

Preschool
Children
Youth
Sports
Arts
Fitness
Drop ins
Events

Champlain Heights Community Centre

3350 Maquinna Drive Vancouver, BC V5S 4C6

association website: www.champlainheightscc.ca

register online: recreation.vancouver.ca

Registration
starts
Thursday,
March 12th
at 7:00 PM

Oh Snap! Youth Photography Exhibit

The Oh Snap! youth photography club invites you to their spring photography exhibit!

Come and see the talent of our local youth. Admission will be by donation.

Friday May 1 5-7 PM

Photo by: Erika



Photo by: Rheanna



Photo by: Charlee



Recreation Guide Spring & Summer 2020



Jointly operated by the Vancouver Board of Parks and Recreation and the Champlain Heights Community Association

Champlain Heights Community Centre is grateful to live, work, and play on the unceded and ancestral territories of the skwxwú7mesh (Squamish), selilwítlulh (Tsleil-Waututh), and x'məḡk'əyəm (Musqueam) Nations.



Hours of Operation

March 30-June 28

Monday-Thursday	7:00am-10:00pm
Friday	7:00am-9:00pm
Saturday & Sunday	9:00am-4:00pm

June 29-August 30

Monday-Thursday	7:00am-9:00pm
Friday	7:00am-8:00pm
Saturday & Sunday	9:00am-1:00pm

Office closes 15 minutes prior to facility closure.

Sauna closes 30 minutes prior to facility closure.

Closed on statutory holidays:

April 10, April 13, May 18, July 1, August 3 and September 7

Programs canceled June 13 for the Summer Festival

Please note: Operating hours subject to change

How to Register

We accept cash, debit & credit.

Please have your program names & numbers ready.



Online

champlainheightscc.ca/programs-registration



In-person



Phone 604-718-6575

www.champlainheightscc.ca



@ActiveChamplain



Recreation Staff

Community Recreation Supervisor

Grant Matsuda (Acting)604-718-6582

Recreation Programmer

(Centre) Jeremy Quan.....604-718-6578

Recreation Programmer

(Fitness Centre) Casey Lefler604-257-8490

Community Youth Worker

Laura Weston604-718-6581

Recreation Facility Clerk

TBA604-718-6579

Don't Be Disappointed...

Great courses with excellent instructors sometimes get cancelled because people wait until the last minute to register. Courses are based on a minimum number of registrations to recover costs. Please register early!

We give full refunds for all cancelled classes.

Program Instructors Needed

If you have a special talent or passion, we would like to hear from you. Consider sharing your expertise with the community by becoming a program instructor. Please call the appropriate Programmer from the staff list above to discuss your ideas.

Program Cancellations, Transfers & Refunds

All programs are subject to change or cancellations at any time. Full refunds will be issued for all programs cancelled by the Community Centre.

General Refunds: Full refunds are issued for programs cancelled by the Centre. No refunds after the second class. All refunds subject to a \$4 administration fee. Possible exceptions for daycamp and birthday party programs.

Transfers: All transfers are subject to a \$4 administration fee.

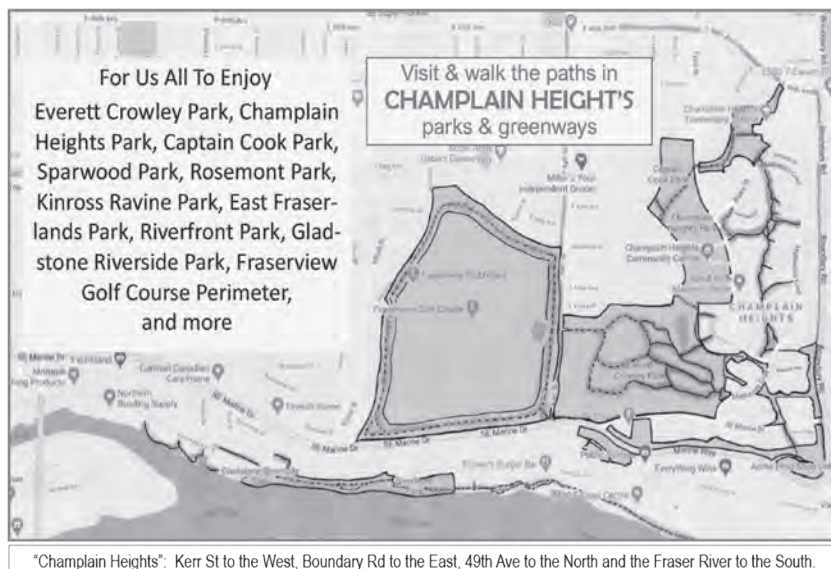
Welcome to Champlain Heights!

The Champlain Heights Community Association is a group of dedicated volunteers responsible for shaping programming, hiring staff, raising funds, accessing grants, developing rental policy, advocating for our parks and ensuring that decisions affecting the community are made at the grassroots level.

The revenue generated through programs and rentals stays in our community and is invested in activities for children, special events, facility enhancements and park programs.

The Association advocates for this community on a number of levels and your voice helps us better represent the Champlain Heights Community.

The Champlain Heights Community Association is seeking active community members to be Directors & Trustees. For those interested in participating, please visit our ad at GoVolunteer for full details: www.govolunteer.ca/centres/vancouver/board-directors-trustees.



Watch for our all age & all abilities playground renewals at both Champlain & Matheson Crescent and the Community Centre coming in 2020.

Welcome more outdoor opportunities with Sparwood & Everett Crowley Teacher-Park Stewardship, Learning Garden, Little Stream Keepers & Mason Bee programs. Become involved in what new programs you and your family would like to see in Champlain Heights.

For more information, contact the Board of Directors at contact@champlainheightscc.ca. Check out our website for updates at www.champlainheightscc.ca and follow us on Twitter at @ActiveChamplain.



CHCA play-based licenced childcare with age appropriate playground.



2019-2020 Board of Directors

Lesley Anderson
John Ames
Hartley Banack
Anat Gogo
Silvia Hagen
David Hiebert
Mary Hiebert

Kathy Lau
Elfina Luk
Birgit Petersen
Gurkaran Singh
Andrei Studimov
Louise Towell
Trevor Van Hemert

Our Mission Statement

To provide equal access to quality leisure services for individuals residing in Champlain Heights.



Glow Kids with Lia Fletcher

Students will be evaluated throughout the term, and will receive a report card on the last day of class, which is parent viewing day. Students will receive a certificate of participation or the students who successfully complete their level will receive a certificate of completion for the 2019/2020 academic year. No session on Apr 12, Apr 26 and May 17.

Pre-Ballet | Glow Kids (3-5 yrs)

This is a fun class to introduce little ballerinas to the art form of Ballet. Ballet is known to provide grace, poise, and technique needed to be proficient in all other areas of dance, and it is best introduced at a young age. This class is designed to help young dancers with posture, flexibility, fitness, balance, self-discipline, and self-confidence. Instructor will provide more details once classes start. Attire: pink leotard, pink ballet tights, pink ballet shoes purchased at a dance shop; no H&M slippers please, hair up and away from face, and a water bottle.

269085 \$56/7 sess
Su 9:00 AM-9:45 AM Apr 19-Jun 14

269086 \$56/7 sess
Su 12:40 PM-1:25 PM Apr 19-Jun 14
Instructor: Lia Fletcher

Ballet I | Glow Kids (6-9 yrs)

Ballet provides grace, poise, and technique needed to be proficient in all other areas of dance, and it is best introduced at a young age. This class is designed to help young dancers with posture, flexibility, fitness, balance, self-discipline, and self-confidence. For a full dance experience, make sure to attend the Acro Dance level I class right after this one. Attire: black leotard, pink ballet tights, pink ballet shoes purchased at a dance shop, no H&M slippers please, hair up and away from face, water bottle.

268987 \$56/7 sess
Su 9:50 AM-10:35 AM Apr 19-Jun 14
Instructor: Lia Fletcher

Acro Jazz I and II | Glow Kids (6-9 yrs)

This super fun class starts with a warm-up followed by acrobatic movements (bridges, somersaults, cartwheels), and it ends in a jazz dance. This class will help your child develop coordination, rhythm, concentration, and strength. Attire: leotard, capri pants or convertible tights (if taking ballet on the same day), no shoes, braided hair away from face, water bottle.

268970 \$56/7 sess
Su 10:40 AM-11:25 AM Apr 19-Jun 14

Ballet II | Glow Kids (6-9 yrs)

This class is designed for dancers who have completed Glow Kids Ballet I and/or have received an invitation to join this group. If your child is interested in joining Ballet II, please contact the instructor prior to registration. This class is RAD 2 and 3 equivalent. Attire: black leotard, pink ballet tights, pink ballet shoes, hair up in a ballet bun, and water bottle.

268988 \$70/7 sess
Su 11:30 AM-12:30 PM Apr 19-Jun 14
Instructor: Lia Fletcher

Ballet & Acro II/III | Glow Kids (7-10 yrs)

This class is designed for Ballet II/Acro II and Ballet III/Acro III students. If your child is interested in joining this class, please contact the instructor prior to registration. Attire: black leotard, pink ballet tights, pink ballet shoes, hair up in a ballet bun, and water bottle.

268989 \$200/10 sess
Tu 3:50 PM-5:50 PM Apr 7-Jun 9
Instructor: Lia Fletcher

education

Baby Sign Language

(2 yrs and under)

Babies understand and can communicate long before they are able to speak. Research shows that babies who learn Sign Language learn quicker and talk earlier. Using songs and games learn how to teach your baby basic American Sign Language (ASL) so they can better convey their wants and needs and relieve unnecessary frustration. The instructor will teach you the signs and songs so you can practice at home. Babies can sleep during class or you can bring some toys.

268980 \$60.95/5 sess
Tu 11:15 AM-12:00 PM Apr 14-May 12
Instructor: Into Yoga

dance

Dance with me Baby! (1-2 yrs)

A great way to make new friends while dancing with your baby. Watch as your child begins to uncover the joy of dance and take new steps in their physical literacy. A fun and energetic class with music, songs and props! Parent participation required. No session May 15

269027 \$54/10 sess | Drop-in \$7
F 9:30 AM-10:00 AM Apr 17-Jun 26
Instructor: Lisa Sars

Dance with me Toddler! (2-3 yrs)

Parents and toddlers will move and groove to music. A great way to introduce your little one to dance and get a great workout. Simple movements, songs and colourful props will be used. Parent participation required. No session May 15

269028 \$85/10 sess | Drop-in \$9.50
F 10:15 AM-11:00 AM Apr 17-Jun 26
Instructor: Lisa Sars

Zumba Kids (7-11 yrs)

Zumba Kids classes feature kid-friendly routines based on original Zumba choreography. We break down the steps, add activities and cultural exploration elements into the class structure.

269136 \$35/5 sess | Drop-in \$9
M 4:15 PM-5:15 PM Apr 6-May 11

269137 \$35/5 sess | Drop-in \$9
M 4:15 PM-5:15 PM May 25-Jun 22

271253 \$28/4 sess | Drop-in \$9
M 4:15 PM-5:15 PM Jul 6-Jul 27

271254 \$21/3 sess | Drop-in \$9
M 4:15 PM-5:15 PM Aug 10-Aug 24
Instructor: Suzette Lund

sports

Sportball Junior (16-24 months)

Children and parents participate in sports, creative gross motor games, songs, rhymes, stories, bubble time and much more. Although these programs focus more on physical movements and social exploration, children will be introduced to a different sport each week. Parents participate with their child to guide and challenge them according to their individual skill level.

269102	FREE
Th 3:45 PM-4:30 PM	Apr 9
269101	\$136/8 sess
Th 3:45 PM-4:30 PM	Apr 16-Jun 4
272323	\$136/8 sess
Th 3:45 PM-4:30 PM	Jul 9-Aug 27
Instructor: Sportball Vancouver	

MoreSports

Mini Soccer (5-9 yrs)

Moresports allows children to develop their fundamental motor skills through a variety of games. This term children will learn the fundamentals of soccer through fun drills and games! All participants will be invited to the Annual Moresports Soccer Jam in May.

275553	\$40/8 sess
Sa 10:30 AM-11:30 AM	Apr 18-Jun 6
Instructor: Youth Leader	

Sportball Parent & Child Multi-Sport (2-3 yrs)

Programs focus on physical literacy and social exploration as toddlers learn fundamental sport skills. Children are challenged according to their individual skill level and grownups are taught techniques to help toddlers refine motor skills while developing social skills. Sportball maintains a one-parent-per-child ratio policy in all Parent & Child programs to ensure that focus is kept on helping little ones practice and progress.

269104	FREE
Th 4:30 PM-5:15 PM	Apr 9
269103	\$136/8 sess
Th 4:30 PM-5:15 PM	Apr 16-Jun 4
272325	\$136/8 sess
Th 4:30 PM-5:15 PM	Jul 9-Aug 27
Instructor: Sportball Vancouver	

Stay & Play (6 yrs and under)

Join us for coffee and snacks while the kids play. Meet other parents and caregivers from our lovely neighbourhood in an inclusive and welcoming environment. This is a great way to network and get support from other parents while the kids play free. We will occasionally have story time and visits from guest speakers and demonstrators.

269105	Drop-in \$3
M 9:45 AM-11:45 AM	Mar 30-Jun 22
Instructor: Kate Pocock	

Gym Bugs Drop In (0-6 yrs)

Come and play, climb and run with your child on Sunday mornings. There are cars, balls and a climbing apparatus to keep your child busy. Bouncy castle and play area with toys too! Parent participation required. A great place to meet other families!

