility without the repetitive quality of exercise classes. No partners required. Come and enjoy this fun-filled hour. Meet new friends and learn some of the latest dances plus some of the old favourites. Waltz, Cha-Cha, Mambo, Rhumba and other styles of dancing will be included in the course. This is a Beginner Level course. \$2 drop-in, space permitting.

F, 1:00pm-2:00pm

May 6-Jun 24

\$15.50/8 sess

Dance Studio

51600.201MP

F, 1:00pm-2:00pm

Jul 8-Aug 26

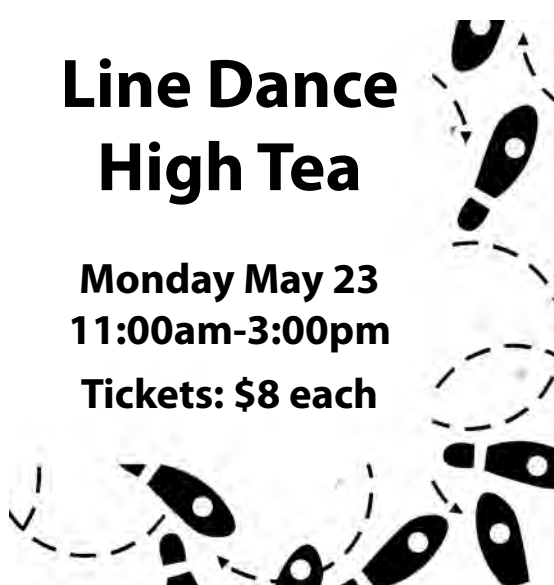
\$15.50/8 sess

Dance Studio

51600.301MP

Line Dance High Tea

**Monday May 23
11:00am-3:00pm
Tickets: \$8 each**



Keep Moving with ActNow BC

Community recreation is a great tool in living a healthier lifestyle and BC communities have so much to offer! I encourage you to take the first step in leading a healthier life by exploring what opportunities exist in your community.

For some other ways to get active,

- Take the ActNow BC Healthy Living Pledge at www.ActNowBC.ca for a chance to win some great prizes.
- You can also take ActNow BC Activity Challenge to record your activity results online and watch your progress through a virtual walking tour across British Columbia. Challenge your friends, family and coworkers to motivate each other to get active.

ActNow BC is part of the provincial government's efforts to help British Columbians live healthier lives through nutrition, physical activity, eliminating tobacco use and ensuring healthy pregnancies.

For more healthy living tools and tips, visit www.ActNowBC.ca.

Remember, every move is a good move.

Yours in action. Best wishes,
Gordon Hogg

Minister of State for ActNow BC



Older Adult

Britannia Mine Museum Tour



55+ yrs

Enjoy Tour and Travel

Visit the Britannia Mine Museum featuring the Underground Adventure Tour! This tour includes the Britannia Mine's underground train, new exhibits, galleries, a visit into the Historic Mill Building, gold panning pavilion and a delicious lunch on the Squamish River at the popular Watershed Grill. Finish the day at the Squamish Adventure Centre for the screening of the educational and entertaining 40 minute film, In the Shadow of the Chief. The charming 36 seat theatre hosts a unique look at a part of climbing history and the spirit of the community surrounding the Stawamus Chief Mountain.

M, 8:30am-5:00pm

May 30

\$89/1 sess

Off Site

55701.201MP

Countryside Art Tour



55+ yrs

Enjoy Tour and Travel

Experience the Arts in the country at three galleries all beautifully set in the Harrison Hot Springs Countryside. Join artist Dehlia Simpere at Woodside Gallery named after it's unique location on Mount Woodside, The Ranger Station Art Gallery with Artist Rhonda Simmons situated on the shores of Harrison Lake and photographer Zeus Zen at Gallery 7. This tour showcases artists from Vancouver to Harrison with works in many different mediums and includes a buffet lunch at The Trillium Restaurant at Minter Gardens.

Sa, 8:30am-6:00pm

Jun 18

\$69/1 sess

Off Site

55701.202MP

A Vancouver Park Board and Community Centre

Associations City Wide Special Event

Seniors Week May 31-June 10

Seniors Week Opening:

2011 Arts and Health Project Performance and Exhibition

Roundhouse Community Arts & Recreation Centre,
181 Roundhouse Mews, Vancouver

Tuesday May 31 10:00am – Performance Centre

Performances and Art Exhibition FREE at the Roundhouse

Lunch to follow 12:00-1:30pm Cost: \$6.00 Please pre-register at the Roundhouse.

For more info go to www.vancouver.ca/parks/art

Peak 2 Peak Tour Whistler



55+ yrs

Enjoy Tour and Travel

Experience the world's longest unsupported lift span linking together Blackcomb and Whistler Mountains for the first time. Travel the new incredible sea to sky highway to the base of Blackcomb Mountain and sightsee with Peak-2-Peak Gondola's 360 degree views. Take free time for lunch at the peak's Roundhouse Lodge or London Lodge for casual fare with sit down options or pack your own lunch. This tour includes a morning stop at the Squamish Adventure Centre and free time to explore Whistler Village.

M, 8:30am-6:00pm

Jul 25

\$99/1 sess

Off Site

55701.203MP

Circle Farm Tour



55+ yrs

Enjoy Tour and Travel

Take part in the popular Circle Farm Tour in Agassiz-Harrison Mills, Chilliwack and Mission complete with 5 distinctly different farms. The Farm House Natural Cheeses, featured on the Food Network's, Pitching In, hosts our group for an Interactive Farm Tour and Cheese-tasting. Meet the cows and the goats who produce the milk for the cheese as well as Magoo the donkey and Dick and Blake the Clydesdale horses. Go nuts at Canadian Hazelnuts, visit the amazing Herb Farm at Limbert Mountain Farms, the largest beekeeping farm in BC at Honeyview Farm and finish at Yellow Barn for farm fresh produce. This tour includes a buffet lunch at The Trillium Restaurant at Minter Gardens.

Th, 8:30am-6:00pm

Aug 11

\$79/1 sess

Off Site

55701.204MP

Seniors Social Tuesday

50+ yrs

Come down to play cards, pool and socialize. Self-serve coffee and tea.

Tu, 10:00am-1:00pm

May 3-Aug 23

\$Free/17 sess

Games Room

55801.201MP

Th, 12:00pm-3:00pm

May 5-Aug 25

\$Free/17 sess

Games Room

55801.202MP

April EVENTS

Chen's Tai Chi: Free Enhancement Workshop

This exercises is part of the training from Chen's Tai Chi. It has the advantages: preserving health, good curative effect in hypertension, coronary heart disease hyperosteogeny, neurasthenistomach and intestine functional disease chronic disease, etc..

Registration Required

Su, 9:30am-10:30am

Apr 17

**FREE
CLASS**

43405.201MP

Chen's Tai Chi: Seminar

Detail movement introduction of Chen's Tai Chi basic technique. Training & explanation of several movements in Old Frame Basic, 18 Simply Form & Pushing Hand.

Su, 11:00am-12:30pm

Apr 17

\$25/1 sess

Gymnasium - 2/3

43405.202MP

May EVENTS

Line Dance High Tea

**Monday May 23
11:00am-3:00pm**

Tickets: \$8 each

Seniors Week May 31-June 10

A Vancouver Park Board and Community Centre Associations City Wide Special Event

Please check the website for a list of activities and locations www.mountpleasantcc.ca

June EVENTS

Saturday June 4th 11:00AM—3:00PM

Celebrate
Mount Pleasant Days

Mount Pleasant Elementary School Grounds
(E. 7th Ave. & Prince Edward Street)

July EVENTS

CANADA DAY

Come Play!

July 1, 2011



- Parent and tot with Bounce Castle (regular fees apply)
- Arts and crafts
- Roof top BBQ 10:15am-1pm

Branch Weave Workshop 16+ yrs

Sharon Kallis

Hosted by the Vancouver Parks Board and Science World, free workshops will be held at Creekside Recreation Centre and at Mount Pleasant Community Centre. Working with artist Sharon Kallis, participants will learn basic freestyle weaving principals and will create large sculptural forms. For more information please call 604 257 8496.

