

GENERAL INFORMATION

HOURS OF OPERATION

Mon – Fri 9:00 am – 10:00 pm
Sat & Sun 9:00 am – 5:00 pm

FITNESS CENTRE HOURS

Mon 7:00am – 9:30pm
Tues – Fri 9:00am – 9:30pm
Sat & Sun 9:00am – 4:30pm

MEMBERSHIP FEES

Every participant is required to have a current Strathcona Community Centre Association membership card. Memberships expire December 31, 2012.

Child (0 – 12 yrs)	\$0.50
Youth (13 – 18 yrs)	\$2.00
Adult (19 – 60 yrs)	\$4.00
Senior (61 + yrs)	\$2.00
Family (child under 13 yrs)	\$6.00
Guest (1 day)	\$1.00

Replacements 1/2 price of fee paid Memberships are non-refundable.

CENTRE STAFF

Recreation Supervisor:
Wes Uyeyama 604-713-1841

Facility Clerk:
Jenny Lee 604-713-1838

Recreation Programmer:
Ron Suzuki 604-713-1851

Seniors/Family Programmer:
Liza Tam 604-713-1843

Youth Worker:
David Ng 604-713-1845

Childcare Co-ordinator:
Jeanette Wong 604-713-1854

CENTRE CLOSURES

December 24-27th
January 1st
January 2nd

LEISURE ACCESS CARDS

Leisure Access Cards (LAC) will be issued to Vancouver residents who are on limited income and unable to afford Park Board services. LAC recipients are entitled to 50% discount to the Fitness Centre and many children's programs.



Dear friends and neighbours,

It's been a terrific year at the Community Center. There is so much to report that it's difficult to know where to begin... and Jenny will cut most of what I have to say because she needs the precious space to describe all the awesome programs we have to offer you this Winter. Let me just make note of a few things though. Our childcare center has a new front yard thanks to the generosity of the City of Vancouver and the dedication of Wendy Au. Our food programs are growing astronomically, not simply because the need is growing (though it certainly is) but also because the staff that work in these programs are breaking new ground in area of food security. We are fundraising for these (and other) programs like we have never fundraised before and we are beginning to see very positive results. The other thing I would like to acknowledge is the growing commitment of the neighborhood; more of you are volunteering your time and paving the way toward greater access to resources and programming for all of Strathcona's residents. I would also like to extend sincerest gratitude to the outstanding staff and dedicated volunteers that are the heart and soul of the community center.

Peace to you all this holiday season and the very best wishes for 2012.

Patricia Badir (President, SCCA)

Registration begins Friday, Dec 23, 2011 at 10:00am.

ART/CULTURE

Acrobatic Dance (3-4yrs)

Twirl, leap and twist! Using props such as a hula hoop, ribbon or ball. Dancers will learn to stretch both their bodies and imagination.
Instructor: Kirby Rae

21701.101 Sat. 11:00am – 12:00pm
Jan 14 – Mar 10 Fee: \$50.00

Ballet (3&4yr)

Explore the fundamental principals of ballet, balancing, creativity in a very fun environment. Children will develop strength, flexibility, and body awareness.

Instructor: Kirby Rae
21710.101 Tues 9:15-10:00am
Jan 10 – Mar 13 Fee:\$35.00

Clay Explorations (4-5yrs)

Students learn to mould and create clay forms while having fun.
Instructor: Kathleen Murphy

12009.101 Wed. 2:30-3:30pm
Jan 11 – Mar 7 Fee: \$50.00

Imagination Station (3-5yrs)

A creative hour of arts and crafts. Mini artists will have fun drawing, and painting their own masterpieces. Activities will also include paper crafts and a storytime.
Instructor: Karen Yee

12010.101 Tue. 1:00-2:00pm
Jan 14 – Mar 10 Fee: \$40.00

SOCIAL

Parent & Baby Time (NBs+)

This program is offered to new parents and young families by the North Area Health Department Nurses, to provide parents with information focusing on the health of their child. Once a month, there will be a healthy food segment offered by Jane Newton Moss.

15801.101 Mon. 10:30-12:00pm
On-going Free

Parent & Tot Playtime (6mths+)

Join Jill for a variety of activities that include singing, snacking, jumping, climbing, colouring, laughing, and playing with a variety of equipment.
Instructor: Jill Stieler

15802.101 Mon/Wed/Fri. 10:30-12:00pm
On-going Fee: \$3/drop-in

Parent & Tot Knitting Drop In

Love to knit or crochet or connect with parents in the community? Join us at the Parent & tot knitting/crocheting drop-in. All skill levels are welcome. Find inspiration for new projects and help with your current ones while the kids play! (Parents are responsible for the supervision of their own children)
15895.101 Fri 10:00-12:00pm
Ongoing Fee: Membership

SPORTS

Let's Hoop It Up (4-5yrs)

Parent participation is all part of the fun. This is a sound introduction to the Strathcona Boys and Girls Basketball Program. Learning basic skills and having a lot of fun are the two main objectives of this program.
Instructor: Eric Ming

13001.101 Sun. 9:00-10:00am
On-going Fee: \$10.00

Mini Soccer (4-5yrs)

Join our instructors as they put your child through various soccer skills and drills. The program emphasizes exercise, skill development and fun. Parent participation is welcome.
Instructor: Steve Valente

13501.101 Sat. 10:15-11:00am
Jan 14 – Mar 10 Fee: \$25.00

Strathcona Preschool (3-5yrs)

We offer an early learning opportunity for your child to develop their social, emotional, physical, and language skills.