269038	Drop-in \$3.00
Su 9:30 AM-11:30 AM	Apr 5-Jun 28
Instructor: Priya Bagri	

After-School Learn to Golf Program (5-16 yrs)

The After-School Program offers 4 stages of development, from new golfers to skilled players and covers golf fundamentals, physical literacy, on-course play, etiquette, rules and scoring. Geared towards building lifelong skills and confidence, this program also includes a progress report card issued at the conclusion of each session. Program takes place at Fraserview Golf Course, 7800 Vivian Drive, Vancouver. No session Jun 21

273934	\$155/6 sess
Sa 2:00 PM-3:30 PM	Mar 21-Apr 25
273935	\$155/6 sess
Su 3:00 PM-4:30 PM	Apr 5-May 10
273936	\$155/6 sess
Su 1:00 PM-2:30 PM	Apr 26-May 31
273937	\$155/6 sess
Sa 2:30 PM-4:00 PM	May 2-Jun 6
273938	\$155/6 sess
W 4:15 PM-5:45 PM	May 13-Jun 17
273939	\$155/5 sess
Su 3:00 PM-4:30 PM	May 24-Jun 21
Instructor: Derek Thornley	

Rhythmic Gymnastics (3-7 yrs)

Come and join our Rhythmic Gymnastics programs in a fun recreational format! Rhythmic Gymnastics is a beautiful combination of gymnastics, ballet, along with the self expression and rhythm of dance by using hand apparatus such as rope, hoop, ball, clubs or ribbon.

269090	\$60/10 sess
Sa 11:25 AM-12:10 PM	Apr 4-Jun 6
(3-5 yrs)	
269091	\$60/10 sess
Sa 12:10 PM-1:00 PM	Apr 4-Jun 6
Instructor: Olympia Rhythmic Gymnastics	

Mini Tennis (6-10 yrs)

This class is an introduction to tennis for children. Students are introduced to basic forehand and backhand skills, while developing hand eye coordination through a variety of fun games and activities.

269057	\$120/12 sess
Tu 4:00 PM-5:00 PM	Apr 7-Jun 23
Instructor: Juan Carlos Maldonado	

Junior Tennis (8-12 yrs)

This class continues to develop tennis skills for those students who have already learned basic tennis. Students will participate in a variety of fun drills and games to enhance their skills. Students will also be given the opportunity for game play.

269044	\$120/12 sess
Tu 5:00 PM-6:00 PM	Apr 7-Jun 23
Instructor: Juan Carlos Maldonado	

preschool & children

Event

Lunch with Bunny (All ages)

Bring the entire family to have lunch and fun with the Easter Bunny. Lunch will be available from 11:15 AM-12:00 PM followed by a hunt at 12:00 PM.

Event will also include entertainment, crafts and games. Make some great holiday memories in your community.

Sat Apr 4, 11:15 AM-1:15 PM
#258713 \$4/person



art & culture

preschool & children

Fun with Magic ^{NEW} (8-12 yrs)

Make a coin disappear! Predict a card! In this beginner's magic class, you will learn a variety of basic magic tricks using cards, coins, ropes and other common objects. An emphasis will be placed on storytelling and you will study misdirection, public speaking and how to effectively entertain an audience. Learning and performing magic can increase confidence and improve social skills. Come join us and let your creativity and imagination take off! www.rosalindmagic.com. \$10 Activity Material fee applicable only once per season. All materials included.

272648 FREE
Sa 1:00 PM-2:00 PM Apr 4

272649 \$70/5 sess + \$10 Activity Material Fee
Sa 1:00 PM-2:30 PM Apr 18-May 16

272654 \$70/5 sess + \$10 Activity Material Fee
Sa 1:00 PM-2:30 PM May 23-Jun 27

Instructor: Rosalind Chan

Looking for Music Lessons?

See page 16.

Cedar Weaving Bracelet Workshop (13+ yrs)

In the Haida and many Northwest Coast cultures, cedar is referred to as the tree of life. Many of our teachings come from the cedar tree, there is a lot to learn from her. Participants will learn our traditional knowledge of cedar, including the historical and spiritual importance of cedar. You will learn how to weave cedar bark into a custom sized beautiful bracelet that you can take home with you or use as a gift. All supplies included.

269022 \$27.38
F 6:45 PM-8:45 PM Jun 26

271186 \$27.38
Sa 1:30 PM-3:30 PM Aug 15

Instructor: Todd DeVries

Cooking with Carmen (6-11 yrs)

A great introduction for aspiring chefs! We will be baking and cooking a variety of healthy, delicious and fun dishes. Your child will gain experience in measuring, kitchen safety, nutrition, and kitchen cleanliness. Please bring a container every week to take food home. This is a nut-free environment, however we will be using common foods such as wheat, eggs, and dairy. Not suitable for children with food sensitivities.

269025 \$156/13 sess
Su 10:00 AM-11:30 AM Apr 5-Jun 28

Instructor: Carmen Yuen Kwan Cheang

Everett Crowley Park Stewardship (All ages)

Get dirty, have fun and help the environment! Join us for monthly stewardship events to help remove invasive plants, test water quality, and learn more about the unique history and ecology of Everett Crowley Park. Gloves, tools and light refreshments are provided, please bring a re-usable water bottle to the event. Events are weather permitting. Dress appropriately for the weather and wear sturdy, close-toed shoes. Children 12 years and under need to be registered with a parent or guardian. Meet at the front entrance to the Community Centre. Feel free to get in touch with us via Twitter @ecpcstewards, or email at ecpcstewards@gmail.com if you have any questions about the program.

269029 FREE
Sa 10:00 AM-12:00 PM Apr 11, May 9 & Jun 13

271189 FREE
Sa 10:00 AM-12:00 PM Jul 11 & Aug 8

Instructor: Kimberly San

Beginning to Paint ^{NEW} (5-10 yrs)

This course will focus on developing painting skills for young students. Drawing ability helpful but optional. The techniques of paint application and color selection will be the main theme. The medium will be acrylic on canvas/board, using brushes for application. All supplies provided. Let's paint an Orca!

273187 \$108/9 sess
M 3:30 PM-5:00 PM Apr 20-Jun 22

Instructor: Bruce Muir

Want a party, but not the hassle? Let us help and do the hard work for you.

Birthday Parties

\$130/Party Up to 12 kids (1 party attendant)

\$190/Party 13-24 kids (2 party attendants)

*Please have your final numbers of children attending the party confirmed 2 weeks prior to the party, and pay the \$60 upgrade for over 12 children to secure an additional leader.

Our birthday party packages include the following:

- A leader to help with supervision, preparation and organization of the games
- A decorated room with streamers, balloons, tablecloths, tables & chairs
- Access to a kitchen that is equipped with a stove, an oven, a microwave, a refrigerator and a freezer
- One hour gymnasium time with access to various games, equipment, activities & large bouncy castle
- **Parent/guardian supervision is required for the duration of the party.**

A birthday party leader will contact you approximately 2 weeks before your party to discuss the details.

Please make sure to update your information at registration to include an email address.

- All refunds are subject to a \$4 administrative charge.
- Full refund with 2 weeks notice
- 50% refund with 1 week notice
- No refund for less than 1 week notice



Licensed Childcare



licensed
childcare

Preschool 3-4 years old

We offer a play-based program that provides a variety of developmentally appropriate activities in a safe, positive and nurturing environment. Activities include free play, arts and crafts, music, story time, baking, science, math, snack time, gym, outdoor play, and field trips throughout the year.

There are 20 children in each class and 2 licensed preschool teachers.

Procedures for Champlain Heights Preschool

We welcome you to register your child for the upcoming 2020/2021 Preschool year. Please call 604-718-6575 for more details.

Children who are 2yrs old can be placed on our call list. Please note that joining the call list does not guarantee enrollment into the school year.

Children who have completed the 3 year old preschool program will be given priority for the 4 year old class of the subsequent year. Staff will contact parents as classes are being formed, usually in January for the upcoming September session. When contacted the parents will receive their registration package to be completed on site and pay a non-refundable deposit for the first (September) and last (June) months of the program.

At the same time, a completed credit card authorization form / post-dated cheque will be required for the balance of the year.

Please Note: NO WITHDRAWALS will be given after December 1st of the school year. November 1st is the deadline to withdraw your child from the 2020/2021 Preschool program.

One months (30 days) notice of withdrawal is required.

Preschool 2020/2021 School year

3yrs	9:00 AM-11:00 AM	Tu/Th	\$103/Month
3yrs	12:15PM-2:15PM	Tu/Th	\$103/Month
4yrs	9:00 AM-11:30 AM	M/W/F	\$155/Month
4yrs	12:15 PM-2:45 PM	M/W/F	\$155/Month

Out Of School Care Fees

Before \$112 | After
\$270 Before and After
\$300

Out of School Care

Kindergarten to Grade 7

Pick-up from Captain James Cook Elementary School & Champlain Heights Annex

This program is full with a waitlist. Please call 604-718-6575 to be added.





Sunsplash

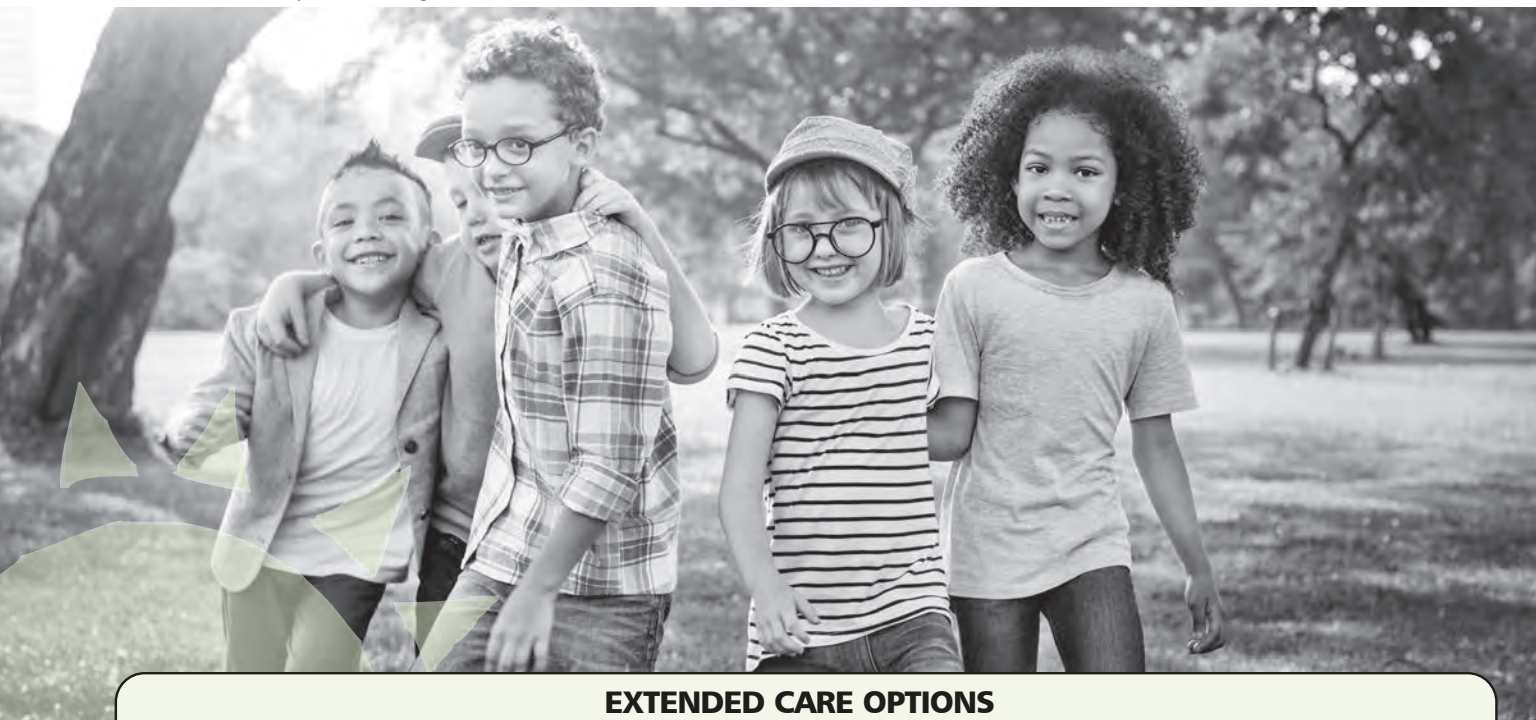
THE SCHEDULE

Weekly from
9:00am-3:30pm

summer
daycamp

	DATES	JUNIOR (6-8YRS)	SENIOR (9-12YRS)	OUTTRIP**	COST
Week 1	Jun 29-July 3	271264	207265	Playland	\$103
Week 2	Jul 6-Jul 10	271270	271271	Vancouver Aquarium	\$129
Week 3	Jul 13-Jul 17	271276	271277	Beaty Biodiversity Museum	\$129
Week 4	Jul 20-Jul 24	271282	271283	Big Splash Waterpark	\$129
Week 5	Jul 27-Jul 31	271288	207089	Grouse Mountain	\$129
Week 6	Aug 4-Aug 7	271294	271295	Lynn Canyon Suspension Bridge	\$103
Week 7	Aug 10-Aug 14	271300	271301	Fun World	\$129
Week 8	Aug 17-Aug 21	271306	271307	PNE (no amusement rides)	\$129
Week 9	Aug 24-Aug 28	271312	271313	Science World	\$129

** schedule is subject to change



EXTENDED CARE OPTIONS

Before camp care 8:00am-9:00am \$16-5 days per week, \$12.80- 4 days per week (weeks 1 & 6)

After camp care 3:30pm-5:30pm \$32-5 days per week, \$25.60- 4 days per week (weeks 1 & 6)

Before and after care together \$43-5 days, \$34.40-4 days (weeks 1 & 6)

DAYCAMP

The Sunsplash daycamp program will be led by qualified, experienced and enthusiastic staff. Our program combines exciting outtrips to many of the lower mainland's best parks, beaches and attractions, with traditional daycamp activities such as sports, games, crafts and special events.