Tu Th, 6:00pm-8:30pm

Jul 5-Jul 7

Free

Off Site

**FREE
CLASS**

45601.301MP

Tu Th, 6:00pm-8:30pm

Jul 26-Jul 28

Free

Off Site

**FREE
CLASS**

45601.302MP

Tu Th, 6:00pm-8:30pm

Aug 2-Aug 4

Free

Off Site

**FREE
CLASS**

45601.303MP



Online Registration:

The benefits of registering online at www.vancouverparks.ca:

- No line ups
- 24 hour a day access
- Obtain your personal record
- Quick access to programs and activities

Step 1: Visit www.vancouverparks.ca

Step 2: Click on Recreation Programs

Step 3: Activate your account. Allow 48 hours for set-up! Please call our office if you are having difficulty setting up your account or if you have forgotten your login name or password.

Our facility is fully wheelchair accessible.



Welcome to Mount Pleasant

How to Register



ONLINE
April 4 at 9:00am

See sidebar for registration procedure.



IN-PERSON
April 5 at 9:00am

We accept cash, cheque, debit, visa and mastercard.



PHONE
April 5 at 9:00am

We accept Visa and Mastercard.

(Adult and Senior programs include 12% HST)

1. Registration is first-come, first-served.
2. Some programs fill up fast! Don't delay!
3. Programs may be cancelled due to insufficient registration 4 days before the start date.
4. Programs are subject to change or cancellation without notice.

Refund Policy

Pro-rated refunds are given up to 48 hours prior to the second class in a series of classes. There is an administration charge of \$3 for all refunds.

Financial Assistance

We want everyone to have the opportunity to take part in our programs and enjoy our facilities. Individuals and families in financial need may be eligible for a subsidy that can be applied to some of our programs.

Leisure Access Card Program (LAC)

Leisure access cards are for Vancouver residents whose limited income may prevent them from participating in basic Park Board programs and services. Benefits include 50% discount at fitness centres, free admission to public swimming and ice skating, and more. Please call 604-257-8497, or visit www.vancouverparks.ca for more information.



Membership Fees

When you register for a program, community association membership is now included. If you have not registered for a program in the last year and wish to be voting member, you can purchase a membership. The rates are \$9 family, \$6 adult, \$3 under 18 years and \$2 senior.

Privacy Policy

In the course of providing programs and activities, the Mount Pleasant Community Centre Association collects personal information from our members and other individuals who participate in classes, workshops, special events or other facility uses. This information may be used for the provision of services, communication, processing payments or statistical purposes. We do not release this information to other persons, companies or agencies. We respect the importance of protecting the personal information that we collect. For more information on this subject, please contact Harvey Eng.

Rentals

We have spaces available to rent for special occasions, sports and meetings of all kinds. All rentals must be paid for in advance. Rentals require a refundable damage deposit. For more information and availability, call 604.257.3075 or check us out online.

Mount Pleasant Community Centre

WELCOME

Mount Pleasant Community Centre Association

Welcome to 'the M'

It has been just over one year since the Mount Pleasant Community Centre ('the M') opened along with the '3 Corners' daycare and attendance has been overwhelming. Thank you for your support.

Last spring the 'Our House' replacement childcare facility at Manitoba & 16th opened as well.

Recently, the Centre was recognized by you as 'the #2 Community Centre in Vancouver' in the Georgia Straight and our fitness centre was voted by you to be 'the best fitness centre in East Vancouver' in the Courier. Thank you.

On the immediate horizon is the development of Mount Pleasant Park (the site of the old community centre on 16th beside Simon Fraser Elementary) which is expected to be completed in September 2011. A submission has been made for the inclusion of an outdoor pool on the site to replace the original pool. With the continued support of Park Board Commissions this will be included as part of the 2011-2014 capital plan plebiscite this Fall.

Our commitment is to serve your recreation, community and child-care needs in partnership with the Vancouver Park Board. We take this responsibility seriously and therefore if you have any comments or suggestions, please do not hesitate to contact Harvey, our Community Recreation Supervisor, any of his staff team or any of the members of the MPCCA Board of Directors.

Christopher Richardson

President, Mount Pleasant Community Centre Association.

Mount Pleasant Community Centre is jointly operated by the Mount Pleasant Community Centre Association and the Vancouver Park Board.

Mount Pleasant Community Centre Association Board of Directors

PresidentChristopher Richardson

Vice PresidentCarol Sogawa

Past PresidentKerri Abramson

TreasurerRod Hashimoto

SecretaryKathy Tang

Executives at LargeMargery Duda, Gary Richmond, David Morrish, Nancy A. Chiavario, Jim Bennett,Kiley Fithen, JoAnna Fraser, Emma Sutherland, Rob Weaver, Jeff Rotin, Colin Desjarlais, Magdalena Blasiak

Park Board Liason to Mt.Pleasant Community Centre:Commissioners: Aaron Jasper, Constance Barnes

Mount Pleasant Community Centre Staff

Recreation Coordinator	Harvey Eng	604.257.3070
Recreation Programmer	Darwyn Hermann	604.257.3072
Recreation Programmer	Angela Thomson	604.257.3075
Fitness Programmer	Grant Matsuda	604.257.3066
Community Youth Programmer	Anne-Marie McGee	604.257.3069
Child Care Coordinator	Corine Hamilton	604.257.3061
Recreation Facility Clerk	Barbara Stevenson	604.257.3067
Preschool Teachers	Patricia Chocair, Jenny On	
Cashiers	De, Barb, Alysha, Sheila, Alisha, Kirsten, Helna, Elisa, Gary, Becky, Ny, Maggie	
Building Supervisors	Andy Mori, Ny Lath, Gary Cho, Jessie Wong, Gene Candano-Balde, Lucas Elder, Jason Hudson	
Corporate Services:	Allan Cumberbirch	

MPCC-Board of Directors

Directors meet monthly, providing advocacy for centre programs and services. Members of the public are welcome to become involved. For more information and to have a director return your call, please contact Harvey Eng at 604.257.3070.

Big Thanks to our Sponsors!

The Mount Pleasant Community Centre Association acknowledges the financial assistance from the Province of British Columbia (Best of BC) towards many of our children and youth programs.



Thank you to the CKNW Orphan's Fund for generously providing financial assistance to our children, pre-teen and youth programs.



Music

Treble Makers: Women's Chorus

16+ yrs

Miriam Davidson

The focus is on singing beautiful music and having fun! No auditions required. We will be rehearsing many different styles of music from Renaissance to present day, in both two and three part arrangements. Other topics covered will include rehearsal technique, breath management and musical terms and markings. Beginner singers welcome. Miriam is classically trained, performs and teaches voice.

M, 8:00pm-9:30pm

May 2-Jun 27

\$70.50/8 sess

Games Room

41001.201MP

Voice - Private

8+ yrs

Miriam Davidson

Private singing lessons by the half hour. Focus is on breath support, diction, rhythm, legato, and vowel formation. Genres taught will include musical theatre, folk and classical.

M, 5:15pm-7:45pm

May 2-Jun 27

\$142.50/8 sess

Meeting 2 - Music Room

41002.201MP-.205MP

Voice - Private

8+ yrs

Miriam Davidson

Private singing lessons by the half hour. Focus is on breath support, diction, rhythm, legato, and vowel formation. Genres taught will include musical theatre, folk and classical.

M, 6:00pm-9:00pm

Jul 4-Jul 25

\$72.50/4 sess

Meeting 2 - Music Room

41002.301MP-.306MP

Outdoor Guitar Jam

14+ yrs

Susan Aili

Join this spring guitar jam on the roof top and learn all your favorite hit songs! We'll take the playing outside (weather permitting!) and let the spring air inspire us to strum hard and sing loud for all to hear! Have fun and learn the skills you need to jam with friends or write your own tunes!

