

Room Rental Guide

Rent a room for your workshop, meeting, birthday party, wedding reception, or conference!

Room	Highlights	Hourly Rate (excluding tax)	Size (sq. ft.)	Capacity
Multipurpose 1 (MP1)	Perfect for smaller events and meetings. North facing view of seawall, mountains, Creek (small sink)	\$46	600	25
Multipurpose 2 (MP2)	Perfect for smaller events and meetings. North facing view of seawall, mountains, Creek (small sink and counter space)	\$43	600	30
Dance Studio	Performance rehearsal/dance space.	\$55	900	50
Multipurpose 4 (MP 4)	Fantastic for events and functions. Spectacular views and access to small kitchen facilities	\$140	1950	100
Gymnasium	Full court gym ideal for sport bookings and large events (tradeshows, receptions)	Sport: \$85	7500	300
		Event: \$160		



Additional Charges

Staffing	For rentals outside of regular operating hours; number of staff required dependant on activity, scope and size of rental	\$34.30-68.60/hr per staff
Damage Deposit	Deposit fee may apply depending on scope of rental event	\$200-\$1000
SOCAN & ReSound	Mandatory music royalty tariffs for rentals with music and/or dancing	Starting at \$31. ³⁰
Janitorial	Janitorial fees may apply depending on scope of event	\$200

To check room availability call 604.257.3050 ext 1.

All reservation requests must be submitted online at creeksidecentre.ca.

Note: Discounted room rental rates are available for not-for-profit organizations.

 facebook.com/creeksiderec  twitter.com/creeksiderec

Room Rental Cancellation Policy

Cancellation requests must be received in writing and require a minimum of sixty (60) days' notice to receive a refund of fees paid, less a \$25 administration fee. Cancellation requests received prior to thirty (30) days before the respective event will receive a refund which amounts to 50% of the rental fee paid, less a \$25 administration fee. **Please note:** refunds of rental fees will not be issued for event cancellations received less than thirty (30) days prior to the event.

Creekside

Community Recreation Centre



SPRING/ SUMMER 2022 Program Guide

creeksidecentre.ca



Register Online Today



Create an online account and register for unique and exciting programs across 24 community centres. Your online account allows you to keep track of your schedules, rental agreements, payment receipts and look up your current pass status.

Skip the line and buy your pass online

All our passes are now available online. Get your 10-usage pass to indoor cycling classes or visit a fitness centre, pool or rink with the click of a button. Monthly Flexipasses are great for getting active and staying active, giving you access to 21 fitness centres, 9 indoor pools, 5 outdoor pools, and 8 ice rinks! vancouver.ca/passes



Drop-in activities

If you're looking for something to do last minute or make a long term commitment, we offer a wide range of drop-in activities to fit anyone's schedule. Check out what's available today on our drop-in calendar.

Event space

Planning a sporting event, social gathering or wedding? Submit your request for use of community centre rooms, outdoor parks or fields, ice rinks and more!

Follow us on Facebook and Twitter for up to date information on programs and registration.



recreation.vancouver.ca

How to register.....5

Preschool/Family6

Children/Youth..... 10

Paddling 14

Adult Programs Schedules .. 16

Adult Programs..... 18

Older Adult Programs.....28

Fitness Centre.....30

table of contents





welcome

Experience
Recreation
at Creekside



Hours of Operation:

Monday-Thursday
6:30am-10pm

Friday
6:30am-8:30pm

Saturday/Sunday
9am-5pm

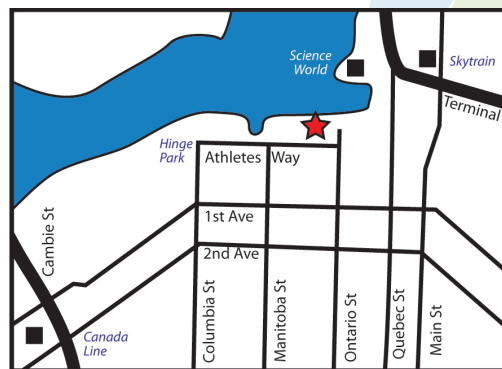
Closed

May 23, July 1, August 1

Make recreation at Creekside a regular part of your schedule. Participate in your choice of activities while enjoying our magnificent view. Convenient registration and drop-in options for all ages, interests and budgets.

CONTACT US

Creekside Community Recreation Centre
1 Athletes Way
(North foot of Ontario Street)
Vancouver, BC V5Y 0B1
Phone: 604.257.3050 ext. 1
Fax: 604.257.3051
E-mail: creekside@vancouver.ca
creeksidecentre.ca
facebook.com/creeksiderec
twitter.com/creeksiderec



Creekside Community Recreation Centre is operated by the Vancouver Board of Parks and Recreation

Convenient Registration Options

Register online, by phone or in-person at Creekside! We accept Visa, MasterCard and American Express for online and phone registration. We also accept cash and debit for in-person registration. Registration is first-come, first-served.

NOTE: Programs may be cancelled due to low enrollment and are subject to change or cancellation without notice.

Online Registration

Set-up an account (for yourself or your entire family) at recreation.vancouver.ca

If you require assistance to access your online account contact us at 604.257.3050 ext. 1

Refund Practices

PROGRAMS: Pro-rated refunds are provided to customers who wish to withdraw from a program. Contact us 48 hours prior to the start of next class to receive refund.

BIRTHDAY PARTY: Refunds require 30 days notice before day of party for full refund.

RENTALS: Refer to last page for cancellation policy.

CAMPS: Refunds require a minimum of 7 days notice before the first day of camps.

Privacy Policy

Vancouver Board of Parks & Recreation collects personal information from members and individuals who participate in classes, workshops and events. This information may be used for the provision of services, communication, processing payments and/or statistical purposes. However, we do not release personal information to outside agencies.

Financial Assistance

Leisure Access Program

Individuals and families requiring financial assistance may be eligible for a subsidy through the Vancouver Park Board's Leisure Access Program. You can receive a 50% discount towards program and fitness centre fees (single admissions, monthly passes, program drop-ins and program registrations*). For more info call 604.257.8497 or visit vancouverparks.ca *some exclusions apply.

Registration Dates

Online:
Tuesday
April 5
at 7 PM

Phone-in and
in-person:
Wednesday
April 6
at 9 AM

NOTE:
Program
prices do not
include taxes.



how to register



Enjoy time with your young ones or start them on adventures of their own.

DANCE

A Story Ballet Camp

(3-5 yrs)

Dance your way to the ballet! In this fun filled dance camp children will discover the magic behind classic story ballets through story time, arts & crafts, music, and dancing. A mini presentation will be held on the last day of camp. All children must be able to participate on their own and bring a small snack, water, and craft supplies.

performingstars.ca

Instructor: Vancouver

Performing Stars

M Tu W Th F Jul04-Jul08

9:45 AM-11:00 AM

\$87/5 sess

Mini Ballet

(3-4 yrs)

Introduce your child to the world of ballet. These classes develop coordination, musicality and fluidity of movement while having fun. Increased ballet technique is expected at each progressive level. Appropriate dance shoes and attire please. Child must be able to attend class alone.

performingstars.ca.