Supported Summer Daycamp Information

Supported camps provide children with different needs the opportunity to participate in a typical community camp with children their own age. Camp staff modify activities and encourage children to participate to the best of their ability. The focus of this camp is to help children have fun with their peers. Two additional day camp leaders are available to float between approximately 5 campers who are registered in a supported space. Please note we do not provide one to one support or personal care. For more information and registration application please contact access.services@vancouver.ca or 604 654 0978. Support is limited to a maximum of two weeks per child.

Summer Daycamp Registration

Registration Information:

- * Please be aware registration is done on a first come, first serve basis as spaces are limited.
- * Child must be at least 6 years old by Dec 31, 2020 to register (born 2014 or earlier).
- * A Daycamp Consent and Waiver Forms Package (available online or in-person as of June 15, 2020).
- * Waiver forms must be completed and returned 7 days prior to the start of camp so staff can review.
- * You will need to provide the following information for your consent form: doctor's and emergency contact phone numbers and other relevant health information.
- * Staff are not responsible for participants before 9:00am and after 3:30pm unless they are registered in extended care.
- * A late fee will be charged for pick-ups after 3:30pm.

Daycamp Refund Policy:

- * 8 days notice or more is needed for a full refund less \$4.00 service charge
- * 7 days notice or less, no refunds or transfers



week long summer camps

Summer Golf Camp - Squirrels (4-6 yrs)

Youth golf camps offer a relaxed and fun learning experience at the golf course, developing golf skills and life skills in a healthy, outdoor environment. Camps will cover ball striking, short game, video feedback, swing drills and golf-related education, developing age-appropriate game skills and exposure to on-course play. Indoor meeting rooms and a covered driving range allow for all-weather conditions. Equipment is included. Students are asked to bring lunch and snacks. Meet at Fraserview Golf Course, 7800 Vivian Drive, Vancouver.

273940	\$165/5 sess
M-F 10:00 AM-12:00 PM	Jun 29-Jul 3
273941	\$165/5 sess
M-F 10:00 AM-12:00 PM	Jul 13-Jul 17
273942	\$165/5 sess
M-F 10:00 AM-12:00 PM	Jul 20-Jul 24
273943	\$165/5 sess
M-F 10:00 AM-12:00 PM	Aug 10-Aug 14
Instructor: Derek Thornley	

Golf Camp - Gophers (7-9 yrs)

Youth golf camps offer a relaxed and fun learning experience at the golf course, developing golf skills and life skills in a healthy, outdoor environment. Camps will cover ball striking, short game, video feedback, swing drills and golf-related education, developing age-appropriate game skills and exposure to on-course play. Indoor meeting rooms and a covered driving range allow for all-weather conditions. Equipment is included. Students are asked to bring lunch and snacks. Meet at Fraserview Golf Course, 7800 Vivian Drive, Vancouver.

273944	\$235/5 sess
M-F 9:30 AM-12:30 PM	Jun 29-Jul 3
273945	\$235/5 sess
M-F 9:30 AM-12:30 PM	Jul 6-Jul 10
273954	\$235/5 sess
M-F 1:30 PM-4:30 PM	Jul 13-Jul 17
273953	\$235/5 sess
M-F 9:30 AM-12:30 PM	Jul 20-Jul 24
273963	\$235/5 sess
M-F 9:30 AM-12:30 PM	Aug 3-Aug 7
273955	\$235/5 sess
M-F 1:30 PM-4:30 PM	Aug 3-Aug 7
273952	\$235/5 sess
M-F 9:30 AM-12:30 PM	Aug 10-Aug 14
273956	\$235/5 sess
M-F 1:30 PM-4:30 PM	Aug 17-Aug 21
Instructor: Derek Thornley	



Golf Camp - Eagles (9-16 yrs)

Youth golf camps offer a relaxed and fun learning experience at the golf course, developing golf skills and life skills in a healthy, outdoor environment. Camps will cover ball striking, short game, video feedback, swing drills and golf-related education, developing age-appropriate game skills and exposure to on-course play. Indoor meeting rooms and a covered driving range allow for all-weather conditions. Equipment is included. Students are asked to bring lunch and snacks. Meet at Fraserview Golf Course, 7800 Vivian Drive, Vancouver.

273957	\$395/5 sess
M-F 9:45 AM-3:45 PM	Jun 29-Jul 3
273958	\$395/5 sess
M-F 9:45 AM-3:45 PM	Jul 6-Jul 10
273959	\$395/5 sess
M-F 9:45 AM-3:45 PM	Jul 13-Jul 17
273960	\$395/5 sess
M-F 9:45 AM-3:45 PM	Aug 3-Aug 7
Instructor: Derek Thornley	

Check out other
Fraserview Golf Academy
programs at
www.fraserviewgolfacademy.com

Eagles Performance Camp (9-16 yrs)

Ideal for students who are highly motivated to improve skills and learn the fundamentals of competitive level golf. Indoor meeting rooms and a covered driving range allow for all-weather conditions. Equipment is included. Students are asked to bring lunch and snacks. Meet at Fraserview Golf Course, 7800 Vivian Drive, Vancouver.

273961	\$495/5 sess
M-F 9:00 AM-3:30 PM	Jul 20-Jul 24
273962	\$495/5 sess
M-F 9:00 AM-3:30 PM	Aug 10-Aug 14
Instructor: Derek Thornley	



Rhythmic Gymnastics Summer Camp (6-12 yrs)

Come and join our Rhythmic Gymnastics programs in a fun recreational format! Rhythmic Gymnastics is a beautiful combination of gymnastics, ballet, along with the self expression and rhythm of dance by using hand apparatus such as rope, hoop, ball, clubs or ribbon.

272645	\$80/2 sess
M W 11:00 AM-3:30 PM	Jul 20-Jul 22
272647	\$80/2 sess
M W 11:00 AM-3:30 PM	Jul 27-Jul 29
Instructor: Olympia Rhythmic Gymnastics	



week long summer camps

Byte Camp | 3D Animation

(9-12 yrs)

Dreaming of a career with PIXAR? Ever wonder how those awesome 3D animated movies like Shrek, Toy Story and Frozen are made? Spend the week learning how by modeling, animating and telling your own stories in 3D. You'll use Blender, a wonderful (& free!) 3D software, to design characters that jump off the screen and then make them come alive by adding voices, soundtracks and completing your own animated short film. Final projects are usually group projects with each student contributing a character and a scene.

272714 \$325/5 sess
M-F 9:00 AM-4:00 PM Jul 13-Jul 17
Instructor: Byte Camp

Byte Camp | 3D Video Game Design

(9-12 yrs)

Create your own 3D Video Game! Invent your own digital worlds levels, adventures and quests using Blender, a great (& free) 3D Game Engine. Students will learn to make their own custom controls and gameplay using Blender's unique Logic Bricks design interface. Instructors will lead students through exercises to introduce the most important 3D game design skills in the early part of the week and then support students on their own projects for the second half. The final project is a game you can take home on USB. Byte Camp's 3D Animation course is a prerequisite.

272724 \$325/5 sess
M-F 9:00 AM-4:00 PM Aug 10-Aug 14
Instructor: Byte Camp

Byte Camp | Claymation Movie Production

(9-12 yrs)

Make your own clay characters come to life, just like Shaun the Sheep! Participants will work with a partner to build their own clay characters, sets and props; develop their own script; shoot their movie scenes; and then learn to edit and add sounds and special effects to complete the whole project. Don't worry parents, there will be plenty of time devoted to outdoor games and activities!

276661 \$280/4 sess
M-F 9:00 AM-4:00 PM Jun 29-Jul 3
Instructor: Byte Camp

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Byte Camp | Introduction to Coding

(9-12 yrs)

Discover how much fun it is to build your own game! Students will be introduced to basic coding skills with easy to use drag-and-drop software, and get to use those skills to make their very own games. Students will also learn how to create their own 2D vector artwork to make characters and levels that are entirely their own. The final project is a game that you can take home on USB or proudly share with friends online.

272725 \$325/5 sess
M-F 9:00 AM-4:00 PM Aug 31-Sep 4
Instructor: Byte Camp



Pastel Workshop | Art History with the Masters

(6-12 yrs)

Join us for five days of pastel fun as we learn about a new medium and explore art history by studying different artists and their work. Each day we will create one large drawing in pastels inspired by Edvard Munch's The Scream, Pablo Picasso's Woman in Hat, Vincent Van Gogh's Chair, Wassily Kandinsky's Bavarian Market Square and Claude Monet's Regatta at Argenteuil. The daily results will be truly frameable! No experience necessary. Please wear an old shirt or smock to class each day.

272336 \$190/5 sess
M-F 9:00 AM-12:00 PM Jul 6-Jul 10
Instructor: Young Rembrandts

Favourite Apps & Video Games Drawing Workshop

(6-12 yrs)

Art is all around us, seen on phones and online! Students will learn new illustration and colouring techniques inspired by popular video games. Artwork is inspired by a pixel block characters, plants, zombies and many more classic apps and games. If your child loves to game or draw, they'll have a blast putting their own personal touches on some of these favorites!

272337 \$190/5 sess
M-F 12:30 PM-3:30 PM Jul 6-Jul 10
Instructor: Young Rembrandts

Building is Awesome

(5-10 yrs)

Everything is awesome when you're on a journey with the best team to stop the forces of evil. Construct your dream team from the characters of the most popular movies around. All campers go home with a customized Minifigure. Children will be given a break for an optional snack from home.

272799 \$175/5 sess | Drop-in \$40
M-F 9:30 AM-12:30 PM Jul 20-Jul 24
Instructor: Bricks 4 Kidz Vancouver

Galaxy Far Away

(5-10 yrs)

Join us on an adventurous journey through space! Our models will remind you of your favourite popular space movies as you pilot your LEGO spacecraft to the great beyond. All campers go home with a customized Minifigure. Children will be given a break for an optional snack from home.

272800 \$175/5 sess | Drop-in \$40
M-F 1:00 PM-4:00 PM Jul 20-Jul 24
Instructor: Bricks 4 Kidz Vancouver



Movie Mash-Up

(5-10 yrs)

Build to infinity and beyond with your favourite movies! What do dinosaurs, toys, and dragons all have in common? All campers go home with a customized Minifigure. Children will be given a break for an optional snack from home.

272802 \$175/5 sess | Drop-in \$40
M-F 9:30 AM-12:30 PM Jul 27-Jul 31
Instructor: Bricks 4 Kidz Vancouver

Ninjas Extreme

(5-10 yrs)

Ninjas...GO! Get ready to use your Spinjitzu skills to fight for honour and establish peace. We will build ninja vehicles, ninja spinning machines, and more! All campers go home with a customized Minifigure. Children will be given a break for an optional snack from home.

272804 \$175/5 sess | Drop-in \$40
M-F 1:00 PM-4:00 PM Jul 27-Jul 31
Instructor: Bricks 4 Kidz Vancouver

summer
daycamp



summer
daycamp

Youth Summer Leadership Camp 11-14 yrs

youth

Got what it takes to become a young leader? Learn how to become a role model while going out and exploring all the fun recreational activities Vancouver has to offer!

Examples of out trips will include community volunteering, park stewardship activities and community clean ups. In house activities will include special presentations and inspiring guest speakers tailored to youth leadership.

Bring your friends and a sense of adventure!

Don't wait, register now! A consent and waiver package must be completed and returned before the start of the registered camp week.

All events are subject to change without notice.

8 days notice for a full refund, including a \$4.00 administration fee. 7 days notice or less, no refunds or transfers.

THE SCHEDULE

wk 1 Dragonboating • Teamwork

M Tu Th F 10:00 AM-3:30 PM Jun 29-Jul 3 274834 \$99.20/4 sess

wk 2 Rock Climbing • Communication

M-F 10:00 AM-3:30 PM Jul 06-Jul 10 274835 \$124/5 sess

wk 3 Wildplay • Goal Setting

M-F 10:00 AM-3:30 PM Jul 13-Jul 17 274747 \$124/5 sess

wk 4 Castle Fun Park • Motivation

M-F 10:00 AM-3:30 PM Jul 20-Jul 24 274748 \$124/5 sess

wk 5 Cultus Waterpark • Community Involvement

M-F 10:00 AM-3:30 PM Jul 27-Jul 31 274749 \$124/5 sess

wk 6 Kayaking • Exploring Possibilities

Tu-F 10:00 AM-3:30 PM Aug 4-Aug 7 274750 \$99.20/4 sess

wk 7 Archery Tag • Environmental Stewardship

M-F 10:00 AM-3:30 PM Aug 10-Aug 14 274751 \$124/5 sess

wk 8 Playland • Creativity

M-F 10:00 AM-3:30 PM Aug 17-Aug 21 274752 \$124/5 sess

wk 9 Windsurfing • Celebrate Differences

M-F 10:00 AM-3:30 PM Aug 24-Aug 28 274753 \$124/5 sess

Note: Staff are not responsible for Youth Summer Leadership participants before 10:00am and after 3:30pm

SPRING

April to June

youth open gym

Get active and brush up on your skills, we have all the equipment just bring some friends and have some FUN!
A valid OneCard is required to borrow any equipment.

Monday	Tuesday	Friday	Sunday
3:00 PM-4:30 PM	3:15 PM-3:45 PM	3:30 PM-8:00 PM	2:30 PM-3:45 PM

Happy Fri-Yay!