Sa, 12:00pm-1:00pm

Jun 4-Jun 25

\$44.50/4 sess

Multipurpose 3 - Small

41003.201MP

Singing Fun for Adults and Seniors

19+ yrs

Allison Berry

Do you sing in the shower? Do you sing along with the radio? Then this is the class for you. No experience necessary! All you need is a sense of humour and a love of music. This class will introduce you to some simple singing techniques that will enhance your singing skills and build your confidence. Each week we will work on a variety of styles of music while practicing the techniques learned in the vocal warm-up. Come learn to sing with a friendly, patient and experienced instructor!

W, 11:15am-12:45pm

Apr 27-Jun 15

\$66.50/8 sess

Art Room

41010.201MP

Culinary

Indian Cooking 101: Vegetarian Feast



14+ yrs

Ashok Puri

Watch, learn, devour the aroma and taste when Ashok, the community cook, spice up the kitchen with his simple ways of preparing the most delicious vegetarian and non vegetarian cuisine of India while you sip the masala chai with the Indian music in the background. A perfect evening of learning and enjoying the cuisines of India...You will also take home, a packet of specialPleasantly prepared Garam Masala - the magic ingredient. Punjabi chole (Chic Peas) and green peas with Paneer (Indian cheese), jeera Pilau rice, Chapatis and the Masala Chai

M, 6:30pm-9:30pm

Jun 6-Jun 13

\$47.50/2 sess

Multipurpose 3 - Small

42650.201MP

Indian Cooking 101: Non - Vegetarian Delights



14+ yrs

Ashok Puri

A sumptuous chicken curry dish and a South Indian fish dish with jeera pilau rice and the Masala Chai.

M, 6:30pm-9:30pm

Jun 20 & 27

\$47.50/2 sess

Multipurpose 3 - Small

42650.301MP



Allison Berry

Allison Berry has a Bachelor of Education from the University of Victoria - specializing in theatre and choral music. She has been teaching adult singing classes since 1993 and has had great success in teaching those who believe they can't sing. Allison creates an environment in which it is truly fun to sing, and she has consistently demonstrated a sense of passion when leading her classes. She encourages each member with an empathetic teaching style that allows each individual to develop at their own rate. Allison also performs as a soloist and with her own professional caroling trio.

Pilates

Pilates Mat All Levels

16+ yrs

CLS Fitness

Want to tone your abs, ease back pain and improve posture? Pilates exercises develop and maintain core stability, while increasing flexibility. Train your muscles to be more efficient and to do the work they were designed to do. Pilates may help prevent injuries and benefits anyone who wants to make permanent, positive changes to their posture. Participants will need to purchase a Pilates Air Ball from instructor for \$10. More info at www.clstevensfitness.com. \$16 drop-in, space permitting.

M, 5:30pm-6:30pm

May 16-Aug 15

\$164.50/12 sess

Dance Studio

44201.201MP

W, 5:15pm-6:15pm

May 18-Jun 29

\$97.50/7 sess

Multipurpose 2 - Large

44204.201MP

W, 5:15pm-6:15pm

Jul 6-Aug 17

\$97.50/7 sess

Multipurpose 2 - Large

44204.301MP

All Levels Pilates Matwork

16+ yrs

Mary Craig

Pilates is more than just exercise -- it's flexibility, strength, posture, balance, coordination and fun! Pilates is for everyone who wants to get leaner, stronger and more flexible. If this is your first pilates experience, learn the basic matwork exercises or deepen your pilates practice in this relaxed, yet challenging class. All levels are welcome. \$15 drop in, space permitting.

Tu, 12:30pm-1:30pm

May 17-Jul 26

\$150.50/11 sess

Multipurpose 3 - Small

44202.202MP

Th, 12:30pm-1:30pm

May 19-Jul 28

\$150.50/11 sess

Multipurpose 2 - Large

44202.201MP

**Relax the Back**

16+ yrs

Geraldine Lahiffe

Most of us will experience back injury, pain or stiffness in our lives. By increasing our flexibility, strength and movement awareness, we can improve the health of our spine! This class, taught by a physiotherapist and yoga/pilates instructor, will focus on energizing the spine, strengthening the core and releasing tight muscles. Please advise the instructor about any specific injuries prior to the first class. \$14 drop in, space permitting. No class June 29.

W, 5:00pm-6:00pm

May 18-Jul 13

\$107.50/8 sess

Multipurpose 3 - Small

44205.201MP

Pilates

is a system of body conditioning designed to strengthen and lengthen the body's muscles with emphasis on the abdominal girdle resulting in a stronger mid section and reduction of back pain and injury.

Pilates was developed over 80 years ago by Joseph Pilates. It is appropriate for all ages because it tones and strengthens the muscles without impacting the joints. It improves posture and strengthens the parts of the body that age attacks, including the stomach muscles, inner thighs and upper arms.

Many forms of exercise create tightening of certain muscles while overstretching others.

Pilates is a method that aims to create a balance in the body, designed to cater for the needs of the individual.

**We value your feedback!**

We welcome your comments or suggestions to better our programs and services! Visit our office for a customer comment form or send us an email at mtpleasantcc@vancouver.ca.

Dance

Cuban Salsa

16+ yrs

Michael Gabriel Rosen

These classes are all about connecting with the rhythms of great Cuban music and each other...and having FUN!

Level 1

M, 6:45pm-8:15pm

Jul 4-Aug 29

\$122.50/8 sess

Dance Studio

41604.301MP

Level 2

M, 8:15pm-9:30pm

May 2-Jun 27

\$102.50/8 sess

Dance Studio

41604.202MP

Level 3

M, 6:45pm-8:15pm

May 2-Jun 27

\$122.50/8 sess

Dance Studio

41604.203MP

M, 8:15pm-9:30pm

Jul 4-Aug 29

\$102.50/8 sess

Dance Studio

41604.303MP

Level 5

Su, 3:30pm-5:00pm

May 1-Jun 26

\$122.50/8 sess

Dance Studio

41604.205MP

Zumba

16+ yrs

Janet McLeish

This class fuses hypnotic Latin and International rhythms with easy to follow moves to create a dynamic workout system that will blow you away. Zumba utilizes the principles of fitness interval training and resistance training to maximize caloric output, fat burning and total body toning. It uses a variety of styles in its routines, including Cumbia, Soca, Merengue, Salsa, African, Reggaeton, Flamenco, Funk, and Bellydance. Zumba is a feel-happy workout that is great for both the body and the mind. www.zumbavancouver.ca Drop-in \$12.

Th, 7:15pm-8:15pm

Apr 28-Jun 30

\$97.50/10 sess

Dance Studio

41610.201MP

Th, 7:15pm-8:15pm

Aug 4-Aug 25

\$40.50/4 sess

Dance Studio

41610.301MP

Ballet Adult

16+ yrs

Catherine Andersen

An introduction to the basic principles of ballet. You will learn to improve coordination and balance along with how to strengthen and tone your muscles. Wear comfortable clothes. Ballet slippers are recommended. No drop-ins.

Level 1

F, 5:30pm-6:30pm

May 13-Jun 24

\$55/7 sess

Dance Studio

41601.201MP

Level 2

16+ yrs

For students who have ballet experience or have taken the Level 1 class. \$12 drop-in, space permitting.

F, 6:30pm-8:00pm

May 13-Jun 24

\$55/7 sess

Dance Studio

41601.202MP

Hip Hop for Adults

16+ yrs

Angela Amici

This funky and energetic dance builds strength, coordination & flexibility. You will learn some of today's most popular dance moves through warm up and easy to follow choreography. Sure to give you a great cardio work out, hip hop is also full of style and flair to keep you going.

Su, 11:30am-12:30pm

May 1-Jun 26

\$78.50/8 sess

Dance Studio

41620.201MP

Su, 11:30am-12:30pm

Jul 3-Aug 14

\$59.50/6 sess

Dance Studio

41620.301MP

Pussycat Doll Style Hip Hop for Ladies

16+ yrs

Angela Amici

Sexy feminine hip hop. A sassy and fun class for beginners to learn popular dance moves (see The Pussycat Dolls, Beyonce, Britney Spears etc). This will give you a great cardio work out as you learn some sexy dance basics. This is a ladies only class!