Instructor: Vancouver

Performing Stars

Th Apr 14-Jun 16

3:45 PM-4:30 PM

\$130/10 sess

Mini Hip Hop

(3-4 yrs)

Learn the basic style of hip hop dance in this high energy program. Discover new and exciting moves while learning fun and challenging choreography. Beginners welcome! Leave feeling energized, confident and excited about dance.

Visit performingstars.ca

for more information.

Instructor: Vancouver

Performing Stars

Tu Apr 12-Jun 14

3:45 PM-4:30 PM

\$130/10 sess

ART, CULTURE & ENVIRONMENT

Wee Expressions

(0-4 yrs)

Come and join us on an adventure of imagination in songs while we engage a child through a mixture of free play & structure. In our classes, parents and children (0-4 yrs) alike take pleasure in the interactive nature of the classes and jointly participate in singing, instrument playing, learning manners, brain gym, accompanying song actions, baby sign language and dances with a refreshing sense of exploration and fun. More than the traditional children's music program our curriculum is

based on researched methods surrounding the benefits of music infused with Music Therapy techniques. Materials fee: \$7 Siblings: 20% discount and/or siblings under 10 months are free.

Instructor: Musical Expressions

Tu May10-Jun28

10:30 AM-11:15 AM

\$127/8 sess

Th May12-Jun30

10:30 AM-11:15 AM

\$127/8 sess

EDUCATION

Baby Sign Language

(0-2 yrs)

Using songs and games, learn basic American Sign Language (ASL) hand gestures, to facilitate communication with your hearing child. Research shows that babies who learn Sign Language learn quicker and talk earlier. Bring your baby 0-24 months old to class. No drop-ins.

intoyoga.ca

Instructor: Sheri

Kauhausen

M May30-Jun27

10:00 AM-10:45 AM

\$72/5 sess

MARTIAL ARTS

Taekwondo Tigers

(3-5 yrs)

Increase concentration, motor & social skills.

Learn in a fun and safe environment. Kids will be rewarded with stripes on their belt for their attendance, attitude, respect, knowledge subjects and effort in class.

squamishmartialarts.com

Instructor: Squamish

Martial Arts &

Fitness Centre

Sa May07-Jun18

11:00 AM-11:30 AM

\$140/7 sess

Sa Jun25-Aug13

11:00 AM-11:30 AM

\$140/7 sess

No class July 2



Family Play Gym

(0-5 yrs)

Bring the family to the Creekside Gymnasium to run, jump, climb and play. This is a great opportunity to meet and play with other families in the neighbourhood. Parent/guardian participation is required.

Drop-in only, registration not required. \$1.⁵⁰/child or purchase a 10 visit pass for \$10.

M May02-Aug29

10:45 AM-12:30 PM

\$1.⁵⁰/16 sess

W May04-Aug31

9:30 AM-12:30 PM

\$1.⁵⁰/17 sess

Th May05-Aug25

1:30 PM-3:30 PM

\$1.⁵⁰/17 sess

F May06-Aug26

9:30 AM-12:30 PM

\$1.⁵⁰/16 sess

No program

May 11, 23,

July 1, August 1

BIRTHDAYS

Have your Birthday Party at Creekside!

Play Gym equipment, toys and/or sports equipment (basketball, badminton, soccer) are available for you to incorporate into your party activities! No food, decorations or activity leader provided. 15 minutes of set-up and clean up time is provided before and after the party. Refund Policy: 30 days notice prior to the party date is required. \$150 per party. Dates subject to change, email creekside@vancouver.ca with any questions.

Sa 2:30 PM-4:30 PM
Jun 11, 18, 25
Jul 2, 9, 16, 23, 30
Aug 6, 13, 20, 27
Sept 4, 11, 18, 25

Su 11:45 AM-1:45 PM
Or 2:30 PM - 4:30 PM
Jun 12, 19, 26
Jul 3, 10, 17, 24, 31
Aug 7, 14, 21, 28
Sept 4, 11, 18, 25

SPORTS

GrassRoots Soccer

GrassRoots Soccer is based on a unique coaching model that uses the four corner model encompassing four key attributes that are vital for development: physical, technical, psychological and social elements. Children will gain confidence and build self-esteem.

No drop-ins. Parent participation required.

Instructor: Glyn Roberts
(2-3 yrs)

Su Apr24-Jun19
9:00 AM-9:45 AM
\$126/7 sess
No class May 29, June 5

(4-5 yrs)

Su Apr24-Jun19
9:45 AM-10:30 AM
\$126/7 sess
No class May 29, June 5



Sportball Junior

(1-2 yrs)

Sportball Jr. programs focus on physical literacy and social exploration as toddlers learn fundamental sport skills and participate in creative motor games, songs, rhymes, stories, bubble time and more. Parent participation is required for this course.

Instructor:
Sportball Vancouver
W May 04-Jun22
9:30 AM-10:15 AM
\$119/7 sess
No class May 11

Sa May07-Jun25
9:30 AM-10:15 AM
\$102/6 sess
No class May 21, June 4

Sa Jul09-Aug20
9:30 AM-10:15 AM
\$102/6 sess
No class July 30

Sportball Parent and Tot

(2-3 yrs)

This program teaches children important introductory physical skills and help them develop confidence in their abilities. Classes focus on refining, rehearsing and repeating skills and playing games in a fun, creative, non-competitive environment.

Instructor:
Sportball Vancouver
W May04-Jun22
10:15 AM-11:00 AM
\$119/7 sess
No class May 11

Sa May07-Jun25
10:15 AM-11:00 AM
\$102/6 sess
No class May 21, June 4

Sa Jul09-Aug20
10:15 AM-11:00 AM
\$102/6 sess
No class July 30

For additional family event programming see page 25

Sportball Multi-Sport

(3-5 yrs)

Sportball Multi Sport skills development programs introduce preschool and primary school children to the concepts and skills involved in the eight core sports of the sportball methodology. The programs reinforce the benefits of teamwork and skill development rather than the importance of winning, enabling children to gain the confidence and develop the social necessary to succeed in sport and life.

Instructor:
Sportball Vancouver
W May04-Jun22
11:00 AM-11:45 AM
\$119/7 sess
No class May 11

Sa May07-Jun25
11:00 AM-11:45 AM
\$102/6 sess
No class May 21, June 4

Sa Jul09-Aug20
11:00 AM-11:45 AM
\$102/6 sess
No class July 30

Creekside Baby Time (Sing & Grow)

A program for families with babies 0-12 months old. Fridays, April 1 to May 13 (except April 15) 10:00-11:15 AM. Featuring: nursery rhymes and songs, exploration of parenting issues, information about infant development, and connection to community resources. COVID restrictions in place (limited capacity). Participant families will need to show proof of vaccination at entrance.