Children experience a variety of activities in this multi-cultural, stimulating, and caring environment that emphasizes cooperative play, wellness, and safety.

The teachers encourage the child's exploration in language, social studies, mathematics, science, music and movement, sports, etc.

Supplementary and enhancing activities include field trips, music, cooking, computer, creative dance, creative art and drama by Arts Umbrella.



Licensed Preschool Program 2011-2012 (Children born 2007 – 2008) SPACES STILL AVAILABLE!

Red Class
Mon-Fri 8:45-11:45am
Childcare Centre

Green Class
Mon-Fri 8:45-11:45am
Preschool Room

Orange Class
Mon-Fri 12:45-2:45pm
Childcare Centre

For inquiries or to register your child please call Jeanette at 604-713-1854.

Low income families may qualify for provincial subsidies.

EDUCATIONAL

Strathcona Sous Chefs(10-13yrs)

Enhance your cooking skills by learning easy to do dinner recipes that will satisfy your parents. Learn kitchen safety along with fun and easy recipes that you can add to your very own recipe collection!
Instructor: Jackie Kopacek

22603.101 Thu. 3:30-5:00pm
Jan 12 – Mar 8 Fee: \$40.00

ART/CULTURE

Acrobatic Dance (5-8 yrs)

Using props such as a hula hoop, ball or ribbon, participants will stretch both their imagination and their bodies. Choreography, dance games and technique will be explored while improving coordination, group dynamics and creativity.
Instructor: Kirby Rae

21710.101 Sat. 10:00-11:00am
Jan 14 – Mar 10 Fee: \$50.00

Ballet (5-7yrs)

Grace, elegance and poise! Children will learn basic ballet concepts while improving coordination, balance, and group work. Basic ballet positions will be introduced in this class set to classical music. Creativity in their movement will be encouraged. No previous dance experience required.
Instructor: Kirby Rae

21709.101 Tue. 3:30-4:30pm
Jan 12 – Mar 8 Fee: \$50.00

Clay Play (6-9yrs)

Artist Kathleen Murphy will introduce a wide variety of handmade clay projects. Kathleen and her students' art work can be seen outside of the Strathcona gymnasium.
Instructor: Kathleen Murphy

22605.101 Wed. 3:30-5:00pm
Jan 11-Mar 7 Fee: \$65.00

Guitar for Beginners (9-12yrs)

Learn the fundamentals of guitar in 30min private lessons.
Instructor: Jamie Kutag

21101.101 Sat. 10:00am-3:00pm
Jan 14 – Mar 10 Fee: \$135.00

Hip Hop (5-8yrs)

Students do what comes naturally; this is a fun movement program with hip hop moves and rhythmic action games.
Instructor: Kirby Rae

11608.101 Thu. 5:30-6:30pm
Jan 12 – Mar 8 Fee: \$55.00

Piano Lessons

Classes run Tuesday to Friday afternoons, and all day Saturday. Spaces are available, please inquire at the front office. All lessons are private 30 minute sessions. When available, current students are allowed to book a piano time to practice on their own during the week.

Strathcona Chinese Dance

The Strathcona Chinese Dance Company was established in 1973 with its main goal to preserve and promote Chinese Culture through dance.

Beginners 21604.101 Sun. 11:00-12:30pm
Jan - Mar Fee: \$135.00

Level I
21604.102 Sun. 10:00-11:30am
Jan - Mar Fee: \$135.00

Intermediates
21603.101 Sun. 9:30am-12:00pm
Jan - Mar Fee: \$165.00

Strathcona Community Centre Breakfast Program

Every school day morning, the Community Centre serves breakfast for children, teens, and families before class. We are proud to provide the meals fresh, with highly nutritious and vegetarian items. Come enjoy sandwiches, grilled cheese sandwiches and bagels. We are celebrating fourteen years of the program.

Cost: Children & teens – free
Parents & Caregivers - \$2.00 suggested donation. No one turned away due to lack of funds.

Strathcona Community Centre

Yoga for Kids (5-8yrs)

Traditional yoga techniques have been recreated in playful, simple and fun ways. Yoga poses and games are learned in a safe creative environment, cultivating self esteem, and self awareness.

Instructor: Alaina Thebault

25510.101 Thu. 4:30-5:30pm
Jan 12 - Mar 8 Fee: \$55.00

SOCIAL

Strathcona Out of School Care (5-12 yrs)

We offer a supervised before and after school care program for children 5-12 years of age. Our leaders lead a variety of exciting activities including arts and crafts, sports, cooking, out trips, games and much more! A healthy breakfast and snack is included in our program. For registration or more info, please contact Jeanette, Childcare Coordinator at 604 713-1854.