Su, 12:30pm-1:30pm

May 1-Jun 26

\$78.50/8 sess

Dance Studio

41621.201MP

Su, 12:30pm-1:30pm

Jul 3-Aug 14

\$59.50/6 sess

Dance Studio

41621.301MP



Dance

West African Dance

13+ yrs

Kesseke Yeo

This is an hour and a half long, high energy class in which students will be taught traditional and contemporary african dance. This course includes live drumming to which dancers will be shown particular movements that correlate to the traditional rythems of Ivory Coast. This class is good for dancers of all levels and is a strong cardio workout.

Su, 1:45pm-3:15pm

May 1

FREE/1 sess

Dance Studio

FREE
CLASS

41630.201MP

Su, 1:45pm-3:15pm

May 8-Jun 26

\$86.50/7 sess

Dance Studio

41630.202MP

Folk Line Dance

16+ yrs

Helen (Ai Yee) Lee

Come and learn traditional Chinese folk dancing using fans, scarves, chopsticks, swords and musical instruments. Lessons will be taught in English, Cantonese and Mandarin. For those interest there is a chance to perform offsite at festivals and events. Beginners welcome. Drop-ins welcome \$3

W, 12:30pm-2:00pm

Apr 27-Jul 20

\$28.50/13 sess

Dance Studio

41640.201MP

F, 7:30pm-9:00pm

Apr 29-Jul 22

\$26.50/12 sess

Multipurpose 2 - Large

41640.202MP

Tai Chi Fan

16+ yrs

Helen (Ai Yee) Lee

Tai chi fan dance blends the art of tai chi with traditional Chinese dance. It teaches you balance and posture, improves your physical and emotional health. No former experience required. Drop-ins welcome \$3

F, 1:00pm-2:30pm

Apr 29-Jul 22

\$26.50/12 sess

Multipurpose 2 - Large

41641.201MP

**Dance Dance Party Party**

16+ yrs

Sara Bynoe

Dance Dance Party Party is more than a dance party, it's a revolution! A judgment-free zone full of amazing ladies just like you. It's a place where you can do your funkiest, craziest dance moves and no one will bat an eye because we'll all be doing the same. There is no 'leader' so you can feel free to do what you want. Dance Dance Party Party is just like being out at a club with your girlfriends without the expensive cover charge and sweaty dudes grinding on you (ew) and trying to get yer number (no). More info at: <http://ddppvancover.wordpress.com/> Drop-ins available for \$7, space permitting.

Th, 8:30pm-9:30pm

Apr 28-Jul 28

\$85.50/14 sess

Dance Studio

41700.201MP

Ballroom Dancing with Irina

16+ yrs

Irina Yasel

Join Irina and learn popular and fan Ballroom and Latin dances. No partner needed! Everybody is welcome including newcomers and more experienced dancers wishing to learn new steps and to refine their technique, lead/follow, that will get you dancing like a pro! Drop-in \$8.

F, 11:00am-12:00pm

May 6-Jun 24

\$58.50/8 sess

Dance Studio

41701.201MP



Program Ideas and Instructors Wanted

We are always looking for qualified, experienced instructors to teach and lead recreational programs. If you would like to submit a program proposal, please forward your resume and detailed course description to mtpleasantcc@vancouver.ca

Yoga

Baby and Me Yoga

16+ yrs

Lori Lucas

This Yoga practice will help restore the new mother's body, returning her core strength, pelvic tone and spinal flexibility. This is also a fantastic opportunity to connect with other new moms. Pre-walking babies only please. Go to www.yogawithlorilucas.blogspot.com for more information. \$12 drop-in, space permitting.

M, 10:45am-12:00pm

May 2-Jun 6

\$62.50/6 sess

Multipurpose 2 - Large

44304.201MP

M, 10:45am-12:00pm

Jun 13-Jul 18

\$62.50/6 sess

Multipurpose 2 - Large

44304.202MP

M, 10:45am-12:00pm

Jul 25-Aug 29

\$62.50/6 sess

Multipurpose 2 - Large

44304.301MP

Prenatal Yoga

18+ yrs

Lori Lucas

Nurture yourself and your growing baby with gentle Hatha Yoga. Stretching and toning with yoga helps to balance hormones, relieve stress and maintain your energy. We will also use breath, toning and visualization to prepare you for the birth. Participants should consult with caregiver or doctor prior to attending. Go to www.yogawithlorilucas.blogspot.com for more information. \$12 drop-in, space permitting.

W, 6:30pm-7:45pm

May 4-Jun 8

\$62.50/6 sess

Multipurpose 2 - Large

44306.201MP

W, 6:30pm-7:45pm

Jun 15-Jul 20

\$62.50/6 sess

Multipurpose 2 - Large

44306.202MP

W, 6:30pm-7:45pm

Jul 27-Aug 31

\$62.50/6 sess

Multipurpose 2 - Large

44306.301MP

Yoga for Anxiety Relief

16+ yrs

Into Yoga

Bring balance back into your life. For various reasons anxiety can become a regular part of our lives. Yogic breathing, meditation, anxiety reducing asanas, savasana and visualization can help. Novice to advanced levels welcome.

W, 8:00pm-9:00pm

May 18-Jun 29

\$101.50/7 sess

Multipurpose 2 - Large

44301.201MP

W, 8:00pm-9:00pm

Jul 13-Aug 24

\$101.50/7 sess

Multipurpose 2 - Large

44301.301MP

Yoga for Self Care

18+ yrs

Rosaria Faust

This class will include yoga, movement and breathing exercises to increase body awareness, flexibility, balance, concentration and provide stress relief. The focus is on postures and exercises that you can take home and use as needed to promote relaxation and nurture yourself in daily life. No yoga experience necessary. More info at www.rosariafaust.com. \$17 drop in, space permitting. No class July 2.

Sa, 9:30am-11:00am

May 28-Jul 23

\$130.50/8 sess

Multipurpose 2 - Large

44325.201MP

Candlelight Yogaflex

16+ yrs

CLS Fitness

The first third of the class will focus on the core strengthening movements of Pilates and the next third will challenge what we have learned and incorporate it into yoga poses. The last third will include deep stretching and relaxation. More info at slstevensfitness.com. \$16 drop-in, space permitting.

Tu, 7:00pm-8:00pm

May 17-Jun 28

\$97.50/7 sess

Multipurpose 3 - Small

44303.201MP

Tu, 7:00pm-8:00pm

Jul 5-Aug 16

\$97.50/7 sess

Multipurpose 3 - Small

44303.301MP



Yoga

Daytime Yoga

Lori Lucas

16+ yrs

Come stretch, strengthen, detoxify and let go with Lori in this afternoon, all levels hatha yoga class. Go to www.yogawithlorilucas.blogspot.com for more information. Save and pay \$108 for concurrent Monday and Wednesday Daytime Yoga classes. \$12 drop-in, space permitting.

M, 12:30pm-2:00pm

May 2-Jun 6

\$62.50/6 sess

Multipurpose 2 - Large

44309.201MP

M, 12:30pm-2:00pm

Jun 13-Jul 18

\$62.50/6 sess

Multipurpose 2 - Large

44309.202MP

M, 12:30pm-2:00pm

Jul 25-Aug 29

\$62.50/6 sess

Multipurpose 2 - Large

44309.301MP

W, 12:30pm-2:00pm

May 4-Jun 8

\$62.50/6 sess

Multipurpose 2 - Large

44310.201MP

W, 12:30pm-2:00pm

Jun 15-Jul 20

\$62.50/6 sess

Multipurpose 2 - Large

44310.202MP

W, 12:30pm-2:00pm

Jul 27-Aug 31

\$62.50/6 sess

Multipurpose 2 - Large

44310.301MP

Hatha Yoga Beginner

Shona Cekelis

16+ yrs

Sessions are cumulative, beginning with basic postures then preparing the body for more strenuous positions. Considerations made for those with chronic conditions, in postoperative rehabilitation or are pregnant. \$16 drop-in, space permitting.

