Try a NEW program this summer!

Sportball Camps (4-6yrs)
Instructor: Sportball Vancouver
At WECC (pg. 11 for details)

Bricks 4 Kids: Camp (5-9yrs)
Instructor: Bricks 4 Kids Vancouver
At WECC (pg. 14 for details)

Saplings Outdoor Daytime Camp (6-12yrs)
Instructor: Saplings Outdoor Educator
Various Locations (pg. 53 for details)

Tennis Camp (7-16yrs)
Instructor: Gord Hauka
At WECC-KG Tennis Courts (pg. 16 for details)

Byte Camp - Intro to Coding (9-12yrs)
Instructor: Byte Camp
At WECC (pg. 14 for details)

Teen Programs (13-18yrs)
Various Locations (pg. 19 & 20 for details)

Tone It Up (16+)
Instructor: Annabelle Kovacs
At CHCC (pg. 57 for details)

Computer/Internet Classes (19+)
Instructor: Conroy Jones
At WECC (pg. 25 for details)

Mandarin Language Classes (19+)
Instructor: Kate Zhu
At WECC (pg. 27 for details)

Signature Manicure & Pedicure (19+)
Instructor: Cheryl Theilade
At CHCC (pg. 55 for details)

Summertime Soaps & Scrubs (19+)
Instructor: Cheryl Theilade
At CHCC (pg. 55 for details)

Method of Modern Movement & Ballet (19+)
Instructor: Method of Modern Movement
At CHCC (pg. 57 for details)

Yoga Classes (19+)
Instructor: Erika Naburrs (MECCA Life)
At WECC (pg. 31 for details)

Dance AT DUSK
Join us at Ceperley Meadow in Stanley Park
for some free, fun-filled entertainment!

Mondays 7:00 - 9:00 pm
June 17 - August 19
Royal Scottish
Country Dance
Lively dancing to the great music of Scotland: pipes, drums, accordions and fiddles.
No Dancing: Jul 1, Aug 5
info: 604-922-6842 or 604-224-6751
www.rscdsvancouver.org

Tuesdays 7:30 - 9:30 pm
June 18 - August 20
Vancouver International Folk Dancers
Vancouver International Folk Dancers will lead you in line and circle dances from Europe, the Americas and the Middle East.
No Dancing: Jul 2, Aug 6
info: 778-580-7508 or www.vcn.bc.ca/vifd

Summertime Soaps & Scrubs (19+)
Instructor: Cheryl Theilade
At CHCC (pg. 55 for details)

Learn some new dances in beautiful Stanley Park!
No partner necessary. All ages and levels welcome, instruction is provided. Weather permitting.
Sponsored by the Vancouver Board of Parks and Recreation
Summer 2019 Recreation Guide

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General Information
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Registration Info:
Tues., June 11
9:00am (on-line/in-person)
Details on page 5.
Wed., June 12
9:00am (phone-in)

Register Online:
recreation.vancouver.ca
Read about ActiveNet Updates and Tips on usage on page 66.

Making All Recreation Safe (M.A.R.S)
We promote the values of the M.A.R.S. Code of Conduct
- Treat all patrons with respect
- Do not tolerate abusive or disrespectful language
- Appreciate that programs and facilities are provided for the enjoyment of everyone
- Respect public property and the property of others
- Enjoy recreation in your City

Your Recreation Staff:

West End CC:
Supervisor of Recreation: ...................... Jayne Loutit
Recreation Programmer: ...................... Darko Kulic
Recreation Programmer: ...................... Randy Chan
Fitness Programmer: ......................... Casey Lefler
Ice Rink Programmer: ......................... Eddy Uechi
Community Youth Worker: ................... Nataly Kaufman
Recreation Facility Clerk: ...................... Shelby Quon
Seniors & Group Fitness Coordinator: ....... Kelley Hindley
Maintenance Technician: ..................... Jason Wu

Barclay Manor:
Supervisor of Recreation: ...................... Jayne Loutit
Recreation Programmer: ...................... Patrick McCarthy
Seniors Coordinator: ......................... Kelley Hindley

Coal Harbour CC:
Supervisor of Recreation: ...................... Jayne Loutit
Recreation Programmer: ...................... Darilyn
Recreation Programmer: ...................... Patrick McCarthy
Recreation Facility Clerk: ...................... Nelson McLachlan

Where to find us:

West End Community Centre
870 Denman Street, Vancouver, BC V6G 2L8
604-257-8333 | www.westendcc.ca

Barclay Manor
1447 Barclay Street, Vancouver, BC V6G 1J6
604-257-8333 | www.barclaymanor.ca

Coal Harbour Community Centre
480 Broughton Street, Vancouver, BC V6G 3H4
604-718-8222 | www.coalharbourcc.ca
The West End Community Centre Association (WECCA)

WECCA is driven by volunteers – people like you. WECCA is involved in overseeing and evaluating programs, services and events offered at Barclay Manor, the West End and Coal Harbour Community Centres. We are investing in new equipment and facility upgrades in partnership with the Vancouver Parks Board. WECCA is a registered charity so for any donations over $10, tax receipts will be issued. Donations can be made towards any of the scholarships and programs, or can be designated for a specific purpose.

For more info contact the WECCA office at: 604-257-8344.

Get Involved!

If you're interested in becoming a WECCA Member, request a membership application from the front desk at either West End CC or Coal Harbour CC. There's an annual membership fee of $5 which will be waived for anyone who is unable to pay. Memberships are approved at the monthly board meetings by WECCA Board of Directors.

The West End Community Centre Association Board Members invite every passionate, caring member of this community to take an active part in our community centres. Get involved in this vibrant organization by becoming a WECCA Board Member, Committee Member or volunteer. Keep our programs and centres alive. Come join us!

Summer Welcome

Finally, after the coldest Winter on record, it's Summer. No place is better to enjoy the season than the West End and Coal Harbour. Many of our activities move outside and our facilities are buzzing with children out of school and participating in our many summer camps and special activities.

The Board members and volunteers also are out in the Community at events such as the Denman Car Free Day and Rockin' In The Park at Coal Harbour. Come by and say hello and talk to us about what you'd like to see in your West End Coal Harbour Community Centre.

As with each new season, there are new programs and activities on offer. Have a look through the Guide and notice those marked "New". Give one of them a try. Also have a look at our drop in activities – perfect for staying involved while still enjoying holidays and travel out of the City. These courses also accommodate friends and family who are visiting you here in West End/Coal Harbour.

Our wonderful staff and volunteers look forward to seeing you and your guests over these wonderful summer months.

Linda Johnston
President

WECCA Board of Directors:

President: ............. Linda Johnston
1st Vice President: ... David Scott
2nd Vice President: .. Kate Fenton
Treasurer: ............. Shelly Morrison
Secretary: ............. Jacob Kojfman

Directors:

Adam Doherty, Ian Haywood-Farmer, Chris Hyndman, Dragos Ionesco, Cheryl Jim, Pamela Leaman, Bonnie MacKenzie, Michael Schmidt, Richard Scott, Amin Tabatabayi

West End Community Centre Association Mission Statement

To enhance the quality of life of the residents of the West End and Coal Harbour Communities by providing recreational, educational and social activities and services which are accessible and responsive to the changing needs of the Community.
Summer Registration:
On-line/In-Person: Tuesday, June 11 at 9:00am
Phone: Wednesday, June 12 at 9:00am

1. Online
Online Registration continues 24/7. You must set up a free online account with the Park Board’s secure server prior to registering. It takes up to 24 hours for confirmation so please be prepared before registration day. Visit recreation.vancouver.ca to register for courses.

2. By Phone
West End/Barclay Manor: 604-257-8333
Coal Harbour: 604-718-8222
Phone during office hours. Due to the volume of business you may experience some delays. Have credit card and course numbers ready.

3. In Person
Registration in person continues during office hours. You can pay by cash, credit card or debit card.

Individual Room Access Cards
An access card for individuals who wish to drop-in and use an activity room, space permitting. Room use subject to terms and conditions. Maximum 3 people per room; all individuals must have their own Room Access Card.

Adult
6 Months: $20.00
1 Year: $30.00
Senior/Youth
6 Months: $10.00
1 Year: $15.00

Protecting Your Privacy
The West End Community Centre Association (WECCA) is committed to protecting the privacy of personal information in our possession in accordance with the Personal Information Act (PIPA). PIPA regulates the way we collect, use, keep, secure and disclose personal information. The personal information collected during registration, or any of our forms, will be used for the purpose of administering our recreation programs and informing you of our services and benefits. The information will be stored in a secure location and will not be disclosed to third parties without your permission, except as required by law. For further information call: 604-257-8344.

Refund Policy
Full refunds will be issued for cancelled programs or for anyone who is unable to attend a program due to a change of date or time. All programs are subject to change or cancellation on short notice. Refunds will be pro-rated from the date requested and must be requested 24 hours prior to the next scheduled class to avert further charges. An administration charge of $5 for one program or $10 for multiple programs applies per transaction to all refunds on programs $20 or over. Refunds for one-day or two-day programs and out trips must be requested 48 hours in advance unless otherwise noted. Refunds for all day camps must be requested a minimum of 10 business days prior to the first day of camp every week.

Please Note: All cash payments will be refunded in the form of a mailed cheque within 3 weeks of the refund date or may be applied as a credit on account if requested.

Full refund requests for programs originally paid by cheque will be subject to a 30 day waiting period.

Pick up your Rec Guide here:

1 West End C.C.
870 Denman St.

2 Coal Harbour C.C.
480 Broughton St.

3 Barclay Manor
1447 Barclay St.

4 Whole Foods on Robson
1675 Robson St.

5 Gordon Neighbourhood House
1019 Broughton St.

6 Marketplace IGA
909 Burrard St.

7 Qmunity
1170 Bute St.

8 Safeway on Robson
1790 Robson St.

9 Vancouver Aquatic Centre
1050 Beach Ave.

10 Urban Fare
305 Bute St.
Room Rentals

West End Community Centre
In the Heart of the West End
In the middle of Vancouver’s most beautiful and vibrant communities, the Centre is surrounded by shops, dining and entertainment on Denman Street as well as English Bay, Stanley Park and Downtown. We can accommodate small meetings to large family functions or special events. For rental inquiries, please email westendccrentals@vancouver.ca or call 604-257-8462.

Barclay Manor
Character and Comfort
Barclay Manor is a heritage house in the heart of the West End with intimate and comfortable meetings rooms. The Manor overlooks the serene Barclay Heritage Square which offers a perfect location for meetings, wedding and other events requiring an atmosphere of warmth and character. For rental inquiries, please call 604-718-8229.

Coal Harbour Community Centre
Rooms with a View
With spectacular views of the North Shore mountains and Coal Harbour marina, this community centre is a premier meeting and event venue within Vancouver. Close to the business district for corporate agendas and picture perfect for weddings, birthdays and other important milestone events. For rental inquires, please call 604-718-8229.
## Room Recommendations

<table>
<thead>
<tr>
<th>Event</th>
<th>Large Event Rooms</th>
<th>Small Event Rooms</th>
</tr>
</thead>
</table>
| AGMs                         | **West End**: Auditorium, Barclay, Bidwell, or Denman Room  
Barclay Manor: Entire Manor or Basement Multipurpose Room  
Coal Harbour: Multi-Purpose or Activity Room | **West End**: Meeting Room I or II  
Barclay Manor: Fireplace or Board Room  
Coal Harbour: Meeting or Arts & Crafts Room |
| Weddings & Birthdays        | **West End**: Auditorium, Barclay, Bidwell, Denman, or English Bay Room  
Barclay Manor: Entire Manor or Basement Multipurpose Room  
Coal Harbour: Multi-Purpose or Activity Room | **West End**: Stanley Court or Meeting Room II  
Barclay Manor: Fireplace and/or Piano Room  
Coal Harbour: Meeting or Arts & Crafts Room |
| Rehearsals                   | **West End**: Auditorium  
Barclay Manor: Entire Manor or Basement Multipurpose Room  
Coal Harbour: Multi-Purpose or Activity Room | **West End**: Denman or English Bay Room  
Barclay Manor: Board Room  
Coal Harbour: Meeting or Arts & Crafts Room |
| Potlucks & Private Gatherings| **West End**: Barclay, Bidwell, or Denman Room  
Barclay Manor: Entire Manor or Basement Multipurpose Room  
Coal Harbour: Multi-Purpose or Activity Room | **West End**: Stanley Court Room  
Barclay Manor: Fireplace and/or Piano Room  
Coal Harbour: Meeting or Arts & Crafts Room |
| Sporting Events              | Coal Harbour: Gymnasium                                                          |                                                                                  |

## Room Capacity & Rates

<table>
<thead>
<tr>
<th>ROOM</th>
<th>CAPACITY</th>
<th>ROOM RATE (/hr + tax)</th>
<th>HIGHLIGHTS</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>WEST END COMMUNITY CENTRE</strong></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Auditorium</td>
<td>150</td>
<td>$65 $65</td>
<td>High ceilings. Access to stage. Ideal for large meetings. 2900 ft²</td>
</tr>
<tr>
<td>Barclay</td>
<td>60</td>
<td>$33 $35</td>
<td>Mid-sized room with natural light and floor-to-ceiling windows. 1094 ft²</td>
</tr>
<tr>
<td>Bidwell</td>
<td>60</td>
<td>$35 $37</td>
<td>Natural light. Overlooks rink. Perfect for large meetings &amp; birthdays. 1312 ft²</td>
</tr>
<tr>
<td>Denman</td>
<td>60</td>
<td>$45 $45</td>
<td>Spacious room with countertop &amp; sink. Mirrored wall. 2200 ft²</td>
</tr>
<tr>
<td>English Bay</td>
<td>50</td>
<td>$33 $35</td>
<td>Private room with mirror wall. Ideal for rehearsals &amp; birthdays. 1083 ft²</td>
</tr>
<tr>
<td>Meeting Room</td>
<td>15</td>
<td>$33 $35</td>
<td>Naturally lit room with access to patio. 305 ft²</td>
</tr>
<tr>
<td>Stanley Court</td>
<td>20</td>
<td>$33 $35</td>
<td>Carpeted floors. Lounge style seats. Beautiful stained glass windows. 512 ft²</td>
</tr>
<tr>
<td><strong>BARCLAY MANOR</strong></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Board Room</td>
<td>15</td>
<td>$22 $25</td>
<td>Second-story room overlooks tree-lined Barclay St. Large table. 257 ft²</td>
</tr>
<tr>
<td>Multipurpose M</td>
<td>20</td>
<td>$22 $30</td>
<td>Large bay window. Sink &amp; countertop. Tables &amp; chairs. 238 ft²</td>
</tr>
<tr>
<td>Fireplace</td>
<td>15</td>
<td>$22 $30</td>
<td>Large bay window. Cozy fireplace. Couch and chairs. 252 ft²</td>
</tr>
<tr>
<td>Piano</td>
<td>15</td>
<td>$22 $30</td>
<td>Natural light and views of heritage park. 217 ft²</td>
</tr>
<tr>
<td>Multipurpose B</td>
<td>40</td>
<td>$32 $40</td>
<td>Ideal for meetings or small corporate functions. 576 ft²</td>
</tr>
<tr>
<td>Kitchen</td>
<td>8</td>
<td>$22 $25</td>
<td>Non-commercial kitchen. Access to sink and microwave. 235 ft²</td>
</tr>
<tr>
<td>Entire Manor</td>
<td>80</td>
<td>N/A $600</td>
<td>Outdoor garden patio. Ideal for picnics &amp; weddings. 1775 ft²</td>
</tr>
<tr>
<td><strong>COAL HARBOUR COMMUNITY CENTRE</strong></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Multipurpose</td>
<td>100</td>
<td>$70 $90</td>
<td>Stunning Stanley Park &amp; mountain views. Access to Kitchen. Patio. 2028 ft²</td>
</tr>
<tr>
<td>Activity</td>
<td>40</td>
<td>$33 $45</td>
<td>Stunning views. High ceilings. Carpeted floors. Countertop &amp; sink. 627 ft²</td>
</tr>
<tr>
<td>Arts &amp; Crafts</td>
<td>25</td>
<td>$33 $40</td>
<td>Stunning views. High ceilings. Countertop &amp; sink. 580 ft²</td>
</tr>
<tr>
<td>Meeting</td>
<td>20</td>
<td>$25 $35</td>
<td>Large windows. High ceilings. Carpeted floors. Countertop &amp; sink. 320 ft²</td>
</tr>
<tr>
<td>Gymnasium</td>
<td>$65</td>
<td>$75</td>
<td>Ideal for basketball, volleyball, badminton, &amp; birthdays. 6565 ft²</td>
</tr>
</tbody>
</table>

*RENTAL HOURS & ADDITIONAL INFORMATION: All hours are subject to room and staff availability. After hour rentals may be requested and are subject to additional staffing fees. Depending on the scope of your rental, a damage deposit and music royalty fees may apply.*
Welcome to the West End Community Centre!

870 Denman Street, Vancouver, BC V6G 2L8 | 604-257-8333 | www.westendcc.ca

Registration Info:

**Tues., June 11**
9:00am (on-line/in-person)

**Wed., June 12**
9:00am (phone-in)

Details on page 5.

---

**Rockin’ in the Park**

**Saturday July 13**
11:00am-2:00pm

Coal Harbour Park (above Coal Harbour CC)

**FREE, All-Ages Family Event (rain or shine)**

- Bouncy Castle,
- Family Entertainment,
- Mini Golf, Arts & Crafts,
- Face Painting,
- Balloon Twisting,
- Caricature Artist,
- Youth Programs
- Fundraising BBQ

---

**Summer Day Camps**

**Day Camp Adventures (6-7yrs)**
Join our wonderful day camp staff as we have created a summer camp program you won’t want to miss! Each week will include games, sport and skill activities and out-trips. Camp closed Jul 1 & Aug 5.

**Summer Discoveries (8-9yrs)**
This outtrip-based program will give campers the opportunity to experience some of the most exciting adventures. Some of the activities will include, cooperative games, arts and crafts, sports and skill development programs. Camp closed Jul 1 & Aug 5.

**Camp Voyages (10-13yrs)**
The most experienced campers will go on some youth planned out-trips this summer! Designed especially for older pre-teens, this program is super awesome. Camp closed Jul 1 & Aug 5.

See page 17 for more information!
Birthday Packages

Playtime Party
Have fun with the playtime toys (Ride'em cars, slide, etc). Includes 1/2 hr for set up, 2hr for the party, 1/2 hr for clean up and a room attendant. No refunds 2 weeks prior to party date.
Sat Jul 6-Aug 17 11:00am-2:00pm $95/Package

Bouncy Castle Party
Have fun with the Bouncy Castle and playtime toys. Includes 1/2 hr for set up, 2hr for the party, 1/2 hr for clean up time and a room attendant. No refunds two weeks prior to birthday party date.
Sat Jul 6-Aug 17 11:00am-2:00pm $165/Package

Family Time

New Born-5 yrs
Come join us for some afternoon family time in the Arts & Craft room. We have blocks, trucks, cars, and many other toys. Meet and network with other parents. Please note that parents are required to help set up and clean up the equipment each day. No Playtime Aug 22.
Thu Jul 4-Aug 29 2:30-4:30pm Auditorium Drop In Fee: $2.75

Playtime

New Born-5 yrs
Your child will love running, tumbling and riding on bikes and cars! Parent participation is required. Parents are requested to assist with set-up and take down of play equipment. A child that can crawl must pay the drop-in fee. Drop-in program; no registration necessary.
No Playtime Aug 5, 19, 20, 22, 23, 24
Jul 2-Aug 31
M/Th/Fri Playtime 9:30-11:30am
Tue Playtime 9:15-11:15am
Wed Bouncy Castle 3:00-5:00pm
Sat Playtime 9:30-11:00am
Drop In Fee: $2.75

Childminding
During our playtime program, we have opened up this service to parents using the library, fitness centre or WECC programs. The parent/guardians must remain in the building at all times and be available to childminding staff if necessary (diaper changes, etc). It is on a first-come-first-served basis with a limit of 6 children (no more than 2 infants) at one time. Send snacks or lunch depending on time.
Fri Jul 5-Aug 31 9:30-11:30am
$3.25/hr for the first child
$1.75/hr sibling
Auditorium

Baby and Toddler
New Born-2 yrs
We have toys, balls, and more. Each day ends with circle time songs. Parents are required to help set up and clean up the equipment each day. No Playtime Aug 22.
Tue Jul 2-Aug 27 12:00-2:00pm (Stanley Court Room)
Thu Jul 4-Aug 29 12:00-2:00pm (Auditorium)
Drop In Fee: $2.75

Precious Time with Baby
New Born-1.5 yrs
This program will be for little ones who are not yet walking, so newborn to one year olds. There'll be age appropriate toys and we'll end each class with singing songs! Same time as Playtime! No Playtime Aug 20.
Tue Jul 2-Aug 27 9:15-11:15am
Stanley Court Room Drop In Fee: $2.75
Creative Arts

Crafts for Kids (New Born-5yrs)
This one hour class is great for kids who are interested in learning new ways to craft while exploring different and new materials. This summer themed craft class is fun for all ages and lets kids lead in whatever they’re interested in! Drop in $10.
Instructor: Jordan Moorhead
Sat Jul 6-Jul 27 11:00am-12:00pm
225907
Haro Room

Zumbini® (New Born-4yrs)
Sing, dance and play as you bond with your child! Created by Zumba® and BabyFirst for kids ages 0-4, the Zumbini program combines music, dance and playing instruments of can't-stop, won't-stop bonding, learning and fun! Includes a Zumbini bundle of a plush toy, original songbook and music to continue the fun at home. Come and join the Zumbini family! Caregiver participation required. Material Fee is non-refundable
Instructor: Maira Daiha
Thu Jul 11-Aug 8 10:00-10:45am
225914
$110/7 sess
Stanley Court Room

Dance

My First Dance Class
An introduction to creative dance. Aspiring little dancers will use songs, movement explorations, and games to explore coordination, rhythm, spatial awareness, and cooperation. Parents are required to participate with their little ones. Drop in $7.50, space permitting.
Instructor: Endorphin Rush Dance
Sat Jul 13-Aug 17 10:15-10:45am
225916
$38/6 sess
Bidwell Room

Ballet Through Creative Movement (3-6yrs)
An introduction to the foundations of ballet through creative dance. Aspiring little dancers will explore coordination, rhythm, spatial awareness, and cooperation. Classes will include songs, movement explorations, basic ballet steps, games, and a variety of fun music. Little ones must be able to stay engaged for the full class unaccompanied by a parent. Wear something comfortable and get ready to dance! Drop In: $8.50, space permitting.
Instructor: Endorphin Rush Dance
Sat Jul 13-Aug 17 10:45-11:30am
225917
$48/6 sess
Sat Jul 13-Aug 17 11:30am-12:15pm
225918
$48/6 sess
Bidwell Room

Education

Hola! Spanish for Preschoolers (3-5yrs)
Hola! Spanish for preschoolers: join our Spanish Immersion class for a morning surrounded by Spanish Language and warm Latin culture. The place where your preschooler will taste the language and play, sing, dance and explore how useful and fun it could be. Words in Motion is a Spanish Immersion program that enables children no learn Spanish in an easy and fun way! All programs follow a highly interactive and dynamic methodology based on play, exploration, singing and dancing, all taught by highly qualified, native Spanish Speakers. For info, visit wordsinmotionbc.com
Instructor: Carla Vallin
Thu Jul 11-Aug 8 1:30-2:30pm
225912
$60/5 sess
Stanley Court Room

Please register early!
Programs are cancelled if everyone waits until the last minute to register. The staff, where possible, makes a decision on activities four days prior to the start date. If not enough people sign up the program will either be cancelled or postponed. Sign-up even if the class is free!
Let’s go to the Library!

JOE FORTES LIBRARY

Summer Reading Club - NEW!

Registration for the BC Summer Reading Club starts on Friday, June 21; sign up at the Library to get a special Reading Record, stickers, and a Reading Calendar that you can fill out at home, on vacation, or wherever you are this summer. If you read for 50 days and bring your calendar back to the library, you’ll win a medal! The Summer Reading Club theme this year is Imagine the Possibilities?