Encourage creativity and imagination to foster growth and development.

SPORTS

GrassRoots Soccer

(6-9 yrs)

Based on a unique coaching model that helps boys and girls of all abilities develop their skills and reach their potential. The four corner model is used and encompasses four key attributes that are vital for development: physical, technical, psychological and social elements, helping children develop more than just their football skills - they'll gain confidence, self-esteem, learn teamwork and improve their decision making. No drop-ins. Instructor: Glyn Roberts Su Apr24-Jun19 10:30 AM-11:15 AM \$123/7 sess No class May 29, June 5

Badminton Beginner & Intermediate

(8-15 yrs)

Badminton skills, from the rules, strokes and serves to advanced footwork and strategy. For beginners and intermediates. Pace will be adjusted according to the needs of the participants. Instructor: Stanley Kita Tu May03-Aug30 3:30 PM-4:30 PM \$180/18 sess

Junior Ballet

(5-7 yrs)

Introduce your child to the world of ballet. These classes develop coordination, musicality and fluidity of movement. Increased ballet technique is expected at each level. Appropriate dance shoes and attire. Child must be able to attend class alone. performingstars.ca Instructor: Vancouver Performing Stars Th Apr14-Jun16 4:30 PM-5:15 PM \$130/10 sess

Senior Ballet

(8-12 yrs)

Combining 30 minutes of classical ballet followed by 30 minutes of the expressive form of contemporary dance. Along with learning technique and choreography, dancers encouraged to explore their own creative expression and emotive free movement. Previous dance experience not required. Proper dance attire and ballet shoes should be worn. performingstars.ca Instructor: Vancouver Performing Stars Th Apr14-Jun16 5:15 PM-6:15 PM \$140/10 sess

Junior Hip Hop

(5-7 yrs)

Want to learn how to move to and groove to your favorite tunes? Learn the basic style of hip hop dance in this high energy program. Discover new and exciting moves while learning fun and challenging choreography. Beginners welcome! Leave feeling energized, confident and excited about dance. Visit performingstars.ca for more information. Instructor: Vancouver Performing Stars Tu Apr12-Jun14 4:30 PM-5:15 PM \$130/10 sess

Senior Hip Hop and Jazz Dance

(8-12 yrs)

This high energy dance class is a fusion of 30 minutes of hip hop and 30 minutes of jazz dance. Discover new and exciting moves while learning fun and challenging choreography. Previous dance experience is welcome, but not required. performingstars.ca Instructor: Vancouver Performing Stars Tu Apr12-Jun14 5:15 PM-6:15 PM \$140/10 sess

Vancouver Performing Stars Summer Dance Boot Camp

(6-12 yrs)

Step into the world of dance! Explore the foundations of multiple dance disciplines, including ballet, jazz, contemporary, and hip hop. Learn essential dance vocabulary, moves and styles that every performer should know in this high-energy, positive, and creative camp. Participants will be excited to show you what they have learned in a mini presentation on the final class. Please pack a healthy lunch, water bottle, and craft supplies. Let's dance! performingstars.ca Instructor: Vancouver Performing Stars M Tu W Th F Aug15-Aug19 9:00 AM-3:00 PM \$305/5 sess

For other Martial Art programs, please refer to p. 26 & 27.

Taekwondo with Squamish Martial Arts

Increase concentration, motor and social skills. Learn in a fun and safe environment. Kids will be rewarded with stripes on their belt for their attendance, attitude, respect, knowledge subjects and effort in class. squamishmartialarts.com Instructor: Squamish Martial Arts & Fitness Centre **Beginners - White to Yellow Belts** Sa May07-Jun18 11:30 AM-12:15 PM \$140/7 sess Sa Jun25-Aug13 11:30 AM-12:15 PM \$140/7 sess No class July 2

Intermediate/Advanced - Green to Black Belts

Sa May07-Jun18 12:15 PM-1:00 PM \$140/7 sess Sa Jun25-Aug13 12:15 PM-1:00 PM \$140/7 sess No class July 2

Learning Through Minecraft: Summer Camps

Week-long learning and play with Momibelle & Emibelle at MCKids Academy Creekside! Half of our day is active outdoor play. Register early, camps fill quickly! See mckidsacademy.com for more info.

Minecraft STEaM: Young Learners

(6-9 yrs)

Daily explorations in STEaM concepts while we practice what we know in Minecraft! An intro to the MCKids community where we can learn more about multiplayer play etiquette and the MCKids Code of Conduct. Bedrock play on iPads, WIN10. Active outdoor breaks both AM and PM.
M Tu W Th F
Jul04-Jul08
9:30 AM-4:00 PM
\$425/5 sess

Minecraft STEaM: Java Edition

(10-14 yrs)

Next level gaming! Learn more about in-game commands, redstone engineering and command block sciences! An intro to MCKids for newcomers and returning students alike.
M Tu W Th F
Jul04-Jul08
9:30 AM-4:00 PM
\$425/5 sess

Intro To Game Design: Minecraft Bedrock Edition

(6-9 yrs)

Exploring a different genre of play every day together on our private MCKids Map Realm. Parkour? Puzzle? PvE? Or all three? We'll learn to build our own maps for others to play on! For Win10/Bedrock. Active breaks and outdoor play both AM & PM.
M Tu W Th F
Jul11-Jul15
9:30 AM-4:00 PM
\$425/5 sess

Game Design in Minecraft: Build a Server!

(10-14 yrs)

Learn how to create a 'themed' Minecraft server for you and your friends to play on. How to select and install plugins, datapacks and mods, create and place schematics, establish an economy and a Code of Conduct and more! Come prepared to learn the technical side of Minecraft.
M Tu W Th F Jul11-Jul15
9:30 AM-4:00 PM
\$425/5 sess

Minecraft Master Class: Bite-sized Builds

(6-9 yrs)

For budding Minecraft Content Creators! Daily 'bite-sized' creative build challenges to grow your design skills. Small spaces with a focus on interior details finishing. We'll connect with pro Minecraft content creators, too! Time management, planning and collaborative play will be key.
M Tu W Th F Jul18-Jul22
9:30 AM-4:00 PM
\$425/5 sess

Minecraft Master Class: Tools of the Trade

(10-14 yrs)

Plugins, mods, add-ons and datapacks! Want to code cool stuff in our game just like the pros? We look at the best tools and online resources that are available for us to learn how to create amazing content in our game, Minecraft, including an intro to coding in Java.
M Tu W Th F Jul18-Jul22
9:30 AM-4:00 PM
\$425/5 sess

Learn to Mod Java Minecraft

(8-14 yrs)

Learn all the steps to building, testing and publishing a lite Minecraft Java mod pack. Ready to create and code your own mod (and already have basic Java skills from last week?) this week we build a themed modpack together to suit everyone's style of play and love of learning through Minecraft.
M Tu W Th F Jul25-Jul29
9:30 AM-4:00 PM
\$425/5 sess

Minecraft Ancient Roman Cities

(8-14 yrs)

Discover new ways to learn about history and how historic battles shaped our world. This camp is all about the understanding of geography, topography and PvE (player versus entity) custom roleplay! We'll head to Ancient Rome, where the Capitoline Hill stands tall over the Roman Forum, and learn about it's beginnings on the Tiber River.
Tu W Th F
Aug 02-Aug 05
9:30 AM-4:00 PM
\$380/4 sess

Fantastic Beasts in Minecraft!