W, 6:15pm-7:45pm

May 18-Jun 29

\$93/7 sess

Multipurpose 3 - Small

44311.201MP

W, 6:15pm-7:45pm

Jul 6-Jul 27

\$54/4 sess

Multipurpose 3 - Small

44311.301MP

W, 6:15pm-7:45pm

Aug 3-Aug 24

\$54/4 sess

Multipurpose 3 - Small

44311.302MP

Restorative Yoga with Brain Gym™

Into Yoga

16+ yrs

Finally! A yoga class tailored to fit. Yoga is the perfect exercise to keep larger bodies fit and flexible. It can be practiced by anyone, regardless of age, size or ability. Yet many people have a hard time finding a yoga class that accommodates them. Class is taught by certified, mature Hatha Yoga instructors who know first hand the challenges of living large, who will challenge you to make the most of your bodacious body and support you in discovering the many physical and mental benefits of yoga. Men are also welcome. \$14 drop-in, space permitting.

Th, 6:30pm-7:30pm

May 26-Jun 23

\$66.50/5 sess

Multipurpose 3 - Small

44307.201MP

Th, 6:30pm-7:30pm

Jun 30-Jul 28

\$66.50/5 sess

Multipurpose 3 - Small

44307.202MP

Candlelight Yin Yoga

Melissa Bandura

16+ yrs

Focused on relaxing the body and calming the mind, this yoga is the perfect counterpart to more active yogas and helps balance a hectic lifestyle. Yin moves through postures slowly; promoting ease in breath, healthy joints, increased hip movement, shoulder and lower spine area, plus a centred mind. \$12 drop in, space permitting.

Th, 8:30pm-9:30pm

May 5-Jun 16

\$72.50/7 sess

Multipurpose 3 - Small

44308.201MP

Yoga Tots

Into Yoga

2-5 yrs

These fun engaging classes will help improve your child's health, concentration, confidence, and awareness through playful and simple yoga postures. Research shows that practicing yoga from a young age is very effective in developing proper posture, healthy body and a calm and focused mind. Parent attendance and/or participation is required.

Su, 11:00am-11:45am

May 29-Jun 26

\$65.50/5 sess

Multipurpose 2 - Large

44305.201MP

Big Thanks to our Sponsors!

The Mount Pleasant Community Centre Association acknowledges the financial assistance from the Province of British Columbia (Best of BC) towards many of our children and youth programs.



Thank you to the KKNW Orphan's Fund for generously providing financial assistance to our children, pre-teen and youth programs.



Yoga

Hatha Yoga Intermediate 16+ yrs**Shona Cekelis**

Further the practices learned in beginner class with emphasis on inverted positions and the integration of breath with a wide range of asanas. Develop abdominal support, posture and balance while you improve concentration, flexibility and self-awareness. Instructor reserves the right to suggest the appropriate class. \$16 drop-in, space permitting.

Tu, 7:00pm-8:30pm

May 17-Jun 28

\$93/7 sess

Dance Studio

44312.201MP

Tu, 7:00pm-8:30pm

Jul 5-Jul 26

\$54/4 sess

Dance Studio

44312.301MP

Tu, 7:00pm-8:30pm

Aug 2-Aug 23

\$54/4 sess

Dance Studio

44312.302MP

Runner's Yoga

16+ yrs

Michael Dennison

Runners' Yoga is a dynamic stretching and strengthening program designed to help runners get fit for running and prevent or overcome injuries. This class is appropriate for everyone, from newcomers to experienced practitioners. \$13 drop in, space permitting. For more information please visit www.yogarunners.net.

Tu, 7:45pm-9:00pm

May 3-Jun 28

\$94.50/9 sess

Multipurpose 2 - Large

44319.201MP

Hatha Yoga for Partners 16+ yrs**Shona Cekelis**

Come explore yoga in connection with another. Partner yoga enhances awareness, develops communication skills and helps to deepen the stretch. Some yoga experience preferred but not essential. No partner required to sign up. \$14 drop in per person, space permitting.

W, 7:45pm-9:00pm

May 4-Jun 22

\$88.50/8 sess

Multipurpose 3 - Small

44313.201MP

W, 7:45pm-9:00pm

Jul 6-Jul 27

\$45.50/4 sess

Multipurpose 3 - Small

44313.301MP

Flow Yoga

16+ yrs

Melissa Bandura

Hatha based postures are linked with Vinyasas (a series of breath-driven, fluid movements) to create a slow Yoga-Dance on your mat. Strengthening, alignment and stretch will be the focus along with awakening your body using flow. Novice to advanced levels welcome. \$12 drop-in, space permitting.

Th, 7:30pm-8:30pm

May 5-Jun 16

\$72.50/7 sess

Multipurpose 3 - Small

44314.201MP

Rise & Shine Flow Yoga 16+ yrs**Wesley Salter**

The best way to start the day! An early morning all levels flow class combining funky music mixes with energetic sequences specifically designed for the yogi who wants to wake up the mind & body with a head-to-toe workout. For more information visit: www.wesleyyoga.com. \$11 drop in, space permitting.

T&Th, 7:15am-8:15am

May 3-May 26

\$74.50/8 sess

Multipurpose 3 - Small

44329.201MP

T&Th, 7:15am-8:15am

May 31-July 7

\$110.50/12 sess

Multipurpose 3 - Small

44329.202MP

T&Th, 7:15am-8:15am

July 12-Aug 18

\$110.50/12 sess

Multipurpose 3 - Small

44329.301MP

Gentle Yoga

16+ yrs

Laxmi Mudunoori

Through gentle yoga you will normalize the functions of your entire organism. Body, mind and emotions are brought into harmony and balance. Yoga is for life. Yoga is a personal alchemical process. You will learn special breathing techniques, asanas, pranayam, mudras, nadi sansodhan and meditation. Please wear loose and comfortable clothes and bring one or two blankets.

Su, 9:15am-10:15am

May 22-Jun 19

\$44.50/5 sess

Dance Studio

44324.201MP

**Wesley Salter**

Wesley completed his Yoga Alliance Teacher Training Certification in the styles of hatha, ashtanga, yin and kundalini from the Semperviva Yoga College. Wesley graduated with a Bachelor of Education from the University of Victoria and went on to have a successful high school teaching career both in Canada & abroad. He has since made the full-time transition from the high school classroom into the yoga studio. Wesley's credo is simple: 'Yoga is For Everyone!' His goal is to create a fun & safe atmosphere combining funky music mixes with unique & challenging sequences.



Yoga4Stiff Guys – The Basics

Kate Misurka

This class pays special attention to parts of men's bodies that are often least flexible with an emphasis on poses to open the hips, quadriceps, hamstrings and lower back. \$14 drop in, space permitting.

M, 8:30pm-9:30pm

May 9-June 27

\$98.50/8 sess

Multipurpose 2 – Large 44323.201MP

M, 8:30pm-9:30pm

July 25-Aug 29

\$74.50/6 sess

Multipurpose 2 – Large 44323.202MP

Yoga4Stiff Guys

16+ yrs

Kate Misurka

A yoga series designed for guys who are brand new to yoga and want to improve flexibility, increase strength, and connect the mind and body. \$14 drop in, space permitting.

Tu, 8:30pm-9:30pm

May 10-Jun 28

\$98.50/8 sess

Multipurpose 3 - Small 44321.201MP

Tu, 8:30pm-9:30pm

Jul 19-Aug 30

\$98.50/7 sess

Multipurpose 3 - Small 44321.301MP

Th, 8:30pm-9:30pm

May 12-Jun 30

\$98.50/8 sess

Multipurpose 2 - Large 44322.201MP

Th, 8:30pm-9:30pm

Jul 21-Sep 1

\$98.50/7 sess

Multipurpose 2 - Large 44322.301MP

30 Minute Yoga

Taylor Daniel

Lunchtime Yoga

16+ yrs

This style of yoga involves dynamic, full-body movements to make the most of each minute. You'll leave with an energy boost feeling clear, relaxed and rejuvenated for the rest of the day. No mats are required. \$7 drop-in, space permitting.

