

## GENERAL INFORMATION

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### HOURS OF OPERATION

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

### FITNESS CENTRE HOURS

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

### HOLIDAY CLOSURES

Christmas December 25-28  
 New Years Day January 1

### MEMBERSHIP FEES

Every participant is required to have a current Strathcona Community Centre Association membership card. Memberships expire December 31, 2010.

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.

### 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.



### 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

## Presidents Report

Dear Friends and Neighbours:

It's cold outside! But there is no shortage of warmth and good cheer at the SCC. We will be kicking off the holiday season with ***Breakfast with Santa*** on the 12<sup>th</sup> and we will hold our annual ***Winter Solstice Lantern Festival*** on the 21<sup>st</sup>. The jewel in our crown – the ***Holiday Safe Place*** -- will also be up and running over the holidays. Our Winter Brochure will be available to pick up and viewed on our website (strathconacc.com) after December 21st. As mentioned before we will no longer be delivering the brochures to homes in the community (doing our part to save the planet). We have an outstanding line-up of new and returning programs to offer in January (check out the new ***Story-telling*** program) and in case there is any doubt: we will be open through the Olympics.

It's been a busy couple of months for the SCC Association. Our kids had a spook-tastic time at the Halloween Dance.

Thank you to *Milisa Gardy* for running this event as well as the (now) annual Harvest Festival. Our pub night was also a huge success. Here thanks are due *Don Palmer* who was the brain behind the beer. Ron, Joy, Sandra and I had the opportunity to don our party shoes for the annual "Remember to Give" event at District 319– all proceeds from this exquisite evening will support our children's programs. Heart-felt thanks to the incredible team who put it all together: *Josip Maras, Corrado Lenzi, Rose Rizzuto and Sherry Whitter.*

Another highlight for me was the ***Strathcona Chinese Dance performance*** at Playhouse on November 1st. This outstanding production marked

100 days to the opening of the Olympic games and the dancers did us proud.

On the subject of pride: *Wes, Jenny, Ron, David, Liza & Jeanette* -- you make this place thrive. On behalf of the board, thank you for a tremendous year.

Finally, the talk of the town is the city budget and the potential impact of drastic cuts to community centers. The news isn't good but we are doing our best to keep Strathcona at the top of the city's priority list. Our kids have been speaking at city council meetings (yay *Monique and Tony!!*); Ron has been parading with the politicians (seriously!) and you have all been writing to your elected officials in support of our wonderful center. Thank you for this effort and I will keep you posted on developments. In the meantime, and in the spirit of the holidays, I urge you to consider a year-end (tax deductible) donation to the centre. 2010 will be a difficult year for us and we need your help now more than ever.

The very best of the season to you and yours,

**Patsy Badir,**

**President of the Strathcona  
Community Centre Association**



## PRESCHOOL

### ART/CULTURE

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#### Clay Explorations (4-5yrs)

Students learn to mould and create clay forms while having fun. On the last day we will celebrate with a party using the dishes made during class.

Instructor: Kathleen Murphy

12009.101 Wed. 1:00-2:00pm  
Jan 13 – Mar 3 Fee: \$45.00

#### Hip Hop for Preschoolers (3-5yrs)

Students do what comes naturally; this is a fun movement class with hip hop moves and rhythmic action.

Our instructor will take your children through this action-packed class! Children must be able to participate independent of their parents.

Instructor: Angela Amici

11608.101 Sat. 2:30-3:30pm  
Jan 16 – Mar 6 Fee: \$45.00

#### Imagination Station (3-5yrs)

In this fun introductory drama class, students let their imagination take them to incredible places while they explore fairytales, go on inventive journeys and make up characters from our 'tickle-trunk'.

Instructor: April Curry

12010.101 Tue. 1:00-2:00pm  
Jan 12 – Mar 2 Fee: \$40.00

#### Orff Lessons (4-5yrs)

The Orff approach includes singing and performing instrumental music, rhymes and playing instruments such as the met allophone, xylophone, glockenspiel (higher levels) and other percussive instruments. Shakers, chimes, woodblocks, rattles, and spoons (lower levels). The music is largely improvisational building a sense of confidence in the creative process.