Instructor: Joe Fortes Library
Wed Jul 3-Aug 7 3:30-4:30pm
225978 FREE
Joe Fortes Library

Baby Time

Rhymes, songs, bounces and stories for babies (newborns - 18 months) and their parents and caregivers. Each child must be accompanied by an adult. No registration fee. Drop in only. For more information call Joe Fortes Library at 604-665-3972.

Instructor: Joe Fortes Library
Thu Jul 4-Aug 15 2:00-2:30pm
225976 FREE
English Bay Room

Family Storytime

Stories, songs, fingerplays, and rhymes for children (18 months - 5 years) and their parents and caregivers. Each child must be accompanied by an adult. No registration fee. Drop in only. For more information call Joe Fortes Library at 604-665-3972.

Instructor: Joe Fortes Library
Tue Jul 12-Aug 13 11:15-11:45am
225975 FREE
Sat Jul 6-Aug 17 11:15-11:45am
225977 FREE
Joe Fortes Library

Sports

Sportball Parent and Child Outdoor T-Ball (2-4yrs)

Sportball Parent and Child Indoor T-Ball Participants are introduced to fundamental concepts of baseball and are provided the basic skills required to play ball with confidence in fun, exciting, skills-focused games. With the guidance and support of their Sportball Coach, parents and children zero in on T-Ball skills like throwing, catching, batting form, running bases and fielding. No Class Aug 5

Instructor: Sportball Vancouver
Mon Jul 8-Aug 19 5:15-6:00pm
227783 $89/6 sess
King George Field

Sportball Outdoor T-Ball (4-6yrs)

Big League Fun! Sportball Baseball or Sportball T-Ball introduces fundamental concepts of gameplay and teaches the basic skills required to play ball with confidence in a supportive, non-competitive environment. Coaches zero in on skills like throwing, catching, batting form, running bases and fielding in fun, exciting, skill-focused play. No Class Aug 5

Instructor: Sportball Vancouver
Mon Jul 8-Aug 19 6:00-7:00pm
227784 $89/6 sess
King George Field

Sportball Camps (4-6yrs) - NEW!

Available in full-day or half-day sessions. Sportball action-packed camps introduce children to a variety of ball sports and waterplay games and activities PLUS arts and crafts, snack time, stories, music, co-operative games and more! Camps may run indoors and outdoors, depending on the location and weather. No Class Aug 5

Instructor: Sportball Vancouver
M-F Jul 15-Jul 19 9:30-10:45am
227785 $101/5 sess
Tu-Fri Aug 6-Aug 9 9:30-10:45am
227786 $81/4 sess
King George Field

GrassRoots Soccer

GrassRoots Soccer will help boys and girls of all abilities to grow, develop skills and reach their potential. Using the four corner model: Physical, Technical, Psychological and Social elements, this program will help children develop more than just their soccer skills. We will help them to gain confidence, build self-esteem, learn to work in teams and improve their decision making. Drop in: $11.50 (space permitting) Equipment: NO CLEATS on field. Running shoes only permitted. Parent Participation Required. Visit: http://www.facebook.com/Coach.Glyn for updates. No Class Aug 3

Instructor: Glyn Roberts

1.5-2yrs
Sat Jul 6-Aug 24 9:15-10:00am
225900 $81/7 sess
King George Field

3-4yrs
Sat Jul 6-Aug 24 10:00-10:45am
225901 $81/7 sess
King George Field

Sat Jul 6-Aug 24 12:45-1:30pm
225904 $81/7 sess
King George Field

Register: vancouver.ca/westendrec  604-257-8333
Little Sprout Preschool

At Little Sprout Preschool, we offer a wonderful and fun “Learning Through Play” program for 3-5 year olds. We provide many opportunities for your child to learn social skills through playing with other children and by developing an awareness of the community around them. Our enriched preschool program fosters growth in all areas of development. The preschool room is set up daily with creative art activities, puzzles, building toys, water/playdough table, house corner, block corner, discovery table and much more. Our program is based on structured and non-structured activity, which allows your child to make individual choices and experience group activities. As your child’s first school experience is an important one, we strive to make “learning” fun! We also have a fun yoga class at our school!

For more information please call the Preschool at 604-257-8346.

Registration Fee 2018/2019 (Non-refundable) $41/child
5 x week Mon-Fri 9:15-11:45am $379/month
4 x week Mon-Thu 1:00-3:30pm $305/month

Fees are for 2019-2020. Preschool fees are subject to change.

Little Sprout Preschool is a licensed preschool. Our instructors are highly qualified Early Childhood Educators bringing many years of experience to our preschool program. Our Preschool Senior Supervisor, Donna, has had the great pleasure of working with children and families at the preschool for the past 25 years. Our preschool assistant supervisor, Terry, is enjoying her fourth year of teaching at Little Sprout Preschool. Please feel free to contact our preschool and we will be happy to introduce ourselves and show you our wonderful classroom.

learning through play makes learning fun!

Twos’ Time

Join us for unstructured fun and organized play in a classroom setting with ECE trained staff. Parents can enroll their child in one or multiple days. Advance registration into the Little Sprout Preschool is given to families enrolled in this program. Post dated cheques or credit card must be submitted at time of registration. For more information about program or registration, please call Christina at 604-257-8464. This program does not run on seasonal/statutory holidays and school professional days.

Registration for 2019-2020 is for children born in 2017 only.
Mon-Fri 9:30-11:30am
$35 non-refundable reg. fee
Mondays $85/month
Tuesday $89/month
Wednesday $89/month
Thursday $89/month
Friday $85/month

Have your birthday party at West End CC!

Playtime Party or Bouncy Castle Party, the choice is yours!
See page 9 for more information.
Creative Arts

Crafts for Kids (5-8yrs)
This one hour class is great for kids who are interested in learning new ways to craft while exploring different and new materials. This summer themed craft class is fun for all ages and lets kids lead in whatever they're interested in! Drop in: $10.
Instructor: Jordan Moorhead
Sat Jul 6-Jul 27
225908
Haro Room

Kids Clay (5-8yrs)
It's messy but fun in this “hands-on” introduction to clay. You will learn the basic techniques of slab making, coiling, sculpture, creating pinch pots and much more. Make great projects such as flower pots, pet bowls, lanterns, pottery pets, window chimes, beads, fridge magnets etc. Clay and tools are included. Drop in: $15, space permitting. Estelle subbing for Roxanne
Instructor: Roxanne Gagnon
Thu Aug 1-Aug 29
225894
Pottery Studio

Watercolour for Kids & Youth
Explore the world of watercolor painting. This program is for children who want to learn how to use water, paper, color and brushes to create an endless variety of tones in their paintings. Mohammad has over 30 years’ experience in drawing and painting at his own Atashzad Academy of Art. Visit www.atashzad.com. Supplies are not included. Supply list available upon registration. Drop in; $15, space permitting. No Class Aug 5
Instructor: Mohammad Atashzad
7-13yrs
Mon Jul 8-Aug 19
225766
Bidwell Room
13-18yrs
Mon Jul 8-Aug 19
225767
Bidwell Room
Thu Jul 4-Aug 15
225896
Denman Room

West End Kids Care
(5-12yrs)
Our licensed before & after school program boasts experienced school age and ECE trained staff who are committed to creating a stimulating, interactive and cooperative environment to complement your child’s school day. The program incorporates field trips and Community Centre extras (pre-teen groups, library, auditorium and outdoor use) wherever possible. Registration is ongoing depending on availability. Pick up from Lord Roberts and Lord Roberts Annex. Fees include pro-d days; winter and spring break closures are an additional cost. Registration is ongoing. Waitlist applications will be available only to those currently enrolled in school, or January of the year your child will start kindergarten (ie. if your child starts kindergarten Sep 2019, you can get an application Jan 2019). To get on our waitlist, please ask the front office for a waitlist application, or contact the Child Care Coordinator at 604-257-8464 or email christina.tucker@vancouver.ca
2018-2019 prices are subject to change.
Registration fee: $35 (non-refundable).
BEFORE SCHOOL CARE
7:30am-9:00am
K $179/monthGr 1 & up $149/month
AFTER SCHOOL CARE
3:00pm-6:00pm
K $390/month Gr 1 & up $329/month
COMBINATION BEFORE AND AFTER CARE
K $445/monthGr 1 & up $369/month
Theatre for Kids

Introduce your child to the magic of live theatre. Your child will learn the basics of acting, character development, object manipulation and cooperation on stage. Children will produce a live play with elements of puppetry and mask work by the end of the program. These classes will unleash your child's creativity to a new height. The course includes homework exercises. Materials and instructions are provided by Vancouver Puppet Theatre.

_Instructor: Viktor Barkar_

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<thead>
<tr>
<th>Date</th>
<th>Time</th>
<th>Fee</th>
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</thead>
<tbody>
<tr>
<td>Wed Jul 10-Jul 31</td>
<td>4:30-5:30pm</td>
<td>$57/4 sess</td>
</tr>
<tr>
<td>Wed Aug 7-Aug 28</td>
<td>4:30-5:30pm</td>
<td>$57/4 sess</td>
</tr>
<tr>
<td>Bidwell Room</td>
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</table>

Bricks 4 Kids: Camp - NEW!

This unit is all about the things you can do with what you’ve built using LEGO bricks! Students will have a lot of fun (and lots of learning!) building simple machines. All the while, they’ll be practicing their STEM skills by counting, matching, and following step-by-step instructions! All students will go home with a custom-made Minifigure! Drop In $19.50

_Instructor: Bricks 4 Kidz Vancouver_

<table>
<thead>
<tr>
<th>Date</th>
<th>Time</th>
<th>Fee</th>
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<tbody>
<tr>
<td>Mon Jul 29-Aug 2</td>
<td>1:00-4:00pm</td>
<td>$175/5 sess</td>
</tr>
<tr>
<td>Meeting Room 2</td>
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</table>

Byte Camp - Introduction to coding (9-12yrs) - NEW!

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.

_Instructor: Byte Camp_

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<thead>
<tr>
<th>Date</th>
<th>Time</th>
<th>Fee</th>
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<tbody>
<tr>
<td>Mon Aug 12-Aug 16</td>
<td>9:00am-3:00pm</td>
<td>$310/5 sess</td>
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<tr>
<td>Meeting Room 1</td>
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</table>

Hola! Spanish (5-7yrs)

Boost your kids’ brain and get the taste of the Latin culture through this unique Spanish Immersion program. Kids will explore the language though playing, creating and living it. Every week we discover different topics. All levels welcome, open to all. Words in Motion is a Spanish Immersion program that enables children no learn Spanish in an easy and fun way! All programs follow a highly interactive and dynamic methodology based on play, exploration, singing and dancing, all taught by highly qualified, native Spanish Speakers. For info, visit wordsinmotion-bc.com

_Instructor: Carla Vallin_

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<thead>
<tr>
<th>Date</th>
<th>Time</th>
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<tr>
<td>Thu Jul 11-Aug 8</td>
<td>3:45-4:45pm</td>
<td>$60/5 sess</td>
</tr>
<tr>
<td>Thu Jul 11-Aug 8</td>
<td>4:45-5:45pm</td>
<td>$60/5 sess</td>
</tr>
<tr>
<td>Stanley Court Room</td>
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</table>

Martial Arts

Karate (6-18yrs)

This very popular program is ongoing year round and offers children exercise in a disciplined environment. In a structured format students develop a wide range of skills which will build confidence. Younger children are welcome to join, but parents may wish to discuss this prior to enrolling their child, to determine if martial arts is suitable for their young child(ren). Parents are welcome to join with their child(ren) and there are family rates.

_Instructor: Michael Holmes_

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<thead>
<tr>
<th>Date</th>
<th>Time</th>
<th>Fee</th>
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<tbody>
<tr>
<td>Jul 3-31</td>
<td>6:00-7:00 PM</td>
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<tr>
<td>White Belt</td>
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<tr>
<td>Wed/Fri</td>
<td>6:00-8:00 PM</td>
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<tr>
<td>Fri</td>
<td>6:00-8:30 PM</td>
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<tr>
<td>Coloured Belt</td>
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<tr>
<td>Wed</td>
<td>6:00-8:00 PM</td>
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<tr>
<td>Fri</td>
<td>6:00-8:30 PM</td>
<td></td>
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<tr>
<td>$30/mth or $75/3 mths, or $6 /drop in $10/mo/add’l family member (max 3)</td>
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</table>

Auditorium/Dance studio
**Private Piano - Vincent** (3-12yrs)

These lessons teach the fundamentals of piano, where student learn precise piano techniques and note reading skills, along with musical theory. Lessons strive to spark student’s interest by presenting material in a fun and engaging manner. These classes welcome both beginners and students with prior knowledge. Classes are available in English or Cantonese. Note: piano books are not included, but may be purchased through the instructor.

**Instructor: Vincent Cheng**

- Thu Jul 4-Aug 8  
  3:30-9:00pm  
  $129/6 sess  
  Meeting Room 3

**Private Piano - Fiona** (3-12yrs)

These lessons teach the fundamentals of piano, where student learn precise piano techniques and note reading skills, along with musical theory. Lessons strive to spark student’s interest by presenting material in a fun and engaging manner. These classes welcome both beginners and students with prior knowledge. Classes are available in English or Cantonese. Note: piano books are not included, but may be purchased through the instructor.

**Instructor: Fiona Lai**

- Tue Jul 9-Jul 30  
  1:00-6:30pm  
  $86/4 sess  
  Meeting Room 3

**Private Violin**

Making music makes you smarter! Come learn how to play the violin in a fun & encouraging atmosphere. Or build upon what you already know and grow! A solid foundation will be taught based on the requirements of the Royal Conservatory of Music in Toronto. The instructor can advise the students where to rent/ buy a violin. Lessons are 45 min. in duration. No Class Aug 5

**Instructor: Boris Ulanowicz**

- Mon Jul 8-Aug 19  
  3:45 -7:45PM  
  $185/6 sess  
- Tue Jul 9-Aug 13  
  3:45 -7:45PM  
  $185/6 sess  
  Preschool Room

**Piano/ Voice/ Violin Lessons**

It's always a good time to learn a new instrument! Beginner or advanced-all levels are welcome. Natalia's lessons are tailored to your desires and abilities. Proper technique, note reading and interesting repertoire are taught in a friendly atmosphere. Lessons are available for adults and children and can be taught in English, Greek, Bulgarian and Russian. Preparation for Royal Conservatory of Music exams is a possibility for those who wish to have their learning level recognized.

**Instructor: Natalia Alexandrova**

- Tue Jul 10-Aug 14  
  3:00-5:00pm  
  $120/6 sess  
- Tue Aug 21-Sep 25  
  3:00-5:00pm  
  $120/6 sess  
  Stanley Court Room

**Private Piano - Emily**

Proper piano technique, note and sight reading skills are emphasized to ensure a solid foundation. These 30-minute private lessons can be taught in either English or Cantonese. Each student's level will be assessed in the first class. Lessons are 30 minutes long. Students with previous piano learning experience, please bring in textbooks from your previous class for first class evaluation.

**Instructor: Emily Leung**

- Mon Jul 8-Jul 29  
  2:30-6:00pm  
  $86/4 sess  
  Meeting Room 3
Sports

Kids Tennis: Red Ball (5-6yrs)
Level 1 Red Ball Fundamentals Lessons start at ½ Court learning to rally and play while developing all basic strokes.
Instructor: Gord Hauka
Wed Jul 3-Jul 22 4:00-5:00pm
227672 $60/6 sess
Thu Aug 1-Aug 20 4:00-5:00pm
227673 $60/6 sess
King George Tennis Courts

Kids Tennis: Red/Orange Ball (7-9yrs)
Instructor: Gord Hauka
Wed Jul 3-Jul 22 4:00-5:00pm
227675 $60/6 sess
Thu Aug 1-Aug 20 4:00-5:00pm
227677 $60/6 sess
King George Tennis Courts

Tennis Camp
Slap on the sunscreen, grab a hat and come out and play with us. Gord Hauka’s Summer Tennis Camps are made for fun and run, learning to play tennis and meeting new friends. We provide all you need racquets and water and of course our 36 year tradition of Fruit snacks of gummy bears. Locations vary, please check program location: We offer Week Long or Twice per Week.
Instructor: Gord Hauka

7-11yrs
Tue Jul 2-Jul 5 1:00-4:00pm
227678 $120/4 sess
Mon Jul 22-Jul 26 9:30am-12:30pm
227681 $150/5 sess
Mon Aug 12-Aug 16 1:00-4:00pm
227682 $150/5 sess

12-16yrs
Mon Jul 8-Jul 12 9:30am-12:30pm
227685 $150/5 sess
Mon Jul 29-Aug 2 1:00-4:00pm
227686 $150/5 sess
Mon Aug 19-Aug 23 9:30am-12:30pm
227687 $150/5 sess
King George Tennis Courts

GrassRoots Soccer
GrassRoots Soccer will help boys and girls of all abilities to grow, develop skills and reach their potential. Using the four corner model: Physical, Technical, Psychological and Social elements, this program will help children develop more than just their soccer skills. We will help them to gain confidence, build self-esteem, learn to work in teams and improve their decision making. Drop in: $11.50 (space permitting) Equipment: NO CLEATS on field. Running shoes only permitted. Parent Participation Required.
Instructor: Glyn Roberts

5-6yrs
Sat Jul 6-Aug 24 10:45-11:45am
225902 $92/7 sess

7-12yrs
Sat Jul 6-Aug 24 11:45am-12:45pm
225903 $92/7 sess

King George Field

Come to our Special Events!
See page 8 for more information.

Please register early!
Programs are cancelled if everyone waits until the last minute to register. The staff, where possible, makes a decision on activities four days prior to the start date. If not enough people sign up the program will either be cancelled or postponed. Sign-up even if the class is free!
Summer Day Camps

Day Camp Adventures (6-7yrs)
Join our wonderful day camp staff as we have created a summer camp program you won’t want to miss! Each week will include games, sport and skill activities and out-trips. Camp closed Jul 1 & Aug 5.

9:30AM-3:30PM
$118/5 days, $94/4 days*
Tu-F Jul 2-5*  209723
M-F Jul 8-12  209724
M-F Jul 15-19 209725
M-F Jul 22-26 209726
M-F Jul 29-Aug 2 210940
Tu-F Aug 6-9*  210942
M-F Aug 12-16 210943
M-F Aug 19-23 210953
M-F Aug 26-30 210971

Summer Discoveries (8-9yrs)
This outtrip-based program will give campers the opportunity to experience some of the most exciting adventures. Some of the activities will include, cooperative games, arts and crafts, sports and skill development programs. Camp closed Jul 1 & Aug 5.

9:30AM-3:30PM
$118/5 days, $94/4 days*
Tu-F Jul 2-5*  211418
M-F Jul 8-12  211420
M-F Jul 15-19 211437
M-F Jul 22-26 211436
M-F Jul 29-Aug 2 211462
Tu-F Aug 6-9*  211421
M-F Aug 12-16 211435
M-F Aug 19-23 211425
M-F Aug 26-30 211424

Camp Voyages (10-13yrs)
The most experienced campers will go on some youth planned out-trips this summer! Designed especially for older pre-teens, this program is super awesome. Camp closed Jul 1 & Aug 5.

9:30AM-3:30PM
$118/5 days, $94/4 days*
Tu-F Jul 2-5*  211464
M-F Jul 8-12  211470
M-F Jul 15-19 211466
M-F Jul 22-26 211468
M-F Jul 29-Aug 2 211472
Tu-F Aug 6-9*  211465
M-F Aug 12-16  211471
M-F Aug 19-23  211467
M-F Aug 26-30  211469

Before & After Care

Weekly Before Care
This service will be available for participants registered in the Day Camp Adventures, Discoveries and Camp Voyagers programs. Day Camp refund policy applies to Before Care. Not available Jul 1 & Aug 5.

8:00-9:30AM
$26/5 days, $21/4 days*
Tu-F Jul 2-5*  211499
M-F Jul 8-12  211527
M-F Jul 15-19 211525
M-F Jul 22-26 211522
M-F Jul 29-Aug 2 211521
Tu-F Aug 6-9*  211494
M-F Aug 12-16 211520
M-F Aug 19-23 211519
M-F Aug 26-30 211506

Weekly After Care
This service will be available for participants registered in the Day Camp Adventures, Discoveries and Camp Voyagers programs. Day Camp refund policy applies to After Care. Not available Jul 1 & Aug 5.

3:30-5:30PM
$30/5 days, $24/4 days*
Tu-F Jul 2-5*  211487
M-F Jul 8-12  211201
M-F Jul 15-19 211203
M-F Jul 22-26 211204
M-F Jul 29-Aug 2 211205
Tu-F Aug 6-9*  211490
M-F Aug 12-16 211207
M-F Aug 19-23 211202
M-F Aug 26-30 211208

Summer Day Camps Information
Parents must complete a waiver form with medical information and attach a recent picture of their child prior to camp.

• Each child should bring a backpack with a lunch, snack, water bottle, sunscreen, jacket and hat each day.
• We encourage all participants to leave all electronics & valuables at home. Electronics may not be used during camp, including before & after care.
• Weekly schedules will be available at the front office at the end of June.

Refund Policy:
• Refunds for all day camps must be requested at least 10 calendar days prior to the first day of camp every week. A $5 administrative fee will be assessed for each refund. See page 63 for full refund details.

Please register early!
Programs are cancelled if everyone waits until the last minute to register. The staff, where possible, makes a decision on activities four days prior to the start date. If not enough people sign up the program will either be cancelled or postponed. Sign-up even if the class is free!
Community Youth Development at West End & Coal Harbour CCs
Youth services at West End & Coal Harbour CCs are a partnership between the Vancouver Board of Parks and Recreation and the West End Community Centre Association. Youth programs reflect the principles of CYD in the City of Vancouver: accessible, collaborative, and inclusive. Youth are respected, supported and involved in program planning, implementation and decision-making. For more information, call the Youth Office at 604.718.6210, or e-mail Nataly Kaufman, Community Youth Worker at nataly.kaufman@vancouver.ca

Pre-teen Programs (9-12 yrs)

Pre-teen Night at West End CC
Fridays, 6:15 PM-8:45 PM
At this FREE drop-in program, youth (ages 9-12 years) are welcome to drop-in and enjoy the scheduled events. Please fill out a Pre-Teen Programs waiver prior to the start of the program. Waivers can be found at the Front Office or from a Youth Staff.
Participants are required to sign-in to the program and are expected to stay in the designated program rooms. Should they wish to leave the program before it officially ends, a parent/guardian will be called first. Due to staffing ratios and room capacities, a maximum of 36 youth are welcome to participate, on a first come, first serve basis.

<table>
<thead>
<tr>
<th>July 5</th>
<th>July 12</th>
<th>July 19</th>
<th>July 26</th>
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</thead>
<tbody>
<tr>
<td>Slime, Slime, Slime!</td>
<td>A-Z Scavenger Hunt</td>
<td>Bigger or Better</td>
<td>Swimming at Second Beach Pool</td>
</tr>
<tr>
<td>August 2</td>
<td>August 9</td>
<td>August 16</td>
<td>August 23/30</td>
</tr>
<tr>
<td>No Program</td>
<td>Game Show Galore</td>
<td>Summer BBQ and Sports Day!</td>
<td>No Program. See you back in September!</td>
</tr>
</tbody>
</table>

Activities are subject to change.

Watercolour for Youth (13-18yrs)
This program is for children who want to learn how to use water, paper, color and brushes to create an endless variety of tones in their paintings. Mohammad has over 30 years' experience in drawing and painting at his own Atashzad Academy of Art. Visit www.atashzad.com. Supplies are not included. Supply list available upon registration. Drop in; $20, space permitting. No Class August 5
Instructor: Mohammad Atashzad
Mon Jul 8-Aug 19 4:45-6:15pm 225767 $90/6 sess
Bidwell Room
Thu Jul 4-Aug 15 3:30-5:00pm 225896 $105/7 sess
Denman Room

Kids Clay (9-15yrs)
It's messy but fun in this “hands-on” introduction to clay. You will learn the basic techniques of slab making, coiling, sculpture, creating pinch pots and much more. Make great projects such as flower pots, pet bowls, lanterns, pottery pets, window chimes, beads, fridge magnets etc. Clay and tools are included. Drop in: $15, space permitting. Estelle subbing for Roxanne
Instructor: Roxanne Gagnon
Thu Aug 1-Aug 29 5:00-6:15pm 225894 $75/5 sess
Pottery Studio

WECCA Tote Bags
Support our Youth Programs with the purchase of a trendy, reusable cloth tote bag. All the proceeds go directly to subsidize Youth Programs at the West End and Coal Harbour Community Centres. You can pick one up at the Front Office at the West End CC for $5.
Teen Programs (13-18 yrs)

Cultus Lake Water Park
Out-Trip
Join us for an exciting and fun night! We'll be travelling in a coach bus and will have bbq-ed hot dogs for dinner. Please bring a towel, swimsuit and sunscreen. Please register at the Front Office. Waiver form is required to participate.
Jul 25
11:30-9:30PM
224483
$12/person

PB City-Wide Youth Council
The City-Wide Youth Council connects youth from Vancouver's 20 diverse communities to work together on youth initiatives, local issues and Youth Week. For more information, contact Nat at nataly.kaufman@vancouver.ca

Youth Incentive Program
The YIP is for youth looking to gain leadership skills, employment training and to have some fun! The program meets bi-weekly on Mondays and has a mix of workshops, special event planning and social activities. Once a month, the group will go on an out-trip of their choice. For more information, please contact Nat at the West End Youth Office at nataly.kaufman@vancouver.ca. Program restarts Fall 2019.