(8-14 yrs)

Based on the screenplays in the 'Fantastic Beasts and Where to Find Them' series, we're creating and playing on a whole NEW Minecraft game to explore all of the wonders of the wizarding worlds! Roleplaying and adventuring, building and discovering all that an epic modded Minecraft game could possibly offer. (Latin learning optional). Additional materials fee (\$25) payable to instructor.
M Tu W Th F
Aug08-Aug12
9:30 AM-4:00 PM
\$425/5 sess

Living Earth in Minecraft: Dinos +Tech

(8-14 yrs)

Do you LOVE dinosaurs? Do you like the idea of crafting programable robots to help you dig, mine and explore? Want to learn about prehistoric animals, and travel to far-away dimensions? This modded game is going to be DINO-MITE!
M Tu W Th F Aug15-Aug19
9:30 AM-4:00 PM
\$425/5 sess



Indie Games & Make a Game Week!

(8-14 yrs)

Explore and play on age-appropriate Indie games: analyze and compare, share our ideas and learn about the programming languages and online learning resources that we can use to create our own games.
M Tu W Th F
Aug22-Aug26
9:30 AM-4:00 PM
\$425/5 sess

Back to School in Minecraft: Staying Safe

(6-14 yrs)

Set our time management back on track with a week worth of engaging in-game and IRL activities based on the new school year and our BC Curriculum helping ease our transition into our new school year of learning!
M Tu W Th F
Aug29-Sep02
9:30 AM-4:00 PM
\$425/5 sess

Paddling



Paddling down the Creek with Creekside Kayaks and Dragon Zone

Children and youth under 18 must be with an adult or have a waiver signed by a parent/guardian to participate.

Paddling at Dragon Zone

Community, culture, and competition, all in one boat. Get out and explore Vancouver from the water with us! Sessions run rain or shine year-round. dragonzone.ca

Creekside Kayaks at Dragon Boat BC

Explore Vancouver from the water out of our Olympic Village docks in a Kayak! Email info@dragonboatbc.ca or call 604-688-2382

Year-Round-Pass Programs: visit Dragonzone.ca/kayak
Rentals and Intro to Kayaking start Spring 2022
Register online at register.dragonboatbc.ca
Single Kayak \$25/hour
Tandem: 50/hour

Guided Dragon Boat Sessions

Learn to Dragonboat with our guides on False Creek year round! Private group sessions start with as few as 12 people. Visit Dragonzone.ca/paddle for more information

2022 Race Calendar MAY 7

Youth Regatta/Oddball 2,000 Challenge

JUNE 4-5

Vessi 500 Championships JUNE 24-26

Concord Pacific Dragon Boat Festival

AUG 20

Steveston Dragon Boat Festival:

SEPT 24

Dragon Zone Fall Classic

PADDLES UP!

Explore the Canadian International Dragon Boat Festival Exhibit at the BC Sports Hall of Fame!

Explore the world of dragon boat at BC Sports Hall of Fame inside BC Place. For the first time, see artefacts from the dragon boat festival from our archives. Exhibit closes September 26. Visit bcsportshall.com/tickets and use code PADDLESUP20 for 20% off admission.



Creekside Community Centre Programs

We're working with Creekside Community Centre to share the magic of paddling! Learn more about these programs at dragonzone.ca/community [dragonzone.ca]. Register for these programs through the Community Centre front desk.

FREE PADDLING: Community Dragon Boat Paddling Day

Our popular Community Paddling Days are back this year! Bring your friends and family out for a free 60 minute paddling session. Afterwards, help our local dragon boat team Dragon Zone Firetruck fundraiser for their trip to the 2022 Club Crew World Championships! May 15, August 27 1:00 PM - 4:00 PM
FREE REGISTRATION!

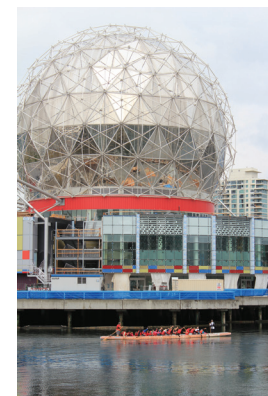
Community Kayak Sampler

Learn to kayak in your backyard in Olympic Village! This 60 minute morning guided session teaches you basic kayak paddling skills as you tour False Creek with our certified instructor. Afterwards, take advantage of a 10% discount against our kayak pass rates to get even more paddling time whenever our docks are open.
Apr 12 (Tu), May 10 (Tu), Jun 7 (Tu), Jul 12 (Tu), Aug 9 (Tu), Sep 13 (Tu) 10 AM - 11 AM
\$59/session

Summer Paddling Camp (Ages 8-12)





After a 2 year pause, our summer camps are back and better than ever! Learn to paddle boats—including kayak, SUP, dragon boat, and flatwater—and explore the culture behind the sport, our community's stories, and our local marine habitat. Learn skills, make new friends, and be inspired by our community and environment!

Full day camps weekly starting July 4
Drop off 8:30 AM, pick up 3:30 PM
5 day weeks \$350, BC Day week \$275



Sport Schedule

See pg 18-19 for info, dates plus registration and drop-in fees. Schedule subject to change without notice.

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Badminton	1:15pm-2:45pm		1:15pm-2:45pm		1:00pm-2:30pm or 4:45pm-6:30pm	9:15am-11:45am
Basketball		8:15pm-10:00pm	6:15pm-8:00pm			
Pickle Ball		8:30am-10:00am or 10:15am-11:45am		8:30am-10:00am or 10:15am-11:45am	2:45pm-4:30pm	
Soccer	6:15pm-8:00pm			6:15-8:00pm		12:00pm-1:45pm
Table Tennis	1:15pm-2:45pm	1:15pm-2:45pm	1:15pm-2:45pm	1:15pm-2:45pm	1:00pm-2:30pm	Table Tennis You can also call us on the day of and if a room is available, we can provide a table!
Volleyball	8:15pm-10:00pm	6:15pm-8:00pm	8:15pm-10:00pm	8:15pm-10:00pm	6:45pm-8:30pm	

Yoga & Fitness Schedule

See pgs 20-26 for info, dates and registration fees. Schedule subject to change without notice.