Come join us on Friday evenings - meet and hang out with youth staff and participate in a variety of activities! We have game consoles, cooking classes, board games, movies, crafting projects and much more.

Check out the youth board calendar on site for a list of weekly activities!

sports & fitness

Champlain Basketball

(10-13 yrs)

This basketball program provides an opportunity for preteens to participate and develop their basketball skills in a fun environment. Register while there are still spaces!

273169 \$45/9 sess
W 5:00 PM-6:00 PM Apr 8-Jun 03
Instructor: Terrence Wu

Indoor Volleyball

(10-14 yrs)

Join us in the gym Wednesdays after school for indoor volleyball. All skill level welcome. Come play full court games and learn the fundamentals of volleyball to improve your game. A great opportunity to practice and meet other youth.

274511 FREE
W 3:45 PM-4:45 PM Apr 8-Jun 10
Instructor: Leslie M

Kickboxing

NEW

(13-18 yrs)

Kickboxing is an aerobic, cardio & conditioning exercise. Youth will learn movements of various kicking and punching techniques on soft punching bags with gloves while being coached by the instructor. Students are recommended to use boxing gloves during the class that can be purchased through the instructor. Training will be in bare feet; wear loose clothing for the class.

273173 \$75/5 sess
Sa 1:00 PM-2:15 PM Apr 18-May 16
Instructor: Simon Siu

Youth Open Gym

(8-18 yrs)

It's summer time! Beat the heat and come indoors and play sports with friends. We have all the equipment just bring some friends and have some FUN! A valid OneCard is required to borrow any equipment. Basketball, soccer, badminton, volleyball, floor hockey and spikeball.

273172
M Tu W F 3:30 PM-5:00 PM Jul 3-Aug 31

Night Hoops – Girls Team

(11-18 yrs)

Night Hoops is a FREE late night basketball program for youth. Night hoops offer youth the opportunity to experience the thrill of playing on an organized basketball team. Players do not have to be highly skilled. Practices will be Friday nights and start April 3rd in the Champlain Heights Gym. Games will take place on Saturdays at different sites, schedule TBA. Participants must commit to both practice and team games. To register, contact Laura or come register in person.

274957 FREE
F Sa Apr 03-Jun 26
Instructor: Ashley Cruz

Teen Weight Training

(13-15 yrs)

Are you a beginner or needing new ideas for training? This is a weight training class for teens aged 13-15 years. Are you new to the fitness centre? Do you want to learn how to work out safely and effectively on your own? Let our knowledgeable fitness staff teach you proper exercise technique and appropriate weight room etiquette. At the end of this five week program you will have the training and confidence to build your own program! FREE with drop-in admission, a valid flexipass or a usage pass. Registration and a signed PAR-Q and consent are required.

269918 FREE
F 4:30 PM-5:30 PM Apr 24-May 22
269920 FREE
F 4:30 PM-5:30 PM Jun 5-Jul 3
269921 FREE
F 4:30 PM-5:30 PM Jul 17-Aug 14
Instructor: Park Board Trainer

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Creativity In Motion

(10-13 yrs)

In this class teens will engage in artistic collaborations starting from a theme or a poem through different expressions, from dance movement explorations to collage creations. The goal is to foster communication skills and nurture creativity together.

278308 Free Trial
F 7:45 PM-8:45 PM May 1
278307 \$30/5 sess
F 7:45 PM-8:45 PM May 8-June 12
Instructor: Claudia Bulaievsky

social

DIY Tuesdays!

NEW

(9-13 yrs)

Calling all preteens - time to get creative and participate in DIY activities! You'll be sure to impress your friends with all the new things you will create! Register early as spots will fill up fast!

258457 \$60/10 sess
Tu 4:30 PM-6:00 PM Apr 14-Jun 16
Instructor: Youth Leader

Culinary Creations

Get creative in the kitchen on Friday nights and learn how to cook and eat budget-friendly meals. Meals planned are geared towards participants interests. Let's TACO' bout a good time!

(9-11yrs)

273165 \$25/9 sess
F 6:00 PM-7:30 PM Apr 17-Jun 19
Instructor: Patricia Umali

(12-18yrs)

273166 \$25/9 sess
F 6:30 PM-8:00 PM Apr 17-Jun 19
Instructor: Julia Unger

youth

Oh Snap!

Photography Club (10-16 yrs)

Enjoy taking pictures?! Join Oh Snap! and learn the principles of photography and improve your photos one shoot at a time. Bring a device to take pictures with. Participants will meet in the youth room before heading outside to take pictures.

274512

W 4:30 PM-5:30 PM Apr 15-Jun 3

274833

F 4:30 PM-5:30 PM Jul 3-Aug 21

Instructor: Laura Weston

The Snack Shack (9-14 yrs)

So hungry that you're HANGRY after school? Come straight to CHCC from school and learn how to make healthy snacks and enjoy them too! Register as spots fill up quick.

273168

\$16.50/11 sess

Th 3:30 PM-4:15 PM Apr 9-Jun 18

Instructor: Youth Leader

Game On!

Boys Group (9-11 yrs)

Calling all Grade 4 & 5's - Join a seven week group program just for guys! Game on! uses a mentorship approach to provide boys with information and support to make informed choices about a range of healthy lifestyle practices. Take part in this FREE program ran by Big Brothers of Greater Vancouver.

273167

FREE

Tu 5:00 PM-6:30 PM Jul 7-Aug 18

Instructor: Big Brothers

leadership

Junior CHAMPions (9-13 yrs)

Learn how to inspire others and build confidence in yourself and your abilities. Junior CHAMPions will focus on specific topics and experiences to encourage skill building in a variety of areas. Each week junior champions will explore a different leadership theme and following the discussion there will be FUN activities.

276032

\$20/8 sess

F 3:30 pm-5:30 PM Apr 17-Jun 19

Instructor: Youth Leader

Champlain Youth Council (13-18 yrs)

The Champlain Youth Council strives for youth to be leaders and voices for their community. This is a great opportunity to organize activities, special events, implement projects, and volunteer. Meet new people and gain volunteer hours for graduation. Meetings are held on Saturdays from 11:30-1pm. For more information, call Laura 604-718-6581.

274716

Sa 11:30 AM-1:00 PM Apr 04-Jun 20

Instructor: Laura Weston

workshops

Cedar Weaving Bracelet Workshop (13+ yrs)

In the Haida and many Northwest Coast cultures, cedar is referred to as the tree of life. Many of our teachings come from the cedar tree, there is a lot to learn from her. Participants will learn our traditional knowledge of cedar, including the historical and spiritual importance of cedar. You will learn how to weave cedar bark into a custom sized beautiful bracelet that you can take home with you or use as a gift. All supplies included.

269022

\$27.38

F 6:45 PM-8:45 PM Jun 26

271186

\$27.38

Sa 1:30 PM-3:30 PM Aug 15

Instructor: Todd DeVries

Standard First Aid Recert (16+ yrs)

Basic one-day re-certification course offering lifesaving first aid and cardiopulmonary resuscitation (CPR) skills for the workplace or home. Course meets legislation requirements for provincial worker safety and insurance boards and includes the latest first aid and CPR guidelines.

275491

\$80

Su 9:00 am-4:00 PM May 10

Instructor: Canadian Red Cross

volunteer opportunities

Youth Volunteering Orientation (13-18 yrs)

We are always looking for enthusiastic, responsible, and motivated volunteers to assist in a variety of programs! After completing an application form and attending the orientation, youth will be able to give back to the Champlain Heights community by assisting in a variety of recreational programs and special events. Application forms are available at the front desk. Please make sure to register and attend the mandatory volunteer orientation as there will only be one orientation per season.

274796

FREE

Sa 1:30 PM-3:00 PM Apr 11-Apr 11

Instructor: Laura Weston

Volunteer Ready!

Sunplash Daycamp (13-18 yrs)

Interested in volunteering for Sunplash Day Camp? Participate in this mini 2 day volunteer orientation to learn ALL you need to know to be successful in a summer volunteer role at daycamps! This orientation will prep you to volunteer for 1 week, multiple weeks, or the entire summer! This 2 day orientation is mandatory for volunteering in Summer Camps.

274717

FREE

W Th 4:00 PM-6:00 PM Jun 24-Jun 25

Instructor: Laura Weston

Event

Bball and BBQ (8-18 yrs)

Every sunny Friday night this summer, come hang out and play ball on our outdoor basketball court. Shoot hoops while enjoying a free hot dog. Open to all youth!



Fridays
Jul 3-Aug 28
6:00 PM-7:30 PM
FREE

special events

Sprout Out! Sprouting

a Greener You! NEW (all ages)

Champlain Heights Youth Council invites you to kick off Earth Week with 'Sprout Out!' An afternoon where individuals in the community can learn how to make more sustainable choices and connect to resources in the local community. Practice green initiatives with fun activities for all ages. Participate in activities and demonstrations that will have you thinking more green. Please bring your own mug for beverages!

274509 Admission by Donation
Sa 12:00 PM-3:00 PM Apr 18
Instructor: Youth Council

Oh Snap! Youth Photography Exhibit NEW

The Oh Snap! youth photography club invites you to their spring photography exhibit! Come and see the talent of youth and enjoy the incredible images they have captured around the Champlain heights neighborhood! Admission will be by donation - money raised from this exhibit will go back into the youth photography club to host similar exhibits and keep youth engaged in photography.

274794
F 5:00 PM-7:00 PM May 1

Heist at the Heights 2.0 - Youth Week Event (8-18 yrs)

The Champlain Heights Youth Council is hosting another thrilling Youth Week event - Heist at the Heights 2.0 - in celebration of Youth Week 2020! There will be an escape room and a BBQ lunch. Open to all youth aged 8-18. Tell ALL your friends to come! There are sweet prizes to be won!

273164 FREE
Sa 12:00 PM-2:00 PM May 2
Instructor: Youth Council

Meet the Summer Babysitters!

Parents/Guardians - In need of a babysitter? Come meet and connect with youth babysitters in your neighborhood! Youth - Want experience babysitting? Looking for money making opportunities? Here is your chance to meet families who could use your babysitting services. Please bring a copy of your resume and certifications if available (Babysitting, First Aid, FOODSAFE etc). Sign up required for both interested babysitters and parents.

274683
F 5:00 PM-6:00 PM Jun 5
Instructor: Youth Leader



Meet the Fall Babysitters!

Parents/Guardians - In need of a babysitter? Come meet and connect with youth babysitters in your neighborhood! Youth - Want experience babysitting? Looking for money making opportunities? Here is your chance to meet families who could use your babysitting services. Please bring a copy of your resume and certifications if available (Babysitting, First Aid, FOODSAFE etc). Sign up required for both interested babysitters and parents looking for babysitters.

274684
F 5:00 PM-6:00 PM Aug 21
Instructor: Youth Leader

Board Game Cafe (12-18 yrs)

Youth nights just got THAT much better. Participate in the board game cafe and enjoy an evening of board games and milkshakes. Takes place once a month. Games will be provided but feel free to bring your own from home. Bring a group of your friends and meet other youth in the community!

274800 \$2 | Drop In
F 7:00 PM-8:30 PM Apr 17, May 15 & Jun 12
Instructor: Youth Leader

Youth ONLY Movie Nights! (12-18 yrs)

It's the end of the week - kick up your feet and come relax while watching a movie...you earned it! Popcorn will be provided. Movies will be posted on the Youth Board on site at the beginning on April.

274828 FREE
F 7:00 PM-8:30 PM Apr 24, May 22 & Jun 19
Instructor: Youth Leader

Family Movie Night - Frozen 2 (all ages)

The Champlain Heights Youth Council is hosting a family movie night on Fri. June 5th. Wear your pajamas, bring your teddy and eat some popcorn while watching Bolt with your family and friends. All ages welcome! Adult supervision required for children 8 years and younger. Admission by donation.

274786
F 6:30 PM-8:30 PM Jun 5
Instructor: Youth Council

VW VANCOUVER YOUTH WEEK 2020

Youth Week is an internationally celebrated event to promote awareness of youth, increase positive public profile of youth and build stronger connections between youth and the community.

During Youth Week, young people around the world organize and participate in events, performances, forums and community projects.



Community Small Grants are available for youth to get creative with celebrating Youth Week. Have a fun idea to celebrate Youth Week in Vancouver? E-mail youthweek@vancouver.ca to get connected with your local Youth Worker, learn how to apply for a grant and bring your idea to life!

Vancouver Youth Awards Dinner will be held on Friday, May 8th from 5:30-8:30pm at Killarney Community Centre.



Vancouver is recognizing outstanding youth and community centre youth groups who make a difference in communities across the city! Talk to your Youth Worker or contact youthweek@vancouver.ca to find out more.

Basketball Events at Roundhouse CC Saturday, May 2

JR Boys (Gr 8/9) 3 v 3
10:00am - 1:00pm
SR Boys (Gr 10-12) 3 v 3
1:00pm - 4:00pm



Girls' game details to be announced. Food, ball and prizes! Contact Sally.Chan@vancouver.ca to register your team for FREE!



Skateboard Event and Demos will be held on Saturday, May 9 from 1 to 4pm at the Downtown Skate Plaza. All skill levels welcome. Helmets mandatory. Contact youthweek@vancouver.ca for a waiver form. This event is in partnership with the Vancouver Skateboard Coalition.