Immigrant Buddy Program
Are you a recent new immigrant or refugee youth living in Canada? This program is for you! This FREE program is open to all teens going to King George Secondary or living in the West End. The Teen Buddy Program connects new immigrant youth (“buddies”) to the West End with peers who are familiar with the city (“hosts”). If you are interested in joining or want more information, please contact the Youth Worker at 604 718 6210 or nataly.kaufman@vancouver.ca. Program restarts Fall 2019.

Friday Nights
at Coal Harbour Community Centre
Teen Night and Open Gym will be closed for Summer and re-open for Fall 2019 in September. Please check out the open gym schedule in the West End CC Arena - see page 35.
Youth
WEST END COMMUNITY CENTRE

Paddles and Uphill Battles
Wednesdays 10:00am – 4:00pm

Join the West End on some exciting outdoor activities with youth from around the city! Please preregister as spots are limited, waiver form is required before all trips and is available from the front desk and youth office. Please bring a healthy lunch and snack, lots of water, and appropriate sun safe clothing. Questions? Please reach out to Nat at nataly.kaufman@vancouver.ca or at 604 718 6210

<table>
<thead>
<tr>
<th>July 3</th>
<th>July 10</th>
<th>July 17</th>
<th>July 24</th>
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<tbody>
<tr>
<td>Grouse Grind (226384)</td>
<td>Kayaking at Jericho Beach (226384)</td>
<td>Mt Seymour Hike (226386)</td>
<td>Wildplay Ropes Course (226387)</td>
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<tr>
<td>July 31</td>
<td>August 7</td>
<td>August 14</td>
<td>August 21</td>
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<tr>
<td>Skimboarding at Spanish Banks (226388)</td>
<td>Cultus Lake ($12/person; 226389)</td>
<td>Paddleboarding at Granville Island (226390)</td>
<td>Cypress Mountain Hike (226391)</td>
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Summer Slam Teen Drop In
Tuesdays 3:30pm-6:30pm

Join the Youth Worker and Youth Leaders Tuesday afternoons for some fun local activities! Hang out with your friends, try new things and get outside this summer! New ideas or suggestions for things to do? Contact Nataly at nataly.kaufman@vancouver.ca or at 604 718 6210. Meet in WECC Youth Lounge.

<table>
<thead>
<tr>
<th>July 9</th>
<th>July 16</th>
<th>July 23</th>
<th>July 30</th>
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<td>Sundae Making &amp; People Hunt</td>
<td>Water Balloon Fight</td>
<td>Seawall Bike Ride</td>
<td>Pitch &amp; Putt</td>
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<td>August 6</td>
<td>August 13</td>
<td>August 20</td>
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<td>Second Beach Pool</td>
<td>Mystery Lake Hike! *Sign up with Nat</td>
<td>BBQ Bonanza</td>
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<td>Subject is schedule to change. Please fill out a waiver prior to the start of program. Waivers can be found at the front desk or youth office</td>
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Volunteer Opportunities

Youth volunteers have a key role in providing program and special event support. Volunteers are able to gain valuable work experience, build relationships with the Youth Worker and event staff and meet other youth. Some of these opportunities include:

- Summer Day Camp Volunteer Orientation... Jun 25
- Rockin’ in the Park (CH).......................... Jul 13

Other seasonal events are also available. If you have any questions or wish to sign up to volunteer, please visit Nat at the Youth Office or email at nataly.kaufman@vancouver.ca

Youth Summer Day Camp Volunteers

Volunteering in the summer is an easy way to earn your hours you need for school, meet new people in the community and HAVE FUN!

Our Summer Day Camps require over 50 volunteers over the course of the summer to work with our fabulous Day Camp Leaders to make camps fun & safe.

Requirements:
- Going into Grade 9 to 12 in September 2019 & between 14-18 years old
- 16-18 years: Clean Police Information Check (paid for by WECCA)
- Ready to learn and have fun!

How to sign up as a volunteer:
1. Fill out a Summer Volunteer Application (available outside the WE Youth Office or via email)
2. Attend the Summer Volunteer Orientation on Tuesday, June 25 at 4:00pm at the West End CC
3. Submit your Police Information Check with receipt to Nataly Kaufman, Community Youth Worker (if 16 years or older)

Questions?
Contact Nataly – nataly.kaufman@vancouver.ca or 604 718 6210 or visit Nat at the West End Youth Office
Creative Arts

Explore Creative Writing
This workshop-style course gives you a chance to try out several types of writing: articles, stories, poetry, drama, etc. The activities are designed for enjoyable participation and for the development of skills in writing dialogue, descriptions, about characters and settings. Instruction will also include tips on creating plots, choosing points of view and working with different structures. You will be encouraged to develop your own ideas and to discover your own creativity. Have fun finding out how to shape your story/poem/play and get it ready to send to a publisher. No Class August 5
Instructor: Dianne Maguire
Mon Jul 8-Aug 19 7:00-9:00pm
225781 $107/6 sess
Meeting Room 2

Writing Children’s Books
The world of children’s books offers a wide spectrum of genres and subjects; from alphabet and picture books for young kids to non-fiction, adventure and mystery books for juvenile readers and issue-oriented novels for young adults. This one day workshop will introduce you to this wide spectrum of possibilities for your writing projects. The class will include idea generating activities as well as writing techniques, tips for working with an illustrator, and developing an ear for dialogue. Bring pen, paper and lunch and have fun exploring your own story ideas.
Instructor: Dianne Maguire
Sat Jul 20 10:00am-4:00pm
227486 $69/Person
Meeting Room 1

Photography Basics In One Day
Learn the basic and most important settings on your digital or film camera including: exposure modes, aperture, shutter speed, depth-of-field, white balance, flash, and ISO. This one-day class includes a comprehensive set of class notes and a field trip in the neighbourhood. Please bring camera with instruction manual. Please note: course is best suited for digital or film cameras with manual exposure control.
Instructor: Jo Ann Kronquist
Sat Jul 20 10:00am-4:00pm
227489 $69/Person
Barclay Room

Writing the Romance Novel
Did you know that romance novelists are among the most likely to live on the income from their writing? Did you know that many of those novelists who get their name on the New York Bestsellers list started as romance writers? Romance writing covers a wide and varied field, from sweet romances, to mysteries, gothic, vampire, all the way to light erotica. Have an intriguing story to tell? Bring it to the workshop, along with pen and paper, and learn how to begin, to structure, and to sell your romantic adventure. This one day workshop will get you going and give you guidelines and tips on the trends. NB. No gender bias, men are successful romance writers too.
Instructor: Dianne Maguire
Sat Jul 6 10:00am-4:00pm
227483 $69/Person
Meeting Room 1

Darkroom: Introduction to the basics
This six week course is designed to take students through the process of developing film and making traditional wet prints from negatives using B&W photographic materials. It is an introductory course, enabling the student to grasp the fundamentals of processing, chemicals, darkroom safety and enlarging. Over the six weeks you will develop two rolls of film, make a contact sheet and create quality silver gelatin prints.
NOTE: The course requires additional materials, which will cost between $50-$100. A list will be provided at the beginning of your first class. You will also need to have a working film camera and an exposed roll of black and white film (excluding Ilford XP2) in either 35mm or 120 format for the first day of class. Please make sure to test the camera you are planning to use.
Instructor: Benjamin Poulton
Sat Jul 13-Aug 17 10:00am-1:00pm
225920 $255/6 sess
Dark Room

Looking for Pottery?
See page 30 for classes and Pottery Club info.

Please register early!
Programs are cancelled if everyone waits until the last minute to register. The staff, where possible, makes a decision on activities four days prior to the start date. If not enough people sign up the program will either be cancelled or postponed. Sign-up even if the class is free!
Drama

**Voice-Over Acting Level I**
Learn what it takes to do commercials with your voice. Gain confidence or start a new career. This class is lots of fun as you record the different styles of voice-acting, including cartoons. Sonja has 25 years’ experience as an actor, teacher and TV host and assistant casting director. Please bring your own recording device. Please note: maximum of 8 participants.

_Instructor: Sonja Bakker_

**Sat Jul 13**
9:30am-2:30pm  
225922  
$62/1 sess

Meeting Room 2

**Voice-Over Acting Level II**
Learn what it takes to do commercials with your voice. Gain confidence or start a new career. This class is lots of fun as you record the different styles of voice-acting, including cartoons. Sonja has 25 years’ experience as an actor, teacher and TV host and assistant casting director. Please bring your own recording device. Please note: maximum of 8 participants.

_Instructor: Sonja Bakker_

**Sat Jul 20**
9:30am-2:30pm  
225923  
$62/1 sess  
Meeting Room 2

Drama

**Ballroom Dance I and II**
Join us for a free trial on July 3, preregistration required. Everyone enjoys a good dancer. Poise, confidence and exercise are some of the benefits of ballroom dance. Feel at ease on the floor with any partner, whether at a dance party, night club or wedding. Singles and couples welcome. Learn to foxtrot, waltz, swing and rumba. Choreography available for wedding couples. Online registration now available for couples, discount of 20%. Drop-in $14.00, space permitting.

_Instructor: Linda Short_

**Wed Jul 3**
226354  
7:30-8:45pm  
Free Trial

**Wed Jul 10-Aug 28**
226353  
7:30-8:45pm  
$96/8 sess  
Dance Studio

**Acting for Commercials**
Have fun learning from a pro and assistant casting director. Your coach has 25 years of doing commercials. Bring two extra shirts or blouses for recording on camera. Please note: maximum of 8 participants.

_Instructor: Sonja Bakker_

**Sat Aug 10**
10:00am-2:30pm  
225921  
$76/1 sess  
Meeting Room 2

Dance

**Drawing/Painting**

**Drawing and Watercolour**
In this course, you will discover how the combination of drawing and watercolour painting can enhance the beauty of your artwork. Exploring the aesthetics of these two techniques together while working on subjects of landscapes, figures, and flowers. Throughout the course, you will experiment with various textures, lines, tones, lights and shadows, as well as linear and atmospheric perspectives to create many wonderful pieces. Instructor: Mohammad Atashzad  

_Instructor: Mohammad Atashzad_

**Sat Jul 6-Aug 17**
2:00-4:00pm  
225899  
$139/7 sess  
Denman Room

Display Gallery

Space available for 2019.

To display your artwork in the West End CC display gallery (the glass case in the lobby), pick up an application form from the main office. Accepted display gallery proposals subject to a $35 fee to cover maintenance, installation and administration.
Still Life and Perspective

In this course you will learn how to draw basic still life shapes, such as cubes, cylinders, cones, spheres, and other objects in perspective. Explore using cone of vision to avoid distortion and learn how to determine vanishing and measure points. In this class you will expand your knowledge of proportion, composition, tone, value, texture, form, light and shadow. Supplies are not included. Supply list available upon registration.

Instructor: M. Reza Atashzad
Visit: www.atashzad.com

Drop in $25

Thu Jul 4-Aug 15 1:15-3:15pm
225895 $139/7 sess
Denman Room

Education

Declutter Your-Self Talk

Are you critical in your self-talk? Learn to declutter your inner speech and get rid of old inner messages that no longer serve you. We will explore tools to start speaking to ourselves as a true best friend would: with compassion and kindness.

This highly interactive time will use lots of exercises, and a guided meditation so we can learn to develop a loving inner voice.

Instructor: Maryse Cardin
Sat Jul 6 1:00-4:00pm
226281 $61/1 sess
Meeting Room 1

Declutter Your-Self Talk - Part 2

Do you judge and blame yourself harshly? Are you way harder on yourself than you are on other people? There’s good news. Negative self-talk can be transformed into positive and loving self-talk. Learn the tools to silence your inner critic, and instead start listening to your true loving inner voice during this workshop. There can be freedom from your inner critic.

Instructor: Maryse Cardin
Sat Jul 27 1:00-4:00pm
226282 $61/1 sess
Meeting Room 1

Dog Obedience - Puppy
SmartStart (dogs 10-20 wks)

Two sets of vaccinations are required. In this program, your puppy will learn the importance of socialization to other dogs, people, and objects. Course content includes an introduction to basic commands. Behaviours such as house training, bite inhibition, jumping up, and solutions are discussed.

Instructor: DOGSmart Training

Wed Jul 10-Aug 14 6:30-7:30pm
227596 $179/6 sess
Barclay Room

Dog Obedience - Beginner
Life Skills (dogs 6 mths+)

The focus of beginner training is to learn everyday basic life skill exercises such as sit, stay, down, come when called, and proper leash handling methods while incorporating varying degrees of distractions. We use food, praise and play along with scientific learning principles to teach your dog how to achieve these goals.

Instructor: DOGSmart Training

Wed Jul 10-Aug 14 7:40-8:40pm
227597 $179/6 sess
Barclay Room

NEPP Earthquake Preparedness - Personal & Family

We all witnessed the earthquakes in Mexico City, New Zealand and Italy and saw the devastation caused. Vancouver was rocked with a magnitude 4.8 earthquake serving as a wakeup call - we too could be faced with a massive earthquake - yet few of us take the steps to ensure we are prepared. This session 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.

Instructor: City Of Vancouver NEPP

Tue Jul 16 7:00-8:30pm 226829 Free
Tue Aug 13 7:00-8:30pm 226840 Free

Bidwell Room

Mohammad Atashzad has over 30 years experience in teaching drawing and painting at his own Atashzad Academy of Art. He has published more than 500 watercolour paintings in colour such as greeting cards, posters, albums and books. In addition, he has held over 100 painting exhibitions around the world.

Live Before You Die

Is there more to life? Many equate happiness with wealth, status and achievement. Research shows what we think will make us happy eventually doesn’t. There’s a far more effective approach. Our journey blends Western psychology and Eastern mysticism. You’ll find the rewards transformative as we go beyond immediate gratification – providing top advice from psychologists, mystics, philosophers and creative thinkers in understanding true happiness and spirituality. Join Bob, a cancer survivor and author of Pure Happiness-Awaken to Your Truth, in exploring your purpose.

Instructor: Bob Molavi
Thu Jul 25 7:00-8:00pm 228418 Free Trial
Thu Aug 1-Aug 22 7:00-8:00pm 228143 $74/4 sess
Denman Room

Planning Your Financial Future NEW!

It does not matter if you’re planning to buy a house, considering retirement, have retired, would like to help your kids with the cost of higher education or save for that once in a lifetime vacation this workshop is for you. In this interactive workshop, you’ll learn tips on how to set financial goals, identify your expenses so as to make your finances work for you and your family. Also, you will learn about Registered Retirement Savings Plans, Tax Free Savings Accounts and Registered Educational Savings Plans and how they may help you meet your financial goals. As well you will learn some tips when looking for a financial advisor.

Instructor: G&F Financial Group
Tue Aug 13 7:00-8:30pm 227847 Free
Meeting Room 2

Basic Computer Skills NEW!

The YMCA of Greater Vancouver’s is offering FREE, 1.5 hr workshops to increase participants comfort level with current technology, with a focus on computers, tablets and smart phones throughout the Lower Mainland. Participants will learn more about a wide variety of topics such as: how to engage with computers and internet; use email; web browsing; search engines and online databases and how to access emerging technologies. The goal of this program is to increase participant’s digital literacy, improve their internet safely and increase computer skills.

Instructor: Conroy Jones
Tue Jul 16 6:30-8:00pm 228401 Free
Meeting Room 1

Internet Safety NEW!

The YMCA of Greater Vancouver’s is offering FREE, 1.5 hr workshops to increase participants comfort level with current technology, with a focus on computers, tablets and smart phones throughout the Lower Mainland. Participants will learn more about a wide variety of topics such as: how to engage with computers and internet; use email; web browsing; search engines and online databases and how to access emerging technologies. The goal of this program is to increase participant’s digital literacy, improve their internet safely and increase computer skills.

Instructor: Conroy Jones
Tue Jul 23 6:30-8:00pm 228401 Free
Meeting Room 1

Investing in Canada NEW!

Learn the key features of different investment products, uncover the importance of asset allocation and learn the rules to investing to help build wealth. Also, you will learn about Registered Retirement Savings Plans, Tax Free Savings Accounts and Registered Educational Savings Plans and how they may help you meet your financial goals. As well you will learn some tips when looking for a financial advisor.

Instructor: G&F Financial Group
Thu Jul 16 6:30-8:30pm 227846 Free
Meeting Room 2

Surfing and Web and Using the Internet NEW!

The YMCA of Greater Vancouver’s is offering FREE, 1.5 hr workshops to increase participants comfort level with current technology, with a focus on computers, tablets and smart phones throughout the Lower Mainland. Participants will learn more about a wide variety of topics such as: how to engage with computers and internet; use email; web browsing; search engines and online databases and how to access emerging technologies. The goal of this program is to increase participant’s digital literacy, improve their internet safely and increase computer skills.

Instructor: Conroy Jones
Thu Jul 25 6:30-8:00pm 228418 Free Trial
Thu Aug 1-Aug 22 6:30-8:00pm 228143 $74/4 sess
Denman Room

Register: vancouver.ca/westendrec 604-257-8333
Food, Cooking and Gardening

West End Food Network & Village Vancouver. Advance registration encouraged. FREE for Seniors (50yrs +).

Community Potluck, Seed Library & Workshop
Join West End Neighbourhood Food Network and Village Vancouver at our monthly family friendly gatherings. Bring something yummy, share some good food and conversation with neighbours, and pick up a West End Urban Garden Calendar. Each month we present a mini-workshop on a different food and/or gardening related topic. July: Planting Fall and Winter Veggies, August: Drying Flowers and Herbs for Winter Use. We'll have the community seed library present - pick up some free seeds for your garden, swap or donate seeds or plants. Followed by the West End Urban Garden Club (separate registration required).

Instructor: VV & WEFN
Thu Jul 18 6:00-7:00pm
227842 Free
Thu Aug 15 6:00-7:00pm
227843 Free
Meeting Room 2

Balcony, Container, and Small Space Gardening
Want to grow food, but don’t have much room? In this joint Village Vancouver - WENFN West End Urban Garden Club workshop, instructor Rhiannon Johnson will cover the techniques and challenges specific to gardening in small spaces, both indoors and outdoors. We’ll look at soil, fertilizing organically, watering, types of containers, different sun orientations and, of course, what to grow in your space. We’ll have a community seed library present - pick up some free seeds for your garden, swap or donate seeds. Advance registration suggested.

Instructor: VV & WEFN
Sat Jul 6 10:00am-12:00pm $13/1 sess
228406
Barclay Room

West End Urban Gardening Club
Organized by West End Neighbourhood Food Network, we share information, organize food and gardening workshops, save and give out seeds, produce the West End Urban Garden Calendar, explore possibilities for creating more gardening spaces in the West End, and engage in other food and gardening related activities. In addition, our WeBee pollinators group will be giving out Mason bee houses (while supplies last), and kids (of all ages) can take a picture with WeBee.

Instructor: WEFN
Thu Jul 18 7:00-7:30pm
227844 Free
Thu Aug 15 7:00-7:30pm
227845 Free
Meeting Room 2

Composting NEW!
Composting produces a valuable addition to your gardening that is rich in nutrients and beneficial microorganisms. For beginners and experienced composters: learn how to start composting, optimize your compost bin, reduce your effort, and produce free compost year-round in this joint Village Vancouver - WENFN West End Urban Garden Club workshop with Rhiannon Johnson. Topics include starting your compost pile, maintaining it, different composting systems including worm composting, and leaf mulching. We’ll have the community seed library present - pick up some free seeds for your garden, swap or donate seeds. Advance registration recommended.

Instructor: VV & WEFN
Sat Jul 13 10:00am-12:00pm $13/1 sess
228410
Barclay Room

Adult & Older Adult programs are subject to tax.

westendcc.ca  fb.com/wecca  @westendcc
Languages

French - Beginner I
Come and discover an exciting language in easy-to-follow lessons, each carrying a useful theme that will allow students to learn at least one basic concept per week. After each class, participants will be able to practice French at home, at work and on the street with greetings, numbers, dates, time and everyday conversational phrases. No textbook required. English explanations provided. Registration not available after 3rd lesson.
Instructor: LS Language School
Wed Jul 10-Aug 28 6:00-7:30pm
226329 $95/8 sess
Meeting Room 1

French - Beginner 2 Weak Intermediate
For those who have completed the Beginner program or those who have a working knowledge of weak intermediate French, this program offers an exciting way to improve or refresh your skills. Over the ten-week course, we will study various aspects of grammar and vocabulary and tie them together with dynamic and fun speaking exercises. If you wish to travel to France or Quebec, communicate with French-speaking friends or refresh your knowledge of French, this course is for you. Students enrolling must be familiar with regular ‘er’ verbs in the present tense and be able to carry on simple conversations in the present tense. Registration not available after 3rd lesson.
Instructor: LS Language School
Wed Jul 10-Aug 28 6:00-7:30pm
226329 $95/8 sess
Meeting Room 1

Mandarin (Chinese) - Ping Yin: Beginner NEW
Come and learn Mandarin in Pin Yin by a native Chinese speaker. Pin Yin is the FIRST fundamental phonetic base in Mandarin. The complete world of Pin Yin will be explored in a very friendly setting with a very relaxed atmosphere and at a very easy pace! Course material is tailored to the classes abilities.
Instructor: Kate Zhu
Thu Jul 11-Aug 22 6:00-7:30pm
227604 $83/7 sess
Meeting Room 1

Mandarin (Chinese) - Ping Yin: Intermediate NEW
Come and learn Mandarin in Pin Yin by a native Chinese speaker. Pin Yin is the FIRST fundamental phonetic base in Mandarin. The complete world of Pin Yin will be explored in a very friendly setting with a very relaxed atmosphere and at a very easy pace! Course material is tailored to the classes abilities.
Instructor: Kate Zhu
Thu Jul 11-Aug 22 7:30-9:00pm
227604 $83/7 sess
Meeting Room 1

Spanish - Beginner I
Hola! This class is for everyone who wants to learn a bit of Spanish for travel, adventure, or to gain language skills. Be introduced to this beautiful language through phonetics, interactive classes and cultural outings. Learn to ask essential questions for travel and other must-know phrases. Class taught by a native Spanish speaker and UBC trained teacher. All materials included in course fee. For more information please visit: www.spanishwithkaren.ca. No class Aug 5.
Instructor: Karen Mitchell
Mon Jul 8-Aug 26 6:30pm-8:00pm
226347 $84/7 sess
Meeting Room 1

Spanish - Beginner II/Intermediate
This course is designed for those people who can speak some Spanish, but would like to increase their vocabulary and understanding skills. We use conversations, videos, and readings to increase your confidence in the Spanish language. Our classes will look at and talk about the vibrant culture of the 500 million strong Spanish-speaking world. Included in our course are culturally-based outings. Class is taught by a native Spanish speaker and UBC trained teacher. All materials included in course fee. For more information please visit: www.spanishwithkaren.ca. No class Aug 5.
Instructor: Karen Mitchell
Mon Jul 8-Aug 26 8:00pm-9:30pm
226348 $84/7 sess
Meeting Room 1
Adult

WEST END COMMUNITY CENTRE

Martial Arts

Aikido
Based on traditional Japanese hombu style, aikido is a powerful, dynamic martial art that uses an attacker’s momentum and energy and redirects it through fluid techniques that may involve joint locks, throws and pins. This class will include both basic and higher level techniques suitable for both male and females, beginners and advanced students. Beginners welcome anytime. Drop-in $7.75, space permitting. No class Jul 1, Aug 5, 17, 24.
Instructor: Tony Hind/ Grant Babin
Monday
6:30-8:00pm
Thursday
7:30-8:30pm
Saturday
2:30-4:00pm
July
August
Auditorium
$63/month

Mantis Kung Fu
For information and to book a free lesson: Call 236-808-4959. Get in shape while learning practical self-defense in a friendly atmosphere of fun and fitness. Praying Mantis Fist is a traditional art that was developed in ancient China by Shaolin monks as a method of self-improvement. This esoteric animal style of martial arts incorporates techniques that are effective for people of all ages and sizes. Register for the program anytime. Registration choices are Annual Registration $660 or Three Month Registration $195 - monthly registration not available. Drop in $15.
Instructor: Sifu Josh Schafer of the Red Mantis Athletic Assoc.
Tuesday
7:00-9:30pm
Thursday
7:00-9:30pm
Saturday
2:30-4:30pm
July
225936
August
225937
Annual 2019
210103

Music

Piano Lessons - Mary
This course will provide you with a good start in understanding piano basics or expand on your previous knowledge. 30-minute or 1-hour individual lessons are available to adults & children. No class Aug 5.
Instructor: Mary Friesen
Monday’s
Jul 15-Aug 12
3:30-7:00pm
Various
$86/4 sess
Stanley Court Room
Wednesday’s
Jul 17-Jul 31
1:30-7:00pm
Various
$64.50/3 sess
Aug 7-Aug 14
1:30-7:00pm
Various
$43/2 sess
Meeting Room 3

Singing Lessons
Embark on the adventure of learning to sing - or mastering the art of singing. Whether you are a beginner or experienced, young adult or a senior, Marina will help you to develop your voice and build your confidence in these 30-minute private lessons. You will learn proper vocal technique, as well as how to effectively express and communicate through song. Instructor and students will choose suitable repertoire together, to work within a style the student enjoys.
Instructor: Marina Osmolovska
Tue Jul 2-Jul 30
8:00-9:30pm
Various
$118/5 sess
Stanley Court Room
Wed Jul 3-Jul 31
7:00-9:30pm
Various
$118/5 sess
Meeting Room 3

Yes! You can rent one of our rooms!
The West End CC, Barclay Manor and Coal Harbour CC all have rooms available to rent! Host a meeting, party, family event, or wedding for a very reasonable rate. See pages 6-7 for more information...
Out Trips

Pender Harbour Boat Cruise on Sunshine Coast
Depart 8.20am-Return 6pm. No walkers. Explore a beautiful part of the Sunshine Coast by boat. Enjoy a one hour narrated boat cruise through the calm waters of Pender Harbour and Garden Bay known as Venice of the North. Visit the town of Gibsons. Lunch and dessert are served overlooking the sea in Sechelt. For anybody UNDER 65 or NOT a BC resident the ferry fare is $16 return. Paid to Joy in cash on the day of the tour. Only 6 spots available. Register early!