Parents can participate, giving them an important role in their child's education.

Instructor: Ruchik Tekkeveetil

12015.101 Tue. 4:00-5:00pm  
Jan 12 – Mar 2 Fee: \$50.00

## SOCIAL

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#### 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+)

After story-time at the Strathcona Library, join Jill for a variety of activities that include singing, snacking, jumping, climbing, colouring, laughing, and playing with a variety of equipment.

Instructor: Jill Steiler

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

## SPORTS

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#### Learn To Play Softball

Learn to Play is the introduction to the exciting sport of baseball. Children are introduced to the basics of baseball through games, activities and obstacles. Emphasis is on fun, cooperation and participation. Location - Ray Cam CC

Instructors : Jonathan Lau

13509.101 Sat 11:00am-12:00pm  
Jan 16 – Mar 6 Fee: \$15.00

#### 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 Free

#### 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.

13501.101 Sat. 10:00-11:00 am  
Jan 16 – Mar 6 Fee: \$15.00

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**Parent & Tot Gym (6mths+)**

An early afternoon workout for both parent and tots. Activities will include music to move, climbing apparatus, balls, hula-hoops, tumbling mats, and a healthy snack to energize you.

Drop-in fee covers snacks.

Instructor: Julie Brassard

13008.101 Mon. 10:30-12:30pm

Ongoing Fee: \$3/drop-in

**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 by Ann-Michelle, creative art and drama by Arts Umbrella

**Learning Mandarin Through Play (3.5-6yrs)**

This course is designed for preschoolers to have fun while learning the Mandarin language. It is designed to teach practical language that the kids will be able to use in their daily life. Songs will be incorporated with arts and crafts, stories, and games to make learning appealing in an immersion setting.

Instructor:

12155.101 Tue. 9:30-11:30am

Jan 5 – Mar 2 Fee: \$45.00

**CHILDREN****ART/CULTURE****Guitar for Beginners (9-12yrs)**

Learn the fundamentals of guitar in private lessons.

Instructor: Zafirios Georgilas

21101.401 Sat. 10:30am-4:00pm

Jan 16 – Mar 20 Fee: \$132.00

**Strathcona Chinese Dance**

The Strathcona Chinese Dance Company was established in 1973 with its main goal to preserve and promote Chinese Culture through dance. Entrance into the Strathcona Chinese Dance Company is by audition or invitation only. Classes are held every Saturday and Sunday. For more information, please leave a message for Mimie Ho at 604 713-1838.

**SOCIAL****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.

Instructor: Jill Stieler

No program Mar 8 – 12

25801.101 Mon-Fri. 3:00-6:00pm

Jan 4 – Mar 31 Fee: \$125.00

**Games Zone (5-12yrs)**

Join our Games Zone Master for a great time with foosball, pool, board games, table tennis, tournaments and prizes!

25803.101 Fri. 12:00-3:00pm

Ongoing Free w/membership

**EDUCATIONAL****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 13 – Mar 3 Fee: \$45.00

**Vic's Kitchen (10-13yrs)**

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

Instructor: Vickash Jit

22603.101 Thu. 3:30-5:30pm

Jan 14 – Mar 4 Fee: \$30.00

**Circle of Friends (10-11yrs)**

This program incorporates social skill instruction into a fun, recreational setting using art, games, and other activities. Maximum number of participants will be 12 children.

Instructor: Tyson Shmyr

25125.101 Tue. 4:00 – 5:30pm  
Jan 12 – Feb 23 Fee: \$40.00

25125.101 Sat. 10:30 – 12:30pm  
Jan 16 – Feb 27 Fee:\$40.00

**Strathcona Childcare (5-12 yrs)**

A supervised before and afterschool care program is available for children 5-12 years of age. Our supervisors lead a variety of activities including games, arts and crafts, cooking, sports, out-trips, snack times and more. A healthy breakfast will be included in the Before School Care Program from 7:30-8:45am. For registration or more info, please contact us at 604 713-1854 or leave a message at the front desk.