Before School Care:

\$80.00/mth

After School Care:

Kindergarten

\$272.00/mth

Grade 1 and up

\$200.00/mth

Drop-in Kindergarten

\$35.00/day

Drop-in Gr 1 & up

\$25.00/day

Professional Day

\$35.00/day

Before and After School Care:

Kindergarten

\$340.00/mth

Grade 1 & up \$225.00/mth

Afterschool Adventures (5-12yrs)

Each day has a different focus and will be led by exciting and creative leaders. Activities planned include visual and performing arts, sports and games, a reading and homework club, and more. This program is supported by the Royal Bank Foundation.

Coordinator: Jill Stieler
25801.101 Mon-Fri. 3:00-6:00pm
Jan 3 - Mar 9 Fee: \$175.00

SPORTS

Badminton at Raycam (5-12ys)

Racquets and birdies provided, with an experienced leader who will assist participants in developing their game. Instructor: More Sports

23558.101 Sat. 3:30-4:30pm
Jan 7 - Mar 10 Fee: \$10.00

Basketball 9-under

Boys and girls ages 6-9 years can experience the fun and excitement of basketball. The program will emphasize skills in dribbling, shooting, passing, teamwork, and of course, fun. Instructor: Ayad Seddiq/Anthony Lowe

23001.101 Sat. 9:00-10:00am
Ongoing Fee: \$10.00

Strathcona Basketball (3-18yrs)

Calling all players ages 3-18 yrs, come join our club program. Participants are expected to show up for practices throughout the season. Contact Ron at 604-713-1851 for further info. Club fee \$10.00

Saturday

10-11 yrs Boys 10:00-11:30am
11-12 yrs. Boys 11:30-1:00pm
11-12 yrs. Girls 4:00-5:00pm
13 yrs. Girls * 12:00-2:00pm
13 yrs. Boys 2:30-4:00pm
14-15 yrs. Boys 1:00-2:30pm
* @ Britannia Gym 1001 Cotton Dr.

Sunday

3-5yrs 9:00-10:00am
11/12 yrs Girls 10:00-11:00am
14/15 yrs. Girls Beg. 11:00-1:00pm

Chinatown Sei Bu Kai Karate (8-15yrs)

Karate is the most popular form of martial arts practiced world-wide today and it has a long history of improving and maintaining health and fitness.

Your instructor, Gilbert Choung, is a 6th Dan Black Belt. He has devoted his life to teaching the discipline of this martial art to boys and girls of all ages and abilities.

Instructor: Gilbert Choung

23402.101 Tue/Thu. 3:20-4:20pm
Jan 5 - Mar 15 Fee: \$150.00

Floor Hockey at Ray Cam (9-13yrs)

Live the NHL through this exciting program using cosom hockey sticks. Instructor: More Sports

23556.101 Sat. 10:00am-12:00pm
9-10yrs
11-13yrs 12:00-2:00pm
Jan 7 - Mar 10 Fee: \$10.00

Volleyball and Basketball (10-12yrs)

Grades 5 to 7 students, come out afterschool on Fridays to the gym for some volleyball and basketball! Instructor: Eric Ming and Jason Zhang

23802.101 Fri. 3:00-5:00pm
Ongoing Free

Gymnastics (4-10yrs)

A fun and challenging program for children of all skill levels. This program focuses on agility, routines, strengthwork and flexibility activities. Apparatuses include ropes, rings, balance bench, mat work and vault. Instructor: Mario Lam

23803.101 Fri.
 4 - 5yr old 2:15-3:15pm
 6 - 8yr old 3:30-4:30pm
 9 - 10yr old 4:45-5:45pm
 Jan 13 - Mar 9 Fee: \$45.00

Intro to Squash (Grades 5-7)

The sport of squash is a fun, fast-paced game involving two players, racquets, and a soft rubber ball. The focus will be on basic skills, and there will be an opportunity to try the sport in follow-up sessions at Vancouver Racquet Club. Racquets, eyeguards, and balls will be provided. Instructor: Dave Clutton

13801.101 Fri. 3:00-5:00pm
 Jan 27 Free

Mini Stars Indoor Soccer Program (5-8yrs)

Calling all boys and girls 5-8 years of age, come join the soccer program. The focus is on teamwork, skill development, game strategy and of course, fun. Participants will be broken into age groups and skill levels.

Instructor: Steve Valente/Glynda Tentes/Bilan Hersi
 23002.101 Mon/Wed. 3:30-4:30pm
 Jan 9 - Mar 7 Fee: \$40.00

LEADERSHIP

Leadership 6 & Mentorship

Join us for workshops on problem solving, communication, leadership, etc. Our goal is to develop future school and community leaders! If you are interested, please contact David.