Instructor: Galiano Tours
Thu Jul 11 8:20am-6:20pm 225719 $139/1 sess

Salt Spring Saturday Market
Vendors and entertainment include potters, jewelers, fiber artists, woodworkers, and fine decorative arts, armstead cheeses, organic foods, music and free festive fun! Enjoy meeting more than 140 artisans and food producers who all contribute to Salt Spring’s international reputation as a hotbed of world-class artists and organic farmers. PACKAGE INCLUDES: 4 Hours Salt Spring Saturday Market; Mt Maxwell Coffee Roasters (choice of drink); Salt Spring Island Bread (baked dessert); Sacred Mountain Lavender; All Ferry Fees; Scenic sail through Gulf Islands; Tour Manager Gratuity; All Fees and Taxes. 7:45am - TWSN BC Ferries reservation | 10:10am - Salt Spring Island Long Harbour | 10:30am - Salt Spring Saturday Market | 1:00pm - Depart optional trip: Sacred Mountain Lavender | 2:30pm - Depart | 2:45pm - Long Harbour BC Ferries reservation
Instructor: Enjoy The Journey
Sat Jul 13 6:45am-6:15pm 226671 $129/1 sess

Whistler Peak to Peak Gondola with Dinner
Depart - 12.00pm Return - 9.20pm No walkers. Ride the Whistler Peak to Peak Gondola the highest and longest lift of its kind in the world to experience fabulous views of mountain peaks, glaciers and forests. We will have an excellent several course dinner served on Whistler Mountain at 4,500ft. Enjoy a visit to the Squamish Visitor’s Centre. Only 6 spots available. Register early!

Instructor: Galiano Tours
Fri Jul 19 12:00-10:00pm 225720 $142/1 sess

Out for Lunch - Indian Arm Cruise
Experience this magnificent coastal mountain fjord right in Vancouver’s backyard! Old growth forests, pristine waterfalls, various wildlife and large waterfront homes are some of the highlights while sailing through the calm blue waters of Indian Arm. While onboard your 4 hour scenic cruise, enjoy a delicious catered lunch featuring fresh BC salmon.

Instructor: Harbour Cruises
Tue Jul 30 10:00am-3:15pm 225724 $68/1 sess

Community Care First Aid
TRAINING PARTNER OF THE CANADIAN RED CROSS
For further course details, visit www.communitycarefirstaid.com

Emergency First Aid & CPR C/AED
Simple First-Aid & CPR techniques taught in an interactive environment, for individuals who want an overview of First-Aid & CPR for home or in the workplace. The course covers skills needed to recognize and respond to cardiovascular emergencies for adults (CPR Level C) and other topics such as choking, airway and breathing emergencies in babies and children and AED certification. Canadian Red Cross certificate valid for 3 years upon completion
Instructor: Community Care First Aid
Sat Aug 10 9:10am-5:00pm 227731 $90/Person
Barclay Room

Come to our Special Events!
See page 8 for more information.
Out-Trip Details

• No refunds within 48 hours of departure time.
• A minimum number of participants are required.
• Register early as trips will be cancelled or seats may be taken away as we get nearer to the trip date.
• All out-trips are “not wheelchair accessible” unless indicated in the out-trip description.
• All out-trips include lunch unless indicated in the out-trip description.
• Arrive 15 minutes prior to departure.
• Trips begin and end at the WECC Haro St. entrance. Unless indicated in the Out Trip description
• Please note what is included in the fees.
• Inform the trip leader if you plan to leave the group.
• You are responsible for your own fares on public transit trips. Please bring a transit pass or exact change.
• All participants must pay their own ferry cost unless otherwise indicated.
• A Bus Trip Waiver must be signed and submitted prior to registering for any Out Trips. A signed waiver is good for the current calendar year and all trips in that calendar year.
• Please bring your BC Card Card or Driver’s Licence to prove your age for BC Ferry Discount.
• Trips may be subject to change without notice.

Nanaimo and the Crow and Gate Pub
Depart 7:20am Return 7:15pm No walkers. Discover how interesting and varied Nanaimo is. Explore a ocean front park and local shops. Eat in a lovely downtown restaurant. Visit a local artist. Enjoy dessert in the delightful gardens of the famous English Crow and Gate English Pub. For anybody UNDER 65 or is not a BC resident the ferry fare is $30 return. Paid to Joy in cash on the day of the tour. Only 6 spots available. Register early!
Instructor: Galiano Tours
Wed Aug 14
7:20am-5:20pm
225721
$129/1 sess

Sushine Coast Festival of the Written Arts
Take part in Canada’s longest running summer gathering of Canadian writers and readers featuring established literary stars and exciting new voices. Includes ticket to ‘Meet the Writers’ public reading performance and intimate Q & A.
PACKAGE INCLUDES: Festival of the Written Arts; Meet the Writers Ticket; Saffron Restaurant Lunch; All Ferry Fees; Tour Manager Gratuity; All Taxes and Fees.
9:15am - Horseshoe Bay BC Ferries reservation | 10:30am - Langdale (Sunshine Coast) | 11:30am - Festival of the Written Arts - Escorted Entry | Saffron Restaurant Lunch | 1:00pm - Meet The Writers Performance | Public Reading, Q & A | 2:30pm - Festival Free Time | 4:15pm - Depart | 5:15pm - BC Ferries Reservation Langdale | 6:25pm - Horseshoe Bay
Instructor: Enjoy The Journey
Fri Aug 16
8:00am-7:30pm
226698
$139/1 sess

Pottery

Beg/Int Pottery: Throwing
Learn to make wonderful ceramic pieces that are functional or decorative. We will develop the basic techniques used to form pottery on the wheel including wedging, centering and pulling up cylinders. Students will learn to make mugs, bowls, plates and related objects and will finish them with a foodsafe glaze. Clay not included. Clay must be purchased from instructor during the first class.
No Class Aug 6
Instructor: Stephen McGroty (Mon), Estelle Liebenberg (Tue AM) Charmian Nimmo (Tue:PM) Jesselin T’Kenye (Wed/Thu)
Mon Jul 8-Aug 26
6:45-9:45pm
225782
$144/7 sess
Tue Jul 9-Aug 27
11:00am-2:00pm
225798
$164/8 sess
Tue Jul 9-Aug 27
6:45-9:45pm
225817
$164/8 sess
Wed Jul 10-Aug 28
6:45-9:45pm
225827
$164/8 sess
Thu Jul 11-Aug 29
6:45-9:45pm
225844
$164/8 sess
Pottery Studio

Pottery Club

Join the Pottery Club!
For details pick up an information sheet from the main office.
Pottery Throwing & Handbuilding
Learn about the world of ceramics through the use of both the wheel and hand-building techniques to create diverse knowledge. Classes will begin with demos more focused on functional ware. By the end of the course, projects will be self-directed with guidance and support from instructor. Students will also learn how to glaze as well as paint their finished products. Clay not included in cost. Clay can be purchased from the instructor during the first class. CHILDMINDING AVAILABLE.
Instructor: Jesselin T'Kenye
Fri Jul 12-Aug 30
9:30-11:30am
225898
$109/8 sess
Pottery Studio

Yoga
Adapted Calm Yoga
A yoga class to help reduce symptoms of stress and anxiety. Experience yoga in a supportive and non-judgmental environment. A gentle yoga class focusing on breath based movement to help reduce the feelings of stress that can overwhelm us. Learning breath and body based tools to help restore a sense of calm that you can take into your every day, no matter where you are. Ending the class with a generous and guided relaxation. Everyone welcome, no previous yoga experience needed. Drop-in $11.00.
Instructor: Toni Van Der Marel
Wed Jul 10-Aug 14
1:15-2:15pm
227602
$57/6 sess
English Bay Room

Pottery Drop-in
The Pottery Studio will be open for current pottery students (beginners welcome) to complete unfinished work from their class. This drop-in time is non-instructional.
Sat July 6-Aug 31
9:00am-1:00pm
$8/drop-in

Atypical Yoga Flow NEW!
All ages and physical capabilities are welcome to this Yoga inspired functional movement class, featuring sequences that will promote flexibility and strength mindfully. We will include breath awareness and relaxation techniques so you can leave feeling calm and limber. Drop-in $14.00, space permitting.
Instructor: Alexa McEwen
Thu Jul 11-Aug 15
7:15-8:30pm
227493
$75/6 sess
English Bay Room

Kundalini Yoga
Kundalini yoga offers a technique that can help you be the best that you can be. It brings health and balance to body, mind and being. Through awareness you become the master of your mind and learn to control your own energy. Drop-in $14.50, space permitting.
Instructor: Dawn Swanson
Tue Jul 9-Aug 13
6:00pm-7:30pm
227598
$75/6 sess
English Bay Room

Empower Birth: Prenatal Yoga NEW!
This program is designed to offer preparatory guidance for your birthing journey, and for the arrival of a new being on all levels including physiological, emotional, psychological, spiritual & energetic! MORE INFO at www.MECA.Life/Yoga
Drop-in's $17.00, space permitting.
Instructor: Erika Naburrs (MECCA Life)
Wed Jul 3-Aug 28
6:00-7:00pm
228372
$135/9 sess
English Bay Room

Core Integrity: Yoga for Back Care NEW!
This program is designed to heal back pain and promote wellness, with a focus on core muscle strengthening, postural integrity, and deep breathing for enhanced circulation and muscle relaxation. MORE INFO at www.MECA.Life/Yoga.
Drop-in's $17.00, space permitting.
Instructor: Erika Naburrs (MECCA Life)
Wed Jul 3-Aug 28
7:30-8:30pm
228373
$135/9 sess
English Bay Room
Reiki Relaxation

Enjoy a free trial class on Jul 4, registration required. Are you looking to relax deeply and reduce stress? Take this Reiki program designed to nurture your soul and provide you with deep sense of joy, healing and wellbeing. Join Reiki Master Shehbaz for 90 minutes of guided Reiki meditations and routines and see your stresses wash away. You will be led through restful and rejuvenating Reiki experiences as you sit back and relax on a chair along with other participants with soothing music playing in the background. Learn about 5 Reiki principles, 7 energy chakras, 5 fundamental needs and 4 hurdles in wellbeing. It is for everyone and no prior experience is needed. This class does not include healing touch, and would not certify you as a Reiki practitioner. Take all 8 classes and come out rejuvenated, calm, refreshed, focused and energized. If you feel stressed and want deep relaxation, this program is the perfect way to invite fresh energy and relaxation into your life. Register now, have fun and bring a friend! Drop in $12, space permitting.

Instructor: Shehbaz Ahmad
Thu Jul 4 7:00-8:30pm
226280 Free Trial
Thu Jul 11-Aug 29 7:00-8:30pm
226279 $80/8 sess
Barclay Room

Yin Yoga and Mindful Movement

This class is for those wanting more ease and mobility in the body. We will explore mindfulness, nervous system regulation and relaxation through yoga postures, functional movements and meditation. No yoga experience necessary, beginners and seasoned yogis welcome. Drop in $13.50, space permitting. No class Aug 5.

Instructor: Alexa McEwen
Mon Jul 8-Aug 19 5:45pm-6:45pm
227494 $72/6 sess
English Bay Room

Yoga for Wrecks

This class will not intimidate you, or put you in any compromising positions! This class is for anyone who believes that they can’t do yoga. You will work with what needs improvement and healing in your body. Learn to release stress that wears away at your good health. It’s fun, relaxing and rejuvenating. Drop-in $14.00, space permitting.

Instructor: Sophie Ducharme
Sat Jun 29 10:00am-11:15am
226285 $65/5 sess
Thu Jun 27 Drop in class
Thu Jul 4-Aug 1 10:00am-11:15am
226287 $65/5 sess
English Bay Room

Yoga Made for Runners

Yoga Made For Runners is a dynamic and challenging yoga program created specifically for runners. The class will build strength, increase the range of motion in tight joints, and return flexibility to stiff, sore muscles. Expect to work hard and breathe deeply. For more info, visit www.mikedennisonfitness.com. Appropriate for everyone, from first timers to experienced practitioners. Drop in: $17.00, space permitting.

Instructor: Mike Dennison
Thu Jul 4-Aug 22 5:45pm-7:00pm
226283 $120/8 sess
English Bay Room

Yoga Moves for Every Body in the AM

You will be guided through energizing a.m. warm ups and Yoga Moves to help release blocked energy and encourage strength, balance and flexibility through modified asana (yoga postures). Enjoy feeling the stress melt away while you re-set your week ahead with a short burst of deep dynamic relaxation practice. Drop-in available $14.50, space permitting. No class Aug 5.

Instructor: Alexa McEwen
Mon Jul 8-Aug 19 10:00am-11:30am
227482 $75/6 sess
English Bay Room

Yoga Moves for Every Body in the PM

Enjoy unwinding with a P.M. practice. Includes simple, easy breathing techniques to activate and release tired / blocked energy, modified asana, (yoga postures) to encourage health, strength, balance and flexibility. This complete program includes a deep, dynamic relaxation practice to set you up for the week ahead. All levels, drop-in welcome $14.50, space permitting. No class Aug 5.

Instructor: Sandra Leigh
Mon Jul 8-Aug 19 7:00pm-8:30pm
227496 $75/6 sess
English Bay Room
Sports

Ball Hockey
The west End Arena is back for the summer months. Join us for some fast paced ball hockey action on Monday or Wednesday. Helmet, goggles and protective gear are strongly recommended. No body contact permitted. Register for the full session to guarantee your spot or drop-in on a first come first serve basis. Players must supply their own stick, no black tape (white only please), and goalies play for free. Drop-in $5.75, space permitting. No program Jul 1, Jul 31, Aug 5.  

Instructor: TBA Instructor

Player
Mon Jul 8-Aug 26 7:45-9:45pm 226758 $35/7 sess
Mon Jul 10-Aug 28 7:45-9:45pm 226759 $35/7 sess

Goalie
Mon Jul 8-Aug 26 7:45-9:45pm Free
Wed Jul 10-Aug 28 7:45-9:45pm Free

Basketball - Competitive

Thu Jul 4-Aug 15 7:10-9:00pm 226760 $35/7 sess
Tue Jul 2-Aug 13 7:10-9:00pm 226761 $35/7 sess

King George Gymnasium

Indoor Soccer
Vancouver weather means one thing: Indoor Soccer! Come and enjoy this fun atmosphere and burn off some of those extra calories. Some soccer experience is necessary. Registered spaces will be given to drop ins after 5 minutes. Drop in $5.75 space permitting, space permitting. No program Aug 5, 19, 26.

Mon Jul 8-Aug 12 8:00-10:00pm 226762 $25/5 sess

King George Gymnasium

Pickleball - Beginner
Pickleball BeginnerCome on by and learn pickleball! For those who just picked up the sport, or wanting to give it a try! Drop in, $4.75, space permitting. Equipment is available on a first come first served basis, bring your own equipment is recommended. 

Tue Jul 9-Aug 27 7:30-10:00pm 226763 $32/8 sess

Pickleball - Intermediate/ Advance
Pickleball - Intermediate/ AdvanceCome on by and play some pickleball! For those who are intermediate/ advanced! Come on by as a single or with friends! Drop in, $4.75, space permitting. Equipment is available on a first come first served basis, bring your own equipment is recommended.

Thu Jul 11-Aug 29 7:30-10:00pm 226764 $32/8 sess

Adult Sports (19+) Drop in Procedure
Participants may phone the Community Centre front office (604-257-8333, press 1) beginning at 12:00pm to either secure a drop in spot (space permitting), or to be added to the waitlist. All participants must check in at the front office, waitlisted participants must wait in the lobby before proceeding to the gymnasium. Registered program participants have up to 5 minutes after the program start time to show up. 5 minutes after the program start time no show participant spots will be sold to waitlisted participants. Drop-in: $5.75/ person, space permitting.

Please register early!

Programs are cancelled if everyone waits until the last minute to register. The staff, where possible, makes a decision on activities four days prior to the start date. If not enough people sign up the program will either be cancelled or postponed. Sign-up even if the class is free!
Tennis - Beginner

Never Played Before, Never touched a racquet, late life risk takers more than welcome. If you can rally do not take this program. Players use low compression balls and are taught a very successful Beginner to Novice Skill Package and how to “Play and Have Fun”.

Instructor: Gord Hauka

Wed Jul 3-Jul 22 5:30-7:00pm
227666 $135/6 sess
Wed Aug 7-Aug 26 5:30-7:00pm
227667 $135/6 sess
King George Tennis Courts

Tennis - Novice

Somewhere in the close present or in your long ago past you tried. Due mostly to other commitments you were unable to pursue your dream. Welcome home, you can rally the real ball, however you recognize that you would have more fun if you were consistent in all strokes. This is your level you will take it a few times to get it all.

Instructor: Gord Hauka

Wed Aug 7-Aug 26 5:30-7:00pm
227670 $135/6 sess
King George Tennis Courts

Tennis - Intermediate

You can play matches, singles and or doubles; You can serve, volley, and rally both sides. Like all of us ?YOU WANT MORE? Coaches set individual goals; Learn spin, flat; kick serves: Top spin forehand; slice backhand. Drop and Slice Volleys Evil and planned strategies. My coaches will help you have more game, more play more fun!

Instructor: Gord Hauka

Wed Jul 3-Jul 22 7:00-8:30pm
227668 $135/6 sess
Wed Aug 7-Aug 26 7:00-8:30pm
227669 $135/6 sess
King George Tennis Courts

Fireside Readers Book Club

Stanley Court Room: 11:00-12:00pm
Meets on the 4th Friday of every Month. Please visit the Library for more details.

Thursday, July 11 7-8:30pm

Moderator: Bill Arnott
Author Neil Gaiman offered this advice: “If you do it with enough assurance and confidence, you’re allowed to do whatever you like.” Is this quote inspiring? Is it reckless? How so?

Thursdays, August 8 7-8:30pm

Moderator: Bill Arnott
Author Bernard Cornwell popularized “wyrd bið ful aræd”, which means “fate is inexorable” or “fate is immovable.” How does this relate to our world and to us as individuals?
## Dry Floor & KG Gym Schedule

**Jul 2 - Aug 30  *Schedule is subject to change***

<table>
<thead>
<tr>
<th>Monday</th>
<th>Tuesday</th>
<th>Wednesday</th>
<th>Thursday</th>
<th>Friday</th>
<th>Saturday</th>
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<tbody>
<tr>
<td><strong>Open Gym (all ages)</strong>&lt;br&gt;3:30-5:30pm&lt;br&gt;Dry Floor</td>
<td><strong>Open Gym (all ages)</strong>&lt;br&gt;3:30-5:30pm&lt;br&gt;Dry Floor</td>
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<td><strong>Open Gym (all ages)</strong>&lt;br&gt;3:30-5:30pm&lt;br&gt;Dry Floor</td>
<td><strong>Open Gym (all ages)</strong>&lt;br&gt;10:00-4:45pm&lt;br&gt;Dry Floor</td>
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<tr>
<td>Youth Open Gym&lt;br&gt;3:30-3:45pm&lt;br&gt;Dry Floor</td>
<td>Youth Open Gym&lt;br&gt;3:30-3:45pm&lt;br&gt;Dry Floor</td>
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<td>Youth Open Gym&lt;br&gt;3:30-3:45pm&lt;br&gt;Dry Floor</td>
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<tr>
<td>Open Gym (all ages)&lt;br&gt;5:30-7:30pm&lt;br&gt;Dry Floor</td>
<td>Open Gym (all ages)&lt;br&gt;5:30-7:30pm&lt;br&gt;Dry Floor</td>
<td>Open Gym (all ages)&lt;br&gt;5:30-7:30pm&lt;br&gt;Dry Floor</td>
<td>Open Gym (all ages)&lt;br&gt;5:30-7:30pm&lt;br&gt;Dry Floor</td>
<td><strong>Open Gym (all ages)</strong>&lt;br&gt;10:00-4:45pm&lt;br&gt;Dry Floor</td>
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</tr>
<tr>
<td>Adult Indoor Soccer&lt;br&gt;8:00-10:00pm&lt;br&gt;King George</td>
<td>Adult Basketball&lt;br&gt;7:10-9:00pm&lt;br&gt;King George</td>
<td>Adult Basketball&lt;br&gt;7:10-9:00pm&lt;br&gt;King George</td>
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<tr>
<td>Adult Ball Hockey&lt;br&gt;7:45-9:45pm&lt;br&gt;Dry Floor</td>
<td>Pickleball - Beginner&lt;br&gt;7:30-10:00pm&lt;br&gt;Dry Floor</td>
<td>Ball Hockey&lt;br&gt;7:45-9:45pm&lt;br&gt;Dry Floor</td>
<td>Pickleball - Int/ Adv&lt;br&gt;7:30-10:00pm&lt;br&gt;Dry Floor</td>
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### Drop in Fees

<table>
<thead>
<tr>
<th>Activity</th>
<th>Cost</th>
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</thead>
<tbody>
<tr>
<td>Open Gym</td>
<td>FREE</td>
</tr>
<tr>
<td>Ball Hockey Drop-in</td>
<td>$5.75</td>
</tr>
<tr>
<td>Basketball Drop-in</td>
<td>$5.75</td>
</tr>
<tr>
<td>Pickleball Drop-in</td>
<td>$4.75</td>
</tr>
</tbody>
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**Music in the Park**

**Haywood Bandstands**

1755 Beach Ave at Bidwell

Sundays, 1:00 - 3:00 pm

- June 23: Murfitt and Main
- June 30: Silk Road Music
- July 7: Dan Hare
- July 14: The Mad Affair
- July 21: Ginalina & Accordion Man
- August 11: Lucie Walker Band
- August 18: The Just Jazz Band

All performances are courtesy of the Esmond and Edith Lando Trust Fund, the Vancouver Board of Parks and Recreation and the West End Community Centre Association.