Before School Care: \$80.00/mth

After School Care:

Kindergarten \$270.00/mth

Grade 1 and up \$200.00/mth

French Immersion \$450.00/mth

Before and After School Care:

Kindergarten \$320.00/mth

Drop-in \$25.00/day

Professional Day \$30.00/day

French Immersion \$475.00/mth

Waitlist registration for Kindercare & French Immersion Kindercare 2010 – 2011 starts Jan 4, 2010 9:00am-4:00pm Call to put your child on the waitlist

Jeanette Wong

**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, passing, shooting, teamwork, and of course, fun.

Instructor: Ayad Seddiq

Location: Raycam Centre 920 E. Hastings

23001.101 Sat. 9:00-10:00am

Ongoing Free

**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. No Club fee, but players must participate in all basketball fundraisers!

**Friday**

10-11yrs. Girls 1:00-2:30pm

**Saturday**

Jr/Snr. Girls 10:00-11:30am

11-12 yrs. Boys 11:30-1:00pm

11-12 yrs. Girls 1:00 – 2:30pm

13 yrs. Girls 1:00-2:30pm

13-14 yrs. Boys 2:00-3:30pm

**Sunday**

3-5yrs 9:00-10:00am

14/15 yrs Girls Adv. 10:00-11:30am

14/15 yrs. Girls Beg. 11:30-1:00pm

**Floor Hockey at Ray Cam (9-13yrs)**

Live the NHL through this exiting program using cosom hockey sticks and pucks.

Instructor: Vic Jit

23556.101 Sat

9 – 13yrs 12:00pm – 2:00pm

Ongoing Fee: \$10.00

**Karate for Kids (8-15yrs)****Beginners - Advanced**

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 7 – Mar 4 Fee: \$90.00

**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. 3:30pm-4:30pm

Ongoing Fee: \$10.00

**Club Volleyball & Basketball (10-12yrs)**

Grades 5 to 7 students, come out afterschool on Fridays to practice your volleyball and basketball skills and have lots of fun!

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

**Gymnastics (5-12yrs)**

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

Instructors: Mario Lam

23803.101 Fri. 3:30-5:00pm  
Jan 15 – Mar 5 Fee: \$45.00

**Mini Stars Soccer Program (5-8yrs)**

For boys and girls 5-8 years of age. The focus is on teamwork, skill development, game strategy and fun. Participants will be broken into age groups and skill levels.

Instructor: Star Soccer

23002.101 Mon/Wed. 3:30-4:30pm  
Jan 11 – Mar 3 Fee: \$35.00

**Triathlon Club at Britannia Community Service Centre (9-12yrs)**

Learn to compete in cycling, swimming, and running. We welcome beginners and serious competitors looking for a great way to stay in shape! Free to join, but must pre-register.

Instructor: Kris Hildebrand

23557.101 Thu 6:00-7:30pm  
Ongoing Free

**Yoga for Kids (5-8yrs)**

*(Need a minimum of 8 students)*

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

Instructor: Kiran Rampuri

25510.101 Thu. 4:30-5:30pm  
Jan 14 – Mar 4 Fee: \$45.00

**YOUTH****SOCIAL**

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**Friday Hangout (Gr 7 and Up)**

Suped-up Friday Hangout! Each Friday, there will be a special activity or out-trip! For some events, there will be extra costs. Please give your ideas to your Friday Hangout Leader, Colin!

Instructor: Colin Vandevyvere

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

**Y-Zone Reloaded (Gr 7 and Up)**

Y-Zone Reloaded offers a variety of evening activities, such as out-trips, sports, and special events for youth. Please register for activities in advance. Space is limited. Cost of activities varies.

Instructor: Colin Vandevyvere

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

**LEADERSHIP**

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**Leadership 6**

This program is designed for students in Grade 6. 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 problem solving, communication, leadership, etc. Our goal is to develop you into future school and community leaders! If you are interested, please contact David Ng.

Instructor: David Ng

35407.101 Fri. 1:00-2:30pm  
Jan 29 – Mar 12 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 and post secondary schools are looking forward to sharing with you and being your role-models!