35407.101 Fri. 3:30-5:00pm
 Jan 13 - Mar 9 Free

Leadership 7 & Mentorship

This program is for students in Grade 7. You will learn skills that will give you confidence to handle yourself in and out of school. Join us for fun and interactive workshops on leadership, problem solving, communication, etc. Mentors from high school are looking forward to role-modelling and sharing with you!

Instructors: TBA

35406.101 Fri. 3:30-5:00pm
 Jan 13 - Mar 9 Free

Leadership: Novice

High school students will learn about personal and social skills, social responsibility, communication, and leadership skills. Outdoor recreational and social activities are part of the program. For more information, please contact David Ng. Instructor: David Ng

35401.101 Fri. 5:00-6:30pm
 Jan 13 - Mar 9 Free

Leadership: Intermediate

This intermediate leadership program offers opportunities for leadership development and personal growth as well as improvement in other aspects of life, such as pre-employment skills and community service.

Instructor: David Ng

35402.101 Fri. 4:34-5:15 pm
 Jan 6 - Mar 2 Free

Leadership: Advance

To be eligible, you must have completed the Intermediate Level Leadership or related training. You will be trained to be a program instructor, peer helper, group facilitator, and more. For more information, please contact David Ng. Instructor: David Ng

35403.101 Sat. 5:15-6:45pm
 Jan 6 - Mar 2 Free

Strathcona Youth Club

Youth Club members can participate in Fit for Life, Friday Youth Gym Night and Friday Hangout programs for free if you have a Strathcona Youth Club membership. If you want to be active and have lots of fun, join the club! New members are always welcome.

Instructor: David Ng
 35802.101 Fri. 5:00-10:00pm
 Ongoing Fee: \$4.00

Strathcona Youth Council

Strathcona Youth Council is comprised of positive and keen youths, from Grades 8 and up, who work to organize youth and community activities and to make a positive difference in our Strathcona community and beyond! For more information, please contact David Ng.

35408.101 Sat. 10:30-12:30pm
 Jan 7 - Mar 3 Free

Strathcona Youth Volunteer Corps

Do you want to help the community, make new friends, or learn something new? Come join our on-going Youth Volunteer group. For more information, contact David.

35804.101
 On-going Free

EDUCATIONAL

Tutorial Drop-in (Gr 5 and Up)

Need help with your school work? Then come to our tutorial drop-in. Jose is looking forward to helping you! We're located at 701 Jackson (adjacent to Circle Park at Maclean Housing). For more information, please contact David.

35501.101 Mon/Wed. 6:00-9:00pm
 Jan 4 - Mar 7 Free

Youth Ballroom Dance

Learn basic social ballroom dance steps of Rhumba, Cha Cha, Fox Trot, Tango, Jive, and Waltz with a friendly group.

Instructor: Joe Chan

31601.101 Fri. 6:30-8:00pm
Jan 13 – Mar 8 Fee: \$25.00

SPORTS & FITNESS

Fit for Life (Gr. 8-12)

Get fit and strong for life! Whether you want to develop healthy habits or train for a sport, come learn about fitness. Fee covers a three month fitness pass.

Instructor: Victor Bryan

33801.101 Fri. 3:00-4:30pm
Ongoing Fee: \$30.00

Friday Youth Gym Night

Relax and have fun by playing your favourite sports in the gym; 5:00-7:00pm volleyball and basketball; 7:00-9:45pm badminton and basketball. You can use the fitness centre from 5:00-9:30 if you've received an orientation. Participants need a Centre & a Youth Club membership.

33802.101 Fri. 5:00-9:45pm
Ongoing Free with memberships

Strathcona Youth Dragon Boat Team (13-18 yrs old)

The 2012 Youth Dragon Boat officially begins! The Vancouver festival will be in June. If you are interested in joining our wonderful program, come out to our training sessions on Saturdays at Strathcona CC.

33701.101 Sat. 8:15-10:00am
Jan 7 – Mar 3 Fee: \$30

SOCIAL

Friday Hangout (Gr 7 and Up)

Suped-up Friday Hangout! Each Friday, there will be a special activity, cooking session or out-trip.

Instructor: TBA

35801.101 Fri. 6:00-10:00pm
Ongoing Fee: TBA

Y-Zone Reloaded (Gr 7 and Up)

Y-Zone Reloaded offers a variety of activities, such as out-trips, sports, and special events for youth. Please come early to pay your drop-in fee. Space is limited.

Instructor: TBA

35701.101 Tue. 6:00-10:00pm
Ongoing Fee: TBA

ART/CULTURE

Ballet

This introductory class to ballet creates a welcoming and friendly environment for adults with some or no prior ballet experience. Ballet helps to build a strong base, clean technique and proper alignment, all of which are essential for any kind of dance. Barre exercises, combinations across the floor and adagio will be taught.

