

# 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		
<b>Additional Charges</b>				
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. <sup>30</sup>		
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](http://creeksidecentre.ca).

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

 [facebook.com/creeksiderec](https://www.facebook.com/creeksiderec)  [twitter.com/creeksiderec](https://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](http://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](http://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.



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welcome

Experience Recreation at Creekside

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

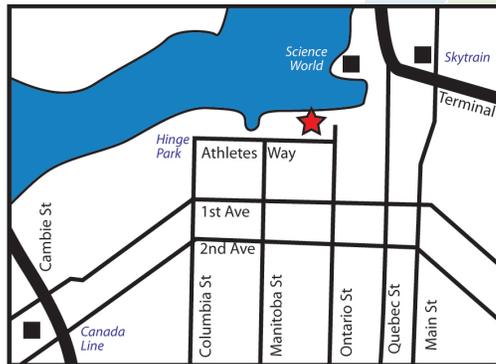
Creekside Community Recreation Centre
1 Athletes Way
(North foot of Ontario Street)
Vancouver, BC V5Y 0B1
Phone: 604.257.3050 ext. 1
Fax: 604.257.3051
E-mail: creekside@vancouver.ca
creeksidecentre.ca
facebook.com/creeksiderec
twitter.com/creeksiderec



Hours of Operation:

Monday-Thursday 6:30am-10pm
Friday 6:30am-8:30pm
Saturday/Sunday 9am-5pm
Closed

May 23, July 1, August 1



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

how to register

NOTE: Program prices do not include taxes.





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](http://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](http://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](http://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](http://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](http://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.<sup>50</sup>/child or purchase a 10 visit pass for \$10.

M May02-Aug29  
10:45 AM-12:30 PM  
\$1.<sup>50</sup>/16 sess

W May04-Aug31  
9:30 AM-12:30 PM  
\$1.<sup>50</sup>/17 sess

Th May05-Aug25  
1:30 PM-3:30 PM  
\$1.<sup>50</sup>/17 sess

F May06-Aug26  
9:30 AM-12:30 PM  
\$1.<sup>50</sup>/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](mailto: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.



preschool/family



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](http://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](http://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](http://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](http://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](http://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](http://squamishmartialarts.com) Instructor: Squamish Martial Arts & Fitness Centre **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](http://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](http://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](mailto:info@dragonboatbc.ca) or call 604-688-2382

Year-Round-Pass Programs: visit [Dragonzone.ca/kayak](http://Dragonzone.ca/kayak)  
Rentals and Intro to Kayaking start Spring 2022  
Register online at [register.dragonboatbc.ca](http://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](http://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 [bcsporthall.com/tickets](http://bcsporthall.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](http://dragonzone.ca/community) [[dragonzone.ca](http://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!

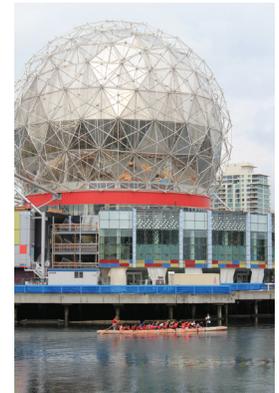
### Community Kayak Sampler

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
<b>Badminton</b>	1:15pm-2:45pm		1:15pm-2:45pm		1:00pm-2:30pm or 4:45pm-6:30pm	9:15am-11:45am
<b>Basketball</b>		8:15pm-10:00pm	6:15pm-8:00pm			
<b>Pickle Ball</b>		8:30am-10:00am or 10:15am-11:45am		8:30am-10:00am or 10:15am-11:45am	2:45pm-4:30pm	
<b>Soccer</b>	6:15pm-8:00pm			6:15-8:00pm		12:00pm-1:45pm
<b>Table Tennis</b>	1:15pm-2:45pm	1:15pm-2:45pm	1:15pm-2:45pm	1:15pm-2:45pm	1:00pm-2:30pm	<b>Table Tennis</b> You can also call us on the day of and if a room is available, we can provide a table!
<b>Volleyball</b>	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
	<b>Cycle Xpress</b> 7:00am-7:45am	<b>Callanetics</b> 9:15am-10:15am				
	<b>Zumba Gold</b> 9:15am-10:15am	<b>Yoga for Older Adults - Lv 1</b> 10:30am-11:45am	Tristar Tai Chi 10:00am-11:15pm			<b>Pilates Yoga</b> 9:10-am- 10:00am
	20/20./20 9:30-10:30am	<b>Iyengar Yoga with Terri</b> 12:00pm-1:30pm		<b>Yoga for Older Adults - Lv 2</b> 10:30am-12:00pm		<b>Fitness Kickboxing</b> 10:00am-11:00am
	<b>Fit4Two® Stroller Fitness</b> 11:00am-12:00pm					
<b>Hatha Yoga</b> 9:30am-10:45am			<b>Hatha + Yin Yoga</b> 5:30pm-6:45pm			
<b>Hatha + Yin Yoga</b> 11:00am-12:15pm			<b>Cycle Core</b> 6:00pm-7:00pm			
	<b>Fit4Two® Prenatal Yoga</b> 6:15pm-7:15pm		<b>Dance Bootcamp</b> 7:00pm-8:00pm			
	<b>Yoga Made for Runners</b> 7:30pm-8:45pm	<b>Yin Yoga</b> 6:30pm-7:45pm (starts Mar 1)	<b>Dancehall</b> 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.<sup>58</sup>/daytime sess & \$4.<sup>29</sup>/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.<sup>58</sup>/sess daytime & \$5.<sup>24</sup>/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.<sup>33</sup>/sess daytime & \$6.<sup>19</sup>/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.<sup>33</sup>/drop-in or  
\$23.<sup>81</sup>/10 visit pass