Instructors: TBA

35406.101 Fri. 2:30-4:00pm  
Jan 29 – Mar 12 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. 4:00pm-5:30pm  
Jan 29 – Mar 12 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 Sat. 12:30 – 2:00pm  
Jan 29 – Mar 12 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. 2:30-4:00pm  
Jan 29 – Mar 12 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  
Free

**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

**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. Girls who want a girls only session, please see Victor.

Instructor: Victor Bryan  
33801.101 Fri. 2:30-4:00pm  
Ongoing Fee: \$30.00

**Friday Youth Gym Night**

Relax by playing your favourite sports in the gym; 5:00-8:00pm volleyball and basketball; 8:00-9:50pm badminton and basketball. You can use the fitness centre from 5:00-9:30 if you've received an orientation. Participants need a Centre and a Youth Club membership.

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

**Strathcona Youth Dragon Boat Team (High School Students)**

The Strathcona Youth Dragons are recruiting paddlers for our dedicated team! If you've ever wondered what it is like to focus, fight through physical adversity and be in sync with twenty other paddlers as our boat races to the finish line, then you should come and try the great sport of dragon boat paddling and our spirited team! We are doing pre-season training for 2010 festivals. Much of our workouts will be on land until Jan. 2010. If you are interested, please call David.

Instructor: David Ng  
33801.101 Fri. 2:30-4:00pm  
Jan 9 – Mar 27 Fee: \$40.00

**Tutorial Drop-in (Grade 5 & up)**

Need help with your school work? Then come to our tutorial drop-in. Located at 701 Jackson (adjacent to Circle Park).

35501.101 Mon?Wed 6:00-9:00 pm  
Jan 6 – Mar 10 Free

## ADULTS

### ART/CULTURE

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#### Adult Guitar

Learn the fundamentals of guitar in 30 minute private lessons.

Instructor: Zafirios Georgilas

21101.101 Sat. 10:30am-4:00pm

Jan 16 – Mar 20 Fee: \$144.00

#### African Drumming

This course teaches traditional West African rhythms on djembe and dundun drums.

Russell has 23 years of professional playing and teaching experience. Classes offered at Strathcona are part of a joint program with the Britannia Community Centre. Visit 'www.drumming.ca' for more info.

Instructor: Russell Shumsky

#### Level 2

41001.104 Thu. 6:30-8:00pm

Jan 21 – Mar 11 Fee: \$100.00

#### Level 3

41001.102 Thu. 8:10-9:40pm

Jan 21 – Mar 11 Fee: \$100.00

#### Belly Dancing For Beginners

Learn the basics, or if you want to brush up on your technique or choreography. Don your exercise clothes, a hip scarf, and come join the fun.

41605.101 Tue. 6:00-7:30pm

Jan 12 – Mar 5 Fee: \$65.00

#### 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 15 – Mar 5 Fee:\$40.00/couple

\$30.00/person

#### Community Crafts Corner

Bring your own supplies, projects, skills, ideas (and knitting needles) to share over coffee and tea. Membership is required.

45005.101 Tue. 7:00-9:00pm

Ongoing Free

#### Firehall Shakespeareans

The Firehall Arts Centre is pleased to be offering an 11 week Shakespeare workshop to the residents in the surrounding communities of Chinatown, Gastown, the Downtown Eastside and Strathcona. Using Shakespeare, you'll be able to gain a better understanding of his language and develop acting skills. The workshop will culminate into a presentation of an abridged version of Julius Caesar.

41609.101 Fri. 6:30-9:30pm

Jan 15 – Mar 26 Fee: \$55.00

#### Salsa Dancing

Learn all the hottest new moves from basic steps to the more exciting patterns in 3 different types of dance. Dips included.

Instructor: Angela Amici

41605.101 Mon. 7:45-8:45pm

Jan 11 – Mar 1 Fee: \$55.00

#### 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 12 – Mar 23 Fee: \$80.00

### EDUCATIONAL

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#### Dog Training Class

This program is open to non-aggressive dogs over 5 months. Through positive methods (treats, toys, praise) the students will learn sit, down, stay, come, walking on a leash, as well as becoming a pack leader. (No dogs for first class.)