45111.101 Mon 7:45pm-8:45pm
Jan 12 – Mar 8 Fee: \$55.00

African Drumming

These classes teach traditional West African rhythms on djembé and dunun drums. The instructor travels to West Africa regularly to study and has 24 years of professional playing and teaching experience. Classes offered at Strathcona are part of a joint program with Britannia Community Centre. Beginner classes are offered at Britannia. Visit www.drumming.ca for more info. (No class Jan 26)

Instructor: Russell Shumsky

Level 4

41001.104 Thu. 6:30-8:00pm
Jan 12 – Mar 8 Fee: \$107.00

Level 3

41001.402 Thu. 8:10-9:40pm
Jan 12 – Mar 8 Fee: \$107.00

Ballroom Dance

New to dancing? Learn classic steps and feel like champions of the floor. Course includes the basic social dance steps to the Rhumba, Cha Cha, Fox Trot, Tango, Swing, and Waltz.

Instructor: Joe Chan

41602.101 Fri. 6:30-8:00pm
Jan 13 – Mar 8 Fee:
\$50.00/couple
\$35.00/person

Guitar

Learn the fundamentals of guitar in 30 minute private lessons.

21101.101 Sat. 10:00am-3:00pm
Jan 14 – Mar 10 Fee: \$150.00

Hip Hop Dance

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 work out, hip hop is also full of style and fun to keep you going. www.kirbysnelldance.com

45108.101 Thu. 7:30-8:30pm
Jan 12 – Mar 8 Fee: \$75.00

Strathcona Community Choir

Choral singing without auditions. Sing music from around the world, close to home, and by members' request. Some vocal technique and ear training work is incorporated as we go.

Instructor: Beverly Dobrinsky

41003.101 Tue. 7:00-8:30pm
Jan 10 – Mar 6 Fee: \$80.00

SPORTS & FITNESS

Yoga

Both physically energizing and deeply relaxing, this program focuses on developing strength, flexibility, stamina, balance, body and breath awareness, alignment and relaxation. Non restrictive clothing and bare feet are required.

Instructor: Alaina Thebault
45115.101 Thurs 7:45pm-8:45pm
Jan 12 – Mar 15 Fee: \$60.00

Badminton

Birds and a limited supply of racquets provided. All participants must have a current centre membership. Drop-in is limited.
Instructor: Tommy Chen

43801.101 Sun. 3:00-6:00pm
On-going Fee: \$4.50

Basketball

Drop-in spaces are limited. All participants must have a current centre membership.
Supervisor: Anthony Lowe

43001.101 Tue. 8:00-9:45pm
On-going Fee: \$4.50

Basketball for Women

The program fees will go to support the Strathcona Girls Program. A current community centre membership is required.

43002.101 Tue. 6:00-8:00pm
On-going Fee: \$2.25

Choy Lee Fut Kung Fu

Enjoy fitness and endurance with practical self-defense techniques focusing on artistic forms of the Choy Lee Fut style. Workouts start with stretching and flexibility, then speed training practice and forms. Drop-ins are welcome at \$3.50; children are \$12.50/month. All levels welcome.
Instructors: Amy Pon/Matthew Wing

Mon/Wed.	Fee: \$25.00/mth
	6:30-8:30pm
43401.101	Jan 9 – Jan 30
43401.102	Feb 1 – Feb 29
43401.103	Mar 5 – Mar 28

Fab Abs

A workout that will tighten and tone your abdominals.
Instructor: CLS Fitness

42205.101 Mon. 7:00-8:00pm
Jan 9 – Mar 5 Fee: \$108.00

My Jong Kung Fu

My Jong Law Horn is a Northern Shaolin styles art of self-defense. Develop strength, co-ordination, flexibility, and fitness.
Instructor: George Young

Tue.	7:30-9:30pm
	Fee: \$25.00/mth
43406.101	Jan 3– Jan 31
43406.102	Feb 7 – Feb 28
43406.103	Mar 6– Mar 27

Pilates

Pilates uses the world's most effective core movements to create long, lean and toned muscles. This class will help you to achieve full range of motion and incredible strength. It is also amazing for easing back and neck pain. This is a challenging class for all levels. Drop in cost is \$13/lesson.
www.clstevensfitness.com

42202.101 Wed. 7:00-8:00pm
Jan 11 – Mar 7 Fee: \$108.00

Women's Basketball League

Be part of the fast growing world of women's basketball. This recreational league is a great opportunity to meet new people and stay active. Come join a team or enter one of your own. Space is limited so sign up ASAP. If you have any questions, please contact Cindy at 604 713-1838 or email her at cindy.sengsavang@vancouver.ca

43005.101 Thu. 5:30-10:30pm
Starts Fee: TBD

Women's Survival – Self Defense

Discussion and some hands on training. women will learn how to develop aggression and inner strength needed to save oneself when their life is in danger. Allan and Annabell will put participants through real life physical and mental challenges. Allan is a former British S.A.S Army Special Forces soldier and an expert in combat and tactical training.
Instructors: Allan Chad and Annabell Webb

43655.102 Thu. 7:30–9:30pm
Mar 1 Fee: \$25.00

Zumba

**“Free introductory lesson
Wed, Jan 4, 2012 from
8:00pm-9:00pm”**

“Zumba” is the only latin inspired dance-fitness program that blends red-hot international music and contagious steps to form a “fitness party” that is downright addictive. A combination of styles between Merengue, Reggaeton, Salsa, and Cumbia. Please bring water.
Instructor: Kirby Rae
45109.101 Wed 8:00– 9:00pm
Thu. 6:30-7:30pm
Jan 12 – Mar 8 Fee: \$55.00
Drop-in: \$8.00

Boot Camp Lite

Low impact cardio and core circuit class.