W, 12:15pm-12:45pm

May 11

Multipurpose 3 - Small

W, 12:15pm-12:45pm

May 18-Jun 22

\$44.50/6 sess

Multipurpose 3 - Small

W, 12:15pm-12:45pm

Jun 29-Aug 3

\$44.50/6 sess

Multipurpose 3 - Small



44328.200MP

44328.201MP

44328.202MP

Stress Buster Yoga

16+ yrs

This class loosens up areas that suffer the most: shoulders, neck, upper, mid and lower back. Using a series of enjoyable, flowing motions, your muscles will unknot, your joints will open and your circulation will increase. \$7 drop-in, space permitting.

W, 10:45am-11:15am

May 11

Multipurpose 3 - Small

W, 10:45am-11:15am

May 18-Jun 22

\$38.50/6 sess

Multipurpose 3 - Small

W, 10:45am-11:15am

Jun 29-Aug 3

\$38.50/6 sess

Multipurpose 3 - Small



44326.200MP

44326.201MP

44326.202MP

Yoga / Qigong Fusion

16+ yrs

Designed to release tension deep within your body, the movements also align your muscles, bones and joints so as to increase physical well-being on every level. No mats required. \$7 drop-in, space permitting.

Tu W, 11:30am-12:00pm

May 11

Multipurpose 3 - Small

W, 11:30am-12:00pm

May 18-Jun 22

\$44.50/6 sess

Multipurpose 3 - Small

W, 11:30am-12:00pm

Jun 29-Aug 3

\$44.50/6 sess

Multipurpose 3 - Small



44327.200MP

44327.201MP

44327.202MP

Sports

“The Game for Life, Played for Fun”

For 28 years Gord has provided lessons to thousands of adults and children who have had great fun while learning, playing and staying with the game of tennis. For more information:



gordhaukastennis@gmail.com
or www.gordhaukastennis.com

Whether you are beginner or advanced, Gord can teach you the technical, tactical or emotional sides of tennis. Whatever your level, there is a program for you. Make this your year to begin, or to take your game to a new level.

All classes are taught with enthusiasm and the greatest respect for your efforts. We will provide racquets for use in class and endless fun to help you on the way.

Location

Tennis classes are held at the Robson Park courts, 599 Kingsway @ St. George Street.

Rain out Information

If weather is questionable, call the Community Centre weather hotline at 604-257-3068 one half hour prior to start time of class to confirm.

In the event of rain, attend the next scheduled class and confirm re-scheduling of rained-out classes.

Tennis - Adult Beginner level 1.0-1.5

13+ yrs

Gord Hauka

Learn basic strokes; the serve; forehand and backhand ground strokes, volleys, lobs and the smash.

Tu Th , 5:15pm-6:15pm

Apr 26-May 19

\$86/8 sess

Robson Park Tennis Courts 43006.201MP

Tu Th , 5:15pm-6:15pm

May 31-Jun 23

\$86/8 sess

Robson Park Tennis Courts 43006.202MP

MW, 5:00pm-6:20pm

Jul 4-Jul 20

\$76/6 sess

Robson Park Tennis Courts 43006.301MP



Tennis - Adult Novice 2.0-2.5

18+ yrs

Gord Hauka

Can rally 10 balls in a row from 3/4 court; hit a second serve using a full motion, volley on the forehand. Further support given to do all of the above consistently at full court.

Tu Th , 6:15pm-7:15pm

Apr 26-May 19

\$86/8 sess

Robson Park Tennis Courts 43007.201MP

Tu Th , 6:15pm-7:15pm

May 31-Jun 23

\$86/8 sess

Robson Park Tennis Courts 43007.202MP

MW, 6:20pm-8:00pm

Jul 4-Jul 20

\$76/6 sess

Robson Park Tennis Courts 43007.301MP

MW, 5:00pm-6:20pm

Aug 3-Aug 22

\$76/6 sess

Robson Park Tennis Courts 43007.302MP

Tennis - Adult Novice Plus 2.5-3.0

13+ yrs

Gord Hauka

Improve placement and consistency; add top spin to the forehand, slice to the volley and backhand, and spin to the serve.

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

Apr 26-May 19

\$86/8 sess

Robson Park Tennis Courts 43008.201MP

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

May 31-Jun 23

\$86/8 sess

Robson Park Tennis Courts 43008.202MP

MW, 6:20pm-8:00pm

Aug 3-Aug 22

\$76/6 sess

Robson Park Tennis Courts 43008.301MP

Volleyball

16+ yrs

No Instructor

We recommend registering as these classes always fill up. Drop-ins are \$5 and taken only if spaces remain. Please note that registered participants have until 8:00pm to arrive or their spot will be sold to drop-in participants.

M, 7:45pm-9:45pm

May 2-Jun 27

\$38.50/9 sess

Gymnasium

43001.201MP

M, 7:45pm-9:45pm

Jul 4-Aug 29

\$38.50/9 sess

Gymnasium

43001.301MP

Indoor Soccer

16+ yrs

No Instructor

We recommend registering as these classes always fill up! Drop-ins (\$5) taken only if spaces remain. Registrants must arrive within 15 minutes of starting time or their spot will be given to a drop-in participant.

Tu, 7:45pm-9:45pm

May 3-Jun 28

\$38.50/9 sess

Gymnasium

43002.201MP

Tu, 7:45pm-9:45pm

Jul 5-Aug 30

\$38.50/9 sess

Gymnasium

43002.301MP

Basketball

16+ yrs

No Instructor

We recommend registering as these classes always fill up! Drop-ins (\$5) taken only if spaces remain. Registrants must arrive within 15 minutes of starting time or their spot will be given to a drop-in participant.

W, 7:45pm-9:45pm

May 4-Jun 29

\$38.50/9 sess

Gymnasium

43003.201MP

W, 7:45pm-9:45pm

Jul 6-Aug 31

\$38.50/9 sess

Gymnasium

43003.301MP

Badminton

16+ yrs

No Instructor

We recommend registering as these classes always fill up! Drop-ins (\$5) taken only if spaces remain. Registrants must arrive within 15 minutes of starting time or their spot will be given to a drop-in participant.

Th, 7:45pm-9:45pm

May 5-Jun 30

\$38.50/9 sess

Gymnasium

43004.201MP

Th, 7:45pm-9:45pm

Jul 7-Sep 1

\$38.50/9 sess

Gymnasium

43004.301MP



Basketball Sunday

16+ yrs

No Instructor

Due to popular demand we have added basketball on Sundays. We recommend registering as these classes always fill up! Drop-ins (\$5) taken only if spaces remain. Registrants must arrive within 15 minutes of starting time or their spot will be given to a drop-in participant.

Su, 4:00pm-6:00pm

May 8-Jun 26

\$34.50/8 sess

Gymnasium

43003.202MP

Su, 4:00pm-6:00pm

Jul 3-Aug 21

\$34.50/8 sess

Gymnasium

43003.302MP

Drop-in Sports

- Numbered tickets will be given out at 6:30
- Participants will be placed on a list in according to ticket number at 7:45
- Registered participants have until 8:00pm to show up
- Remaining spaces will be given to participants according to ticket number
- Drop-in \$5.00



Martial Arts

Tai Chi: Chen's Style

16+ yrs

Paul Tam

Chen's Tai Chi is the original style of Tai Chi, it emphasizes not only health benefits, but also a distinctive form of self-defense. The combination of slow and fast movements, the softness and hardness and well-designed routines will ensure our body gets enough physical, mental and exegetical training.