Instructors: Kym Spencer & Jessa Castonguay

45006.101 Thu. 7:30-8:30pm

Jan 14 – Mar 4 Fee: \$75.00

#### Standard First Aid & CPR

45508.101 Sat/Sun 9:30-4:30 pm

Feb 6/7 Fee: \$157.50

45508.102 Sat/Sun 9:30-4:30 pm

Mar 6/7 Fee: 157.50

For more information, call 604 677-1461 or visit [www.communitycarefirstaid.com](http://www.communitycarefirstaid.com)

### Streetwise Cycling

Do you know how to ride a bike, but wish you had the confidence and skills to use your bike for transportation? This 4 hour course will make you feel more comfortable riding in traffic and sharing the road safely. Taught by nationally certified instructors, the course is fun and hands on. For more information contact Vancouver Area Cycling Coalition 604 878-8222.

44509.101 Sat 12:00-4:00 pm  
Mar 13 Fee: \$39.00

## SPORTS & FITNESS

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### Badminton

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

43801.101 Sun. 3:00-6:00pm  
On-going Fee: \$3.00

### Basketball

Drop-in spaces are limited. A current centre membership is required.

Supervisor: Anthony Lowe  
43001.101 Tue. 8:00-9:45pm  
On-going Fee: \$4.00

### Basketball for Women

The program drop-in fee 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: \$2.00

### Beginners Yoga

This class offers a subtle approach to promote balance, awareness and relaxation. It focuses on calming the mind and body through guided breathing sequences, yoga structures, and a gentle movement series that opens and strengthens the body.

Instructor: CLS Fitness Group  
44310.101 Mon. 7:45-8:45pm  
Jan 11 – Mar 29 Fee: \$114.00

### 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, and then speed training practice and forms. Drop-ins are welcome at \$3.00; children are \$10.00/month. All levels welcome.

Instructor: Matthew Wing/Amy Pon  
Mon/Wed Fee: \$20.00/mth  
43401.101 Mon/Wed. 6:30-9:00pm  
Jan 4 – Jan 27

43401.102 Mon/Wed. 6:30-9:00pm  
Feb 1 – Feb 24

43401.103 Mon/Wed. 6:30-9:00pm  
Mar 1 – Mar 31

### East Side Judo

Judo is a dynamic Martial Art and Olympic sport practiced around the globe by all walks and ages. Judo is primarily a grappling art consisting of precision throws, joint locks, pinning techniques, chokes, and ground fighting. Judo has the distinction of being an effective self-defence and a joy to practice.

Instructor: Mitch Burgess  
Tues, Wed, Thu. Fee: \$20/mth  
43402.101 Tue-Thu. 7:00-9:00pm  
Jan 5 - Jan 28  
43402.102 Tue-Thu. 7:00-9:00pm  
Feb 2 - Feb 25  
43402.103 Tue-Thu 7:00-9:00pm  
Mar 2 - Mar 31

### Hapkido

Hapkido is Korean meaning “Way of Harmonizing Energy” which reflects Hapkido’s emphasis on using an opponent’s energy and momentum against him, rather than trying to resist or oppose it directly. Hapkido combines kicking and hand striking with joint-locking and throwing techniques. This breadth of technique makes Hapkido a versatile and well rounded martial art.

Instructor: Dan Read  
Mon/Wed. Fee: \$30.00  
43650.101 Mon/Wed. 7:00-9:00pm  
Jan 4 – Jan 27  
43650.102 Mon/Wed. 7:00-9:00pm  
Feb 1 – Feb 24  
43650.103 Mon/Wed. 7:00-9:00pm  
Mar 1 – Mar 31

### Mixed Levels Pilates

This activity bonds body and mind through two principal components: posture and breathing. The method works the deepest layer of abdominal muscles which helps build a girdle of strength. Drop-in cost is \$12/lesson.

Instructor: CLS Fitness Group

44202.101 Wed. 6:00-7:00pm

Jan 13 – Mar 31 Fee: \$114.00

### My Jong Kung Fu

My Jong Law Horn is a Northern Shaolin styles art of self-defense. Develop strength, coordination, flexibility, and fitness.