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

F May 6- Aug 26  
4:45 pm-6:30 pm  
\$68.<sup>81</sup>/16sess  
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.<sup>22</sup>/18 sess  
W May 4-Aug 31  
6:15 pm-8:00 pm  
\$77.<sup>22</sup>/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.<sup>84</sup>/18 sess

Th May 5-Aug 25  
8:30 am-10:00 am  
10:15 am-11:45 am  
\$40.<sup>46</sup>/17 sess

#### Intermediate/Advanced

F May 6-Aug 26  
2:45 pm-4:30 pm  
\$38.<sup>08</sup>/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.<sup>64</sup>/16 sess  
No class May 23, Aug 1  
Th May 5-Aug 25  
6:15 pm-8:00 pm  
\$72.<sup>93</sup>/17 sess  
Sa May 7-Aug 27  
12:00 pm-1:45 pm  
\$68.<sup>64</sup>/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.<sup>33</sup>/Drop-In  
\$23.<sup>81</sup>/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.<sup>64</sup>/16 sess  
No Class May 23, Aug 1  
Tu May 3-Aug 30  
6:15 pm-8:00 pm  
\$77.<sup>22</sup>/18 sess  
W May 4-Aug 31  
8:15 pm-10:00 pm  
\$77.<sup>22</sup>/18 sess  
Th May 5-Aug 25  
8:15 pm-10:00 pm  
\$72.<sup>93</sup>/17 sess  
F May 6-Aug 26  
6:45 pm-8:30 pm  
\$68.<sup>64</sup>/16 sess  
No class Jul 1

### Cycle Xpress

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

Register \$6.<sup>66</sup>/Drop-in  
or 10 Visit \$57.<sup>28</sup>  
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.<sup>66</sup>/Drop-in  
or 10 Visit \$57.<sup>28</sup>  
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 Fiszbbaum  
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

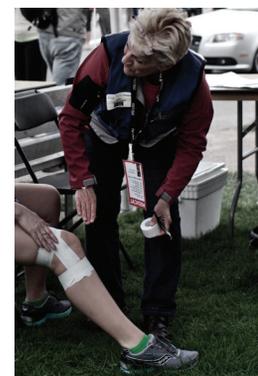
(2+ yrs)  
Using songs and games, learn basic American Sign Language (ASL) hand gestures, to facilitate communication with your hearing child. Research shows that babies who learn Sign Language learn quicker and talk earlier. Bring your baby 0-24 months old to class. No drop-ins.  
[intoyoga.ca](http://intoyoga.ca)  
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.<sup>09</sup> 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.<sup>50</sup> 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

adult

Renew your  
OneCard  
online today!  
[creeksidecentre.ca](http://creeksidecentre.ca)  
and click on 'Buy a  
Recreation Pass'

**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](http://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](http://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](http://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](http://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



## 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](http://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 breath deeply. Drop-in \$20

For more info visit  
[mikedennisonfitness.com](http://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.<sup>29</sup> + 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.<sup>16</sup>/8 sess

M W Jun01-Jun29

7:30 PM-9:00 PM

\$85.<sup>68</sup>/9 sess

M W Jul04-Jul27

6:00 PM-7:30 PM

\$76.<sup>16</sup>/8 sess

M W Aug03-Aug31

6:00 PM-7:30 PM

\$85.<sup>68</sup>/9 sess

There are no age restrictions for Adult Programs.

If you are 19+ yrs, you are welcome to register!

See pg 18

## 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!



adult

## 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](http://shorinjikempobc.ca)  
Drop-in \$9.<sup>52</sup>  
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.<sup>76</sup> with instructor approval  
[vancouvershotokan.ca](http://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](http://fit4two.ca)  
Instructor: Fit4Two Van Downtown/False Creek  
M Apr11-May30  
6:15 PM-7:15 PM  
\$83.<sup>28</sup>/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](http://fit4two.ca)  
Instructor: Fit4Two Van Downtown/False Creek  
M Apr11-May30  
11:00 AM-12:00 PM  
\$83.<sup>28</sup>/6 sess  
No class April 18, May 23  
M Jun06-Jul25  
11:00 AM-12:00 PM  
\$111/8 sess



adult



## Join the Community Garden at Creekside!

For more info please email us at: [creeksidegarden@outlook.com](mailto:creeksidegarden@outlook.com)



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 soothe 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. <sup>66</sup>	\$4. <sup>66</sup>
10 Visit Pass	\$57. <sup>28</sup>	\$40. <sup>10</sup>
FLEXIPASS RATES		
Access to all Vancouver Park Board fitness centres, pools and rinks.		
1 month	\$51. <sup>28</sup>	\$35. <sup>90</sup>
3 months	\$138. <sup>46</sup>	\$92. <sup>92</sup>
12 months	\$443. <sup>06</sup>	\$310. <sup>14</sup>

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. <sup>40</sup>	\$83. <sup>08</sup>	\$116. <sup>53</sup>
3	\$153. <sup>52</sup>	\$230. <sup>32</sup>	\$312. <sup>11</sup>
5	\$246. <sup>92</sup>	\$380. <sup>25</sup>	\$457. <sup>78</sup>
10	\$443. <sup>27</sup>	\$706. <sup>18</sup>	\$832. <sup>31</sup>

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](http://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