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	Cycle Xpress 7:00am-7:45am	Callanetics 9:15am-10:15am				
	Zumba Gold 9:15am-10:15am	Yoga for Older Adults - Lv 1 10:30am-11:45am	Tristar Tai Chi 10:00am-11:15pm			Pilates Yoga 9:10-am- 10:00am
	20/20./20 9:30-10:30am	Iyengar Yoga with Terri 12:00pm-1:30pm		Yoga for Older Adults - Lv 2 10:30am-12:00pm		Fitness Kickboxing 10:00am-11:00am
	Fit4Two® Stroller Fitness 11:00am-12:00pm					
Hatha Yoga 9:30am-10:45am			Hatha + Yin Yoga 5:30pm-6:45pm			
Hatha + Yin Yoga 11:00am-12:15pm			Cycle Core 6:00pm-7:00pm			
	Fit4Two® Prenatal Yoga 6:15pm-7:15pm		Dance Bootcamp 7:00pm-8:00pm			
	Yoga Made for Runners 7:30pm-8:45pm	Yin Yoga 6:30pm-7:45pm (starts Mar 1)	Dancehall 8:15pm-9:15pm			

adult program schedules



From painting
to martial
arts to yoga
and more,
we have
programs that
will stimulate
your mind,
body and
soul.

Sports Registration & Drop-In

Three ways to participate

- 1. Register for Full Season** This guarantees you a spot in the program every week. Sign-in at the front desk BEFORE start time or your spot may be sold. (\$2.³⁸/daytime sess & \$4.²⁹/evening sess)
- 2. Buy a 10 Visit Sports pkg on OneCard** Purchase card in-person. Phone-in starting at 6:30am. Can reserve up to 2 people if program has unregistered spots with a valid/current 10 visit pass. (\$2.³⁸/sess daytime & \$5.²⁴/sess evening)
- 3. Waitlisting** Call as early as 6:30 am. Reserve 2 spots. No-show spots sold to waitlist. Be at the front desk when name is called. (\$3.³³/sess daytime & \$6.¹⁹/sess evening)

Badminton

Non-instructional, recreational badminton. Doubles play and rotation required if session full.

Drop-In Only (2 courts)

May 2 -Aug 27
M W 1:15 pm-2:45 pm
F 1:00 pm-2:30 pm
Sa 9:15 am-11:45 am

No program

May 23, Jul 1, Aug 1

\$3.³³/drop-in or
\$23.⁸¹/10 visit pass

Register or \$6.19/ Drop-In (4 Courts)

F May 6- Aug 26
4:45 pm-6:30 pm
\$68.⁸¹/16 sess

No class Jul 1

Basketball

Non-instructional, recreational full gymnasium basketball court with maximum 15 spots for 5 on 5 play with a rotating group. Basketballs may be borrowed from reception.

Register or \$6.19/Drop-In

Tu May 3-Aug 30
8:15 pm-10:00 pm
\$77.²²/18 sess

W May 4-Aug 31
6:15 pm-8:00 pm
\$77.²²/18 sess

Pickleball

Non-instructional. Borrow raquets/balls from Centre.

All Levels

Register or \$3.³³/Drop-In

Tu May 3-Aug 30
8:30am-10:00am
10:15am-11:45am
\$42.⁸⁴/18 sess

Th May 5-Aug 25
8:30 am-10:00 am
10:15 am-11:45 am
\$40.⁴⁶/17 sess

Intermediate/Advanced

F May 6-Aug 26
2:45 pm-4:30 pm
\$38.⁰⁸/16 sess
No class Jul 1

Pickleball Lessons

Try out this popular, easy-to-learn, and exciting sport. Paddles and equipment will be provided. Instructor: Mona Lee (See pg 29)

Soccer

Non-instructional, recreational, full-gymnasium soccer for all levels.

Register or \$6.19/Drop-In

M May 2-Aug 29
6:15 pm-8:00 pm
\$68.⁶⁴/16 sess
No class May 23, Aug 1
Th May 5-Aug 25
6:15 pm-8:00 pm
\$72.⁹³/17 sess
Sa May 7-Aug 27
12:00 pm-1:45 pm
\$68.⁶⁴/16 sess
No class Jun 4

Table Tennis

(All Ages)

Non-instructional, recreational table tennis.

Up to 4 tables available in 1/3 gymnasium. Doubles play and rotation of players will be required if busy. Paddles and balls may be borrowed.

M-Th May 2-Aug 31

1:15 pm-2:45 pm

F 1:00 pm-2:30 pm

\$3.³³/Drop-In

\$23.⁸¹/10 visit pass

No Class May 11, 23,
Jul 1, Aug 1

Volleyball

Non-instructional, volleyball for all levels.

Players sort themselves into levels and play 6 on 6.

Register or \$6.¹⁹/Drop-In

M May 2-Aug 29
8:15 pm-10:00 pm
\$68.⁶⁴/16 sess

No Class May 23, Aug 1

Tu May 3-Aug 30

6:15 pm-8:00 pm

\$77.²²/18 sess

W May 4-Aug 31

8:15 pm-10:00 pm

\$77.²²/18 sess

Th May 5-Aug 25

8:15 pm-10:00 pm

\$72.⁹³/17 sess

F May 6-Aug 26

6:45 pm-8:30 pm

\$68.⁶⁴/16 sess

No class Jul 1

Cycle Xpress

45 minute cycle class with a warm up and cool down.

Register \$6.⁶⁶/Drop-in or 10 Visit \$57.²⁸

M Starts Apr 4-

7:00 am-7:45 am

No class Apr 18, May 23

Cycle Core

A dynamic, fast-paced class designed to work your whole body, gear up for high intensity bike intervals and core and strength work on the floor.

Register \$6.⁶⁶/Drop-In or 10 Visit \$57.²⁸

W Starts Apr 6

6:00 pm-7:00 pm





SPORTS All Levels Volleyball Skills Clinic

(19+ yrs)
Learn, develop and perfect basic volleyball skills whether you're a beginner or advanced player. Emphasis will be on the technical components of the forearm pass, overhead pass, serving, hitting and blocking. Instructor: TIN & TINA LTD
M May02-Jun06
8:30 PM-10:00 PM
\$185/5 sess
No class May 23

ART Painting Art Studio & Mixed Media

(19+ yrs)
Maybe you've never painted before and you've always wished to try, maybe you liked art in high school and you want to paint again. If so, this is the course for you! In six weeks you will learn a variety of acrylic painting techniques. We cover colour, composition and design. Learn how you can approach your work and what techniques and methods can be used to translate your ideas into a piece of art. This will be a fun and experimental course in which you will try and learn how to use different and unique painting tools, textures and a variety of mixed media materials and techniques. You are welcome to bring your own project and develop them in class. All levels welcome.
Instructor: Zohar Fiszbaum
M Jun06-Aug15
5:30 PM-7:30 PM
\$265.36/8 sess
No class June 20, July 11, August 1