Instructor: George Young

Tue Fee: \$25.00/mth

43406.101 Tue. 7:30-9:30pm

Jan 5 – Jan 26

43406.102 Tue 7:30-9:30pm

Feb 2 – Feb 23

43406.103 Tue 7:30-9:30pm

Mar 2 – Mar 30

### Tai Chi - Wu Style for Adults

Tai Chi can perhaps best be thought of as a moving form of meditation and yoga combined. Many of these movements are originally derived from martial arts. Get in shape and meet new friends.

Instructor: Pauline Nielsen

43406.101 Thu. 7:00-8:30pm

Jan 14 – Mar 4 Fee: \$35.00

### 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](mailto:cindy.sengsavang@vancouver.ca)

43005.101 Thu. 5:30-10:30pm

Fee: TBD

### Women's Survival – Self Defense

Women will learn how to develop aggression and inner strength needed to save oneself when their life is in danger. Allan and his assistant Heather 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. He also teaches Police, Swat, and Army Special Forces teams around the world.

Instructors: Allan Chad and

Heather Britton

453655.101 Sat. 2:00 – 4:00pm

Fee: \$15.00

43655.102 Wed. 7:30 – 9:30pm

Fee: \$15.00

### Volleyball

Join the fun! Bring your friends or drop-in and meet new ones!

Instructors: Kenny Lu/Eric Leong

43004.101 Wed 7:45-9:50pm

Ongoing Fee: \$4.00

### 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

Jan 6 – Mar 10 \$50.00/10 sessions

Drop-In \$7.50 12 per group max

44007.101 Thu. 6:00–7:00pm

Jan 7 – Mar 11 \$50.00/10 sessions

Drop-In \$7.50 12 per group max

### Boot Camp Lite

Low impact cardio and core circuit class.

44008.101 Thu. 7:00-8:00pm

Jan 7 – Mar 11 \$50.00/10 sessions

Drop-In \$7.50 12 per group max

## 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. 66602.201 Alternate Wed. Free  
12:30-2:00pm Jan - Mar

### 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.

### CAP-C Vietnamese Program

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

Activities include:

- How to prevent flu (H1N1)
- How to dress your child for winter
- Spelling Bee competition
- Healthy food – healthy body

### 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/Thur/Fri)  
Tel: 604-254-9626

### 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

### Cap-C Workshop

Encouraging parents to learn new knowledge and maintain community contacts through different workshops, such as health, safety, parenting and informational, etc...  
45401.401 Mon. 10:30am-12:00pm  
Jan 4 – Mar 29 Free

### Cap-C First Steps to Learning

For children aged from 3 to 4. It aims at developing their listening, concentration, and observation skills.  
65401.401 Mon. 12:00-1:30pm  
Jan 4 – Mar 29 Free

### Cap-C Children's Mandarin

Designed for children who are 6 to learn linguistic skills and to use Pinyin.  
25001.101 Tues. 3:30-4:30pm  
Jan 5 – Mar 30 Free

### Cap-C Chinese Mother Goose

Parents and toddlers have the opportunity to participate in interactive activities such as singing, stories, and games.  
25406.102 Tue. 10:00-11:30am  
Jan - Mar Free

### Cap-C Children's Drawing

Children who are at the age of 4-6 will get the artistic training through drawing.  
2201.101 Tue. 3:30-4:30pm  
Jan 4 – Mar 29 Free

**Cap-C Maclean Park Family Time**

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

25406.102 Wed. 3:15-4:30pm  
Jan 6 – Mar 31 Free

**Cap-C Toddler Circle Time**

This program is to promote early literacy training by participating in a variety of activities such as songs, crafts and games.

25801.101 Thu. 12:00-1:30pm  
Jan 8 – Mar 26 Free

**Cap-C Children's Math Class**

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

25404.101 Fri. 12:30-3:00pm  
Jan 8 – Mar 26 Free

**Cap-C Children's Enrichment Class**

A program which features comprehensive educational material designed to enhance children's (aged 4 – 5) learning progress.

25407.102 Fri. 12:30-3:00pm  
Jan 8 – Mar 26 Free

**Cap-C ESL conversation**

This ESL Conversation Program is co-sponsored with the UBC Learning exchange. The program provides a chance to practice English conversation skills, learn about Canadian culture, and meet people in the community.