Events are sponsored by the Vancouver Board of Parks and Recreation and individual Community Centre Associations

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sports - adult & senior

Sports Drop-In Procedure

- 30 minutes before the start time of the sports program, the front desk will accept names for drop-ins on a list and taken in order, first come first serve
- One name only; the individual participating must be present to write down their own name
- If a program is not fully registered, the same 30 minute time period will apply
- Drop-ins (who have made it into the program) are to wait outside of the gymnasium until 10 minutes after program start time; Drop-in payments are not accepted until this time.
- Drop-in spots are non-transferrable and cannot be shared
- Registered participants have until 10 minutes after the program start time to claim their registered spot
- If registered participants do not claim their spot by the 10 minute mark, they will be put at the bottom of the wait list, in chronological order, if/when they come to check in
- If a registered participant gets into the program because the drop-ins do not fill the vacant spots registered participant will not be charged a drop-in fee
- Registered spots are non-transferrable, and cannot be shared

Indoor Soccer

(19+ yrs)

Recreational soccer.

269043 \$41.90/11 sess | Drop-in \$4.76

M 7:00 PM-8:30 PM Mar 30-Jun 22

271198 \$30.48/8 sess | Drop-in \$4.76

M 7:00 PM-8:30 PM Jun 29-Aug 24

Instructor: No Instructor

Basketball

(19+ yrs)

Come shoot hoops and scrimmage. Please bring your own basketball.

268990 \$20.95/11 sess | Drop-in \$2.38

M 8:35 PM-9:50 PM Mar 30-Jun 22

271185 \$15.24/8 sess | Drop-in \$2.38

M 8:35 PM-9:50 PM Jun 29-Aug 24

Instructor: No Instructor

Badminton Court Rental

(19+ yrs)

45 minute court rental. Due to high demand for courts, once booked, no refunds will be issued.

268981 \$99.05/13 sess

Tu 8:00 PM-8:45 PM Mar 31-Jun 23

268982 \$99.05/13 sess

Tu 8:50 PM-9:50 PM Mar 31-Jun 23

271181 \$68.57/9 sess

Th 7:00 PM-8:00 PM Apr 2-Jun 25

268983 \$99.05/13 sess

Tu 8:00 PM-8:45 PM Jun 30-Aug 25

271180 \$68.57/9 sess

Tu 8:50 PM-9:50 PM Jun 30-Aug 25

271179 \$68.57/9 sess

Th 7:00 PM-8:00 PM Jul 2-Aug 27

Instructor: No Instructor

Volleyball

(19+ yrs)

Get your adrenaline pumping by playing some recreational volleyball. A great way to exercise and meet new people.

269116 \$51.43/13 sess | Drop-in \$4.76

W 6:15 PM-8:00 PM Apr 1-Jun 24

271238 \$34.29/8 sess

W 6:15 PM-8:00 PM Jul 8-Aug 26

Instructor: No Instructor

Ball Hockey

(19+ yrs)

Co-ed, non-contact for all levels. Bring your own equipment. Eye protection strongly recommended.

268986 \$52.62/13 sess | Drop-in \$4.76

W 8:15 PM-9:45 PM Apr 1-Jun 24

271184 \$32.38/8 sess | Drop-in \$4.76

W 8:15 PM-9:45 PM Jul 8-Aug 26

Instructor: No Instructor

Badminton

Intermediate (19+ yrs)

Participants will share 2 courts and play is restricted to doubles when others are waiting. Players must supply their own racquets and birds.

268984 \$49.52/13 sess | Drop-in \$4.76

Th 8:15 PM-9:45 PM Apr 2-Jun 25

271182 \$34.29/9 sess | Drop-in \$4.76

Th 8:15 PM-9:45 PM Jul 2-Aug 27

Instructor: No Instructor

Badminton Lessons (19+ yrs)

Designed to develop and enhance your badminton skills. Players must provide their own racquet.

268985 \$62.86/12 sess

F 11:40 AM-1:05 PM Apr 3-Jun 26

271183 \$47.14/9 sess

F 11:40 AM-1:05 PM Jul 3-Aug 28

Instructor: Derek Wong

Welcome to Golf - Level 1

(19+ yrs)

A comfortable and informative level one class that introduces essential basics and an overview of the important areas of the game. Ideal for golfers who are new to the game. This program meets at Fraserview Golf Course, 7800 Vivian Drive, Vancouver.

274084 \$146/5 sess

Sa 9:30 AM-10:30 AM Apr 11-May 9

274086 \$146/5 sess

Sa 10:45 AM-11:45 AM May 9-Jun 6

274087 \$146/5 sess

Sa 9:30 AM-10:30 AM Jun 6-Jul 4

274089 \$146/5 sess

Sa 9:30 AM-10:30 AM Jul 11-Aug 8

Instructor: Derek Thornley

Build Golf Skills & Confidence - Level 2

(19+ yrs)

Build golf skills and confidence through an understanding of swing fundamentals and proper practice habits. Ideal for golfers of all levels. Meet at Fraserview Golf Course, 7800 Vivian Dr.

274094 \$167/5 sess

Tu 6:00 PM-7:00 PM Apr 7-May 5

274095 \$167/5 sess

Sa 12:00 PM-1:00 PM May 2-May 30

274096 \$167/5 sess

Sa 10:45 AM-11:45 AM Jun 20-Jul 18

274097 \$167/5 sess

Sa 12:00 PM-1:00 PM Jul 4-Aug 1

Instructor: Derek Thornley

Adult Short

Game Classes

(19+ yrs)

Learn how to read greens, control aim, distance, spin and trajectory. Develop a "pressure proof" routine and a variety of short "touch" shots around the greens with greater skill and confidence. Meet at Fraserview Golf Course, 7800 Vivian Dr. No session Apr 12.

274098 \$126/3 sess

Su 12:30 PM-1:30 PM Apr 5-Apr 26

274100 \$126/3 sess

W 6:30 PM-7:30 PM May 6-May 20

274105 \$126/3 sess

Sa 4:00 PM-5:00 PM Jul 11-Jul 25

274112 \$126/3 sess

Sa 2:30 PM-3:30 PM Jun 20-Jul 4

Instructor: Derek Thornley

Pickleball

(55+ yrs)

Pickleball is a combination of ping-pong, tennis and badminton. Played by 2 or 4 people on a badminton-sized court using wood paddles and a plastic wiffle ball. All equipment is provided.

269083 \$37.14/13 sess | Drop-in \$3.33

Tu 11:00 AM-1:30 PM Mar 31-Jun 23

269084 \$37.14/13 sess | Drop-in \$3.33

Th 10:30 AM-1:00 PM Apr 2-Jun 25

271220 \$25.71/9 sess | Drop-in \$3.33

Tu 11:00 AM-1:30 PM Jun 30-Aug 25

271221 \$25.71/9 sess | Drop-in \$3.33

Th 10:30 AM-1:00 PM Jul 2-Aug 27

Instructor: No Instructor

fitness & health

Zumba with Lubna (19+ yrs)

Are you ready to party yourself into shape? Forget the workout, just lose yourself in the music and find yourself in shape at the original dance-fitness party. Zumba classes feature exotic rhythms set to high-energy Latin and International beats. Before you know it, you'll be getting fit and your energy levels will be soaring! It's easy to do, effective and totally exhilarating.

269138 \$85.71/12 sess | Drop-in \$8.57
Tu 7:00 PM-8:00 PM Apr 7-Jun 23

269139 \$85.71/12 sess | Drop-in \$8.57
Sa 9:10 AM-10:10 AM Apr 4-Jun 27

271255 \$64.29/9 sess | Drop-in \$8.57
Tu 7:00 PM-8:00 PM Jun 30-Aug 25

271256 \$64.29/9 sess | Drop-in \$8.57
Sa 9:10 AM-10:10 AM Jul 4-Aug 29
Instructor: Lubna Dalupang

Zumba (19+ yrs)

The design of the class introduces easy-to-follow Zumba® choreography that focuses on balance, range of motion and coordination. Come ready to sweat, and prepare to leave empowered and feeling strong.

269134 \$40/6 sess | Drop-in \$7.14
F 5:30 PM-6:30 PM Apr 3-May 15

269135 \$40/6 sess | Drop-in \$7.14
F 5:30 PM-6:30 PM May 22-Jun 26

271251 \$33.33/5 sess | Drop-in \$7.14
F 5:30 PM-6:30 PM Jul 3-Jul 31

271252 \$26.67/4 sess | Drop-in \$7.14
F 5:30 PM-6:30 PM Aug 7-Aug 28
Instructor: Suzette Lund

Yogalates (16+ yrs)

In this one hour class, we combine Yoga and Pilates for a total body workout. This combo class helps you tone your glutes, thighs and stomach while improving flexibility, balance, and strength. This class ends in a short meditation set to restore your mind, body and soul. Attire/equipment: yoga clothes, water bottle and yoga mat (optional).

269130 \$100/10 sess | Drop-in \$14.29
Tu 6:00 PM-7:00 PM Apr 7-Jun 9
Instructor: Lia Fletcher

Yoga for Parents with Kids (19+ yrs)

This class offers a way for parents and guardians to learn some useful yoga practices to take care of their bodies and relax, while their children play, watch or join the practice. Yoga practices reduce stress and help us refocus. Songs and activities are included for the children too! Crawlers, toddlers and kids are welcome, please feel free to bring favourite toys for your child.

269039 \$41.90/4 sess | Drop-in \$11.43
F 11:15 AM-12:15 PM Apr 17-May 8
Instructor: Lisa Sars

Yoga: Mindful Chair (19+ yrs)

Chair yoga is a class that welcomes anyone, no matter your age or physical condition. Chair yoga uses relaxation exercises and yoga positions while you are seated. There are many health benefits of yoga, including pain relief from arthritis and relaxing stiff sore muscles. Doing yoga on a chair also creates good posture and releases tension from your spine. Chair yoga is the gentlest form of yoga; students will learn different postures, breathing techniques, meditation and forms of relaxation.

269128 \$37.14/6 sess | Drop-in \$7.62
F 10:40 AM-11:40 AM Apr 3-May 15

269129 \$37.14/6 sess | Drop-in \$7.62
F 10:40 AM-11:40 AM May 22-Jun 26

271248 \$30.95/5 sess | Drop-in \$7.62
F 10:40 AM-11:40 AM Jul 3-Jul 31

271249 \$24.76/4 sess | Drop-in \$7.62
F 10:40 AM-11:40 AM Aug 7-Aug 28
Instructor: Balbir Cheema

Kickboxing (19+ yrs)

Kickboxing is an aerobic, cardio & conditioning exercise. Students will learn movements of various kicking and punching techniques on soft punching bags and with gloves while being coached by the instructor. Students are recommended to use boxing gloves during the class that can be purchased through instructor. Training will be in bare feet; wear loose clothing for the class.

269045 \$95.24/5 sess
W 8:00 PM-9:15 PM Apr 1-Apr 29

269046 \$95.24/4 sess
W 8:00 PM-9:15 PM May 6-May 27

269047 \$76.19/4 sess
W 8:00 PM-9:15 PM Jun 3-Jun 24

271199 \$76.19/4 sess
W 8:00 PM-9:15 PM Jul 8-Jul 29

271200 \$76.19/4 sess
W 8:00 PM-9:15 PM Aug 5-Aug 26
Instructor: Simon Siu

Yoga ELDOA for a Healthy Spine (19+ yrs)

This class is open to all levels. We will focus on lowering body tension, breathing, strengthening and stretching. ELDOA are specific spine stretches that will improve posture, vitality and overall health.

269123 \$60/5 sess | Drop-in Adult \$15/Sr \$14
W 9:30 AM-10:30 AM Apr 1-Apr 29

269124 \$48/4 sess | Drop-in Adult \$15/Sr \$14
W 9:30 AM-10:30 AM May 6-May 27

269125 \$48/4 sess | Drop-in Adult \$15/Sr \$14
W 9:30 AM-10:30 AM Jun 3-Jun 24

269777 \$60/4 sess | Drop-in Adult \$15/Sr \$14
W 9:30 AM-10:30 AM Jul 8-Jul 29

269778 \$60/4 sess | Drop-in Adult \$15/Sr \$14
W 9:30 AM-10:30 AM Aug 5-Aug 26
Instructor: Marla Waal

Yoga for All (19+ yrs)

This program will help students of all levels cultivate a strong body, a powerful mind, and a peaceful heart. Moving dynamically with breath through flowing gentle yoga postures you will build whole body strength, unwind tight joints, and restore physical, mental & emotional balance. This beginner level class offers new and experienced students a safe, fun and supportive environment to explore the foundation postures and breathing techniques of Hatha Yoga. Improve your flexibility, strength, mental health and state of being by practicing easy twists, balances, stretches and inversions.

269126 \$73.33/6 sess | Drop-in \$15.24
Th 6:00 PM-7:00 PM Apr 9-May 14

269127 \$73.33/6 sess | Drop-in \$15.24
Th 6:00 PM-7:00 PM May 21-Jun 25
Instructor: Into Yoga

Nooner Yoga (19+ yrs)

The Yoga Nooner is for anyone who needs a break in their day. This one hour class will have you leaving class feeling refreshed, rejuvenated and ready to take on the rest of the day. No session May 5 and Jun 3

270062 \$60.95/5 sess | Drop-in \$15.24
W 12:00 PM-1:00 PM Apr 15-May 20

270063 \$48.88/4 sess | Drop-in \$15.24
W 12:00 PM-1:00 PM May 27-Jun 24
Instructor: Into Yoga

Dance Class Party (19+ yrs)

A fun and freeing journey through the foundational concepts of dance, no steps required! As we party our way through highly danceable music we'll loosen up and let go. The dance class party ends with a cool down and guided end relaxation.