Instructor: Victor Bryan

44008.101 Thu. 7:00-8:00pm
 Dec 1 – Feb 1 \$50.00/10 sessions
 Drop-In \$7.50 12 per group max

Gladiator Boot Camp

Get pumped for this intense hour long circuit training session including warm up and cool down!!! Workout will include resistance training, cardio, core strengthening and balance. Be prepared to burn calories! Fitness Centre will be closed to other patrons during classes!

Instructor: Victor Bryan

44006.101 Wed. 9:30–10:30am
 Nov 30–Feb 1 \$50.00/10 sessions
 Drop-In \$7.50 12 per group max

44007.401 Thu. 6:00–7:00pm
 Dec 1 –Feb 16 \$50.00/10 sessions
 Drop-In \$7.50 12 per group max



Fitness Centre

The Fitness Centre has stairmasters, upright bikes, and one recumbent bike. It is also equipped with a hack squat, leg press, bench press, adjustable benches, free weights, selectorized equipment, treadmill, chin-up/dip assist machine, and a stretching area.

A Strathcona Centre membership is required for the Fitness Centre, and must be shown when dropping in or purchasing passes.

Fitness Centre Hours of Operation

Mon. 7:00am – 9:30pm
 Tue – Fri. 9:00am – 9:30pm
 Sat/Sun. 9:00am – 4:30pm

Fitness Instructor Hours

Mon. 7:00 – 11:00am
 Thu. 4:30 – 8:30pm
 Fri. 1:00 – 5:00pm
 Subject to change



Please call 604.713.1838 to book a fitness consultation with our certified trainer, Victor Bryan.

If you would like instruction on how to use the equipment, have a program designed for you, or just ask some questions regarding your current fitness program, feel free to book an appointment with the fitness attendant.

Fee Structure

	<u>Drop-in</u>	<u>1mth</u>	<u>3mth</u>	<u>6mth</u>	<u>1year</u>
Adult	\$3.50	\$35.00	\$76.00	\$109.00	\$197.00
Youth	\$2.95	\$29.00	\$60.00	\$88.00	\$165.00
Senior	\$1.87	\$24.00	\$44.00	\$72.00	\$133.00

EDUCATIONAL

Community Care First Aid Course

Comprehensive First Aid & CPR techniques for those who want more knowledge to respond to emergencies in the home or workplace. The course covers a variety of topics from basic (such as cardiovascular and breathing emergencies, CPR Level C, prevention of disease transmission) to in depth topics, such as injuries to the head and spine and sudden medical conditions. For more info contact us at 604 677-1461 or visit our website www.communitycarefirstaid.com.

Standard First Aid and CPR C/AED

45508.101 Sat & Sun. 9:30am-4:30pm
Jan 7 & 8 Fee: \$155.00

45508.102 Sat & Sun. 9:30am-4:30pm
Feb 4 & 5 Fee: \$155.00

45508.103 Sat & Sun. 9:30am-4:30pm
Mar 3 & 4 Fee: \$155.00

45508.103 Sat & Sun. 9:30am-4:30pm
Dec 10 & 11 Fee: \$155.00

Learning Through Literacy

This program is a successful collaboration of the Strathcona School, the Community Centre, library, and Capilano College. In addition to enhancing one's English skills, participants will be introduced to many resources and services in their community.

45001.101 Wed. 9:45-11:30am
Jan 11 – May 30 Fee: \$15.00

FAMILY

Nobody's Perfect Parenting Workshop

This program is for parents with children ages 5 and under. The main focus is to help parents recognize, understand, and deal with their own parenting concerns such as safety, health, mental development, and behaviour problems of children. Please call Pat Chow at 604-713-1850 for start date of the next workshop.

Women's Support Group (Cantonese Group)

Through various social and recreational activities, this group helps to increase members' parenting skills and problem solving abilities.

66602.401 Alternate Wed. Free
12:30-2:00pm Sep-Dec

Women's Support Group (Mandarin Group)

The main focus of this program is to provide parenting support to mandarin speaking new immigrants.

Please call Pat Chow at 604-713-1850 for start date.

Vietnamese Family Counselling Services

Dzung Nguyen, our Vietnamese Family Counsellor, will be able to provide counselling and support to Vietnamese individuals and families residing in Strathcona and its neighbourhood.

Strathcona Community Centre (Tues)
Tel: 604-713-1850

MOSAIC (Mon/Wed/Thu/Fri)
Tel: 604-254-9626

Registration is required for all CAP-C activities.