45001.102 Tue/Thu. 9:00-10:30am/ 1:15-2:45pm  
Jan - Mar Free

Registration is required for all CAP-C activities. Orientation/Registration of CAP-C Programs:

For Chinese group:  
(Tue) 10:00am–12:00noon

For Vietnamese group:  
(Thu) 1:00 – 3:00pm

Place: Strathcona Family Lounge  
For information, call 604-713-1843.

**SENIORS****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 12 – Mar 30 Free

**Chinese Calligraphy**

Learn the art of Chinese ink brush writing.

Instructor: Wai Yin Lau

51801.101 Tue. 9:30-11:30am

Feb 2 – Mar 30 Fee: \$20.00

51801.102 Fri. 9:30-11:30am

Feb 5 – Mar 26 Fee: \$20.00

**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 604-713-1850.

55804.101 Thu. 9:30-1:00pm

On-going

Membership Fee \$40.00/year

## SOCIAL

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### 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 senior's 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

\$4.00 (Regular); \$6 (Special event)

## HEALTH & FITNESS

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### Line Dancing

Line dance and exercise to enjoyable and fun popular music! 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!

Instructor: Helen Wong

51805.101 Mon/Fri. 11:30-12:30pm

Jan 4 – Mar 29 Fee: \$40.00

### Qi Gong

A unique combination of gentle stretching, dynamic breathing, and great relaxation exercise.

54801.101 Mon. 1:00-2:00pm

On-going Free

### Tai Chi Fan Dance

Incorporating the fan to the traditional Tai Chi movement.

51805.102 Fri. 12:30-1:30pm

Jan 8 – Mar 26 Fee: \$30.00

### 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

51602.101 Fri. 1:30-3:00pm

Jan 8 – Mar 26 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

54802.101 Mon/Wed/Fri. 9:30-10:30am

On-going Free

### Tai Chi Bead Dance

51604.101 Thu. 1:00-2:00pm

On-going Free

### Tai Chi Sword

This Tai Chi class incorporates traditional sword movements.

53401.101 Thu. 2:00-3:00pm

On-going Free

### Wellness Drop-in

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

54803.401 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.

54804.401 Tue. 1:30-3:00pm

On-going Free

### Make a Donation

Strathcona Community Centre Association is a registered charity. Your donation to one of our programs will be gratefully accepted and an official receipt for income tax purposes will be given

## Vancouver Public Library Strathcona Branch

592 East Pender Street  
Vancouver, 604 665-3967

### PROGRAMS

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#### **Toddlertime (18 months-3 yrs)**

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

Session 1: Jan 21 – Feb 4

Session 2: Mar 11 – May 27

Thursdays @ 11:15 am Drop-in

#### **Babytime (0-18 months)**

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

Session 1: Jan 21 – Feb 4

Session 2: Mar 11 – May 27

Thursdays @ 10:30 am Drop-in

#### **Bilingual Family Storytime (2-4 yrs)**

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

Session 1: Jan 22 – Feb 5

Session 2: Mar 12 – May 28

Fridays @ 3:45 pm Cantonese-English

#### **The Chinese Parent-Child Mother Goose**

Rhymes, songs and stories for you and your child (0-20 months). Childcare is provided.

Please register at the Library.

Call 604 665-3967 for information

## SPECIAL EVENTS

*“Strathcona Community Centre's  
Community Living Room for the 2010  
Winter Games “*

#### **Strathcona Community Centre's Community Living Room during the 2010 Winter Games**

Strathcona Community Centre will be hosting a Community Living Room where we will have a 50" plasma television available for neighbours to gather and enjoy viewing the 2010 Winter Games.

There will be an official opening event of our Community Living Room with fun activities and a light dinner for the whole family on February 12, 2010. Community Living Rooms are part of the City of Vancouver's Community Happenings during the Vancouver 2010 Olympic and Paralympic Winter Games. More details will be available in mid-January at the community centre and on-line at [vancouverparks.ca](http://vancouverparks.ca).

Date: Friday, February 12<sup>th</sup>

Time: 5:00-7:00 pm

Fee: FREE (please register at the front office prior to the event)