**Dance at Dusk**

Join us at Ceperley Meadow in Stanley Park for some free, fun-filled entertainment! Enter on Beach Avenue, left at the first parking lot, near the fire engine by Second Beach pool.

**Mondays 7:00 - 9:00 pm**

- June 17 - August 19
  - Royal Scottish Country Dance
  - Lively dancing to the great music of Scotland: pipes, drums, accordions and fiddles.
  - No Dancing: Jul 1, Aug 5
  - Info: 604-922-6842 or 604-224-6751
  - www.rscdsvancouver.org

**Tuesdays 7:30 - 9:30 pm**

- June 18 - August 20
  - Vancouver International Folk Dancers
  - Vancouver International Folk Dancers will lead you in line and circle dances from Europe, the Americas and the Middle East.
  - No Dancing: Jul 2, Aug 6
  - Info: 778-580-7508 or www.vcn.bc.ca/vifd

No partner necessary. All ages and levels welcome, instruction is provided. Weather permitting.

Sponsored by the Vancouver Board of Parks and Recreation
Go Get Fit in our Fitness Centre!

Services We Offer

**Fitness Centre Orientation**
We'll provide you with a quick introduction to the facilities and equipment we offer and discuss options on how we can help you achieve your fitness and lifestyle goals. Plan for 15-20 minutes. *Free with admission!*

**Training Program Set-up**
Our fitness staff will discuss your fitness needs and develop a training program to help you achieve your goals. We will teach you about the proper use of the fitness equipment and give you guidelines for progressing. Beginners will benefit greatly from this service but it is open to all who would like help and have a desire to get the most from their workout routine. Plan for 1 hour. *Free with admission!*

**Personal Training**
You can book 1, 3, 5, or 10 sessions, either privately or with a friend. Your first session may include a discussion of your goals, an assessment of your fitness level, an introduction to the equipment, and suggestions for proceeding. For more information and pricing, see page 37.

**Group Fitness Classes**
The West End Community Centre offers a variety of drop-in and registered group fitness classes taught by qualified, experienced and knowledgeable fitness leaders committed to making your exercise experience fun and effective. See page 38.

**Indoor Cycling Classes**
Indoor cycling classes are available throughout the week. Join our dynamic instructors for a GREAT workout. See page 38.

**Squash & Racquetball Court**
Call 604-257-8333 ext. 1 to book a 45-minute session in our convertible racquet court. See page 37 for fees.

**Steam Room**
Access to the co-ed steam room is included with Fitness Centre admission.

**Admission Options**

**Drop-In**
Good for one visit.

**10-Visit Pass**
Good for 10 visits to participating Vancouver Park Board fitness centres, pools and ice rinks.

**FlexiPass**
A FlexiPass allows access to participating Vancouver Park Board operated fitness centres, pools, steamrooms, whirlpools, saunas and ice rinks.

**ComboPass**
A ComboPass allows access to participating Vancouver Park Board operated fitness centres, pools, steamrooms, whirlpools, saunas and ice rinks, as well as all WECCA drop-in group fitness and indoor cycling classes at the West End CC and Coal Harbour CC.

Go Play!

Our friendly, fully certified and highly qualified staff can answer your questions, troubleshoot your current program and design a safe and effective program to reach your goals.

**Go Get Fit!**
www.vancouverparks.ca
Fees

<table>
<thead>
<tr>
<th>Admission Fees</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
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<tr>
<td>----------------</td>
</tr>
<tr>
<td>Drop-in</td>
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<tr>
<td>10 visit</td>
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<table>
<thead>
<tr>
<th>FlexiPasses</th>
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</thead>
<tbody>
<tr>
<td>1 Month</td>
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<tr>
<td>3 Months</td>
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<tr>
<td>1 Year</td>
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</tbody>
</table>

Prices subject to change. Prices do not include 5% GST.

FlexiPasses

Valid for unlimited admission during operating hours to participating Vancouver Board of Parks and Recreation pools, ice rinks and fitness centres. Ask about our 25% discount for group or corporate purchases! A $2 fee will be charged for the replacement of lost or stolen FlexiPasses.

ComboPasses

Valid for unlimited admissions to participating Vancouver Park Board Fitness Centres, pools and ice rinks and all West End/Coal Harbour CC group fitness and indoor cycling classes. Prices vary depending on date of purchase.

Summer Hours

Mon-Thu ............ 6:00am-10:00pm  
Fri ..................... 6:00am-9:00pm  
Sat & Sun ............ 8:00am-5:00pm  
Call 604-257-8342 for operating hours on statutory holidays.

GymWorks

The West End Fitness Centre is proud to be associated with PacificSport's GymWorks program. This service enhances provincial and national level athletes training by providing easy, local and free access to training centres. We are very excited to be partnered with an organization dedicated to assisting the development of tomorrow’s athletes.

Personal Training

<table>
<thead>
<tr>
<th></th>
<th>Private (1 person)</th>
<th>Semi-Private (2 people)</th>
<th>Small Group (3-4 people)</th>
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<tr>
<td>1 sess</td>
<td>$50.72</td>
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<td>3 sess</td>
<td>$140.53</td>
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<tr>
<td>5 sess</td>
<td>$226.03</td>
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<tr>
<td>10 sess</td>
<td>$421.12</td>
<td>$646.43</td>
<td>$777.14</td>
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Prices subject to change. Prices do not include 5% GST.

Racquetball/Squash

<table>
<thead>
<tr>
<th></th>
<th>Adult</th>
<th>Youth/Senior</th>
</tr>
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<tbody>
<tr>
<td>Single Booking (45 mins)</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Prime-time</td>
<td>$14.22</td>
<td>$9.90</td>
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<tr>
<td>Prime-time (w/ Flexi)</td>
<td>$11.38</td>
<td>$6.00</td>
</tr>
<tr>
<td>Non-prime</td>
<td>$10.15</td>
<td>$7.14</td>
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<tr>
<td>Non-prime (w/ Flexi)</td>
<td>$8.12</td>
<td>$5.71</td>
</tr>
<tr>
<td>*Single player</td>
<td>$7.35</td>
<td>$5.10</td>
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10-Court Strip

<table>
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<tr>
<th></th>
<th>With Flexi-Pass</th>
<th>Without Flexi-Pass</th>
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</thead>
<tbody>
<tr>
<td>Prime-time</td>
<td>$102.18</td>
<td>$127.72</td>
</tr>
<tr>
<td>Non-prime</td>
<td>$73.13</td>
<td>$91.41</td>
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</tbody>
</table>

Prices subject to change. Prices do not include 5% GST.

• Non-prime time is before 3:00pm weekdays  
• Prime time starts at 3:00pm weekdays and all day weekends and holidays  
• Racquets are available to rent.  
• Photo ID is required for rentals.  
• Racquet rentals are not available for the last scheduled court time of each day  
• Squash balls are $3.50  
* Single player rate for walk-on players only: no reservations.

Group Fitness & Indoor Cycling

<table>
<thead>
<tr>
<th></th>
<th>Adult (19-59 yrs)</th>
<th>Youth (13-18 yrs)</th>
<th>Senior (60+ yrs)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Drop-In</td>
<td>$6.10</td>
<td>$4.24</td>
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<tr>
<td>10 Visits</td>
<td>$49.30</td>
<td>$34.23</td>
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<tr>
<td>Fit Pass (Jul 2-Aug 31)</td>
<td>$97.20</td>
<td>$67.20</td>
<td></td>
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</table>

Prices subject to change. Prices do not include 5% GST.
West End CC Summer 2019 Group Fitness & Indoor Cycling Class Schedule

*Class schedule and prices subject to change without notice.

<table>
<thead>
<tr>
<th>Monday</th>
<th>Tuesday</th>
<th>Wednesday</th>
<th>Thursday</th>
<th>Friday</th>
<th>Saturday</th>
<th>Sunday</th>
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</thead>
<tbody>
<tr>
<td>Cruise and Core</td>
<td>Athletic Interval Training</td>
<td>Athletic Interval Training</td>
<td>Cycle Core</td>
<td>Fusion Yoga/ Pilates</td>
<td></td>
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<tr>
<td>9:15-10:15am</td>
<td>6:30-7:30am</td>
<td>6:30-7:30am</td>
<td>8:45-10:15am</td>
<td>9:00-10:00am</td>
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<tr>
<td>Older Adult</td>
<td>Light Fit</td>
<td>Older Adult</td>
<td>Older Adult</td>
<td>Older Adult</td>
<td>Athletic Step</td>
<td>Cycle Fit*</td>
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<td>9:00-10:30am</td>
<td>9:15-10:45am</td>
<td>9:15-10:15am</td>
<td>9:15-10:15am</td>
<td>9:30-10:30am</td>
</tr>
<tr>
<td>Pilates Plus</td>
<td>Rooftop Riders</td>
<td>Roof Top Riders</td>
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<td>Adapted Fitness</td>
<td>Stretch and Strength</td>
<td>Stretch and Strength</td>
<td>Total Chisel</td>
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<td>Basic Fit</td>
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<td>Cycle Express</td>
<td>Zumba</td>
<td>Cycle Express</td>
<td>Esprit de Barre</td>
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<td>TBC: Tone -</td>
<td>Yoga Fusion</td>
<td>Step and Stretch</td>
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<tr>
<td>Balance &amp; Core</td>
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<td>Essentrics</td>
<td>Pilates Plus</td>
<td>Cycle Core</td>
<td>YogaShape</td>
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Please be sure to attend your favourite classes, as those with low attendance are subject to cancellation.

Legend:  ■ Low-Moderate Intensity  ■ Breath/body/mindfulness  ■ Moderate-High Intensity  ■ Indoor cycling

Indoor Cycling Reservation Procedures:

1. Call 604-257-8342 to reserve a bike, a spot may not be reserved by email.
2. Calls can be made 6:00am-9:30pm Monday thru Thursday, 6:00am-8:30pm Friday and 8:00am-4:30pm Saturday and Sunday.
3. For afternoon and evening classes call the day of the class.
4. For early morning classes call the day before.
5. Check in at the front desk 10 minutes prior to class.
6. If you have not checked in 10 minutes prior to your class you will lose your ride
7. You may reserve a bike for yourself and 1 other person

Group Fitness & Indoor Cycling Fees

<table>
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<tr>
<th></th>
<th>Adult (19-59 yrs)</th>
<th>Youth (13-18 yrs)</th>
<th>Senior (60+ yrs)</th>
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<tr>
<td>Drop-In</td>
<td>$6.10</td>
<td>$4.24</td>
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<tr>
<td>10 Visits</td>
<td>$49.30</td>
<td>$34.23</td>
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<tr>
<td>Fit Pass (Jul 2-Aug 31)</td>
<td>$97.20</td>
<td>$67.20</td>
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Prices subject to change. Prices do not include 5% GST.
Group Fitness Class Descriptions

**Breath/body/mindfulness**

**Yoga Fusion:** a traditional yoga flow that challenges your core with Pilates exercises to improve your posture, balance and range of motion and enhance your sense of wellbeing.

**Pilates Plus:** A mixed level mat Pilates class occasionally using small apparatus to enliven and bring balance, tone and flexibility to the whole body.

**YogaShape:** A Flow Yoga Class with intense movements from fitness and yoga that strengthen, tone and lengthen the body with challenging exercises, ending with peaceful yoga movements and stretching.

**Fusion Yoga/Pilates:** A morning yoga practice, with a short Pilates section, for all levels, from beginner to advanced, to awaken the mind, body and spirit to begin a new week.

**Moderate-High Intensity**

**Athletic Step:** Boost your Daily Fit-Tracker numbers and increase your cardio threshold with this energetic hour of dynamic - fun power moves both on and off the step. This workout will also incorporate core - balance - strength and stretch components for a full rounded group fitness experience.

**Athletic Interval Training:** Non-choreographed high energy interval class uses a mixture of cardio and strength to make the most of your time.

**Esprit de Barre:** It is a Barre class! An all level practice on the ballet barre using authentic movements to tone and lengthen the body with a strong focus on posture, core, legs and gluteals, and finishing with a deep stretch to help you achieve that graceful dancer’s posture and body.

**Total Chisel:** A workout to improve muscular strength - core stability and flexibility using dumbbells, resistance and body weight training.

**Step and Stretch:** This high energy class consists of 3 fun and differing combinations designed to get your groove on and increase your cardiovascular fitness. We will end the class with a good stretch. Some step experience is preferable but many options are shown for the beginner or someone coming back!

**TBC: Tone - Balance & Core:** A 3-component head-to-toe workout targeting all muscle groups using power moves to sculpt and strengthen - functional movements to increase ‘ground-up’ balance and core exercises to enhance posture - stability and flexibility.

**Essentrics** is a full body workout that rapidly changes the shape of your body through a dynamic and fluid combination of stretching and strengthening. This equipment free workout helps improve your posture and leaves you feeling energized, youthful and healthy.

**Low-Moderate Intensity**

**Adapted Fitness:** Exercises are modified for mobility, coordination, strength and flexibility limitations

**Basic Fit** offers a multi-level class introducing a variety of fitness styles and equipment.

**Light Fit:** A low impact workout including cardio, strength, balance and flexibility

**Older Adult:** Safe, enjoyable and effective exercises designed for the active senior.

**Stretch and Strength:** Suitable for all ages with focus on weight bearing non-impact strength moves and a complete stretch. A full core workout.

**Indoor cycling**

**Express Classes:** 45 mins of cycling including a quick warm-up/cool down, designed to get your workout in and you on your way.

**Rooftop Riders:** An all level class with 50 mins of hills, drills and active recovery to improve cardio endurance.

**Cycle Fit:** 60 mins of riding with a longer warm up and cool down.

**Cycle Fit+:** 90 mins of cycling where endurance is the name of the game. 75-80 mins of cycling which includes an additional 10-15 mins cool down and stretch.

**Cycle Core:** 45-60 mins of cycling including warm up, followed by 30 mins of core training and a stretch.

**Cruise and Core:** 45 mins of cycling with varying intensity and 15 mins of core training suitable for older adults.

**WECCA Fit Pass:**

- Provides unlimited access to all WECCA Group Fitness and Indoor Cycling classes at both the West End CC & Coal Harbour CC.
- More flexibility as you can load the pass on the OneCard.
- Purchase the pass at any time throughout the season (prices will pro-rate).
- Pass will expire at the end of each season (i.e. expires Aug 31 for Summer 2019 season).
- 50% discount available to patrons on the Leisure Access Program (LAP); maximum of one discount, per person, per season.
- Pro-rated refunds available for Fit Pass only, less $5.00 admin fee. Fit Pass is non-transferrable and cannot be suspended. Note: Refunds are not available for the 10 Visit Pass.
## Arthritis Fit
This exercise class will provide people with arthritis the benefits of improved joint mobility, flexibility and muscle endurance. No class on statutory holidays
**Instructor: Keno Kinoshita**
Mon Jul 8-Jul 29 1:30-2:30pm 227423  $26.80/4 sess

## Osteofit Level I
This beginner program is designed for those who suffer from osteoporosis. Emphasis is on developing strength and coordination to help make daily living more comfortable and injury free. Osteofit is program developed by the BC Women's Hospital & Health Centre's osteoporosis program.
**Instructor: Anne O'Sullivan**
Wed Jul 3-Aug 28 9:05-10:05am 225876  $67.50/9 sess

## OsteoFit For Life
For those who have taken the Osteofit Level 1 classes and are comfortable with Osteofit techniques. This exercise program is similar in design and concept to Level 1 but geared towards the more advanced participant. This class has an emphasis on building strength and improving balance. OsteoFit for Life is a program developed by the BC Women's Hospital & Health Centre's osteoporosis program.
**Instructor: Anne O'Sullivan**
Wed Jul 3-Aug 28 10:05-11:05am 225875  $67.50/9 sess

## Super Sandbag Training
Super Sandbag Training is the most powerful hour of group fitness. Get ready to engage all your muscles simultaneously with exercises that are unique, functional, and fun. The design of the sandbag allows you to perform new and effective workouts. Combine this with top-notch programming, upbeat music, encouraging instructors and you've got a class that will take your fitness to a whole new level.
**Instructor: Ivan Filippov**
Wed Jul 3-Aug 28 6:15-7:15pm 225713  $139.05/9 sess
Sat Jul 6-Aug 28 8:45-9:45am 225714  $139.05/9 sess
Sat Jul 6-Aug 28 10:30-11:30am 225715  $139.05/9 sess

## Therapeutic Weight Training
Train to improve function in daily activities, rehabilitate and prevent future injuries. Small class size will ensure you get individual attention and ongoing feedback. **Participants must fill out a ParQ form prior to attending the first class and it must be brought to the instructor directly. No class on statutory holidays**
**Instructor: Keno Kinoshita**
Mon Jul 8-Jul 29 11:30am-12:30pm 227424  $41.80/4 sess

## Zumba Gold
ZUMBA® Gold is a low-impact dance-fitness class for beginners and seniors that uses the zesty Latin music with easy to follow moves to create a dynamic and fun fitness class. ZUMBA® Gold classes strive to improve our balance, strength, flexibility and most importantly, the heart. Drop in $19.50. www.zumbavancouver.ca
**Instructor: Zumba Vancouver**
Wed Jul 3-Aug 14 11:00am-12:00pm 225690  $59.99/7 sess

## Zumba Gold Summer Party
To celebrate the end of summer we are throwing a huge ZUMBA® Gold party! Come in your best disco attire. Instructing this event is the fabulous Luglio. This special event has limited space for drop-ins so register quickly. www.zumbavancouver.ca
**Instructor: Zumba Vancouver**
Sat Aug 17 2:30-3:30pm 230578  $9.50/1 sess

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<th>Monday</th>
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| Cardio Kickbox 5:30-6:30pm (No class Aug 27) | Cardio Strength 12:00-1:00pm | Cardio Fusion 5:30-6:30pm (No class Aug 29) | Classic Step/Stretch 9:15-10:15am | Centre Closed (reopens Sept 8) | *Class schedule and prices subject to change without notice. No classes on stat holidays.*

Please be sure to attend your favourite classes, as those with low attendance are subject to cancellation.
Education

The Original Message: Making Spirituality Tangible
Join us for this unique opportunity to engage in an explorative conversation on discoveries about YOU and your Tangible Connection to Spirituality in the science (we know), and faiths we subscribe to. All are welcome to join, listen and share. And of course it’s FREE (as Source Energy). We hope to see you there. Curious for further details? Please contact marrettg@gmail.com with any questions.
Instructor: Marrett Green
Tue Jul 16 6:30-8:00pm 225760 Free
Tue Aug 27 6:30-8:00pm 225761 Free
Bidwell Room

Wireless Networks
Learn about all wireless networks, including the 5th generation Huawei products related issues. If anyone wonders what the Internet will like in the future, this session may provide some answers. The same session will be offered on July 25 & August 15th.
Instructor: Muharrem Sev
Thu Jul 25 1:00-3:00pm Free
Meeting Room 1
Thu Aug 15 1:00-3:00pm Free
Meeting Room 2

Health and Wellness

Minds in Motion
Minds in Motion® is designed for people living with early-stage memory loss due to Alzheimer’s disease and other dementias and a friend, family member or care partner. Enjoy light exercise conducted by a certified fitness instructor, followed by activities or games and social time in a relaxed atmosphere. Light refreshments will be provided. Participants must fill out a PARmed-X form prior to the start of the program. *Note - Fee is for one person with dementia and one care partner.*
Instructor: Edouard Beaudry
Tue Jul 2-Aug 20 10:00-11:30am Free
Wed Jul 1-Aug 26 12:45-2:45pm $58.80/8 sess
Auditorium

Dance

Ballroom Dancing
Join our friendly group of Ballroom Dancers. Learn, practice and meet new friends. Singles and those with partners are both welcome. No session July 1, Aug 5.
Instructor: No Instructor
Wed Jul 10-Aug 28 12:00-2:00pm $58.80/8 sess
Meeting Room 1

Travel Spanish
Are you dreaming of a vacation to Latin America or Spain? Maybe you have a trip already planned for leisure or business purposes. If so, this class is for you! Join Dominique in learning Spanish basics to use in conversation and travel information. The classes are small and comfortable, providing a positive learning experience.
Instructor: Dominique Francoeur
Wed Jul 10-Aug 22 226663 Free
Denman Room

Wireless Networks
Learn about all wireless networks, including the 5th generation Huawei products related issues. If anyone wonders what the Internet will like in the future, this session may provide some answers. The same session will be offered on July 25 & August 15th.
Instructor: Muharrem Sev
Thu Jul 25 1:00-3:00pm Free
Meeting Room 1
Thu Aug 15 1:00-3:00pm Free
Meeting Room 2

Gardening Workshops!
See page 26 for more information.

Please register early!
Programs are cancelled if everyone waits until the last minute to register. The staff, where possible, makes a decision on activities four days prior to the start date. If not enough people sign up the program will either be cancelled or postponed. Sign-up even if the class is free!
Chair Yoga
Chair Yoga is a unique class that modifies yoga postures through the creative use of a chair. Our class is open for all ages and stages of yoga and movement ability. A Chair Yoga practice is helpful to learn for many reasons, including for when you're stuck at the office, on vacation (airplane/road trip sequence) or, if you could use a little extra support during standing and balance poses. Chair Yoga welcomes you, whatever level you are at. Drop-in $4.65, space permitting. No class July 1, Aug 5.
Instructor: Irene Lugsdin
Mon Jul 8-Aug 26 12:15-1:15pm
226660 $25.76/7 sess
Dance Studio

Yoga Over 50
Tone and strengthen the muscles in your body through the slow, relaxing motions of yoga. Whatever your fitness level, you will benefit from this ideal, safe form of exercise. Drop-in for seniors (60+) = $3.00. Drop-in for Adults = $6.00 We highly encourage registration. Drop-in space permitting.
Instructor: Sandra Leigh
Tue Jul 2-Aug 27 9:10-10:25am
226661 $24.75/9 sess
Instructor: John Waye
Thu Jul 4-Aug 29 9:10-10:25am
226662 $24.75/9 sess
Dance Studio

SteadyFeet
Steadyfeet is a partnership program between the Vancouver Coastal Health and Community Seniors Centres. Recommended by doctors and physiotherapists, the Steadyfeet balance and mobility program helps to increase confidence, improve functional mobility, increase lower body strength, improve balance and reduce fall risk. Please make sure that waiver forms are completed prior to the start of class. Participant can not start the program without clearance from a doctor. PAR Q+ required. No session July 1, Aug 5.
Instructor: Irene Lugsdin
Mon Jul 8-Aug 26 2:00-3:00pm
225752 $44.10/7 sess
English Bay Room
Instructor: Wayne Cammel
Thu Jul 4-Aug 29 1:30-2:30pm
225753 $56.70/9 sess
Dance Studio
Instructor: Victoria Goldner
Fri Jul 5-Aug 30 12:30-1:30pm
225754 $56.70/9 sess
Dance Studio

Bridge - Duplicate
Come out and join our friendly group of Duplicate bridge players. A valid WECCA Room Usage Card is required. Drop-in fee is $0.50 or $5/10 tickets. If you are a new participant and require a partner, please call Judy at 604.669.8872.
Instructor: Irene Lugsdin
Wed Jul 3-Aug 28 225757 $0.50/drop-in
Bidwell Room
Thu Jul 4-Aug 29
Fri Jul 5-Aug 30
225758
11:45am-1:15pm
11:45am-1:15pm
225759
$0.50/drop-in
Bidwell Room

Cribbage
Cribbage, or crib, is a card game that involves forming combinations of cards for which points are scored, and playing those cards in an order also gains points. Come out and play with a social group of older adults.
Instructor: Irene Lugsdin
Fri Jul 5-Aug 30 12:30-1:30pm
225765 Free
Bidwell Room

Sports
Foamball Tennis
This is a modified version of tennis played indoors at a slower pace and with a foam ball. It’s fun and easy to learn for people of all fitness levels. Bring a friend and come and play. Please note there is no instructor and this is a drop-in program.
Fri Jul 5-Aug 30 11:45am-1:15pm
225765 Free
Auditorium

Entertainment
Merlin’s Magic Cabaret
Experience mind blowing magic & gut busting comedy by Cabaret Magician Merlin Cosmos at the West End Community Centre on Tuesday July 9 at 7pm. Merlin is one of Canada’s most experienced entertainers. Merlin has shared the stage with Jim Carrey, Steven Wright, Howie Mandel, Alanis Morissette, Elvis Costello and many more. Come out for a fun filled show of Magic for Grown ups!
Instructor: Merlin Cosmos
Tue Jul 9
7:00-8:00pm
224070 $15/1 sess
Bidwell Room

Please register early!
Programs are cancelled if everyone waits until the last minute to register. The staff, where possible, makes a decision on activities four days prior to the start date. If not enough people sign up the program will either be cancelled or postponed. Sign-up even if the class is free!
Welcome to Barclay Manor!