Su, 9:00am-10:30am

May 1-Jun 26

\$72.50/9 sess

Multipurpose 2 - Large

43402.201MP

W, 7:00pm-8:00pm

May 4-Jun 29

\$72.50/9 sess

Dance Studio

43402.202MP

F, 7:00pm-8:00pm

May 6-Jun 24

\$72.50/8 sess

Multipurpose 3 - Small

43402.203MP

Su, 9:00am-10:30am

Jul 3-Aug 28

\$72.50/9 sess

Multipurpose 2 - Large

43402.301MP

W, 7:00pm-8:00pm

Jul 6-Aug 31

\$72.50/9 sess

Dance Studio

43402.302MP

F, 7:00pm-8:00pm

Jul 8-Aug 26

\$72.50/8 sess

Multipurpose 3 - Small

43402.303MP



Chen's Tai Chi: Free Enhancement Workshop

This exercises is part of the training from Chen's Tai Chi. It has the advantages: preserving health, good curative effect in hypertension, coronary heart disease hyperosteogeny, neurasthenistomach and intestine functional disease chronic disease, etc..

Registration Required

Su, 9:30am-10:30am

Apr 17

FREE
CLASS

43405.201MP

Chen's Tai Chi: Seminar

Detail movement introduction of Chen's Tai Chi basic technique. Training & explanation of several movements in Old Frame Basic, 18 Simply Form & Pushing Hand.

Su, 11:00am-12:30pm

Apr 17

\$25/1 sess

Gymnasium - 2/3

43405.202MP

Tai Chi: Yang Style

16+ yrs

Steve Malliaris

An ancient and unique way of movement and martial art emphasizing relataion, balance, coordination, and agility. Tai Chi can be a total system of excercise incorporating mental as well as physical discipline. Steve has taught Tai Chi to many students in Vancouver over thirty-six years. The class is conducted in a fun and relaxing manner, and is suitable for people of all ages and fitness levels.

Th , 6:00pm-7:00pm

Apr 28-Jul 28

\$114.50/14 sess

Dance Studio

43403.201MP

Kung Fu: Choy Lee Fat

14+ yrs

Paul Tam

Choy Lee Fat is one of the most widely practiced martial art style inside and outside of China. This unique style combines the leg maneuvers of Northern Chinese martial art with the intricate Southern Chinese hand techniques. The Choy Lee Fat system has many forms which is suitable for any students to develop proficiency in the techniques of the style.

WF, 5:30pm-7:00pm

May 4-Jun 29

\$107.50/17 sess

Multipurpose 3 - Small

43404.201MP

WF, 5:30pm-7:00pm

Jul 6-Aug 31

\$107.50/17 sess

Multipurpose 3 - Small

43404.301MP

Martial Arts

Karate for Adults

16+ yrs

Gilbert Choung

Karate is the most popular form of martial art and is practiced world-wide today. Karate also has a long history of improving and maintaining health and fitness. Our instructor is a fully certified and Karate BC registered black belt instructor. Please note: program fee does not include Karate BC (N.K.A.) membership, test, uniform or sparring gear.

MTh , 7:00pm-8:15pm

May 2-Jun 27

\$136/17 sess

Multipurpose 2 - Large

43401.201MP

Wenlido Women's Self-Defense: Ongoing

14+ yrs

Jennifer Kirkey

Interested in increasing your personal safety? Come join a wenlido class. In a safe and supportive atmosphere you will explore the 4 A's of self defense. By being Aware of what is most likely to happen to you, you are more likely to be able to Avoid being attacked in the first place. If you cannot avoid it, then our practice will increase your Assertiveness skills to help you talk your way out of an attack. You will also learn simple effective Action techniques. You can release holds and fend off physical attacks. Classes are a combination of action and discussion. All levels of physical fitness are welcome. Please wear loose comfortable clothing. Drop-ins welcome \$10

Th , 7:00pm-9:00pm

May 5-May 26

\$31.50/4 sess

Art Room

43406.201MP

Th , 7:00pm-9:00pm

Jun 30-Aug 25

\$67.75/9 sess

Art Room

43406.301MP

Wenlido Women's Self-Defense: Basic Intro

14+ yrs

Jennifer Kirkey

Th , 7:00pm-9:00pm

Jun 2-Jun 23

\$31.50/4 sess

Art Room

43406.202MP

Personal Training

Personal Training P1 One on One

13+ yrs

Need more instruction and supervision from a qualified personal trainer during your workouts? Vancouver Park Board's Personal Training services can fill that need. One of our certified trainers will customize a workout plan to meet your fitness goals and motivate you through each 1 hour workout. Whether you are a beginner, overcoming a plateau, rehabilitating from an injury or looking for sport specific workouts, our trainers are here to get you there.

1-4 sessions \$52/each

5 session package \$234

10 session package \$416



Personal Training P2 (with a friend)

13+ yrs

Workout with a buddy and save some money. Get some added motivation with family or friends as you sweat and push each other following similar programs designed and supervised by your trainer. Two clients maximum. 1 hour workouts. One client attending a P2 workout is a completed workout session.

1-4 sessions semi private \$78/session per 2 clients

5 session semi private \$364/ 2 clients

10 session semi private \$676/ 2 clients

Fitness

West Coast Fitness Camp 18+ yrs

Mike Dirks

West Coast Fitness Camp includes everything you need to start your journey into fitness! Results Manual, accountability system, fitness community, functional training paradigms to improve your strength, endurance, agility, speed and balance. Our certified trainers also offer the motivation, education and support you need to help you lose weight and reach your goals! Go to www.westcoastfitness.ca for more information. \$15 drop in, space permitting. No class May 23.

MWF, 5:30pm-6:30pm

May 2-Jun 27

\$352/24 sess

Gymnasium 44017.201MP

Fab Abs, Butt & Thighs 16+ yrs

CLS Fitness

Here's a class to help you shape and tone the most troublesome areas. This is a super workout, which combines muscle strength, endurance and flexibility and it's suitable for all levels of fitness. You will leave knowing that you have worked out! Please bring a mat. More info at www.clstevensfitness.com. \$16 drop-in, space permitting.

Tu, 8:30am-9:30am

May 17-Jun 28

\$97.50/7 sess

Multipurpose 2 - Large 44018.201MP

Tu, 8:30am-9:30am

Jul 5-Aug 16

\$97.50/7 sess

Multipurpose 2 - Large 44018.301MP

Tu, 6:30pm-7:30pm

May 17-Jun 28

\$97.50/7 sess

Multipurpose 2 - Large 44019.201MP

Tu, 6:30pm-7:30pm

Jul 5-Aug 16

\$97.50/7 sess

Multipurpose 2 - Large 44019.301MP



Zumba

16+ yrs

Janet McLeish

This class fuses hypnotic Latin and International rhythms with easy to follow moves to create a dynamic workout system that will blow you away. Zumba utilizes the principles of fitness interval training and resistance training to maximize caloric output, fat burning and total body toning. It uses a variety of styles in its routines, including Cumbia, Soca, Merengue, Salsa, African, Reggaeton, Flamenco, Funk, and Bellydance. Zumba is a feel-happy workout that is great for both the body and the mind. www.zumbavancouver.ca Drop-in \$12.

Th, 7:15pm-8:15pm

Apr 28-Jun 30

\$97.50/10 sess

Dance Studio 41610.201MP

Th, 7:15pm-8:15pm

Aug 4-Aug 25

\$40.50/4 sess

Dance Studio 41610.301MP



Fitness

Bellyfit

Laura Gordon

18+ yrs

Bellyfit is a fusion fitness class that combines cardio movement with the beauty of belly dance, the sass of Bollywood/Bhangra, the power of African dance and includes pilates inspired core work, yoga and meditation. This unique workout experience is set to groovy ethno-electronic beats and offers a calorie burning, body sculpting, stress relieving incredibly fun workout! Please wear running shoes. \$13.50 drop in if space is available.

M, 6:00pm-7:00pm

May 30-Jul 4

\$62.50/6 sess

Multipurpose 3 - Small

44025.201MP



Nia with Jana-Try-out Class 16+ yrs

Jana Birkett

Give Nia a try! Register for this 2 session trial for only \$15. That's 2 classes for the price of 1!

Tu, 5:45pm-6:55pm

Apr 12-Apr 19

\$15/2 sess

Multipurpose 3 - Small

44806.201MP

Nia with Jana

Jana Birkett

16+ yrs

Nia reaches through dance, beyond fitness and into a magical place. This lyrical dance routine is deceptively powerful, delivering a high-powered workout that will leave you feeling strong and centered. \$15 drop-in, space permitting.