272269 \$45.71/4 sess | Drop-in \$12.38
F 7:30 PM-8:45 PM Jun 5-Jun 26
Instructor: Lisa Sars

Body Ball=Strong Abs, Back and Core (19+ yrs)

Strengthen your abdominal and back muscles while enhancing your core strength and balance. The use of a stability ball is proven to effectively target and challenge those specific groups of muscles, which will help you look and feel strong from the inside out. Participants should feel comfortable on a stability ball and be able to get up and down off the floor. All fitness levels welcome.

269017 \$64.29/9 sess | Drop-in \$8.57
Th 6:00 PM-6:45 PM Apr 2-May 28
Instructor: Colleen Waldron

More Fitness Classes
See pages 25-26

adult & senior

martial arts

Yuan Ji Dance (19+ yrs)

Chinese Yuanji Dance is a mixture of martial arts, physical therapy, meditation, dance and Tai Chi exercise. This multicultural dance promotes health and well-being for all.

269133	\$28.57/season
Th F 1:15 PM-3:15 PM	Apr 2-Jun 26
271250	\$19.05/season
Th F 1:15 PM-3:15 PM	Jul 2-Aug 28

Instructor: Maureen Wong

Wing Chun Kung Fu (13+ yrs)

This style of Kung Fu is the most common style and is one of the most practiced in the world. It is a quick and effective self-defense system. Classes are designed to be fun, challenging and rewarding. Individuals will develop strength, flexibility, discipline and confidence. Discount applied when registering for both Mondays and Saturdays each month.

274021	FREE TRIAL
Sa 10:30 AM-12:00 PM	Apr 11
269118	\$76.19/4 sess Drop-in \$23.81
M 7:30 PM-9:00 PM	Mar 30-Apr 27
269119	\$57.14/3 sess Drop-in \$23.81
Sa 10:30 AM-12:00 PM	Apr 18-Apr 25
269117	\$57.14/3 sess Drop-in \$23.81
M 7:30 PM-9:00 PM	May 4-May 25
269121	\$95.23/5 sess Drop-in \$23.81
Sa 10:30 AM-12:00 PM	May 2-May 30
269120	\$95.24/5 sess Drop-in \$23.81
M 7:30 PM-9:00 PM	Jun 1-Jun 29
269122	\$57.14/3 sess Drop-in \$23.81
Sa 10:30 AM-12:00 PM	Jun 6-Jun 27
271239	\$76.19/4 sess Drop-in \$23.81
M 7:30 PM-9:00 PM	Jul 6-Jul 27
271240	\$57.14/4 sess Drop-in \$23.81
Sa 11:25 AM-12:55 PM	Jul 4-Jul 25
271242	\$57.14/3 sess Drop-in \$23.81
M 7:30 PM-9:00 PM	Aug 3-Aug 24
271244	\$95.24/5 sess Drop-in \$23.81
Sa 11:15 AM-12:45 PM	Aug 1-Aug 29

Instructor: Simon Siu



Shotokan Karate (18+ yrs)

Traditional Shotokan Karate stressing discipline, fitness and self-defense. Classes held at the Champlain Heights Annex school gym.

Tu	7:00 PM-8:30 PM
Th	7:00 PM-8:30 PM
Sa	10:15 AM-12:30 PM

269098 \$30.48/13 sess | Drop-in \$5.24
Apr 2-Apr 30

269099 \$30.48/13 sess | Drop-in \$5.24
May 2-May 30

269100 \$30.48/12 sess | Drop-in \$5.24
Jun 2-Jun 27

271226 \$30.48/14 sess | Drop-in \$5.24
Jun 30-Jul 30

271227 \$30.48/13 sess | Drop-in \$5.24
Aug 1-Aug 29

Instructor: Champlain Heights Karate Club

Seniors' Self-Led

Tai Chi Club (55+ yrs)

This is a self-led Tai Chi Club. No instruction provided. Previous experience is preferred.

269097 \$18.57/season
M-F Sa 8:15 AM-10:00 AM

Apr 2-Jun 27

271225 \$18.57/season
M-F Sa 8:15 AM-10:00 AM

Jun 29-Sep 26

Instructor: No Instructor

Martial Gym for Seniors

(55+ yrs)

Program focuses on 1) Fall prevention and preparation 2) Reduction of some common chronic pains. Exercises are purpose-driven versions of internal martial arts using modernized teaching methods. Improved blood circulation helps remove a very common root cause of ailments. Proper stretching and improved range of movement improve the quality of life as well as remove a lot of common pains. Strong muscles with proper body mechanics make daily tasks easier and safer. Simple skills and games provide the necessary stimulus to the neural system to stay sharp as well as to ensure a better and faster reaction. Instructor give hands-on corrections and adaptations where necessary.

269053 \$47.62/10 sess | Drop-in \$5.71
M 9:15 AM-10:15 AM Apr 6-Jun 22

Instructor: Mario Lam

Luk Tung Kuen (19+ yrs)

A very popular form of Chinese exercise that is practiced to maintain good health.

269052 \$14.29/season
M-F 7:30 AM-8:15 AM Apr 2-Jun 26

271205 \$9.52/season
M-F 7:30 AM-8:15 AM Jun 29-Aug 28

Instructor: No Instructor

www.champlainheightscc.ca



@ActiveChamplain



Killarney

Tai Chi Club

(19+ yrs)

We are a non-profit registered organization that practices traditional Chinese internal martial arts that will improve the health and well-being for people of all ages. Students will practice twice weekly. For schedule and registration, please contact Art Lum @ 604-250-0982 or artlum25@gmail.com.

269049 \$45.71/season
Mar 31-Jun 28

271202 \$30.48/season
Jun 30-Aug 30

Su 9:00 AM-12:30 PM Lounge

Tu 7:45 AM-10:30 AM Activity Room

W 7:45 AM-9:15 AM Activity Room

F 7:45 AM-10:30 AM Activity Room

Sa 9:00 AM-11:15 AM Activity Room

Instructor: Art G Lum



Hunyuan Tai Chi (19+ yrs)

Hunyuan Tai Chi was created by Grandmaster Feng Zhiqiang of Beijing, China. This system combines the Xinyi Qigong and Chen Style Tai Chi. Instructor Margaret Lum, studied under Master Feng Xiufang, eldest daughter of Grandmaster Feng Zhiqiang. For more information contact Art Lum 604-250-0982 or artlum25@gmail.com.

269042 \$68.57/24 sess
M Th 7:30 AM-10:30 AM Mar 30-Jun 25

271197 \$48.57/17 sess
M Th 7:30 AM-10:30 AM Jun 29-Aug 27

Instructor: Margaret Miu Duen Lum

Want to Learn to Play a Musical Instrument?

Private lessons aren't just for kids either!

Many adults find that private music lessons offer a sense of satisfaction, while developing new skills.

Are you interested in learning to play?

See page 16 for details.

arts & culture

Knitting Club (19+ yrs)

Why knit alone when you can knit with friends. Bring your projects along to this friendly and supportive group. Everyone welcome!

269050	FREE
Th 1:00 PM-3:00 PM	Apr 2-Jun 25
269051	FREE
Th 7:00 PM-9:00 PM	Apr 2-Jun 25
271203	FREE
Th 1:00 PM-3:00 PM	Jul 2-Aug 27
271204	FREE
Th 7:00 PM-9:00 PM	Jul 2-Aug 27

Instructor: No Instructor

Aging Artfully (50+ yrs)

Loosen up and have fun! This class is suitable for absolute beginners. Just a creative spirit and a willingness to try is all you need to to cultivate your inner artist. We will learn fundamentals of colour theory and proceed to mix a great variety of colours with just a basic set of acrylic paints. Using lines, shapes, patterns and textures we'll create our own collage papers and then choose colour combinations to create a final masterpiece(s). Bring a photo reference and your favourite art supplies to the first class. A list of additional art supplies will be handed out.

268979	\$144.76/8 sess
W 9:30 AM-11:30 AM	Apr 8-May 27

Instructor: Ella Culajevic



Chinese Classical Dance (19+ yrs)

Chinese classical dance is filled with rich culture and splendid form. Haiyan Zhang wishes to share the beauty of Chinese and other different cultural dances for everyone to enjoy. Dance forms includes: traditional Chinese, Tibetan, XinJiang, Mongolian, Korean, and more!

269023	\$86.67/13 sess Drop-in \$7.62
Tu 10:35 AM-12:05 PM	Mar 31-Jun 23
269024	\$86.67/13 sess Drop-in \$7.62
Th 10:35 AM-12:05 PM	Apr 2-Jun 25
271187	\$60/9 sess Drop-in \$7.62
Tu 10:35 AM-12:05 PM	Jun 30-Aug 25
271188	\$60/9 sess Drop-in \$7.62
Th 10:35 AM-12:05 PM	Jul 2-Aug 27

Instructor: Mimi Haizan Zhang

Realistic Painting Skills (19+ yrs) NEW

This course will teach the process of developing a painting. Acrylic paint will be applied to canvas or board with fine art brushes. The areas to be covered are: planning, composition, layout, basic colour theory and selection, and painting techniques. Subject material and supplies will be provided. Representative (realistic) style will be taught. Killer Whales will be the subject.

273186	\$162.86/9 sess
M 6:30 PM-8:00 PM	Apr 20-Jun 22

Instructor: Bruce Muir

Recreational Bridge (55+ yrs)

Some knowledge of the game is required. Play is based on availability of seats. New players welcome!

269088	Drop-in FREE
W 12:00 PM-3:00 PM	Apr 1-Jun 24
271222	Drop-in FREE
W 12:00 PM-3:00 PM	Jul 8-Aug 26

Instructor: No Instructor

Line Dancing (19+ yrs)

A great way to exercise your brain, your heart, and your body; you'll learn basic dance moves and routines. Join us to find out how much fun line dancing can be! Instruction in English & Chinese.

269089	\$50/10 sess Drop-in \$6
M 7:00 PM-8:15 PM	Mar 30-Jun 15
269827	\$60/12 sess Drop-in \$6
Th 7:00 PM-8:15 PM	Apr 2-Jun 18

Instructor: Lily Chu

Check out all we have to offer!

We offer a variety of recreational activities for people of all ages - from pottery to pilates, taichi to soccer, bridge to ballet.

www.champlainheightscc.ca



@ActiveChamplain



adult & senior

workshops

Cedar Weaving

Bracelet Workshop (13+ yrs)

In the Haida and many Northwest Coast cultures, cedar is referred to as the tree of life. Many of our teachings come from the cedar tree, there is a lot to learn from her. Participants will learn our traditional knowledge of cedar, including the historical and spiritual importance of cedar. You will learn how to weave cedar bark into a custom sized beautiful bracelet that you can take home with you or use as a gift. All supplies included.

269022 \$27.38
F 6:45 PM-8:45 PM Jun 26

271186 \$27.38
Sa 1:30 PM-3:30 PM Aug 15

Instructor: Todd DeVries

Buteyko Breathing Workshop

(19+ yrs)

Do you suffer from asthma, sleep apnea, loud snoring, seasonal allergies, or ongoing fatigue? Buteyko Breathing is a method that can gradually reverse these symptoms. Marla Waal is a certified teacher. In this 3 hr workshop you will learn the nuts and bolts of this practice and why it works. A simple workbook for ongoing practice and support provided.

272297 \$45
Su 1:00 PM-4:00 PM May 31

Instructor: Marla Waal



Standard First Aid Recert

(16+ yrs)

Basic one-day re-certification course offering lifesaving first aid and cardiopulmonary resuscitation (CPR) skills for the workplace or home. Course meets legislation requirements for provincial worker safety and insurance boards and includes the latest first aid and CPR guidelines.

275491 \$80
Su 9:00 am-4:00 PM May 10

Instructor: Canadian Red Cross

NEPP Apartments (16+ yrs)

Many sessions offered for emergency preparedness focus on people who live in houses - not this session. This session is for the apartment/condo dwellers - who have unique challenges when preparing for emergencies or disasters. We have all witnessed the recent earthquakes in Japan & New Zealand and have seen the devastation caused. Living in Vancouver, we too could be faced with an earthquake - yet few of us take the steps to ensure we are prepared. This session will ensure you and your family are prepared. It covers what is required to develop your emergency plan, how to conduct a Hazard Hunt and what to do when an earthquake strikes when you live in an apartment or strata.

269058 FREE
Tu 7:00 PM-8:30 PM May 19

Instructor: City Of Vancouver NEPP



NEPP Personal & Family

(16+ yrs)

We have all witnessed the devastation that earthquakes cause. Living in Vancouver we live in an area that can be impacted by earthquakes yet few of us take the time to prepare to ensure we are prepared. This is an introductory session that covers what is required to develop your family emergency plan, how to conduct a "Home Hazard" Hunt and what to do when an earthquake strikes.

272265 FREE
Tu 7:00 PM-8:30 PM Jun 16
Instructor: City Of Vancouver NEPP

NEPP Seniors

(16 yrs+)

Designed specifically for seniors focusing on the challenges they may face when preparing for emergencies or disasters. Living in Vancouver, we too could be faced with an earthquake - yet few of us take the steps to ensure we are prepared. This session will ensure you and your pets are prepared for whatever disaster comes your way. It covers what is required to develop your emergency plan, how to conduct a Hazard Hunt and what supplies to keep on hand.

272268 FREE
Tu 7:00 PM-8:30 PM Apr 21
Instructor: City Of Vancouver NEPP

CLIMATE ACTION PROGRAMME

for neighbourhood climate champions

Want to help tackle the Climate Emergency? Join us to learn how to take action in your neighbourhood and empower others to get involved!



FREE FOOD & WORKSHOPS!