EDUCATION Baby Sign Language

(2+ yrs)
Using songs and games, learn basic American Sign Language (ASL) hand gestures, to facilitate communication with your hearing child. Research shows that babies who learn Sign Language learn quicker and talk earlier. Bring your baby 0-24 months old to class. No drop-ins.
intoyoga.ca
Instructor: Sheri Kauhausen
M May30-Jun27
10:00 AM-10:45 AM
\$72/5 sess

Athletic Taping Course

(16+ yrs)
An 8-hour course providing theoretical knowledge and hands-on application of taping techniques for common athletic injuries. 7.0 BCRPA and 7.0 PE/A2 CMTBC credits.
Instructor: SportMed BC
Sa May14
9:30 AM-4:30 PM
\$170/1 sess

Sports First Aid & Concussion Management Course

(16+ yrs)
This eight-hour course combines Sports First aid and concussion management. Introduction to injury prevention and on-site management of sports related injuries and sharing the latest medical and scientific information about brain injury, sport risk factors, prevention techniques, and concussion management. A certificate of completion issued for both Sports First Aid and Concussion management courses. Concussion Management completion is approved for BCRPA, CMTBC and NCCP Continuing Education Credits.
Instructor: SportMed BC
Su May15
9:30 AM-4:30 PM
\$145/1 sess



FITNESS Callanetics

(19+ yrs)
Callanetics exercise method is a total body conditioning workout. One of the original barre workouts, Callanetics uses a combination of mat work and ballet inspired leg work, precise positioning and tiny movements. Movements that are gentle on the joints and super effective at strengthening and toning your muscles. You'll leave the class feeling like you've had a great workout!
Drop-in \$18.⁰⁹
space permitting.
Instructor: Linda Shedden
Tu May03-Jun14
9:15 AM-10:15 AM
\$113.33/7 sess
Tu Jul12-Aug09
9:15 AM-10:15 AM
\$80.95/5 sess

Fitness Kickboxing

(15+ yrs)
Come and enjoy the exciting Fitness Kickboxing class. Regardless of age, size, shape, fitness level and man or woman, this class is designed to suit. Work hard or go at your own pace. It's non contact and taught in a fun safe non intimidating environment. Drop-ins \$17.⁵⁰
space permitting.
Instructor: Michelle Park
Certified Weight and Personal Trainer with BCRPA
Sa May07-Jun18
10:00 AM-11:00 AM
\$105/7 sess
Sa Jun25-Aug13
10:00 AM-11:00 AM
\$105/7 sess
No Class July 2

Renew your OneCard online today!
creeksidecentre.ca
and click on 'Buy a Recreation Pass'

adult

20/20/20 Dance fit, Strength and Yoga Fitness (13+ yrs)

Twenty minute each: high intensity dance fitness with K-pop and Latin moves to burn calories; strength training with dumbbells to complete total body conditioning; core yoga moves and stretches to improve muscular balance and inner peace.

Instructor: Michelle Park
Certified Weight and Personal Trainer with BCRPA

Drop-Ins \$17.50

space permitting.

Instructor: Squamish
Martial Arts & Fitness
Centre

M May02-Jun20

9:30 AM-10:30 AM

\$105/7 sess

M Jun27-Aug15

9:30 AM-10:30 AM

\$105/7 sess

No class May 23, Aug 1

Dance Bootcamp

(19+ yrs)

Vancouver's Sweatiest
Dance-Fitness Class!

Dance Bootcamp takes the best of dance fitness with a mix of dance styles and bootcamp elements. We incorporate dance into a workout movement/circuit, choreography, and straight bootcamp movements.

Drop in \$18

kirbysnelldance.com

Instructor: Endorphin

Rush Dance

FREE TRIAL

W May04

7:00 PM-8:00 PM

FREE

W May11-Jun22

7:00 PM-8:00 PM

\$105/7 sess

W Jul06-Jul27

7:00 PM-8:00 PM

\$60/4 sess

W Aug03-Aug24

7:00 PM-8:00 PM

\$60/4 sess

Dancehall

(19+ yrs)

Dancehall is a highly energetic, rhythmic style which originated in Jamaica and has Reggae roots. Learn the foundations of dancehall in this open-level dance program which is uptempo and empowering. Fall in love with the dancehall movements and infectious beats which are taking the music industry by storm. No experience required.

Drop-in \$18. More info

KirbySnellDance.com

Instructor: Endorphin

Rush Dance

FREE TRIAL

W May04

8:15 PM-9:15 PM

FREE

W May11-Jun22

8:15 PM-9:15 PM

\$105/7 sess

W Jul06-Jul27

8:15 PM-9:15 PM

\$60/4 sess

W Aug03-Aug24

8:15 PM-9:15 PM

\$60/4 sess

YOGA/PILATES Hatha + Yin Yoga

(19+ yrs)

Slow down. Release tension and stress in your body, mind and nervous system with Pamela Ferman's grounding 75 minute Hatha + Yin Yoga. A unique mix of Hatha, Yin and Restorative yoga. Designed to reset your nervous system and relax your mind while increasing flexibility deeper in your body in a safe and supported way. You will leave class feeling a lot more balanced and at ease between body and mind. All levels welcome.

Beginner friendly.

pamelafermanyoga.com

Instructor: Pamela
Ferman

Su May01-May29

11:00 AM-12:15 PM

\$70/5 sess

Su Jun05-Jun26

11:00 AM-12:15 PM

\$56/4 sess

W May04-May25

5:30 PM-6:45 PM

\$56/4 sess

W Jun01-Jun29

5:30 PM-6:45 PM

\$70/5 sess

W Jul06-Jul27

5:30 PM-6:45 PM

\$56/4 sess

W Aug03-Aug24

5:30 PM-6:45 PM

\$56/4 sess

Hatha Yoga

(19+ yrs)

Slow down. Release tension and stress in your body, mind and nervous system with Pamela Ferman's grounding 75 minute Hatha Yoga. Classes consist of meditation and physical yoga postures that flow slowly and smoothly from one to another with some long holds in between for deeper fascia stretching. A perfect combination of flexibility, strength, balance, movement and stillness. You will leave class feeling a lot more balanced between body and mind. All levels welcome.