Orientation/Registration
For Chinese group Jan 3, 2012 Tue
10:00am – 12:00pm

For Vietnamese group:
Jan 4, 2012 Wed 1:00 – 3:00pm

For information, please call 604-713-1843

CAP-C Vietnamese Program

The CAP-C Vietnamese program is designed for families with children ages 6 and under. The program takes place every Wednesday from 1pm to 4pm at Strathcona Community Centre. Please contact Tham Nguyen at 604 713-1843.

CAP-C Community Action Program for Children Cap-C

The CAP-C Program is designed for low-income families with children age 6 and under. The following are the main goals of the CAP-C Program:

1. To increase parenting skills and parenting support
2. To increase recognition and support by the community of families and their children's needs, interests, and rights
3. To improve health and social development of children 0 to 6 yrs

Financial contribution from CAP-C Public Health Agency of Canada in agreement with the Province of BC.

Cap-C Yoga

An activity for the mind, soul and body. This program also encourages parents to exercise for their self-care and wellbeing.

15801.101 Mon. 9:30-10:30am
Jan 31 – Mar 27
Free

Cap-C First Steps to Learning

For children aged from 3 to 4. It aims at developing their concentration, listening and observation skills.

65401.101 Mon. 12:30-2:45pm
Jan 9 – Mar 26 Free

Cap-C Children's Math Class

The 4 – 6 year old children will begin to learn basic mathematical skills.

25404.401 Mon. 3:15-4:15pm
Jan 9 – Mar 26 Free

Cap-C Children's Mandarin

This class will teach children who are 6 linguistic skills and Pinyin.

25001.101 Tue. 3:15-4:15pm
Jan 3 – Mar 27 Free

Cap-C Parent-child Relationship Enhancement group

This pilot project allows parents and young children (age 1-3) learn to connect onr another through play-based activities

25406.103 Thu. 10:00-11:15am
Jan – Mar Free

Cap-C Family Outreach

Parents are encouraged to participate together with their young children in the fun time with stories, songs, craft and movement games provided.

25406.102 Thu. 3:15-4:15pm
Jan – Mar Free

Cap-C Children's Enrichment Class

A program which features comprehensive educational material designed to enhance children's (aged 3 – 4) learning progress.

25407.102 Fri. 12:30-2:45pm
Jan 6 – Mar 30 Free

Cap-C Chinese Calligraphy

A traditional Chinese calligraphy class designed for children 4-5 years. Proper posture and technique will be taught.

22302.101 Fri. 3:15-4:15pm
Jan 6 – Mar 30 Free

SOCIAL

Karaoke Hours

Come sing old and new folk songs.
Instructor: Paul Lau

51803.101 Wed. 1:00-3:00pm
On-going Free

Seniors Luncheon

The seniors luncheon is co-organized with the Chinese Elderly Citizens' Association. The luncheon program provides an opportunity to meet new and old friends and also to enjoy a nutritious meal.

55802.101 Alt Wed. 11:00-1:00pm
On-going/purchase tickets in advance
\$5.00 (Regular); \$6 (Special event)

ART & CULTURE

Arts, Health and Seniors – Healthy Aging Through the Arts

The Arts, Health and Seniors Project is for seniors interested in working with professional artists to explore their stories through art. Recent studies have shown that participating in arts improves the health and well-being of seniors. Take this opportunity to improve your health and share your stories with Vancouver community. For more information and to register, please contact Liza.

52801.101 Tue. 11:30am-1:30pm
Jan 10 – Mar 27 Free

Chinese Calligraphy

Come and learn the art of Chinese ink brush writing.

Instructor: Wai Yin Lau

51801.101 Tue. 9:30-11:30am
Jan 3 – Mar 27 Fee: \$30.00

51801.102 Fri. 9:30-11:30am
Jan 6 – Mar 30 Fee: \$30.00

AFFILIATED GROUPS

Greater Vancouver Taiwanese Seniors Association

Contact Mr. Wu, the President of the Taiwanese Seniors Association at 604-431-9039 for further information.

55803.101 Sat. 10:00-2:00pm
On-going SCCA & Opera memb.

Peking Opera

Please contact 604-941-3268 or 604-276-9841 for detailed information.

51804.101 Sat. 2:00-5:00pm
On-going SCCA & Opera memb.

Strathcona Chinese Stroke Club

To join please contact Pat Chow at 604-713-1838

55804.101 Thu. 9:30-1:00pm
On-going Membership Fee
\$40.00/year

HEALTH & FITNESS

Line Dancing

Line dance and exercise to enjoyable and fun popular music for adults of all ages! Quick or slow line dancing are both easy to learn. It is also a good way to keep fit and maintain good health. Come and join us for this easy and friendly dance.