April 18, 10am-4.30pm
@ Killarney Community Centre
+ Earth Day recognition / tree-planting



C|A|L|P



Sign up: <http://bit.ly/CHChamp>
Questions: Email cheryl.ng@ubc.ca

social

Painting Club

(55+ yrs)

Paint the afternoon away in this self-led program while enjoying good company. Bring your supplies. No oils please.

269059 \$19.05/11 sess
M 12:00 PM-3:00 PM Mar 30-Jun 22
Instructor: No Instructor

Midweek Movie Matinee

(55+ yrs)

In partnership with the Collingwood Policing Centre, Champlain Heights Community Centre invites older adults to join us for a chance to meet new friends and watch movies. Registration is required. Movies announced two weeks before the date. A light lunch is provided.

273556 \$2.86
W 10:30 AM-2:00 PM Apr 1
273558 \$2.86
W 10:30 AM-2:00 PM May 6
273560 \$2.86
W 10:30 AM-2:00 PM Jun 3

Basic Beginner Line Dancing

(55+ yrs)

Enjoy learning basic line dance steps as you do beginner-level line dances to a variety of music old and new. Line dancing is done without partners.

269109 \$28.81/11 sess | Drop-in \$2.86
F 1:00 PM-2:00 PM Apr 17-Jun 26
Instructor: Kirsten Person

Seniors' Line Dancing

(55+ yrs)

Fun and good exercise in a warm and welcoming environment for those who have had some line dancing experience. New dances as well as old favourites are taught to a variety of music. In each class there is a thorough walk-through of every dance. No partner required.

269096 \$62.86/12 sess | Drop-in \$5.71
Th 10:00 AM-12:00 PM Apr 9-Jun 25
Instructor: Kirsten Person

Pickleball

(55+ yrs)

Pickleball is a combination of ping-pong, tennis and badminton. Played by 2 or 4 people on a badminton-sized court using wood paddles and a plastic wiffle ball. All equipment is provided.

269083 \$37.14/13 sess | Drop-in \$3.33
Tu 11:00 AM-1:30 PM Mar 31-Jun 23
269084 \$37.14/13 sess | Drop-in \$3.33
Th 10:30 AM-1:00 PM Apr 2-Jun 25
271220 \$25.71/9 sess | Drop-in \$3.33
Tu 11:00 AM-1:30 PM Jun 30-Aug 25
271221 \$25.71/9 sess | Drop-in \$3.33
Th 10:30 AM-1:00 PM Jul 2-Aug 27
Instructor: No Instructor

education

Everett Crowley Park Stewardship

(All ages)

Get dirty, have fun and help the environment! Join us for monthly stewardship events to help remove invasive plants and learn more about the unique history and ecology of Everett Crowley Park. Gloves, tools and light refreshments are provided. Please dress appropriately for the weather and wear sturdy, close-toed shoes. Weather permitting. Children 12 and under need to be registered with a parent or guardian. Meet at the front entrance to the Champlain Heights Community Centre.

269029 FREE
Sa 10:00 AM-12:00 PM Apr 11, May 9 & Jun 13
271189 FREE
Sa 10:00 AM-12:00 PM Jul 11 & Aug 8
Instructor: Kimberly San

fitness

Strength and Stretch

(55+ yrs)

Developing and maintaining muscular, bone and joint health is key for adults. For those who want to improve their muscular strength, balance and range of motion, this chair-based strength exercise program is designed to improve functional strength, bone density, balance and coordination, posture, range of motion, and flexibility.

269106 \$40/6 sess | Drop-in \$8.33
F 2:00 PM-3:00 PM Apr 3-May 15
269107 \$40/6 sess | Drop-in \$8.33
F 2:00 PM-3:00 PM May 22-Jun 26
271229 \$33.33/5 sess | Drop-in \$8.33
F 1:30 PM-2:30 PM Jul 3-Jul 31
271230 \$26.67/4 sess | Drop-in \$8.33
W 2:00 PM-3:00 PM Aug 5-Aug 26
Instructor: Bonnie McCoy

Don't be disappointed...

Great courses with excellent instructor sometimes "pass away" to cancellation because people wait until the last minute to register. Courses are based on a minimum number of registrants, so the course can recover costs. If you wait and we don't make the minimum you may never see that course again.

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

seniors bus trip

Tswassen Mills Shopping

(55+ yrs)

Tswassen Mills features 1.2 million square feet of retail space and a 1,100 seat food court. It features 200 retailers with countless discounts and deals!

269095 \$14.29
Th 10:00 AM-2:00 PM Apr 9
Instructor: Bus Driver

Iona Park

(55+ yrs)

Located just north of Vancouver International Airport, Iona Beach Regional Park is a unique area of land made up of a long, narrow jetty of sand and grass along the mouth of the Fraser River. The majority of the walking route is along the beach or a sandy, unmarked trail before reaching the furthest section that is covered in logs. Sea birds are visible throughout the area as well as a fairly unobstructed view of the Georgia Strait south and west of Vancouver. This easy walk is a 6km round trip and takes approximately 1.5 hours to complete. Participants are not required to do the walk but can enjoy the beach and local area instead.

269094 \$14.29
Th 10:00 AM-2:00 PM May 14
Instructor: Bus Driver



Britannia Mine Museum

(55+ yrs)

The Britannia Mine Museum, formerly British Columbia Museum of Mining, is a nonprofit organization in Britannia Beach, 55 km north of Vancouver, on the Sea-to-Sky Highway on Howe Sound. It is governed by the Britannia Beach Historical Society. The museum preserves and presents to the public information and artifacts related to British Columbia's mining industry.

269093 \$38.10
Th 10:00 AM-3:00 PM Jun 11
Instructor: Bus Driver

adult & senior

Private Music Lessons | All Ages

Guitar, Recorder & Ukulele

(8+ yrs)

Private 30 minute lessons to work at your own level and pace. Participants must provide their own instrument and a digital tuner for string instruments (nylon string guitar recommended for beginners). Books will be available at the first class for \$15 and up, depending on the instrument, style and level.

269032	\$228/12 sess
Tu 5:00 PM-5:30 PM	Apr 7-Jun 23
269033	\$228/12 sess
Tu 5:30 PM-6:00 PM	Apr 7-Jun 23
269034	\$228/12 sess
Tu 6:00 PM-6:30 PM	Apr 7-Jun 23
269035	\$228/12 sess
Tu 6:30 PM-7:00 PM	Apr 7-Jun 23
269036	\$228/12 sess
Tu 7:00 PM-7:30 PM	Apr 7-Jun 23
269037	\$228/12 sess
Tu 7:30 PM-8:00 PM	Apr 7-Jun 23
269031	\$228/12 sess
Tu 8:00 PM-8:30 PM	Apr 7-Jun 23
271191	\$152/8 sess
Tu 5:00 PM-5:30 PM	Jul 7-Aug 25
271192	\$152/8 sess
Tu 5:30 PM-6:00 PM	Jul 7-Aug 25
271193	\$152/8 sess
Tu 6:00 PM-6:30 PM	Jul 7-Aug 25
271194	\$152/8 sess
Tu 6:30 PM-7:00 PM	Jul 7-Aug 25
271195	\$152/8 sess
Tu 7:00 PM-7:30 PM	Jul 7-Aug 25
271196	\$152/8 sess
Tu 7:30 PM-8:00 PM	Jul 7-Aug 25
271190	\$152/8 sess
Tu 8:00 PM-8:30 PM	Jul 7-Aug 25

Instructor: Rene Hugo-Sanchez

Violin Private Lessons



(5+ yrs)

Private 30 minute lessons. Students of all levels are welcome! Learn the violin in a supportive environment with a dedicated teacher, who will also provide you with information on how to get the appropriate size & type of violin. www.viol.ir.

271030	\$312/12 sess
Sa 10:00 AM-10:30 AM	Apr 4-Jun 27
271031	\$312/12 sess
Sa 10:30 AM-11:00 AM	Apr 4-Jun 27
271032	\$312/12 sess
Sa 11:00 AM-11:30 AM	Apr 4-Jun 27
271033	\$312/12 sess
Sa 11:30 AM-12:00 PM	Apr 4-Jun 27
271034	\$312/12 sess
Sa 12:00 PM-12:30 PM	Apr 4-Jun 27
271035	\$312/12 sess
Sa 9:30 AM-10:00 AM	Apr 4-Jun 27
271036	\$312/12 sess
Sa 12:30 PM-1:00 PM	Apr 4-Jun 27
271231	\$208/8 sess
Sa 10:00 AM-10:30 AM	Jul 4-Aug 22
271232	\$208/8 sess
Sa 10:30 AM-11:00 AM	Jul 4-Aug 22
271233	\$208/8 sess
Sa 11:00 AM-11:30 AM	Jul 4-Aug 22
271234	\$208/8 sess
Sa 11:30 AM-12:00 PM	Jul 4-Aug 22
271235	\$208/8 sess
Sa 12:00 PM-12:30 PM	Jul 4-Aug 22
271236	\$208/8 sess
Sa 9:30 AM-10:00 AM	Jul 4-Aug 22
271237	\$208/8 sess
Sa 12:30 PM-1:00 PM	Jul 4-Aug 22

Instructor: Ali Nourbakhsh



Piano Lessons

(5+ yrs)

Private 30 minute lessons designed to match the student's progress and development. For more info call Mary Friesen at 604-263-9507. Books are additional at approximately \$15 and not included in the course price.

269072	\$220/11 sess
Th 2:00 PM-2:30 PM	Apr 9-Jun 18
269073	\$220/11 sess
Th 2:30 PM-3:00 PM	Apr 9-Jun 18
269074	\$220/11 sess
Th 3:00 PM-3:30 PM	Apr 9-Jun 18
269075	\$220/11 sess
Th 3:30 PM-4:00 PM	Apr 9-Jun 18
269076	\$220/11 sess
Th 4:00 PM-4:30 PM	Apr 9-Jun 18
269077	\$220/11 sess
Th 4:30 PM-5:00 PM	Apr 9-Jun 18
269078	\$220/11 sess
Th 5:00 PM-5:30 PM	Apr 9-Jun 18
269079	\$220/11 sess
Th 5:30 PM-6:00 PM	Apr 9-Jun 18
269080	\$220/11 sess
Th 6:00 PM-6:30 PM	Apr 9-Jun 18
269081	\$220/11 sess
Th 6:30 PM-7:00 PM	Apr 9-Jun 18
269082	\$220/11 sess
Th 7:30 PM-8:00 PM	Apr 9-Jun 18
269825	\$220/11 sess
Th 8:00 PM-8:30 PM	Apr 9-Jun 18
271212	\$100/5 sess
Th 4:00 PM-4:30 PM	Jul 16-Aug 13
271213	\$100/5 sess
Th 4:30 PM-5:00 PM	Jul 16-Aug 13
271214	\$100/5 sess
Th 5:00 PM-5:30 PM	Jul 16-Aug 13
271215	\$100/5 sess
Th 5:30 PM-6:00 PM	Jul 16-Aug 13
271216	\$100/5 sess
Th 6:00 PM-6:30 PM	Jul 16-Aug 13
271217	\$100/5 sess
Th 6:30 PM-7:00 PM	Jul 16-Aug 13
271218	\$100/5 sess
Th 7:30 PM-8:00 PM	Jul 16-Aug 13
271219	\$100/5 sess
Th 8:00 PM-8:30 PM	Jul 16-Aug 13

Instructor: Mary Friesen



Piano

(4+ yrs)

Private 30 minute lessons for the basic beginners to preparing exams. All students will be encouraged to tap into their creative sides and be taught to express themselves through improvisation. If you're learning at a grade 5 level or above, please book two half hour sessions to ensure enough time for the lesson. All music books and materials purchased separately through the instructor. www.musicaexpressions.ca. No session Apr 12 and May 17.

273566	\$240/10 sess	273913	\$96/4 sess	273924	\$96/4 sess
Su 9:00AM-9:30 AM	Apr 5-Jun 21	Su 10:00 AM-10:30 AM	Jul 5-Jul 26	Su 10:00 AM-10:30 AM	Aug 9-Aug 30
269063	\$240/10 sess	273914	\$96/4 sess	273925	\$96/4 sess
Su 10:00 AM-10:30 AM	Apr 5-Jun 21	Su 10:30 AM-11:00 AM	Jul 5-Jul 26	Su 10:30 AM-11:00 AM	Aug 9-Aug 30
269064	\$240/10 sess	273915	\$96/4 sess	273926	\$96/4 sess
Su 10:30 AM-11:00 AM	Apr 5-Jun 21	Su 11:00 AM-11:30 AM	Jul 5-Jul 26	Su 11:00 AM-11:30 AM	Aug 9-Aug 30
269065	\$240/10 sess	273916	\$96/4 sess	273927	\$96/4 sess
Su 11:00 AM-11:30 AM	Apr 5-Jun 21	Su 11:30 AM-12:00 PM	Jul 5-Jul 26	Su 11:30 AM-12:00 PM	Aug 9-Aug 30
269066	\$240/10 sess	273918	\$96/4 sess	273928	\$96/4 sess
Su 11:30 AM-12:00 PM	Apr 5-Jun 21	Su 12:30 PM-1:00 PM	Jul 5-Jul 26	Su 12:30 PM-1:00 PM	Aug 9-Aug 30
269068	\$240/10 sess	273919	\$96/4 sess	273933	\$96/4 sess
Su 12:30 PM-1:00 PM	Apr 5-Jun 21	Su 1:00 PM-1:30 PM	Jul 5-Jul 26	Su 1:00 PM-1:30 PM	Aug 9-Aug 30
269069	\$240/10 sess	273920	\$96/4 sess	273930	\$96/4 sess
Su 1:00 PM-1:30 PM	Apr 5-Jun 21	Su 1:30 PM-2:00 PM	Jul 5-Jul 26	Su 1:30 PM-2:00 PM	Aug 9-Aug 30
269070	\$240/10 sess	273921	\$96/4 sess	273931	\$96/4 sess
Su 1:30 PM-2:00 PM	Apr 5-Jun 21	Su 2:00 PM-2:30 PM	Jul 5-Jul 26	Su 2:00 PM-2:30 PM	Aug 9-Aug 30
269071	\$240/10 sess	273922	\$96/4 sess	273932	\$96/4 sess
Su 2:00 PM-2:30 PM	Apr 5-Jun 21	Su 2:30 PM-3:00 PM	Jul 5-Jul 26	Su 2:30 PM-3:00 PM	Aug 9-Aug 30
269071	\$240/10 sess				Instructor: Musical Expressions
Su 2:30 PM-3:00 PM	Apr 5-Jun 21				

Facility Rentals

We have rooms to rent if you have a meeting or event!