1447 Barclay Street, Vancouver, BC V6G 1J6
604-257-8333 | www.barclaymanor.ca

Registration Info:

Tues., June 11
9:00am (on-line/in-person)

Wed., June 12
9:00am (phone-in)

Details on page 5.

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Summer Murder Mystery

“A WEDDING TO MURDER FOR” Welcome lovers of Agatha Christie fashioned murder mysteries set in an English drawing room ambience. The Barclay Manor provides the backdrop this summer for newlyweds prior to their honeymoon but, alas, all is not well. This marriage by design features Liam Brangan to Patty Lane. Unfortunately, a marriage with an ulterior motive. One will discover that hate is akin to love and only one will live while the other will fulfill the meaning “till death do I part”. Enjoy professional theatre where you may interrogate and question the characters. Treat your palette to a table full of summer treats and foods while contesting for boxes of surprises, gifts and presents.

Instructor: Trevor Jenkins

Tue Jul 16
6:30-8:30pm
$10/1 sess
Piano Room at Barclay Manor

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Hawaiian Luau Dessert Social

Aloha! Time to enjoy summer as though we were in tropical Hawaii. Put on your grass skirts, tacky shirts or lei’s and come join us for an afternoon of dance and delicious food! (Grass skirt not mandatory). Enjoy a live performance by Spirit of the South Seas, great food, and friendly company! This event is co-hosted by WESN and WECCA. Please pre-register by July 15. No refunds after July 15.

Thu Jul 18
1:30-3:30pm
$4/1 sess
Piano Room at Barclay Manor
**Creative Arts**

**West End Writers Club**
All ages are welcome. The West End Writers Club provides a group atmosphere for beginning, emerging and published writers to critique works-in-progress by reading and receiving feedback. We occasionally run a writing contest, as well as host guest speakers. Please visit www.westendwriters.com for more information.

**Wed Jul 3-Aug 21** 7:00-9:30pm
Piano Room at Barclay Manor

**Watercolour Painting**
This program for older adults will give you the chance to learn to apply watercolour painting by exploring the medium’s full potential. Learn to use water, paper, colour, and brushes to create an endless variety of tones and atmosphere in your painting. We will focus on landscape painting techniques and studies of nature (flowers). Mohammad has over 30 years experience in teaching drawing and painting at his own Atashzad Academy of Art. He has published in colour more than 500 watercolour paintings such as greeting cards, posters, albums, and books. www.atashzad.com (Supplies are not included, supply list available upon registration).

**Instructor:** Mohammad Atashzad

**Thu Jul 4-Aug 15** 10:00am-12:00pm
226289  $104.65/7 sess
Basement at Barclay Manor

**Health and Wellness**

**Yoga for Seniors**
This class is for older men and women at all fitness levels, including those with some physical challenges. Adapted to safely meet your needs, by a yoga teacher with 48 years experience. Excellent for complete beginners. Each class provides a balanced full body workout, designed to build strength as well as flexibility, better posture and breathing, and deeper levels of relaxation. Yoga class is a fragrance-free zone.

**Instructor:** Laura Krown

**Mon Jul 8-Aug 19** 11:00am-12:00pm
226196  $50.40/6 sess
Fri Jul 5-Aug 23 11:00am-12:00pm
226197  $67.20/8 sess
Basement at Barclay Manor

**Puti Meditation**
Puti meditation enhances physical and psychological health. It is energizing and calming for the heart, cultivates the mind and encourages positivity. Easy to learn for all. Registration is required, call 604-257-8333.

**Instructor:** Echo Guo

**Wed Jul 3-Aug 28** 6:30-9:00pm
Free
Basement at Barclay Manor

**Social**

**Bridge**
This casual group meets to play bridge and socialize. Bring a friend and come and play. Beginners and newcomers are always welcome! Purchase your tickets at WECC: $5/10 tickets or register for the full season.

**Mon Jul 8-Aug 19** 1:00-4:00pm
225756  $5/10 tickets
Basement at Barclay Manor

**“Try it Out” Open Mic**
Nestled deep in the heart of the West End here’s a time to get cozy on a chilly evening and meet your neighbours in a creative environment! The Try It Out Coffeehouse is a free, monthly Open Mic held in the lovely Victorian parlour at Barclay Manor. Sign up is at 7 pm and it is first come first serve. Everyone gets 10-15 minutes (approximately three songs) depending on the size of the group. This is a time to share music, stories, poems, comedy, interpretive dance, etc or just listen! Open to all ages and abilities. As a friendly and supportive environment where everyone can “try out” ideas and projects, the Try It Out Open Mic has seen first time performers as young as five and seasoned performers who are - well - ageless! Lots of laughs, fun and even some inspiring moments. Come to listen or share. FREE!

**Instructor:** Barbara Shaw

**Thu Jul 18** 7:00-9:00pm
Thu Aug 15 7:00-9:00pm
225764  Free
Piano Room at Barclay Manor

**Vancouver Speakers and Leaders**
The Vancouver Speakers and Leaders is a dynamic club full of interesting and diverse people who practice public speaking. For more information contact Eric at 778-985-9321.

**Tue Jul 2-Aug 20** 7:00-9:00pm
Basement at Barclay Manor
Welcome to the Coal Harbour Community Centre!

480 Broughton Street, Vancouver, BC V6G 3H4 | 604 718 8222 | www.coalharbourcc.ca

Registration Info:

Tues., June 11
9:00am (on-line/in-person)
Details on page 65 & 66.

Wed., June 12
9:00am (phone-in)

Summer Camps

Seabreeze Summer Fun (3-5 yrs) ..................... page 46
Aikido Camp ........................................ page 53
Day Camp Starfish (6-8 yrs) ......................... page 46
Ballet Camps ....................................... page 47 & 52
Day Camp Stingray (9-12 yrs) ....................... page 46

Basketball Camps ................................. page 54
Before and After Care ............................. page 46
Japanese Summer Camps ....................... page 49
Soccer Summer Camps ......................... page 50 & 54
Saplings Outdoor Daytime Camp ............... page 53

See page 46 for more information!

Rockin’ in the Park

Saturday July 13
11:00am-2:00pm

Coal Harbour Park (above Coal Harbour CC)
FREE, All-Ages Family Event (rain or shine)

Bouncy Castle, Family Entertainment, Mini Golf, Arts & Crafts, Face Painting, Balloon Twisting, Caricature Artist, Youth Programs Fundraising BBQ

Summer Day Camps

Seabreeze Summer Fun (3-5 yrs)
T-F, Jul 2-5*, Aug 6-9* & M-F, Jul 8-Aug 30
MORNING: 9:45-11:00am
AFTERNOON: 1:45-3:00pm
*$38/4 sess, $48/5 sess

Day Camp Starfish (6-8 yrs)
T-F, Jul 2-5*, Aug 6-9* & M-F, Jul 8-Aug 30
9:30am-3:30pm
*$94/4 days, $118/5 days

Day Camp Stingray (9-12 yrs)
T-F, Jul 2-5*, Aug 6-9* & M-F, Jul 8-Aug 30
9:30am-3:30pm
*$94/4 days, $118/5 days

See page 46 for more information!
Summer Day Camps

Seabreeze Summer Fun (3-5 yrs)

It’s summer fun for little ones! Come join our enthusiastic and responsible leaders for a summer you’ll never forget! Each themed week is full of arts & crafts, games, stories and exciting short out trips. Children must be potty trained. Please note the day camp refund policy.

**MORNING: 9:45-11:00am**
* $38/4 sess, $48/5 sess
  * T-F Jul 2-5 214505
  * M-F Jul 8-12 214506
  * M-F Jul 15-19 214507
  * M-F Jul 22-26 214508
  * M-F Jul 29-2 214509
  * T-F Aug 6-9 214510
  * M-F Aug 12-16 214511
  * M-F Aug 19-23 214512
  * M-F Aug 26-30 214513

**AFTERNOON: 1:45-3:00pm**
* $38/4 sess, $48/5 sess
  * T-F Jul 2-5 214514
  * M-F Jul 8-12 214515
  * M-F Jul 15-19 214516
  * M-F Jul 22-26 214517
  * M-F Jul 29-2 214518
  * T-F Aug 6-9 214519
  * M-F Aug 12-16 214520
  * M-F Aug 19-23 214521
  * M-F Aug 26-30 214522

Arts and Crafts Room

Day Camp Starfish (6-8 yrs)

Our energetic and responsible leaders will ensure your day camp experience is a memorable one. We have created a camp program you won’t want to miss! Each week will include cooperative games, sport and skill activities and out-trips. Each child should bring a backpack with a lunch, snack, sunscreen, jacket, and hat each day. Parents must complete a waiver form with medical information and attach a recent picture of their child prior to camp. Please note the day camp refund policy.

**9:30am-3:30pm**
* $118/5 days, $94/4 days*
  * T-F Jul 2-5 214457
  * M-F Jul 8-12 214458
  * M-F Jul 15-19 214459
  * M-F Jul 22-26 214460
  * M-F Jul 29-2 214461
  * T-F Aug 6-9 214462
  * M-F Aug 12-16 214463
  * M-F Aug 19-23 214464
  * M-F Aug 26-30 214465

Multipurpose Room

Day Camp Stingray (9-12 yrs)

Our energetic and responsible leaders will ensure your day camp experience is a memorable one. We have created a camp program you won’t want to miss! Each week will include cooperative games, sport and skill activities and out-trips. Each child should bring a backpack with a lunch, snack, sunscreen, jacket, and hat each day. Parents must complete a waiver form with medical information and attach a recent picture of their child prior to camp. Please note the day camp refund policy.

**9:30am-3:30pm**
* $118/5 days, $94/4 days*
  * T-F Jul 2-5 214457
  * M-F Jul 8-12 214458
  * M-F Jul 15-19 214459
  * M-F Jul 22-26 214460
  * M-F Jul 29-2 214461
  * T-F Aug 6-9 214462
  * M-F Aug 12-16 214463
  * M-F Aug 19-23 214464
  * M-F Aug 26-30 214465

Multipurpose Room

Before & After Care (6-12 yrs)

Before and After Care is only available to children registered in Camp Starfish and Camp Stingray. Extra fee may be charged for late pick ups. Please note new day camp refund policy.

**Before Care: 8:00-9:30am**
* $20/4 days, $26/5 days
  * T-F Jul 2-5 214448
  * M-F Jul 8-12 214449
  * M-F Jul 15-19 214450
  * M-F Jul 22-26 214451
  * M-F Jul 29-2 214452
  * T-F Aug 6-9 214453
  * M-F Aug 12-16 214454
  * M-F Aug 19-23 214455
  * M-F Aug 26-30 214456

**After Care: 3:30-5:30pm**
* $24/4 days, $30/5 days
  * T-F Jul 2-5 214439
  * M-F Jul 8-12 214440
  * M-F Jul 15-19 214441
  * M-F Jul 22-26 214442
  * M-F Jul 29-2 214443
  * T-F Aug 6-9 214444
  * M-F Aug 12-16 214445
  * M-F Aug 19-23 214446
  * M-F Aug 26-30 214447

Multipurpose Room

Day Camp Information

- Parents must complete a waiver form with medical information and attach a recent picture of their child on first day at camp.
- Each child should bring a backpack with a lunch, snack, sunscreen, water bottle, sunscreen, jacket and hat each day.
- Weekly schedules will be available at the front office at the end of June.

Day Camp Refund Policy:
Refunds for all day camps must be requested at least 10 business days prior to the first day of camp every week. See page 5 for full refund details.
Playtime (Drop-ins)

Baby Jellyfish Playtime
We have toys, balls, and more. Each day ends with circle time songs. Parents are required to help set up and clean up the equipment each day. Please wear socks on mats.
M-Th Jul 2-Aug 29 11:30am-1:30pm
226381 $2.75/drop in
Arts and Crafts Room

Jellyfish Playtime
We have ride ‘em toys, slides, play house, balls, and more. Each day ends with circle time songs. Parents are required to help set up and clean up the equipment each day. No session Aug 5, 2019.
M-F Jul 2-Aug 30 9:30-11:30am
226382 $2.75/drop in
Gymnasium

Mini Jellyfish Playtime
A smaller version of our Jellyfish Playtime. Parents are required to help set up and clean up the equipment. Not on Jul 13, 2019.
Sat Jul 6-Aug 31 9:30-11:30am
226383 $2.75/drop in
Multipurpose Room

Creative Arts

Little Doodlers (2-4 yrs)
Come explore the world of art with your little one. Your developing artists will make fun, creative & imaginative projects using a variety of media such as pencils, crayons, paint and finger paints. We'll sing songs, play games and read stories for inspiration! Parent participation is required. Drop-in $15.00, if space permits.
Instructor: Samira Adab
M/W Aug 12-28 2:00-2:45pm
228224 $62/6 sess
Meeting Room

Dance

Ballet - Parent and Tot
Introduce your little ones to the world of dance. Classes are designed to encourage little dancers to join in and have fun while dancing with mom or dad. Parent participation is required. Drop-in $12, if space permits.
Instructor: Meghann McKinnon

(3-4 yrs)
M/Th Jul 8-25 10:30-11:15am
227995 $46/6 sess
M/Th Aug 8-26 10:30-11:15am
227996 $46/6 sess

(4-5 yrs)
M/Th Jul 8-25 11:15am-12:00pm
227998 $46/6 sess
M/Th Aug 8-26 11:15am-12:00pm
228000 $46/6 sess

(5-6 yrs)
M/Th Jul 8-25 12:15-1:15pm
227999 $56/6 sess
M/Th Aug 8-26 12:15-1:15pm
228000 $56/6 sess

Hawaiian Hula (3-5 yrs)
In this program children learn the basic techniques of Hawaiian and Tahitian dance. Starting with warm up and floor work, the class then moves into learning choreography routines for the last half of each class. Polynesian dancing is an exciting, and expressive form of dance that also gives children the opportunity to learn about the culture of the Polynesian islands. Drop-in $15.00, if space permits.
Instructor: Kelsey Rogers
Tue Jul 2-Aug 20 3:45-4:30pm
228156 $72/8 sess
Dance Studio
Play/Drama

Terrific Two’s and Three’s!
(2-3 yrs)
Make new friends and socialize through group play and movement. This is a great transition program for the little ones who are learning to be away from Mom or Dad. Drop-ins welcome if space permits, space is limited. No session Aug 5, 2019.

Instructor: Shinobu Preston
M/W Jul 3-Aug 28
9:00-10:15am
228006 $108/16 sess
M/W Jul 3-Aug 28
10:30-11:45am
228007 $108/16 sess
Meeting Room

Genki!
Join us in the dynamic and energetic class to learn drama in Japanese. Must be able to understand and speak Japanese. Must be potty trained. Drop-in $12.00, if space permits.

Instructor: Shinobu Preston
Fri Jul 5-Aug 30
9:45-11:00am
228004 $77/9 sess
Meeting Room

Wanpaku (3-5 yrs)
Do you want to learn Japanese? Spend the afternoon with Shinobu learning Japanese with other children in a fun atmosphere. Children will learn basic Japanese vocabulary. Must be potty trained. Drop-in $12.00, if space permits.

Instructor: Shinobu Preston
Fri Jul 5-Aug 30
11:15am-12:30pm
228005 $77/9 sess
Meeting Room

Languages

ESL for Farsi Speakers
(3-6 yrs)
Children will learn English in fun bilingual atmosphere through free play/games, stories/songs and crafts. This is a great opportunity to improve language and social skills as well as get prepared for school. Samira is a licensed early childhood educator who also worked as teacher in Iran. Drop-in $13, if space permits.

Instructor: Samira Adab
Mon/Wed Aug 12-28
3:00-4:00pm
230028 $67/6 sess
Meeting Room

ESL for Kids (3-5 yrs)
Children will learn and practice English in a comfortable classroom atmosphere where the main focus is preparing for kindergarten. Practice phonetics, alphabet recognition, strengthen simple sentence structure and build vocabulary through learning activities, songs, books and homework. Christina graduated from SFU with a B.A. and received High Distinctions in her TESOL course in 2011. Since then she has enjoyed helping students of every level achieve their goals. Drop-in $15.00, if space permits.

Instructor: Christina Glover
Sat Jul 6-Aug 17
10:30-11:30am
227941 $68/7 sess
Sat Jul 6-Aug 17
1:15-2:15pm
227976 $68/7 sess
Meeting Room

Please register early!
Programs are cancelled if everyone waits until the last minute to register. The staff, where possible, makes a decision on activities four days prior to the start date. If not enough people sign up the program will either be cancelled or postponed. Sign-up even if the class is free!
Japanese Summer Camp (3-5 yrs)

This class is designed to introduce Japanese culture and have fun learning through play for your child. Mari brings a wealth of knowledge and energy with over 20 years of teaching experience. Enjoy singing songs, dancing, painting, arts and crafts and much more. Your child will develop social skills with other children in a full Japanese environment. Please bring a water bottle and lunch if your child attends the afternoon class.

Instructor: Mari Shiota

M-Th Jul 8-11
228013
M-Th Jul 8-11
228014
M-Th Jul 8-11
230165
M-Th Jul 22-25
228015
M-Th Jul 22-25
228018
M-Th Jul 22-25
230166
M-Th Aug 12-15
228016
M-Th Aug 12-15
228019
M-Th Aug 12-15
230167
M-Th Aug 26-29
228017
M-Th Aug 26-29
228020
M-Th Aug 26-29
230168

Activity Room

10:00-11:15am $48/4 sess
11:30am-12:45pm $48/4 sess
1:00-2:15pm $48/4 sess
10:00-11:15am $48/4 sess
11:30am-12:45pm $48/4 sess
1:00-2:15pm $48/4 sess
10:00-11:15am $48/4 sess
11:30am-12:45pm $48/4 sess
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1:00-2:15pm $48/4 sess
11:30am-12:45pm $48/4 sess
1:00-2:15pm $48/4 sess
11:30am-12:45pm $48/4 sess
1:00-2:15pm $48/4 sess

Music

Toddler Sing-Along

Alexa will strum along with the little ones to traditional folk children’s songs. Introduces children to harmony and singing in rounds by playing with rhythm through their voices, humming, listening to and repeating words with sound. Tra la la la la! Drop-in $12, if space permits.

Instructor: Alexa Berard

Sat Jul 6-Aug 24 1:00-1:45pm
228196
$77/8 sess

Activity Room

Piano Lessons (5+ yrs)

These 30-minute private lessons will be taught in English. Each student’s level will be assessed in the first class. For a more intensive lesson, please book for an hour.

Instructor: Vincent Cheng

Tue Jul 2-Aug 20
228021-30
4:00-8:30pm
$176/8 sess

Instructor: Fiona Lai

Fri Jul 12-Aug 23
227414-22
1:00-5:00pm
$154/7 sess

Instructor: Alexa Berard

Sat Jul 6-Aug 24
228197-17
12:30-4:30pm
$176/8 sess

Meeting Room

Music & Vocal Lessons (5+ yrs)

Take your pick: voice, guitar, ukulele, flute, saxophone and clarinet. These 30-minute private lessons will be taught in English. Alexa teaches all styles of music - Classical, Jazz/Blues, Pop, Composition and Improvisation including theory. Each student’s level will be assessed in the first class. Please book one of Alexa’s Saturday piano lesson times and call the office 604-718-8222 ext.1 to specify your instrument of choice. Please bring your instrument.

Instructor: Alexa Berard

Sat Jul 6-Aug 24 12:30-4:30pm
228197-17
$176/8 sess

Meeting Room

Parent and Tot Summer Japanese Music! (1-2yrs)

This fun program focuses on body movement with Japanese music like the Eurythmics and a variety of activities with parent and child through song, dance, finger play, musical instruments and more!

Instructor: Mari Shiota

T-Th Jul 2-4
228008 $26/3 sess
T-Th Aug 6-8
10:00-11:15am
228009 $26/3 sess
Activity Room

Little Tot Summer Japanese! (2-3yrs)

This program focuses on Japanese comprehension and is designed to prepare for the “Fun with Japanese!” program. As a first step, it’s a really good opportunity to spend time with new friends! Just have fun!! Children will enjoy playing, singing, dancing, arts & crafts and develop their Japanese language and social skills in class. Please bring a water bottle and snack.

Instructor: Mari Shiota

M-Th Jul 15-18
10:00-11:15am
228010 $48/4 sess
M-Th Jul 29-Aug 1
10:00-11:15am
228011 $48/4 sess
M-Th Aug 19-22
10:00-11:15am
228012 $48/4 sess
Activity Room

Activity Room
Sports

Soccer Summer Camp (4-6 yrs)
Your child will develop ball handling skills, coordination, a sense of team play, and will be introduced to the basic rules of the game. Children are advised to wear shin guards. Drop-in $20.00, if space permits. 

Instructor: Manto (Makoto) Nakamura
T-F Jul 2-5 1:40-3:40pm
227487 $66/4 sess
M-F Jul 8-12 1:40-3:40pm
227918 $83/5 sess
M-F Jul 15-19 1:40-3:40pm
227931 $83/5 sess
M-F Jul 22-26 1:40-3:40pm
227932 $83/5 sess
M-F Jul 29-Aug 2 1:40-3:40pm
227934 $83/5 sess
Gymnasium

Martial Arts

Olympic Style TaeKwonDo (4-7 yrs)
Tae, to strike with fist; Kwon, to strike with foot; Do, is discipline, respect, and the way of life. This course is designed for children to acquire the needed physical stamina, flexibility, coordination, and confidence. The instructor is a member of Korean TaeKwonDo Kukkiwon. World recognized black belt certificate could be issued, upon successful passing of the programs blackbelt test. Drop-in $14.00, if space permits. No session Aug 3, 2019. 

Instructor: TsunKit (Kevin) Kwan
Lev 1 Sat Jul 6-Aug 17 12:30-1:30pm
227429 $72/6 sess
Lev 2 Sat Jul 6-Aug 17 11:30am-12:30pm
227430 $72/6 sess

Birthday Parties (2-7 yrs)
This spectacular party includes an enthusiastic party leader, fun games, arts and crafts, pizza, juice, decorations, and the room rental for 10 kids. You bring the cake, the kids, and the loot bags and leave the rest to us. Additional children are welcome at $10/child, maximum up to 16 children in the party package. The room capacity is up to 25 people only. All parents and children are required to help the birthday leader clean up. Cancellation policy: No refunds after two weeks prior to the birthday party date.