Tu, 5:45pm-6:55pm

Apr 26-Jun 28

\$116.50/10 sess

Multipurpose 3 - Small

44806.202MP

Tu, 5:45pm-6:55pm

Jul 19-Aug 9

\$48.10/4 sess

Multipurpose 3 - Small

44806.302MP

Fit 4 Two Mom & Baby Fitness

16+ yrs

Fit 4 Two

This baby-friendly class allows mom to get a great workout and attend to baby's needs at any time. Each class provides a full body workout: cardio, strength, flexibility and relaxation. Special attention will be given to postpartum posture and core strength. This is a fantastic opportunity to connect with other new moms in the community and bond with baby. Women should be 4+ weeks postpartum. All fitness levels are welcome. This class is designed for pre-mobile babies. More info at www.fit4two.ca. \$15 drop-in, space permitting.

Tu, 1:00pm-2:00pm

May 3-May 31

\$67.50/5 sess

Multipurpose 2 - Large

44022.201MP

Tu, 1:00pm-2:00pm

Jun 7-Jul 5

\$67.50/5 sess

Multipurpose 2 - Large

44022.202MP

Fit 4 Two Tummies 4 Mommies & Infant

16+ yrs

Fit 4 Two

Join us for 30 minutes of postnatal core rehabilitation and strengthening followed by 30 minutes of infant massage. Moms will strengthen their cores from the inside out, flatten their tummies, prevent injuries and improve self-confidence. Babies will enjoy the many benefits of massage such as improved digestion, sleep and attachment. For safety reasons, babies should be pre-mobile. Oil and handouts are provided. More information at www.fit4two.ca. Sorry no drop ins but new participants are welcome to register anytime.

Th, 10:00am-11:00am

May 5-Jun 2

\$77.50/5 sess

Multipurpose 2 - Large

44023.201MP

Th, 10:00am-11:00am

Jun 9-Jul 7

\$77.50/5 sess

Multipurpose 2 - Large

44023.202MP

Aerobic Class Schedule



Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					Boxercise Plus 8:10-9:25am
	Core Strength & Stretch 5:30-6:30pm		Interval Step 5:30-6:30pm		
Sculpt & Strength 6:30-7:30pm	Hi/Lo Combo 6:30-7:30pm	Boxercise 6:30-7:30pm	Hi/Lo Combo 6:30-7:30pm		

For safety reasons, children are not permitted in the aerobics area during classes. Schedule is subject to change.

Class Descriptions

Core Strength and Stretch

Monica

This class will strengthen all the muscles responsible for good posture including your abdominals. An extended stretch component makes this the perfect class for unwinding after a stressful day.

Interval Step

Lisa

Alternate dynamic sequences of step cardio with challenging body conditioning exercises and core training and get an incredible total body workout. This class suits a variety of fitness levels as there are options to work hard, easy or somewhere in-between.

Sculpt & Strength

Lela

A fast-paced and challenging class designed to strengthen every muscle in your body! A combination of weight bearing and non-weight bearing exercises are performed to tone and shape your body.



Boxercise

Zlata

Shadowbox your way to improved stamina and coordination! You'll learn boxing moves and skipping skills guaranteed to be a great workout.

Boxercise Plus

Zlata

Boxing moves followed by weights and core workout, a full body workout! A 75 min class.

Hi/Low Combo

Tracy

This moderate workout combines high and low impact moves in a fun and challenging way. Set your own pace by choosing high or low! Considerable choreography is involved.

Aerobics Class Rates

HST Included	Adult (19)	Youth (13-18)	Senior (60)
Drop-in	\$4.25	\$2.70	\$2.70
Strip of 10	\$36.00	\$23.00	\$23.00
1 Month	\$32.00	\$20.00	\$20.00
3 Months	\$80.00	\$48.00	\$48.00

Rates subject to change.

Mount Pleasant Fitness Centre

Personal Training

Personal Training P1 One on One

13+ yrs

Need more instruction and supervision from a qualified personal trainer during your workouts? Vancouver Park Board's Personal Training services can fill that need. One of our certified trainers will customize a workout plan to meet your fitness goals and motivate you through each 1 hour workout. Whether you are a beginner, overcoming a plateau, rehabilitating from an injury or looking for sport specific workouts, our trainers are here to get you there.

1-4 sessions \$52/each
5 session package \$234
10 session package \$416



Personal Training P2 (with a friend)

13+ yrs

Workout with a buddy and save some money. Get some added motivation with family or friends as you sweat and push each other following similar programs designed and supervised by your trainer. Two clients maximum. 1 hour workouts. One client attending a P2 workout is a completed workout session.

1-4 sessions semi private \$78/session per 2 clients
5 session semi private \$364/ 2 clients
10 session semi private \$676/ 2 clients

Exercise....we know
....YOU know.

So, what's stopping you?

We can help you feel a lot healthier and at the same time feel at ease in our fitness centre. We believe in welcoming new customers and making them feel comfortable in a sometimes uncomfortable new place. Meet with one of our fitness staff and learn how to use our fitness equipment and perform exercises with confidence. Our fitness professionals are committed to helping our community lead a healthier lifestyle by providing safe, effective tips and workout programs.



Go Get Fit!

The "Start Up" Program

Book an appointment with one of our fitness staff and a beginner's exercise program can get you going in the right direction. The personalized workout is designed by qualified staff and you'll be shown how to perform these exercises. Call 604-257-3065.



Teens and the Fitness Centre

Are you between 13 and 16 years and want to learn how to use the fitness centre? Drop by the fitness centre and pick-up a parental consent form. Have it signed and call us for an appointment where you will work one-to-one with our fitness staff!

Mount Pleasant Fitness Centre

We are very proud and excited to open a new fitness facility with a generous amount of fitness equipment, functional training space and amenities that will meet the needs of everyone! To complement all this, we have friendly, knowledgeable staff dedicated to teaching you how to exercise and lead a healthier lifestyle



Equipment Features

Treadmills, ellipticals, stationary bikes, rowing machines, stairclimbers, Apex and Life Fitness weight training machines, Hammer Strength squatracks, free weights and benches, weightlifting platform and functional training accessories.

Facility Features

Separate men's and women's steam room, floor to ceiling windows, 6 flat screen TV's, air conditioning and second floor views of Kingsway and 8th Avenue.

Hours of Operation

Monday-Friday 6:00am-10:00pm
 Saturday 8:00am-6:00pm
 Sunday/Holidays 9:00am-6:00pm

Hours are subject to change.

Fitness Centre Rates

2011 rates (HST included)	Adults (19-64)	Senior (65+)	Youth (13-18)	Outside Trainers
Drop-in	\$5.95	\$4.15	\$4.15	\$5.95
10 Visit Pass	\$47.60	\$33.20	\$33.20	
Flexipass (Access to all Vancouver Parks and Recreation Fitness Centres and Pools)				Additional fee/client \$5.95
1 Month	\$48.00	\$33.00	\$33.00	
3 Months	\$125.00	\$87.00	\$87.00	
4 Months	\$159.00	\$112.00	\$112.00	
6 Months	\$217.00	\$152.00	\$152.00	
12 Months	\$392.00	\$275.00	\$275.00	

Occupational therapists, recreation therapists and physio-therapists must be registered with the Vancouver Park Board to train on City of Vancouver property. Additional fees are applicable. See staff for more information.

All rates subject to change.

Fitness Centre Orientation

Meet with our qualified staff to develop a personalized fitness program to meet your needs and goals. Free with your admission to fitness centre. Please call for an appointment.



GymWorks

Mount Pleasant Fitness Centre is proud to be associated with PacificSport's GymWorks program. This service enhances provincial and national level athletes' training by providing easy, local and free access to training centres.



**MOUNT PLEASANT
COMMUNITY CENTRE**

1 Kingsway at Main Street in Vancouver

www.mountpleasantcc.ca



Jointly operated by the Vancouver Board of Parks and Recreation and the Mount Pleasant Community Centre Association