Lounge: up to 50 people \$39.25/hr



Gym for sports only: \$33.75/hr



Meeting Rm: up to 20 people \$22.50/hr.

Spaces available for: • weddings • birthday parties
• meetings • sports • other private functions.

Please call 604-718-6575 for more details. Please include the event details and date and time the space would be needed. Extra charges will be applied if the rental is outside of operating hours.

adult &
senior

Champlain Heights Fitness Centre

Don't Know Where to Start?



Fitness Centre Consultations

Take advantage of our FREE fitness consultations. Reach your fitness goals with our new consultation package. Call ahead to book up to 3 sessions with our highly trained Fitness Centre staff. FREE with drop-in admission or included with your pass. In your first session, learn how to use the equipment, get a personalized fitness program, and receive a card to track your progress. At your next session, our staff will monitor your exercise technique and answer any questions about your fitness program. Book a third session if you need additional support or motivation.



Teen Weight Training

(13-15 yrs)

Are you a beginner or needing new ideas for training? This is a weight training class for teens aged 13-15 years. Are you new to the fitness centre? Do you want to learn how to work out safely and effectively on your own? Let our knowledgeable fitness staff teach you proper exercise technique and appropriate weight room etiquette. At the end of this five week program you will have the training and confidence to build your own program! FREE with drop-in admission, a valid flexipass or a usage pass. Registration and a signed PAR-Q and consent are required.

269918	FREE
F 4:30 PM-5:30 PM	Apr 24-May 22
269920	FREE
F 4:30 PM-5:30 PM	Jun 5-Jul 3
269921	FREE
F 4:30 PM-5:30 PM	Jul 17-Aug 14

Instructor: Park Board Trainer

Older Adult Weight Training

(55+ yrs)

Are you a beginner or needing new ideas for training? Do you want to learn how to build strength and improve your balance and coordination? Let our knowledgeable fitness centre staff teach you how to exercise safely and effectively. At the end of this five week program, you'll have the training and confidence to work out on your own! FREE with drop-in admission, a valid flexipass or a usage pass. Registration and a completed PAR-Q and consent form are required. Maximum of six participants, so register early!

269923	FREE
F 10:30 AM-11:30 AM	Apr 24-May 22
269924	FREE
F 10:30 AM-11:30 AM	Jun 5-Jul 3
269925	FREE
F 10:30 AM-11:30 AM	Jul 17-Aug 14

Instructor: Park Board Trainer

Fees

Fitness Centre Admission Fees

	Adult	Senior/Youth
Drop-in	\$6.22	\$4.36
10-visit pass	\$51.32	\$35.93

Monthly Flexipass

	Adult	Senior/Youth
1 month	\$48.05	\$33.64
3 month	\$129.74	\$90.82
12 month	\$415.15	\$290.61

Personal Training Fees

	Personal Training	Personal Training for 2	Small Group Training
1 session	\$51.73	\$77.57	\$108.80
3 sessions	\$143.34	\$215.05	\$291.42
5 sessions	\$230.55	\$355.04	\$427.43
10 sessions	\$429.54	\$659.36	\$777.14

All fees above subject to change. Prices do not include tax.

Flexipass Membership

Enjoy flexible and affordable recreation with our no contract all access pass. Purchase a monthly Flexipass at any Park Board fitness centre and receive unlimited access to our 15 fitness centres, 9 indoor pools, 4 outdoor pools and 8 ice rinks. For more information and locations visit vancouverparks.ca

Personal Training

Improve your health and wellness with support from our qualified and experienced personal trainers.

Our trainers will work with you to develop a customized fitness plan designed to meet your fitness goals and fit your busy schedule. Whether you are a beginner, overcoming a plateau, rehabilitating from an injury or looking for sport-specific workouts, our trainers will motivate and support you in each 1 hour session.

Hours of Operation

See page 2 for details

racquetball & squash

We have one racquetball/wallyball court and one international squash court. Court fees include use of the fitness centre and sauna. Court bookings are 45 minutes and can be made through the following options:

- up to two weeks in advance with pre-payment in person or by phone with Visa or Mastercard
- same day phone-in (does not require pre-payment)
- 48 hours required for cancellation

FEES	Adult	Youth/Senior
45-minute single-court booking		
Prime-time	\$14.50	\$10.15
Non-prime	\$10.35	\$7.25
10-court strip tickets		
Prime-time	\$130.50	
Non-prime	\$93.15	
Fees subject to change. Prices do not include tax. Current Flexipass holders receive a 20% discount on court strip tickets. Prime time: after 3:30 PM weekdays and Saturdays/Sundays. Non-prime: before 3:30 PM weekdays		



specialty programs

Happy Hearts Maintenance Program

269899 **Tuesday** 2:45-4:00pm Apr 7-Aug 25 | 269900 **Thursday** 2:45-4:00pm Apr 2-Aug 27

The VGH Centre for Cardiovascular Health, Heart Centre at St. Paul's Hospital and Vancouver Park Board have partnered to bring you a long-term cardiac exercise program in the community. This exercise program is for individuals who have recently completed a medically supervised cardiac rehab program and would like to benefit from ongoing peer support and guidance provided by experienced fitness leaders.

You must meet the requirements to register:

- You must have completed a medically supervised cardiac rehabilitation program (ie. Happy Hearts Plus or a hospital based program) within the last 6 months.
- You have not had a change in symptoms or health status in the interim.
- You understand that it is not a medically supervised program.
- You understand that you are responsible for monitoring your own responses during exercise.
- You understand that you will seek medical clearance to participate if any new or unusual symptoms occur.
- Returning participants may continue registration as long as there are no health contraindications or have been cleared by a physician to participate.
- You must register in person at the community centre and can only register for one class, either Tuesday or Thursday.
- There are 15 spots available in each class.
- You must have a valid Flexipass to participate in the program.

ACTIVE JOINTS Program

274271 **Tuesday** 1:00-2:00pm Apr 7-Aug 25 | 274272 **Thursday** 1:00-2:00pm Apr 2-Aug 27

This program provides supervised group exercise for people recovering from hip or knee replacement surgery.

You can attend this program if you have had hip or knee replacement surgery in the past year and have been recovering for at least 3 months and you have been told that you are safe to exercise in a community (gym) setting by your doctor or other health care provider. Registration is on-going and you may join at any time (space dependent). Maximum of 8 participants at one time. The length of program is 20 sessions. You may register in either one or both days.

To attend this program you need to complete the Joint Replacement Program Application Form. Ask your physiotherapist, if you have one, to fill in any specific recommendations. Bring the completed referral form to Champlain Heights Community Centre or fax the form to 604-718-6580, attention Casey Lefler.

INCLUSIVE CIRCUIT TRAINING NEW

Saturdays 11:30am-12:30pm Apr 4-Aug 29 Fee: Refer to Fitness Centre Admission Fees No registration required. Drop-in anytime!

Exercise and physical activity is important for everyone. People with disabilities face many barriers to accessing physical activity, including a lack of access to specialized knowledge, adapted equipment and facilities, and support services. In this one hour full-body circuit training class our fitness instructor, who has been trained by PARC, the Physical Activity Research Centre at ICORD, will facilitate a warm-up, cardiovascular and strength exercises and a cool-down in a supportive group setting. All participants welcome!

Accessible Fitness Equipment at Champlain

We have a variety of adaptive equipment available to get you moving including; Active Hands, an adapted rower, arm ergometer, and SCI-Fit treadmills, recumbent bikes, steppers and cross trainers.

aerobics schedule

March 30-July 31

(No aerobics in August)

	Monday	Tuesday	Wednesday	Thursday	Friday
9:15 AM-10:15 AM		Body Sculpt <i>Leah</i>	Cardio+ Strength+ Core <i>Gail</i>	Circuit Style Boot Camp for Full Body Fitness <i>Leah</i>	TGIF <i>Betty-Lynn</i>
10:30 AM-11:30 AM	ReFit <i>Hiroko</i>		ReFit <i>Gail</i>		ReFit <i>Betty-Lynn</i>
2:15 PM-3:15 PM			Senior's Multi-Fitt <i>Bonnie</i>	Schedule subject to change.	

Fees	Adult (19-64)	Senior 65+/ Youth
Drop-in	\$4.29	\$3.57
10-class card	\$38.57	\$32.38
1-month pass	\$36.67	\$29.52

Body Sculpt

Train smart with a mindful session using dumbbells and bodyweight exercises to get a full body workout. Classes vary each week but are movement pattern based and will always include squat, lunge, bend, twist, push & pull exercises that optimize full body functionality. Build muscular strength and endurance, improve cardiovascular fitness, develop better coordination and improve body awareness while shaping, toning and having fun. Suitable for a range of fitness levels from beginner to advanced.

Circuit Style Boot Camp for Full Body Fitness

This athletic style class uses a variety of equipment including dumbbells, resistance bands, medicine balls and stability balls as well as creative bodyweight exercises to deliver a fun, full body workout. Class includes muscular endurance and strength training, cardio drills, agility challenges and balance exercises in a supportive and inclusive environment. Suitable for a range of fitness levels from beginner to advanced.

TGIF & Totally Fit

A moderate to intense level class incorporating a combination of several types of classes, including Hi/Lo, Step, Ball, Body Sculpting and Stretching.

Senior's Multi-Fitt

This exercise program is designed to improve fitness levels, heart health and assist participants in achieving and maintaining a healthy body weight. This 60 minute multi-activity class is structured to enhance cardiorespiratory and musculoskeletal health in older adults by combining walking techniques, step coordination, resistance training, balance and stability and flexibility training.

Cardio+ Strength +Core

A high energy interval class guaranteed to boost cardio, strengthen core muscles and improve flexibility. A total body work out that incorporates step, body weight and dumbbells. Cardio is 25 minutes followed by core exercises and stretching. No complicated moves. Class can be modified for various fitness levels. Energy required!

ReFit

A low impact class for older adults or those starting out. Cardio is 20-25 minutes.

indoor cycling

Register for your favourite class (per season) or continue to drop-in!

Registration Procedures:

- 6 out of 12 bikes are available to reserve for the season
- Registered participants must check-in with the front desk at least 5 minutes prior to the class start time, or run the risk of losing their registered spot
- Classes are non-transferable to another class or person
- Refund requests must be submitted within 24 hours of the completion of the second scheduled class; refund requests will not be considered without a doctor's note
- All cancelled classes will be refunded at the end of the season
- Drop-ins: call in on the same day of scheduled classes to reserve a bike or an arm ergometer (2 available)

Registration opens March 12 at 7pm and closes on April 2.

No classes will be held the first week of September (August 31 to September 6). Fall session will begin on Wednesday, September 8.

Cycle Fit & Integrated Cycle Fit (13+ yrs)

60 minutes of indoor riding with a longer warm-up and cool down. Drop-in \$6.22 10 Tickets \$51.32

Integrated Cycle Fit M 6:15-7:15pm *No classes Apr 13 and May 18

274255	Set 1	Apr 6-Jun 29	\$56.45/11 sess
274256	Set 2	Jul 6-Aug 24	\$35.92/7 sess

Cycle Fit W 6:15-7:15pm *No class Jul 1

274257	Set 1	Apr 1-Jun 24	\$66.72/13 sess
274258	Set 2	Jul 8-Aug 26	\$41.06/8 sess

Cycle Fit Sa 9:30-10:30am

274259	Set 1	Apr 4-Jun 27	\$66.72/13 sess
274260	Set 2	Jul 4-Aug 29	\$46.19/9 sess

2020 EARTH FEST

Saturday April 25 11am - 3pm

In Vancouver's
Everett Crowley Park

park & enter at Kerr St. and follow the signs



**PLANT A NATIVE
TREE/SHRUB**

**MAKE WILDFLOWER
'SEED BOMBS'**

**BE A MASON BEE
KEEPER**



**BE AN INVASIVES
WEAVER**

**PLUG A LOG WITH
MYCELIUM**

**ENJOY NATURE
TALKS & WALKS**

FREE PLANTS & HEALTHY REFRESHMENTS
bring your own cup

MEET FRIENDS & NEIGHBOURS

~ IT'S NATURE FUN FOR EVERYONE ~



www.vcn.bc.ca/ecpc/



CHAMPLAIN HEIGHTS

COMMUNITY FESTIVAL

SATURDAY JUNE 13 | 11 AM - 3 PM | FREE FOR ALL AGES

LIVE ENTERTAINMENT
CARNIVAL GAMES & RIDES
COMMUNITY EXHIBITORS

PARKING IS LIMITED,
PLEASE CONSIDER
WALKING, BUSSING
OR BIKING



Champlain Heights Community Centre

3350 Maquinna Drive, Vancouver, BC
P: 604-718-6575 www.champlainheightscc.ca