Sat Jul 6-Aug 31 1:45-3:45pm
226372 $174/party

Arts & Crafts Room and Gymnasium

Come to our Special Events!
See page 45 for more information.
### Coal Harbour CC Summer Programs for 0-13 years

<table>
<thead>
<tr>
<th>Day</th>
<th>Monday</th>
<th>Tuesday</th>
<th>Wednesday</th>
<th>Thursday</th>
<th>Friday</th>
<th>Saturday</th>
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</thead>
<tbody>
<tr>
<td><strong>Monday</strong></td>
<td>9:30-11:30am Jellyfish Playtime (0-5 yrs)</td>
<td>9:30-11:30am Jellyfish Playtime (0-5 yrs)</td>
<td>9:30-11:30am Jellyfish Playtime (0-5 yrs)</td>
<td>9:30-11:30am Jellyfish Playtime (0-5 yrs)</td>
<td>9:30-11:30am Mini Jellyfish Playtime (0-5 yrs)</td>
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<tr>
<td></td>
<td>9:00-10:15am &amp; 10:30-11:45am Terrific 2s &amp; 3s! (2-3 yrs)</td>
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<td>9:00-10:15am &amp; 10:30-11:45am Terrific 2s &amp; 3s! (2-3 yrs)</td>
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<td>10:30-11:30am ESL for Kids (3-5 yrs)</td>
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<td></td>
<td>10:00am-11:15pm Fun with Japanese (3-5 yrs)</td>
<td>10:00am-11:15pm Fun with Japanese (3-5 yrs)</td>
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<td>9:45-11:00am GENKI!! (3-5 yrs)</td>
<td>11:30am - 1:30pm Taekwondo (4-7 yrs)</td>
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<td></td>
<td>10:00am-12:45pm Japanese Summer Camp (3-5 yrs) (M-Th)</td>
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<td>10:30-11:30am ESL for Kids (3-5 yrs)</td>
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<td>11:45am-1:00pm ESL for Kids (5-7 yrs)</td>
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<tr>
<td></td>
<td>10:30am-2:15pm Ballet Camp (Various Ages)</td>
<td>10:00-11:15am Little Tot Japanese (2-3 yrs)</td>
<td>10:30am-2:15pm Ballet Camp (Various Ages)</td>
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<td>1:15-2:15pm ESL for Kids (3-5 yrs)</td>
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<td>12:15-1:00pm Little Doodlers (2-4 yrs)</td>
<td>12:15-1:00pm Little Doodlers (2-4 yrs)</td>
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<td>12:15-1:00pm Piano lessons Vocal lessons (Various ages)</td>
<td>12:30-4:30pm Piano lessons Vocal lessons (Various ages)</td>
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<tr>
<td></td>
<td>11:30am-1:30pm **Baby Jellyfish (0 mth-1.5 yrs)</td>
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<td>11:30am-1:30pm **Baby Jellyfish (0 mth-1.5 yrs)</td>
<td>1:00-1:45pm Toddler Sing-Along (3-5 yrs)</td>
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<td></td>
<td>1:40-5:50pm July Soccer Camps (4-6, 7-12 yrs) Mon-Fri</td>
<td>Hawaiian Hula 3:45 &amp; 4:30pm (3-9 yrs)</td>
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<td>1:00-5:00pm Piano (Various ages)</td>
<td>2:00 - 3:00pm Pop Choir (7-12 yrs)</td>
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<td></td>
<td>3:00-4:00pm ESL for Farsi (3-6 yrs)</td>
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<td>3:00-4:00pm Piano (Various ages)</td>
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<tr>
<td><strong>August</strong></td>
<td>August Basketball Camps 3:30-5:30pm (8-15 yrs) Mon-Fri</td>
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<td>August Aikido Camp 3:45-4:45pm (6-14 yrs) Mon-Fri</td>
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<td>August Aikido Camp 3:45-4:45pm (6-14 yrs) Mon-Fri</td>
<td>6:00-7:00pm Hip Hop Dance (8-10 yrs)</td>
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</table>

*Times, dates and prices are subject to change. Please refer to pages 45-52 for exact dates & prices for each program.*

**Hours may change during seasonal daycamps: 11:30am-1:30pm**

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**Special Events!**

**Rockin’ in the Park**
Sat July 13
11:00am-2:00pm

**Birthday Parties**

**Saturns**
1:45-3:45pm (2-7 yrs)
Children

COAL HARBOUR COMMUNITY CENTRE

Dance

Hawaiian Hula (6-9 yrs)
In this youth program children learn the basic techniques of Hawaiian and Tahitian dance. Starting with warm up and floor work, the class then moves into learning choreography routines for the last half of each class. Polynesian dancing is an exciting, and exotic form of dance that also gives children the opportunity to learn about the culture of the Polynesian islands. Drop-in $15.00, if space permits.
Instructor: Kelsey Rogers
Tue Jul 2-Aug 20 4:30-5:25pm
228157
$72/8 sess
Dance Studio

Ballet (7-9 yrs)
Introduce your child to the world of ballet. These classes help develop coordination, musicality, and fluidity of movement, while emphasizing fun. Drop-in $12.00, if space permits.
Instructor: Meghann McKinnon
M/Th Jul 8-25 1:15-2:15pm
228001
$56/6 sess
M/Th Aug 8-22 1:15-2:15pm
230061
$56/6 sess
Dance Studio

Hip Hop Dance (8-10 yrs)
In this class, you’ll learn the fundamentals of hip hop, like street dance and grooving. We'll cover both the latest and classic styles, through choreography and games. All levels of experience are welcome. Drop-in $12, if space permits. Though she has been dancing to Michael Jackson since the day she was born, Yasmine Shemesh began her more formal dance training at age five, with a strong emphasis on hip hop and jazz. She has taught at community centres and dance studios on the North Shore over the last decade, and danced with the BC Lions Felions Dance Team for three consecutive seasons from 2005-2007. Yasmine is currently furthering her training with a hip hop program out of Harbour Dance Centre. She is excited to share her passion for dance with the Coal Harbour community!
Instructor: Yasmine Shemesh
Wed Jul 3-Aug 21 6:00-7:00pm
228003
$88/8 sess
Multipurpose Room

Music

Pop Choir (7-12 yrs)
Have fun learning to harmonize with other children singing favourite popular songs! This group singing program will teach children correct vocal techniques and warm-ups including breathing humming/ trilling exercises and scales.
Instructor: Alexa Berard
Sat Jul 6-Aug 24 2:00-3:00pm
228213
$77/8 sess
Activity Room

Piano Lessons (5+ yrs)
These 30-minute private lessons will be taught in English. Each student's level will be assessed in the first class. For a more intensive lesson, please book for an hour.
Instructor: Vincent Cheng
Tue Jul 2-Aug 20 4:00-8:30pm
228021-30
$176/8 sess
Instructor: Fiona Lai
Fri Jul 12-Aug 23 1:00-5:00pm
227414-22
$154/7 sess
Instructor: Alexa Berard
Sat Jul 6-Aug 24 12:30-4:30pm
228197-17
$176/8 sess
Meeting Room

Music & Vocal Lessons
(5+ yrs)
Take your pick: voice, guitar, ukulele, flute, saxophone and clarinet. These 30-minute private lessons will be taught in English. Alexa teaches all styles of music - Classical, Jazz/ Blues, Pop, Composition and Improvisation including theory. Each student's level will be assessed in the first class. Please book one of Alexa's Saturday piano lesson times and call the office 604-718-8222 ext.1 to specify your instrument of choice. Please bring your instrument.
Instructor: Alexa Berard
Sat Jul 6-Aug 24 12:30-4:30pm
228197-17
$176/8 sess
Meeting Room
Children

COAL HARBOUR COMMUNITY CENTRE

Education

Saplings Outdoor Daytime Camp (6-12 yrs) **NEW**

Kids explore and experience the natural world through practical involvement. We believe the outdoors encourages imaginative play, creativity, hand-eye coordination, physical strength, and mental clarity. Our educators encourage children to develop their problem-solving and critical-thinking skills. Additionally, a multi-age environment promotes cooperation and teamwork, while raising children's emotional awareness. For more information on the Saplings Outdoor Program see, www.saplingsoutdoorprogram.ca

Instructor: Saplings Outdoor Educator
Mon-Fri Jul 15-19 8:30am-4:30pm
230380 $298/5 sess
Mon-Fri Aug 19-23 8:30am-4:30pm
230404 $298/5 sess
Outside/Stanley Park

RED Cross - Babysitting Training (11-16 yrs)

So you want to be a babysitter, or your parents want you to take this course so they feel confident leaving you at home alone? Babysitting with First Aid Hero emphasizes learning through real life scenarios. Covered in this course: Exploring the Business of Babysitting; Creating Safe Environments; Safely Caring for ages 0-12; First Aid Skills. Please bring a bag lunch (no nuts please), medium sized doll or stuffed animal, plenty of water and snacks and pen or pencil.

Instructor: First Aid Hero
Sat Aug 31 10:00am-4:00pm
228244 $70/1 sess
Activity Room

ESL for Kids (5-7 yrs)

Learn English in a comfortable classroom atmosphere where the main focus is acquiring new language skills while having fun. Strengthen listening, reading, speaking and writing skills through learning activities, songs, books and homework that help build sentence structure and vocabulary. Also, learn Canadian expressions like 'a piece of cake': so easy! Expressions can be difficult for any ESL student to use properly, but when learned they help to naturalize ones English. Christina graduated from SFU with a B.A. and received High Distinctions in her TESOL course in 2011. Since then she has enjoyed helping students of every level achieve their goals. Drop-in $15.00, if space permits.

Instructor: Christina Glover
Sat Jul 6-Aug 17 11:45am-1:00pm
227978 $83/7 sess
Meeting Room

ESL for Farsi Speakers (3-6 yrs)

See details on page 48.

RED Cross - Stay Safe Training (9-12 yrs)

Feel confident knowing you are responsible on your own and have the skills to deal safely with an emergency situation. First Aid. Active role-play! Interactive and fun! Course Content: -Canadian Red Cross Principals -My Family and Me –My Time: Scheduled and Leisure Activities -Expecting The Unexpected –Healthy Choices -First Aid (Handwashing, Check, Call, Care, Complete Choking - Alone, Anaphylaxis and Use of Epipen Auto- Injector, Life-Threatening External Bleeding ). Please bring a bag lunch (no nuts please), plenty of water and snacks and pen or pencil.

Instructor: First Aid Hero
Sat Aug 31 10:00am-4:00pm
228244 $70/1 sess
Activity Room

Martial Arts

Aikido Camp (6-14 yrs)

Aikido is a peaceful form of Japanese Martial Arts. This class focuses on awareness and developing cooperation. Aikido Canada Shohei Juku. Drop-in $14.00, if space permits.

Instructor: Shinobu Preston
M-F Aug 12-16 3:45-4:45pm
228002 $58/5 sess
Gymnasium

Olympic Style TaeKwonDo (8-12 yrs)

Tae, to strike with fist; Kwon, to strike with foot; Do, is discipline, respect, and the way of life. This course is designed for children to acquire the needed physical stamina, flexibility, coordination, and confidence. The instructor is a member of Korean TaeKwonDo Kukkiwon. World recognized black belt certificate could be issued, upon successful passing of the programs blackbelt test. Drop-in $14.00, if space permits. No session Aug 3, 2019.

Instructor: TsunKit (Kevin) Kwan
Lev 1
Sat Jul 6-Aug 17 11:30am-12:30pm
227428 $72/6 sess
Lev 2
Sat Jul 6-Aug 17 10:30-11:30am
227427 $72/6 sess
Dance Studio
**Sports**

**Basketball Summer Skills Camp (8-15 yrs)**
Learn and develop new skills in a very active, competitive atmosphere. We pride ourselves on progression based training, mastering the basics before moving to elite skills. There will be lots of games, contests and prizes. We want everyone to have fun, work hard and get better at basketball. Play and practice amongst your own age group. T-Shirt included. Excited to see you on the court!! Powered by Raincity Basketball. Drop-in $32.00, if space permits.

_Instructor: Raincity Basketball Club_

- **T-F Aug 6-9**
  - 3:45-5:45pm
  - 226708
  - $115/4 sess
- **M-F Aug 19-23**
  - 3:45-5:45pm
  - 226712
  - $143/5 sess
- **M-F Aug 26-30**
  - 3:45-5:45pm
  - 226717
  - $143/5 sess

**Gymnasium**

---

**Soccer Summer Camp (7-12 yrs)**
Your child will develop ball handling skills, coordination, a sense of team play, and will be introduced to the basic rules of the game. Children are advised to wear shin guards. Drop-in $20.00, if space permits.

_Instructor: Manto (Makoto) Nakamura_

- **T-F Jul 2-5**
  - 3:50-5:50pm
  - 227484
  - $66/4 sess
- **M-F Jul 8-12**
  - 3:50-5:50pm
  - 227840
  - $83/5 sess
- **M-F Jul 15-19**
  - 3:50-5:50pm
  - 227915
  - $83/5 sess
- **M-F Jul 22-26**
  - 3:50-5:50pm
  - 227916
  - $83/5 sess
- **M-F Jul 29-Aug 2**
  - 3:50-5:50pm
  - 227917
  - $83/5 sess

_Gymnasium_

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**Birthday Parties**

This spectacular party includes an enthusiastic party leader, fun games, arts and crafts, pizza, juice, decorations, and the room rental for 10 kids. You bring the cake, the kids, and the loot bags and leave the rest to us. Additional children are welcome at $10/child, maximum up to 16 children in the party package. The room capacity is up to 25 people only. All parents and children are required to help the birthday leader clean up. Cancellation policy: No refunds after two weeks prior to the birthday party date.

- **Sat Jul 6-Aug 31**
  - 1:45-3:45pm
  - 226372
  - $174/party

**Arts & Crafts Room and Gymnasium**

---

**Friday Nights at Coal Harbour Community Centre**

_Teen Night and Open Gym will be closed for Summer and re-open for Fall 2019 in September. Please check out the Open Gym schedule in the West End CC Arena – see page 35._
Creative Arts

Origami
Learn how to make beautiful origami models! Origami is one of the traditional Japanese Folk arts. Origami is a mentally stimulating activity. Please pre-register. All supplies are included in the course fee.
Instructor: Aiko Matsushiba
Sat Jul 27
2:30-4:30pm
$15/1 sess
Arts & Crafts Room

Private Knitting or Crochet Lessons
Want to learn to knit or crochet, but no classes fit with your schedule? Want to take your skills to the next level? Bring your questions and all the materials you need to a private or semi-private knitting/crochet lesson. Materials not included. Time to be agreed upon with each student; contact the Community Centre for details.
Instructor: Astor Tsang
By appointment
$49/1 sess/private
$39/1 sess/semi-private

Education

Foundations of Investing
This seminar is geared toward people who want a clearer understanding of investment fundamentals. Presenter is a financial advisor with 20 years of industry experience. Please pre-register.
Instructor: Andrew Thiessen from Edward Jones
Thu Jul 18
7:00-8:00pm
Free
Activity Room

Summertime Soaps & Scrubs
Great Family Fun! In this hands-on class, create healthy handmade suds with natural herbs, spices, and scents using all vegan based soap blocks. Make a ginger n’ ginseng soap, an almond exfoliating facial bar, plus a French pink clay body wash, and a Marigold Soapy Body Scrub. Recipes for citrus dish soap and shaving soap. No previous soap making experience required. Please bring a hand towel. All supplies are included in the course fee.
Instructor: Cheryl Theilade
Wed Jul 10
6:30-9:00pm
$46/1 sess
Arts and Crafts Room

NEPP Earthquake Preparedness - Apartment Living
This session is for the apartment/condo dwellers - who have unique challenges when preparing for emergencies or disasters. Living in Vancouver, we 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. Please pre-register.
Instructor: NEPP Volunteer
Thu Jul 25
7:00-8:30pm
Free
Activity Room

Music

Piano Lessons
These 30-minute private lessons will be taught in English. Each student’s level will be assessed in the first class. For a more intensive lesson, please book for an hour.
Instructor: Vincent Cheng
Tue Jul 2-Aug 20
4:00-8:30pm
228021-30
$176/8 sess
Instructor: Fiona Lai
Fri Jul 12-Aug 23
1:00-5:00pm
227414-22
$154/7 sess
Instructor: Alexa Berard
Sat Jul 6-Aug 24
12:30-4:30pm
228197-17
$176/8 sess

Music & Vocal Lessons
Take your pick: voice, guitar, ukulele, flute, saxophone and clarinet. These 30-minute private lessons will be taught in English. Alexa teaches all styles of music - Classical, Jazz/Blues, Pop, Composition and Improvisation including theory. Each student’s level will be assessed in the first class. Please book one of Alexa’s Saturday piano lesson times and call the office 604-718-8222 ext.1 to specify your instrument of choice. Please bring your instrument.
Instructor: Alexa Berard
Sat Jul 6-Aug 24
12:30-4:30pm
228197-17
$176/8 sess
Meeting Room

Rockin’ in the Park!
FREE, All-Ages Family Event
Sat Jul 13 | 11am-2pm
(see page 45 for details)
**Japanese - Beginner I**

This Japanese language introductory course comes with the updated textbook. You will learn basic grammar, vocabulary, expressions and Hiragana characters. At the end of this course you will be able to order food at a restaurant, go shopping and ask simple questions. For more info, please visit www.japaneseforallpeople.com. Sorry, no drop-ins permitted.

*Instructor: Japanese for All People*

**Wed Jul 3-Aug 14**  
227868  
6:30-8:30pm  
$116/7 sess

**Activity Room**

**Spanish - Beginner I**

Hola! Welcome to the Spanish language. This beginner’s course will emphasize conversation with some instruction in basic grammar, vocabulary and writing. Classes cover proper phonetics and will focus on the verb ‘to be’ and the simple present tense. This course will teach you to converse with simple travel phrases. Sorry, no drop-ins permitted.

*Instructor: Eliana Rolando*

**Wed Jul 10-Jul 31**  
227863  
6:30-8:00pm  
$54/4 sess

**Meeting Room**

**ESL: Fun and Fluency in English for Intermediates**

This course is primarily a speaking course designed to assist in oral communication skills and build the confidence and fluency of intermediate-level learners. Increase vocabulary and improve overall language skills in reading, writing, speaking, and listening through varying activities in a comfortable environment. Develop a linguistic understanding of Canadian English by participating in pronunciation, conversations, and interactive speaking tasks and other learning activities. These communications basics will help students express ideas in a clear manner. Furthermore, the course will advance an understanding of cultural references related to studying, working, and living in a Canadian context. Error corrections will be given. Drop-in $20, space permitting.

*Instructor: Christina Glover*

**Thu Jul 4-Aug 15**  
227974  
6:30-7:45pm  
$102/7 sess

**Meeting Room**

**ESL: Laugh and Learn in English for Beginners**

The course objective is to build a foundation in basic English skills in order to progress into an intermediate level. Build vocabulary and confidence through varying activities in reading, writing, speaking, and listening in a comfortable environment. Develop an understanding of Canadian English by participating in pronunciation, conversations, and interactive speaking tasks and other learning activities. These communications basics will help to express ideas in a clear manner. In addition, improve understanding of some cultural references related to Canada. Error corrections will be given. Drop-in $20, space permitting.

*Instructor: Christina Glover*

**Thu Jul 4-Aug 15**  
227973  
6:30-8:00pm  
$102/7 sess

**Meeting Room**

**Health & Wellness**

**Waterfront Walkers**

We are a spontaneous group of walking enthusiasts who meet weekly to enjoy a variety of scenic walks. Our walks are regularly around 6km and tend to last for 3 hours including a stop along the way for coffee. Meet in the Coal Harbour Community Centre lobby.

**Saturdays**  
9:30am  
228110  
Free

**Instructor Bio: Christina Glover**

“After completing a Bachelor of Arts and a Certificate in Spanish Language Proficiency at Simon Fraser University in 2011, I completed my Teachers of English to Speakers of Other Languages (TESOL) diploma and received a “High Pass” in my coursework, and “Distinctions” in my practicum. Since then, I have had the great pleasure of facilitating many others in not only satisfying their own English learning goals but also helping them adjust to Canadian lifestyles.”
Method of Modern Movement + Ballet  **NEW!**

30 minutes of stretching and conditioning with a full hour of classical ballet; which consists of barre, center, and across the floor exercises. Maintaining a strong healthy physique and posture while learning technique, movement, and dance coordination. Drop-in $22.50, space permitting.

**Instructor:** Method Of Modern Movement

**Thu Jul 4-Jul 25**
6:40-8:10pm
227963
$76/4 sess
Dance Studio

**Yoga**

**Ageless Yoga**

This intergenerational yoga class is suitable for older students as well as anyone looking for an inspiring and well-balanced weekly afternoon yoga practice. Ageless yoga includes safe and gentle warm ups, accessible yoga postures to align your body, increase your awareness and flexibility, plus a relaxation practice to help you maintain your ageless body and mind. Drop-in $14.50, space permitting.

**Instructor:** Sandra Leigh

**Tue Jul 2-Aug 20**
2:00-3:05pm
227754
$92/8 sess
Dance Studio

**Hatha Yoga - Beginner and Intermediate**

This course is for the first time student and for ongoing yogis. Build your strength and flexibility. You will learn many yoga poses and different styles of Sun Salutations. Each class starts with meditation and finishes with soothing relaxation. Drop-in $14.50 space permitting.

**Instructor:** Sarah Murray

**Thu Jul 4-Aug 22**
6:00-7:15pm
227939
$96/8 sess
Multipurpose Room

**Pilates**

**Pilates Mat - Mixed Levels**

Pilates is excellent for developing core strength, increasing range of motion, improving posture and body mind awareness. Learn how to access deep internal support and whole body connectivity in this Pilates Mat work series. Slim your waist, boost your energy and stand taller! Beginners are welcome and those with experience will be offered more challenging variations on the repertoire. Drop-in $15.50, space permitting.

**Instructor:** Sydney Southam

**Tue Jul 2-Aug 20**
12:00-1:00pm
227750
$100/8 sess
Dance Studio

**Fitness**

**CALLANETICS**

The unique CALLANETICS exercise method promotes deep muscle tone throughout the entire body increasing flexibility, strength and improving posture. Using a combination of mat work and ballet bar work, precise positioning and tiny movements, CALLANETICS exercises tighten, tone and lift muscles fast. You lose inches and you feel great! Drop-in $19, space permitting. No class Jul 19 & Aug 5.

**Instructor:** Linda Shedden

**Mon Jul 8-Aug 19**
5:30-6:30pm
227654
$90/6 sess
Fri Jul 5-Aug 23
12:00-1:00pm
228092
$105/7 sess
Dance Studio

**Tone It Up  ** **NEW!**

An intensive, yet unique workout program that focuses primarily on abs and legs. The instructor has travelled and competed all over the world and has combined some of the best rhythmic gymnastics conditioning exercises into the ultimate workout routine that will leave you feeling satisfied every time. Drop-in $15.00, space permitting.

**Instructor:** Annabelle Kovacs

**Free Trial Class**

**Wed Jul 3**
6:35-7:30pm
227865
Free

**Wed Jul 10-Jul 31**
6:35-7:30pm
227866
$46/4 sess
Dance Studio

Register: vancouver.ca/coalharbourrec  604-718-8222

Adult & Older Adult programs are subject to tax.
Coal Harbour CC – Summer 2019 Group Fitness Class Schedule

*Class schedule and prices subject to change without notice. No classes on stat holidays.

<table>
<thead>
<tr>
<th>Monday</th>
<th>Tuesday</th>
<th>Wednesday</th>
<th>Thursday</th>
<th>Friday</th>
<th>Saturday</th>
<th>Sunday</th>
</tr>
</thead>
<tbody>
<tr>
<td>Cardio Kickbox 5:30-6:30pm</td>
<td>Cardio Strength 12:00-1:00pm</td>
<td>Cardio Fusion 5:30-6:30pm</td>
<td>Classic Step/Stretch 9:15-10:15am</td>
<td>Centre Closed (reopens Sept 8)</td>
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</table>

(No class Aug 27)  
(No class Aug 29)

Check out pages 38 & 39 for West End CC Indoor Cycling & Group Fitness classes and schedules.

Please be sure to attend your favourite classes, as those with low attendance are subject to cancellation.

Class Descriptions:

**Cardio Kickbox:** A high energy workout that strengthens and tones your body and buttocks. A combination of techniques will be used, including working with gloves and pads.

**Cardio Strength:** Maximize cardio, build up strength and burn fat with this body weight choreographed aerobics class followed by a full body strength workout using various equipment. Each week there will be something new on the routine to keep the session interesting, fun and effective.

**Cardio Fusion:** Expect a variety of high energy exercises from kickboxing to strength training and everything in between. Using various equipment and a combination of techniques to provide an advanced cardio workout, you will find new and exciting ways to build strength and stamina.

**Classic Step/Stretch:** Come use the STEP as an efficient cardio training tool with strength training intervals. Finish it off with core work and a stretch for a complete total body workout!

**WECCA Fit Pass:**

- Provides unlimited access to all WECCA Group Fitness and Indoor Cycling classes at both the West End CC & Coal Harbour CC.
- More flexibility as you can load the pass on the OneCard.
- Purchase the pass at any time throughout the season (prices will pro-rate).
- Pass will expire at the end of each season (i.e. expires Aug 31 for Summer 2019 season).
- 50% discount available to patrons on the Leisure Access Program (LAP); maximum of one discount, per person, per season.
- Pro-rated refunds available for Fit Pass only, less $5.00 admin fee. Fit Pass is non-transferrable and cannot be suspended. Note: Refunds are not available for the 10 Visit Pass.