Instructor: Helen Wong

51805.401 Mon/Fri. 11:30-12:30pm
Jan 6 – Mar 30 Fee: \$30.00

Qi Gong

A unique combination of gentle stretching, dynamic breathing, and great relaxation exercise.
Instructor: Guo Ping Liu

54801.401 Mon 1:00-3:00pm
On-going Free

Seniors Folk Dance

Folk dance class is more than just learning the dance, it is also learning the history and story behind each dance.

Instructor: Ping Zhu

51602.401 Fri. 1:30-3:00pm
Jan 6 – Mar 30 Fee: \$30.00

Seniors Tai Chi

Through gentle and slow movement, Tai Chi helps you to develop relaxation and maintain good health.

Instructor: Pauline Nielsen

54802.401 Mon/Wed/Fri. 9:30-10:30am
On-going Free

Eight Sections Brocade

The eight individual movements helps to strengthen the body and eliminate diseases.

Instructor: Chao Pan Sze

51604.401 Thu 1:00-3:00pm
On-going Free

Wellness Drop-in

Blood pressure check, exercise, health talk, etc...

54803.101 Tue. 10:00-11:30am
On-going Free

Wu's Tai Chi

A gentle art of health and well being for people of all ages and health conditions.

54804.101 Tue. 1:30-3:00pm
On-going Free

Yuen Kek Dance

Yuen Kek Dance originates from Mount Lotus in Hubei Province of China. Yuen Kek Dance incorporates Tai Chi beautifully integrated with graceful dance movements and shooting music. This dance is known to promote physical and emotional balance.

Instructor: Helen Wong

54002.401 Mon/Fri. 10:00-11:30am
Jan 6 – Mar 30 Fee: \$30.00



PROJECT LIMELIGHT : FREE PERFORMING ARTS PROGRAM

Are you curious about performing in front of an audience? Do you want to see where your imagination can take you?

Project Limelight is a free theatre and performing arts program for 8-15 year olds. This four month program offer youth in the Strathcona neighbourhood the opportunity to learn from professional artists and teachers in a safe, welcoming environment. No experience necessary!

Students will spend the first month learning everything from stage acting to improvisation, including stand-up comedy, creative writing, clowning and movement. The following 3 months will be spent rehearsing a full-length theatre production, leading up to the final production at a professional venue. This grand finale performance will give participants the opportunity to showcase everything they have learned, while also giving them a chance to shine on stage!

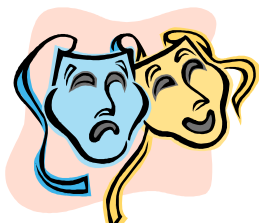
We are looking for enthusiastic, committed and passionate kids to join us for this pilot project. Project Limelight runs a 3 days a week for four months. Want to learn more? We would like to invite you to an introductory workshop on Saturday, January 14th at 11:00am to learn how you can get involved with Project Limelight. If you are interested, you must call to register before January 10th, 2012 (space is limited)

Project Limelight is sponsored by the Project Limelight Society in association with Strathcona Community Centre. The performing arts program is offered free of charge for all participants. Interested candidates will be interviewed to determine their enthusiasm and commitment level. The program is open to all students aged 8-15 years of age living in and around the Strathcona neighbourhood.

Introduction workshop – Saturday, January 14th 11:00am – 1:00pm (You must be registered in advance)

Classes run January 28 – May 27
Mondays 3:15pm – 5:45pm
Wednesdays 3:15pm – 5:45pm
Saturdays 11:00am – 2:00pm

To register or for more information, please call 604-736-5422, or visit our website www.projectlimelightsociety.org or email us at projectlimelightsociety@gmail.com



Village Vancouver January Meetup

Sunday, January 22 1:00-4:00pm

Meet Village Vancouver members, learn about new projects and what's happening in our networks and villages, find out about emerging Neighbourhood Food Networks (coming to a neighbourhood near you!), and share a potluck lunch. For more information, visit www.villagevancouver.ca

Vancouver Public Library - Strathcona Branch

592 East Pender Street, Vancouver 604-665-3967

Toddler time (18 months – 3 years old)

Thursdays @ 10:45 am *Drop-in*

Rhymes, songs, bounces, fingerplays and stories for toddlers and their parents or caregivers

January 19 – May 17, 2012

Babytime (Newborns – 18 months)

Thursdays @ 11:30 am *Drop-in*

Rhymes, songs, bounces, fingerplays and stories for babies, their parents and caregivers.

January 19 – May 17, 2012

Bilingual Family Storytime (2 – 4 years old)

Fridays @ 1:30 pm

Cantonese-English

Rhymes, songs, bounces, fingerplays and stories for children, their parents and caregivers.

January 20 – May 18, 2012

Dental Clinic – Strathcona

The Strathcona Community Dental Clinic is currently serving the dental needs of children, their families and seniors. We accept all dental plans as well as the Healthy Kids program. The clinic offers 20% discount to those patients that do not have dental insurance.

Located in the Strathcona Elementary School next to the Community Centre, the dental clinic is open Monday to Friday from 9:00am – 5:00pm. Please call the clinic at 604-713-4485 to book an appointment.

We look forward to seeing you!!!