Beginner friendly.

pamelafermanyoga.com

Instructor:
Pamela Ferman

Su May01-May29

9:30 AM-10:45 AM

\$70/5 sess

Su Jun05-Jun26

9:30 AM-10:45 AM

\$56/4 sess

Su Jul03-Jul31

9:30 AM-10:45 AM

\$70/5 sess

Su Aug07-Aug14

9:30 AM-10:45 AM

\$28/2 sess



adult

Yin Yoga

(19+ yrs)

Slow down. Release tension and stress in your body, mind and nervous system with Pamela Ferman's grounding 75 minute Hatha + Yin Yoga. A unique mix of Hatha, Yin and Restorative yoga. Designed to reset your nervous system and relax your mind while increasing flexibility deeper in your body in a safe and supported way. You will leave class feeling a lot more balanced and at ease between body and mind. All levels welcome. Beginner friendly. pamelafermanyoga.com Instructor:

Pamela Ferman
Tu May 03-May 31
6:30 PM-7:45 PM
\$70/5 sess
Tu Jun 07-Jun 28
6:30 PM-7:45 PM
\$56/4 sess
Tu Jul 05-Jul 26
6:30 PM-7:45 PM
\$56/4 sess
Tu Aug 02-Aug 23
6:30 PM-7:45 PM
\$56/4 sess



Pilates Yoga

(15+ yrs)

A Class combined of an ancient practice that works on the union of body, breath and mind with exercise technique that works the core strengthening and toning. Come and start your day with inner peace. Yoga and Pilates experience not necessary. Dumbbell workout added. Instructor : Michelle Park Certified Weight and Personal Trainer with BCRPA Instructor: Squamish Martial Arts & Fitness Centre
Sa May07-Jun18
9:10 AM-10:00 AM
\$105/7 sess
Sa Jun25-Aug13
9:10 AM-10:00 AM
\$105/7 sess
No Class July 2

FITNESS & HEALTH Yoga Made for Runners

(16+ yrs)

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. Drop-in \$20 For more info visit mikedennisonfitness.com Instructor: Mike Dennison
M May02-Jun27
7:30 PM-8:45 PM
\$136/8 sess
No class May 23
M Jul04-Aug22
7:30 PM-8:45 PM
\$119/7 sess
No class August 1

MARTIAL ARTS Capoeira

(14+ yrs)

Capoeira is an Afro-Brazilian art, which combines martial art techniques with simple acrobatics, and movements, making it a complete body workout that is challenging, safe and fun! The program focuses on physical mastery of the basic and advanced moves and runs twice a week to ensure optimal progression of the students. No experience is necessary. Course is suitable for complete beginners as well as advanced students. Drop-ins are \$14.²⁹ + GST and registrations run monthly, providing an effective rate of \$10 per class. Note: Cashes in July/August will start at 6:00 PM Instructor: Aleksey Sher
M W May02-May30
7:30 PM-9:00 PM
\$76.¹⁶/8 sess
M W Jun01-Jun29
7:30 PM-9:00 PM
\$85.⁶⁸/9 sess
M W Jul04-Jul27
6:00 PM-7:30 PM
\$76.¹⁶/8 sess
M W Aug03-Aug31
6:00 PM-7:30 PM
\$85.⁶⁸/9 sess

Creekside Movie Night!

Thu Aug 4
Movie begins at dusk
FREE EVENT
Weather permitting.
Arrive early with a chair and blanket to reserve your spot!



There are no age restrictions for Adult Programs. If you are 19+ yrs, you are welcome to register! See pg 18

Jodo - The Way Of The Stick

(19 yrs +)

Jodo is a Japanese art that means "way of the stick". In this art, students are taught to rely on the precision and flexibility of the JO, a short staff, to overcome the inherent advantages of the blade-wielding opponent using non-lethal force. This traditional Japanese martial art is a wonderful way to cultivate character and train the body. It nurtures a spirit of respect, loyalty, sincerity and confidence. It trains and strengthens the body, quickens your actions, and builds endurance. \$50/month and \$10 drop-in
Instructor: Hoshu Vancouver Dojo
May05-May29
Jun02-Jun30
Jul03-Jul31
Aug04-Aug28
\$50/month
10/Drop in
Sun 12:45PM-2:15PM
Th 8:15PM-9:45 PM

Shorinji Kempo

(19yrs+)

A sophisticated Japanese martial art that uses physics and pressure points to increase one strength. We strive for a non-competitive, safe, and comfortable atmosphere. We have clubs in 33 countries so you can train and meet other members worldwide. Shorinji Kempo teaches that the essence of budo martial arts is not to fight and defeat enemies but, to stop fighting between people. A fun class to try, beginners welcome!
shorinjikempobc.ca
Drop-in \$9.⁵²
Instructor: Vancouver South Side Shorinji
May03-May31
Jun04-Jun28
Jul02-Jul30
Aug06-Aug30
50/Month
10/Drop in
Tues 7:30-9:30PM
Sat 10:30AM-12:00PM

Shotokan Karate

(13yrs+)

Shotokan Karate will teach Kihon (basic blocks, punches and kicks), Kata (forms) and Kumite (sparring) to men and women 13 years and older (or younger with instructor's permission). Annual membership is required and can be purchased from the instructor.
Drop-ins \$4.⁷⁶ with instructor approval
vancouvershotokan.ca
Instructor: Canada Shotokan Karate
M W May02-Jun29
6:00 PM-7:30 PM
\$85/17 sess

Fit4Two® Prenatal Yoga

(19+ yrs)

All fitness levels and trimesters welcome. Strengthen, stretch and breathe your way to a more comfortable pregnancy. Improve posture, balance and flexibility as your instructor leads you through pregnancy-specific yoga poses, core exercises, breath work and relaxation. Drop in \$16
No class Fit 4 Two® instructors are certified pre and postnatal fitness specialists and follow the Canadian Guideline for Physical Activity Throughout Pregnancy. Registration and drop in available. Online prenatal intake form must be completed before your first class. fit4two.ca
Instructor: Fit4Two Van Downtown/False Creek
M Apr11-May30
6:15 PM-7:15 PM
\$83.²⁸/6 sess
April 19, May 23
M Jun06-Jul25
6:15 PM-7:15 PM
\$111/8 sess

Fit4Two® Stroller Fitness

(19+ yrs)

Fit 4 Two Stroller Fitness is a mobile way for you to get a full body work out and still be able to attend to your baby's needs. Each class includes intervals of power walking, functional strength training and cardio drills followed by postnatal-specific core work and flexibility. Our mobile intervals are ideal for babies who like to be on the move. Come out and meet other moms in your community! Women should be 4+ weeks postpartum (6 weeks for caesareans). All fitness levels are welcome. Please bring a yoga mat and a water bottle. You do not need a jogging stroller. Meet in the lobby.
fit4two.ca
Instructor: Fit4Two Van Downtown/False Creek
M Apr11-May30
11:00 AM-12:00 PM
\$83.²⁸/6 sess
No class April 18, May 23
M Jun06-Jul25
11:00 AM-12:00 PM
\$111/8 sess



Join the
Community
Garden at
Creekside!

For more info please email
us at: creeksidegarden@outlook.com

adult



Stay engaged and active while making connections with new friends.