**Group Fitness Fees**

<table>
<thead>
<tr>
<th></th>
<th>Adult (19-59 yrs)</th>
<th>Youth (13-18 yrs)</th>
<th>Senior (60+ yrs)</th>
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</thead>
<tbody>
<tr>
<td>Drop-In</td>
<td>$6.10</td>
<td>$4.24</td>
<td></td>
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<tr>
<td>10 Visits</td>
<td>$49.30</td>
<td>$34.23</td>
<td></td>
</tr>
<tr>
<td>Fit Pass (Jul 2-Aug 31)</td>
<td>Price pro-rated daily $97.20</td>
<td>$67.20</td>
<td></td>
</tr>
</tbody>
</table>

Prices subject to change. Prices do not include 5% GST.

Adult & Older Adult programs are subject to tax.
Bellyfit
Holistic fusion fitness! Get your sweat on with fun, easy-to-learn cardio moves inspired by Bellydance, Bollywood, African Dance, Martial Arts, and more. Then enjoy strength-building Pilates core exercises, and a relaxing Yoga stretch and meditation. Inspire the body, mind, heart, and spirit to reach beyond limitations into pure transformation! No experience necessary. Bring supportive shoes and a water bottle. www.bellyfit.com. Drop-in $12.50, space permitting. 
Instructor: Ashala Yardley

Free Trial Class
Thu Jul 4 7:30-8:30pm
227943 Free
Thu Jul 11-Aug 22 7:30-8:30pm
227944 $63/7 sess
Multipurpose Room

Bootcamp
Tired of your regular workout? Test your limits with our non-choreographed, full body training that will give you the results you want. Be prepared to sweat and as always work to your personal maximum. Test your agility, flexibility, strength and core. Drop-in $16.50, space permitting. www.vancouverpt.com. No class Aug 5. 
Instructor: Viviane Lopes
Mon Jul 8-Aug 19 7:00-8:15pm
227657 $79/6 sess
Dance Studio

Baby and Me Fitness
This is a baby-friendly class. Baby and Me Fitness offers a full body workout that will help you melt away your baby weight as well as regain your strength, cardio and flexibility with the emphasis on core work and posture. This class is a great way to socialize with other moms and get a well-deserved workout that will tone your body. All fitness levels are welcome and breaks for feedings or soothing are encouraged. Women should be 4+ weeks postpartum (6 weeks for cesareans); consult your care provider before attending. www.vancouverpt.com Drop-in $14.50, space permitting. 
Instructor: Viviane Lopes
Wed Jul 3-Aug 21 10:35-11:35am
227861 $88/8 sess
Dance Studio

Prenatal Fit
Exercise during pregnancy improves your overall health, posture, discomfort and promotes faster recovery time. Learn how to exercise safely and effectively in each trimester, with emphasis on pelvic floor strength, balance and posture as we end the class with light stretches. This class is a great way to stay in shape and meet other moms-to-be. Consult your care provider before attending. www.vancouverpt.com. Drop-in $14.50, space permitting. 
Instructor: Viviane Lopes
Wed Jul 3-Aug 21 5:30-6:30pm
227864 $88/8 sess
Dance Studio

Zumba
ZUMBA® fuses Latin rhythms and easy to follow moves to create a dynamic workout system designed for everyone at any fitness level. Using fitness principles of interval and resistance training to maximize caloric output, fat burning, and total body toning. It combines Salsa, Cumbia, Merengue, and more giving you a feel-happy workout that is great for both the body and the mind. Mon drop-in $12.50; Wed drop-in $11.50, space permitting. www.ZumbaVancouver.ca. 
Instructor: Zumba Vancouver
Mon Jul 8-Jul 29 5:45-7:00pm
227655 $38.50/4 sess
Wed Jul 3 7:15-8:15pm
227873 Free
Wed Jul 10-Jul 31 7:15-8:15pm
227874 $34/4 sess
Multipurpose Room

Stroller Fitness
This is a baby-friendly class. Stroller Fitness is a full body workout, intended for moms and babies who are always on the go. Incorporating indoor and outdoor exercises, this class will tone your arms and legs, improve your cardio and balance, and strengthen your core. This is a great opportunity to meet other moms. All fitness levels are welcome. Women should be 4+ weeks postpartum (6 weeks for cesareans); consult your care provider before attending. A jogging stroller is not necessary. www.vancouverpt.com. Drop-in $14.50, space permitting. 
Instructor: Viviane Lopes
Fri Jul 5-Aug 23 10:35-11:35am
228094 $88/8 sess
Dance Studio

Please register early!
Programs are cancelled if everyone waits until the last minute to register. The staff, where possible, makes a decision on activities four days prior to the start date. If not enough people sign up the program will either be cancelled or postponed. Sign-up even if the class is free!
Martial Arts

Tai Chi: Chen’s Style
This course focuses on core concepts and training methods in Chen’s Tai Chi. Through practice of routines that combine slow and fast movements, softness and power, practitioners can cultivate greater body awareness, balance, coordination, and other physical and mental benefits. No experience necessary; suitable for all ages and fitness levels. Drop-in $11.50, space permitting.

Instructor: CLF Kung Fu Club

Free Trial Class
Wed Jul 3 7:35-8:35pm 227869
227870
Wed Jul 10-Aug 21 7:35-8:35pm $66.50/7 sess
Dance Studio

Capoeira - Mixed Levels
Improve your flexibility, condition your body and discipline your mind in this fun and eclectic sport. Capoeira is a game played to music. Known as the secret dance of Brazil, it is a display of self-defense and is an excellent workout for all ages. Wear loose fitting exercise clothing.

Drop-in $12.50, space permitting.

Instructor: CLF Kung Fu Club

Free Trial Class
Tue Jul 2 7:15-8:15pm 227765
Free
Tue Jul 9-Aug 20 7:15-8:15pm 227766 $75/7 sess
Multipurpose Room

Shotokan Karate
Karate is a Martial Art that develops defensive skills, flexibility, fitness, strength and coordination. Traditional karate is practiced at the club which has kata and kumite finalists at National and provincial level. Instructor is a former Great Britain international competitor and the current BC coach and has also coached the Canadian team at the Pan Americans and has over 30 years experience. See www.iskfbc.ca for more information. Beginner drop-in $10.50; advanced drop-in $12.50, space permitting.

Instructor: Marc Williams 5th Dan

BEGINNER
Tue Jul 2-Aug 20 6:35-7:35pm 227769
Jul: $36/month
Aug: 227770
Aug: $27/month

ADVANCED
Tue Jul 2-Aug 20 6:35-7:55pm 227771
Jul: $46/month
Aug: 227772
Aug: $34.50/month

Dance Studio

CLF Kung Fu Club
“CLF Kung Fu Club is a traditional martial arts organization operating in Metro Vancouver, offering professional instruction in the full curriculum of Chen's Tai Chi and Choy Lee Fat Kung Fu. Founded in 2007 by Sifu Paul Tam, the club has trained more than 2000 students of all ages and cultural backgrounds, and has produced a stable of award-winning instructors.”

Please register early!
Programs are cancelled if everyone waits until the last minute to register. The staff, where possible, makes a decision on activities four days prior to the start date. If not enough people sign up the program will either be cancelled or postponed. Sign-up even if the class is free!

Yes! You can rent one of our rooms!
The West End CC, Barclay Manor and Coal Harbour CC all have rooms available to rent! Host a meeting, party, family event, or wedding for a very reasonable rate. See pages 6-7 for more information...
Sports

Badminton

<table>
<thead>
<tr>
<th>Date Range</th>
<th>Time</th>
<th>Fee</th>
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<tbody>
<tr>
<td>Mon Jul 8-Aug 26</td>
<td>12:10-1:30pm</td>
<td>$28/7 sess</td>
</tr>
<tr>
<td>Wed Jul 3-Aug 28</td>
<td>12:10-1:30pm</td>
<td>$36/9 sess</td>
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<td>Wed Jul 3-Aug 21</td>
<td>7:35-9:05pm</td>
<td>$40/8 sess</td>
</tr>
<tr>
<td>Thu Jul 4-Aug 29</td>
<td>12:10-1:30pm</td>
<td>$36/9 sess</td>
</tr>
<tr>
<td>Thu Jul 4-Aug 22</td>
<td>6:00-7:30pm</td>
<td>$40/8 sess</td>
</tr>
<tr>
<td>Sat Jul 6-Aug 31</td>
<td>3:05-5:40pm</td>
<td>$40/8 sess</td>
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</table>

Gymnasium

Basketball

<table>
<thead>
<tr>
<th>Date Range</th>
<th>Time</th>
<th>Fee</th>
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</thead>
<tbody>
<tr>
<td>Mon Jul 8-Aug 19</td>
<td>7:35-9:05pm</td>
<td>$30/6 sess</td>
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<tr>
<td>Tue Jul 2-Aug 27</td>
<td>12:10-1:30pm</td>
<td>$36/9 sess</td>
</tr>
<tr>
<td>Wed Jul 3-Aug 21</td>
<td>6:00-7:30pm</td>
<td>$40/8 sess</td>
</tr>
<tr>
<td>Fri Jul 5-Aug 30</td>
<td>12:10-1:30pm</td>
<td>$36/9 sess</td>
</tr>
<tr>
<td>Sat Jul 6-Aug 31</td>
<td>10:05-11:50am</td>
<td>$40/8 sess</td>
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</table>

Gymnasium

Indoor Soccer
All skill levels are welcome but please note that this is a recreational setting. Players are expected to follow the Code of Conduct; those not adhering to the outlined policies will be asked to leave. Non-instructional. Drop-in $6.75, space permitting. No session Aug 5.

<table>
<thead>
<tr>
<th>Date Range</th>
<th>Time</th>
<th>Fee</th>
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</thead>
<tbody>
<tr>
<td>Mon Jul 8-Aug 19</td>
<td>6:00-7:30pm</td>
<td>$36/6 sess</td>
</tr>
<tr>
<td>Thu Jul 4-Aug 22</td>
<td>7:35-9:05pm</td>
<td>$48/8 sess</td>
</tr>
<tr>
<td>Sat Jul 6-Aug 31</td>
<td>12:00-1:45pm</td>
<td>$32/8 sess</td>
</tr>
</tbody>
</table>

Gymnasium

Pickleball
Get active playing this exciting and popular sport. Pickleball is an easy to learn game played on a badminton court with a lowered net, a whiffle ball and large hand held paddles. It is great for all skills and ability levels. Drop-in $4.75, space permitting. No session Jul 13.

<table>
<thead>
<tr>
<th>Date Range</th>
<th>Time</th>
<th>Fee</th>
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<tbody>
<tr>
<td>Tue Aug 6-Aug 27</td>
<td>1:45-3:30pm</td>
<td>$16/4 sess</td>
</tr>
<tr>
<td>Thu Aug 8-Aug 29</td>
<td>1:40-3:20pm</td>
<td>$16/4 sess</td>
</tr>
<tr>
<td>Sat Jul 6-Aug 31</td>
<td>12:00-1:45pm</td>
<td>$32/8 sess</td>
</tr>
</tbody>
</table>

Gymnasium

Adult Drop-In Sports

New Required Pass:
All drop-in users are required to have the ‘OneCard’ and scan in at the front office before each session. Visit the front office for details and to register for your ‘OneCard’ package.

Rates:
$4.75/person for weekday noon hour sessions and $5.75/person for evening/weekend sessions, space permitting. Exception: $6.75/person for Indoor Soccer as this program is supervised.

Please Read: Registration and Drop-In Information, as well as our Code of Conduct on page 63.
Volleyball

**Volleyball - Recreational Plus**
Recreational Plus players should have already attended a recreational volleyball session and feel comfortable with three contacts per side and rotating after points are scored. This session is great for those players looking to gain more experience with volleyball and become more consistent in maintaining a rally.

<table>
<thead>
<tr>
<th>Date</th>
<th>Time</th>
<th>Cost</th>
<th>Location</th>
</tr>
</thead>
<tbody>
<tr>
<td>Tue Jul 2-Aug 20</td>
<td>6:00-7:30pm</td>
<td>$40/8 sess</td>
<td>Gymnasium</td>
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<tr>
<td>227756</td>
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</table>

**Volleyball - Intermediate/Advanced**
Intermediate players should have some knowledge of systems (5-1, 6-2) and know where to stand when defending and receiving. Players should know how to technically perform each skill and be comfortable with an increased speed of play. To ensure consistency of play and safety for all participants, a skill evaluation may be required. The gym supervisor reserves the right to assign players to appropriate courts or recommend players to the recreational programs.

<table>
<thead>
<tr>
<th>Date</th>
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<th>Cost</th>
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</thead>
<tbody>
<tr>
<td>Tue Jul 2-Aug 20</td>
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Please register early!
Programs are cancelled if everyone waits until the last minute to register. The staff, where possible, makes a decision on activities four days prior to the start date. If not enough people sign up the program will either be cancelled or postponed. Sign-up even if the class is free!

Table Tennis

**Table Tennis Lessons**
This program improves hand-eye coordination, uses both the upper and lower body and causes you to use different areas of the brain to function. Come and experience this sport in a fun and friendly atmosphere. All skill levels are welcome. You can learn professional and standard table tennis skills. Drop-in $14.50, space permitting.

**Instructor: Echo Yan**

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<tr>
<th>Date</th>
<th>Time</th>
<th>Cost</th>
<th>Location</th>
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<tbody>
<tr>
<td>Tue Jul 2-Aug 20</td>
<td>3:30-5:00pm</td>
<td>$100/8 sess</td>
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<td>227732</td>
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<tr>
<td>Thu Jul 4-Aug 22</td>
<td>3:30-5:00pm</td>
<td>$100/8 sess</td>
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<td>227936</td>
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<tr>
<td>Sat Jul 6-Aug 24</td>
<td>10:45am-12:15pm</td>
<td>$100/8 sess</td>
<td>Activity Room</td>
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**Private Table Tennis Lessons**
Book a private lesson with Echo Yan. Based on availability, time to be agreed upon by Echo and the student. Call 604-718-8222 for more information.

**Instructor: Echo Yan**

**By appointment** $30/1 sess/45 mins
$40/1 sess/60 mins

**Table Tennis Drop-In**
Call the front office (604-718-8222) after 9:30am on the day that you wish to play. Conditions: same day reservations only; subject to availability; one table can be reserved for one hour maximum, for a maximum of four people.

$2.75/person (with Room Access Card)
$3.75/person (without Room Access Card)
Adult Sports Participants

Registration Information:
Adult sports programs are for adults aged 19 years and older. Registered participants have up to five minutes after the program start time to show up and check-in at the front desk before proceeding to the gym. All no-show spots will be sold at that time to drop-ins. Spots are non-transferable.

Drop-In Information:
New Required Pass: All drop-in users are required to have the ‘OneCard’ and scan in at the front office for details and to register for your ‘OneCard’ package. Rates: $4.75/person for weekday noon drop-in sports. $5.75/person for evening/weekend drop-in sports. Exception: $6.75/person for Indoor Soccer as this program is supervised. For drop-in lists, you may register yourself and ONE other person. Spots are non-transferable. Drop-ins based on space permitting.

Drop-In Procedures:
First priority is for those who are registered. Registered participants have up to five minutes after the program start time to show up and check-in at the front desk. All no-show spots will be sold at that time to drop-ins. At 9:00am the day of the program, you may call 604.718.8222 to put your name and ONE other person’s name on the drop-in list. If there are any open spots (from non-registrants), you have up to five minutes after the program start time to show up and pay for your spot. Five minutes after the program start time, staff will announce the names from the drop-in waitlist if there are any open spots remaining.

Making All Recreation Safe, Code of Conduct:
Be Responsible & Respectful, Play Fair & Share, Say “No” to Abuse, Be Positive & Encouraging, Expect the Best.

Open Gym
13-18 yrs: $1 + Room Access Card; $2 with no Room Access Card
19 yrs+: $3 + Room Access Card; $4 with no Room Access Card
If you borrow equipment, please leave your ID at the Front Desk.
Times, dates, and prices are subject to change.

Table Tennis Drop-In
Call the Front Office (604.718.8222) after 9:30am on the day that you wish to play. Same day reservations only.
Subject to availability; one table can be reserved for one hour maximum, for a maximum of four people.
$2.75/person (with Room Access Card);
$3.75/person (without Room Access Card)
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## Please register early!

Programs are cancelled if everyone waits until the last minute to register. The staff, where possible, makes a decision on activities four days prior to the start date. If not enough people sign up the program will either be cancelled or postponed. Sign-up even if the class is free!
## West End Community Centre

870 Denman Street, Vancouver, BC V6G 2L8  |  westendcc@vancouver.ca  |  www.westendcc.ca

### Telephone Numbers

- **Main Office**
  - General Info: 604-257-8333
  - Fax: 604-257-8338
  - Rental Info: 604-257-8462
- **Fitness Centre**: 604-257-8342
- **Arena**: 604-257-8333
- **Little Sprout Preschool**: 604-257-8346
- **West End Kids Care**: 604-257-8464
- **Parking Permits**: 311
- **Joe Fortes Library**: 604-665-3972

### Hours (call for operating hours on statutory holidays)

**WECC Operating Hours**
- Mon-Thu: 9:00am-10:00pm
- Friday: 9:00am-9:00pm
- Saturday: 9:00am-5:00pm
- Sunday: Closed Jul/Aug

**WECC Office Hours**
- Mon-Thurs: 9:00am-9:30pm
- Friday: 9:00am-8:30pm
- Saturday: 9:00am-4:30pm
- Sunday: Closed Jul/Aug

**WECC Fitness Centre**
- Mon-Thurs: 6:00am-10:00pm
- Friday: 6:00am-9:00pm
- Sat & Sun: 8:00am-5:00pm

### Parking Permit Desk
- Mon-Fri: 9:00am-5:00pm
- *Closed daily*: 1:00-2:00pm

### Joe Fortes Library
- Mon-Fri: 10:00am-9:00pm
- Tuesday: 10:00am-6:00pm
- Wednesday: 10:00am-6:00pm
- Thursday: 10:00am-6:00pm
- Friday: 10:00am-6:00pm
- Saturday: 10:00am-5:00pm
- Sunday: 1:00pm-5:00pm

### Barclay Manor

1447 Barclay Street, Vancouver, BC V6G 1J6  |  westendcc@vancouver.ca  |  www.barclaymanor.ca

### Telephone Numbers

- **Main Office**
  - General Info: 604-257-8333
  - Fax: 604-257-8338
  - Rental Info: 604-718-8229

### Hours (closed on statutory holidays)

**Barclay Manor Operating Hours**
- Mon-Fri: 9:00am-9:00pm
- *Closed daily*: 5:00pm-6:00pm
- Saturday: Closed
- Sunday: Closed

*May vary with program schedule.

*Barclay Manor will be closed the week of Aug 26-Aug 30*

### Coal Harbour Community Centre

480 Broughton Street, Vancouver, BC V6G 3H4  |  coalharbourcc@vancouver.ca  |  www.coalharbourcc.ca

### Telephone Numbers

- **Main Office**
  - General Info: 604-718-8222
  - Rental Info: 604-718-8229

### Hours (call for operating hours on statutory holidays)

**CHCC Operating Hours**
- Mon-Thurs: 9:00am-9:00pm
- Friday: 9:00am-6:00pm
- Saturday: 9:00am-5:00pm
- Sunday: Closed Jul/Aug

*CHCC will be closed at 6:00pm the week of Aug 26-Aug 30*
Group Programs

The following groups operate independently and welcome new members. Please note that fees may apply with certain group programs. For all enquiries, please contact the group directly. The following groups marked with an asterisk (*) do not meet during July and August.

**Emotions Anonymous**
- **Thursdays**
- **7:30-9:00pm**
- Location: Barclay Manor Board Room
- Contact: EA @ 604-696-1020

**Vancouver Speakers & Leaders**
- **Tuesdays**
- **7:00-9:00pm**
- Location: Barclay Manor Basement
- Contact: Eric @ eric@rubli.ca

**Nar-Anon Family Group**
- **Fridays**
- **7:30-9:00pm**
- Location: Barclay Manor Piano Room
- Contact: naranonyvr@yahoo.ca

**Overeaters Anonymous**
- **Fridays**
- **7:15-8:15pm**
- Location: Barclay Manor Basement (enter building through north back door)
- Contact: OA @ 604-878-4575

**Persian Seniors & Adult Club**
- **Mondays**
- **11:30am-3:30pm**
- Location: WECC Bidwell Room
- Contact: Ahmad @ 604-600-8308

**Sunrise Yoga Club**
- **Mon/Wed/Fri**
- **7:30-9:00am**
- Location: WECC Dance Studio
- Contact: Bob @ mastin.bob@gmail.com or 604-633-9736

**TGIF Al-Anon Family Group**
- **Fridays**
- **7:30-8:30pm**
- Location: Barclay Manor Multi Room
- Contact: Al-Anon @ 604-688-1716

**Vancouver Prime Timers***
- **2nd Sunday**
- **1:30-4:00pm**
- Location: WECC Denman Room
- Contact: primetimersvancouvercanada@gmail.com

**West End Darkroom***
- Location: WECC Darkroom
- Contact: www.westenddarkroom.ca & darkroom.weps@gmail.com

**West End Writer’s Club**
- **Wednesdays**
- **7:00-9:30pm**
- Location: Barclay Manor Piano Room
- Contact: www.westendwriters.com
SUMMER DAY CAMPS

Come join our wonderful day camp staff and play with new friends! We have created a summer camp program you won’t want to miss! Each week will include cooperative games, sport and skill activities and out-trips. The out-trips will give the opportunity for campers to experience some of the Lower Mainland’s most exciting adventures!

<table>
<thead>
<tr>
<th>West End Community Centre Camps</th>
<th>Coal Harbour Community Centre Camps</th>
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<tbody>
<tr>
<td>Day Camp Adventures</td>
<td>Seabreeze Summer Fun AM</td>
</tr>
<tr>
<td>6-7yrs</td>
<td>3-5yrs</td>
</tr>
<tr>
<td>9:30am-3:30pm</td>
<td>9:45am-11:00am</td>
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<tr>
<td>Summer Discoveries</td>
<td>Seabreeze Summer Fun PM</td>
</tr>
<tr>
<td>8-9yrs</td>
<td>3-5yrs</td>
</tr>
<tr>
<td>9:30am-3:30pm</td>
<td>1:45pm-3:00pm</td>
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<tr>
<td>Camp Voyages</td>
<td>Day Camp Starfish</td>
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<td>10-13yrs</td>
<td>6-8yrs</td>
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<tr>
<td>9:30am-3:30pm</td>
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<td>Day Camp Stingray</td>
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<td>9-12yrs</td>
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All camps have before and after care options.

Volunteering in the summer is an easy way to earn your hours you need for school, meet new people in the community and HAVE FUN!

Our Summer Day Camps require over 50 volunteers over the course of the summer to work with our fabulous Day Camp Leaders to make camps fun & safe.

Requirements:
• Going into Grade 9 to 12 in September 2019 & between 14-18 years old
• 16-18 years: Clean Police Information Check (paid for by WECCA)
• Ready to learn and have fun!

How to sign up as a volunteer:
1. Fill out a Summer Volunteer Application (available outside the WE Youth Office or via email)
2. Attend the Summer Volunteer Orientation on Tuesday, June 25, 3:30-6:30pm at the West End CC
3. Submit your Police Information Check with receipt to Nataly Kaufman, Community Youth Worker (if 16 years or older)

Questions?
Contact Nataly: 604 718 6210 or nataly.kaufman@vancouver.ca or visit Nat in the youth office
Rockin’ in the Park
Saturday July 13  |  11:00am-2:00pm
Coal Harbour Park (above Coal Harbour CC)  |  FREE, All-Ages Family Event (rain or shine)
Bouncy Castle, Family Entertainment, Mini Golf, Arts & Crafts, Face Painting, Balloon Twisting, Caricature Artist, Youth Programs Fundraising BBQ

FITNESS FOR EVERYONE!
Group Fitness & Indoor Cycling classes, with flexible packages that fit you!
- Drop in
- 10 Visit Pass
- Fit Pass (unlimited seasonal pass)
Visit the Front Office for more information