FITNESS Nordic Pole Walking

(40+ yrs)
Learn how to use Nordic Walking poles to stay active while managing Osteoarthritis. FREE, pre-register for one time slot only. Contact Vancouver Coastal Health at 604.875.4544 for program details.
Instructor:
Vancouver OASIS
Tu May10
10:00 AM-11:30 AM
Tu Jun14
10:00 AM-11:30 AM
Tu Jul12
10:00 AM-11:30 AM
Tu Aug09
10:00 AM-11:30 AM

Yoga for Older Adults Level 1

(55+ yrs)
Suited to beginners or those with existing conditions. A slow approach to yoga focusing on the foundation and pain free movement to increase stability before mobility. Restorative poses using props to aid in relaxation.
Instructor: Terri Damiani
Tu May10-Jun28
10:30 AM-11:45 AM
\$106.72/8 sess
Tu Jul12-Aug30
10:30 AM-11:45 AM
\$93.³⁸/7 sess
No class August 16

Yoga for Older Adults Level 2

(55+ yrs)
Designed to increase mobility, stamina and vitality. Tailored for participants addressing health concerns to improve their quality of life. Props provided if required to ensure stability and correct alignment. Session ends with a relaxation pose.
Instructor: Terri Damiani
Th May 05-Jun23
10:30 AM-12:00 PM
\$121.⁹²/8 sess
Th Jul14-Aug25
10:30 AM-12:00 PM
\$91.⁴⁴/6 sess
No class August 18

Iyengar Yoga with Terri

(19+ yrs)
All levels with creative sequencing to challenge the body, integrate the mind and sooth the nervous system. Experience the Iyengar tradition (detailed, congruent, infused with humour) to bring a connection to self and others. Modifications provided.
Instructor: Terri Damiani
Tu May10-Jun28
12:00 PM-1:30 PM
\$121.⁹²/8 sess

Tristar Tai Chi All Levels

(19+ yrs)
Strengthening stances, meditative breath work, flowing movement and Asian healing meridian pressings. Benefits include stress release, improved digestion, circulation and enhanced energy. Drop in \$18.
tristartaiji.com
Instructor: Molly Lee
W Jun01-Aug31
10:00 AM-11:15 AM
\$168/12 sess
No class July 6, August 17

ZUMBA® Gold

(55+ yrs)
Low-impact dance-fitness uses Latin music with easy to follow moves to create a dynamic, fun fitness class. Improve balance, strength, flexibility.
Instructor: Zumba Vancouver
M May02-Jun27
9:15 AM-10:15 AM
\$110/8 sess
No class May 23
M Jul04-Aug15
9:15 AM-10:15 AM
\$82.⁵⁰/6 sess
No class August 1

Pickleball Lessons Beginners Learn-To-Play

(55+ yrs)
Easy-to-learn sport that combines elements of badminton; tennis and table tennis. Learn proper grip; how to correctly hit the ball and move efficiently and safely around the court. 4 spots available. Paddles & balls provided.
Instructor: Mona Lee
F May06-Jun24
9:15 AM-10:45 AM
\$224/8 sess
F Jul08-Aug26
9:15 AM-10:45 AM
\$224/8 sess

Pickleball Lessons - Intermediate Skills & Drills

(55+ yrs)
For players who have already completed the beginner's lessons and would like to fine tune their strokes and learn strategic doubles play. 4 spots available. Paddles & balls provided.
Instructor: Mona Lee
F May06-Jun24
10:45 AM-12:15 PM
\$224/8 sess
F Jul08-Aug26
10:45 AM-12:15 PM
\$224/8 sess

SOCIAL Bridge

(19+ yrs)
Join our group on Tuesdays and enjoy duplicate bridge. Please note that no instruction is provided. New players are always welcome. \$2/drop-in or buy a 10 visit pass for \$10. Instructor: Non Instructional
Tu May03-Aug30
12:00 PM-3:00 PM
\$1.⁹⁰/1 sess

Mahjong

(19+ yrs)
Join our group on Thursdays and enjoy Mahjong. Please note that instruction may be provided. New players are always welcome. \$2/drop-in or \$10 for 10 visit pass. Instructor: Non Instructional
Th May05-Aug25
1:00 PM-4:00 PM
\$1.⁹⁰/1 sess

Creekside Fitness Centre

Affordable recreation and personal training for health and wellness.



Fitness Centre Admission Fees

Age	Adult (19-64)	Youth (13-18) Senior (65+)
Drop-in	\$6. ⁶⁶	\$4. ⁶⁶
10 Visit Pass	\$57. ²⁸	\$40. ¹⁰
FLEXIPASS RATES <i>Access to all Vancouver Park Board fitness centres, pools and rinks.</i>		
1 month	\$51. ²⁸	\$35. ⁹⁰
3 months	\$138. ⁴⁶	\$92. ⁹²
12 months	\$443. ⁰⁶	\$310. ¹⁴

ALL FEES ARE SUBJECT TO CHANGE. PRICES DO NOT INCLUDE TAX.

Youth ages 13-16 are welcome in the Fitness Centre. Parental consent recommended.

Personal Training Fees

SESSIONS	PRIVATE (1 PERSON)	SEMI-PRIVATE (2 PEOPLE)	GROUP
1	\$55. ⁴⁰	\$83. ⁰⁸	\$116. ⁵³
3	\$153. ⁵²	\$230. ³²	\$312. ¹¹
5	\$246. ⁹²	\$380. ²⁵	\$457. ⁷⁸
10	\$443. ²⁷	\$706. ¹⁸	\$832. ³¹

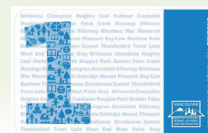
ALL FEES ARE SUBJECT TO CHANGE. PRICES DO NOT INCLUDE TAX.

Personal Training

Improve your health and wellness with support from our qualified and experienced Personal Trainers. Develop a customized fitness plan designed to meet your fitness goals and fit your schedule. Whether you are a beginner, overcoming a plateau, rehabilitating from any injury or looking for sport specific workouts, our Trainers will motivate and support you in each one hour session.

Flexipass Membership

Enjoy flexible and affordable recreation with our no contract all-access pass. Load your monthly Flexipass onto your Vancouver Park Board OneCard and receive unlimited access to Park Board fitness centres, indoor pools, outdoor pools and ice rink facilities.



QR CODE

Scan the code to access the Vancouver Park Board (VPB) site for information on all of our Fitness Centres. Need info such as facility hours, fitness session schedules, programs and class details visit vancouverparks.ca



Fitness Centre Equipment

Cardio

5 Treadmills,
2 Elliptical Trainers,
2 Spin Bikes,
2 Recumbent Bikes,
1 Upright Bike,
2 Concept II Ergometers
1 Ski Erg,
1 Arm Erg

Strength

free weights
benches
cable pulley
power racks
life fitness weight
training machines

Core & Flexibility

stability balls
medicine balls
stretching mats

ACCESSIBLE FITNESS CENTRE

Please call the front desk for times when fitness staff are available for assistance

fitness centre