

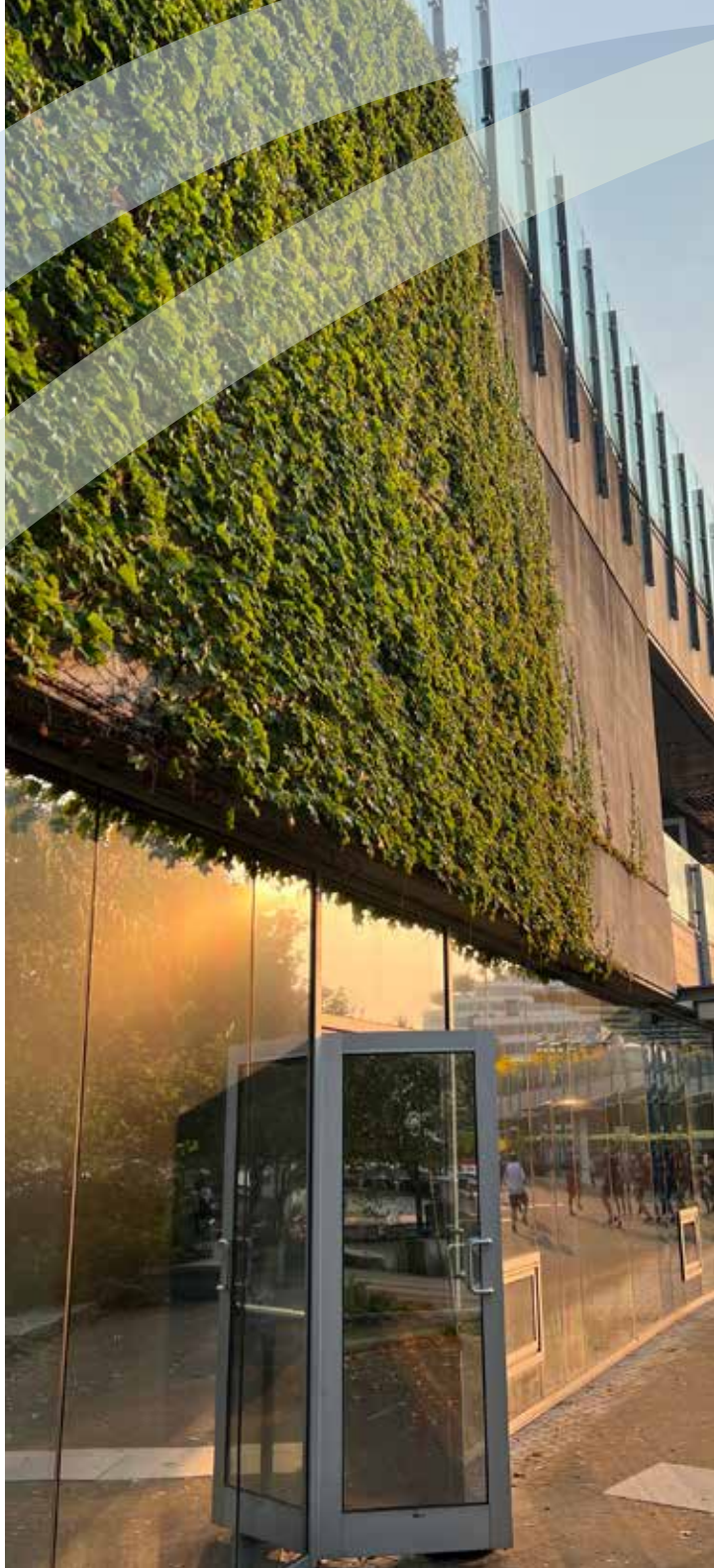
# Creekside

Community Recreation Centre



Spring  
Summer  
2025  
Program  
Guide

[creeksidecentre.ca](http://creeksidecentre.ca)



# Register Online Today

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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
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 19, Jul 1, Aug 4

NOTE: Office closes 15 min prior to centre closing.



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 PARTIES: 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 8 at 7 PM

Phone-in and in-person: Wednesday April 9 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.

**MUSIC**  
**Musical Exploration Camp**

(3-5 yrs)  
Explore this fun instrument through colours, numbers, musical story telling, jamming and singing along to your favourite tunes. No experience is required. Instruments and Ukulele are provided for use in class Parent participation required. Drop-ins welcome if space permits. [musicalexpressions.ca](http://musicalexpressions.ca)  
Instructor: Musical Expressions  
M Tu W Th F  
Jul 21-Jul 25  
10:00 AM-10:30 AM  
\$80/5 sess

**Uke & Me**  
(0-4 yrs)  
Explore this fun instrument through colours, numbers, jamming and singing along to your favourite tunes. No experience is required. Ukuleles are provided for use in class (or bring your own). Parent participation required. Drop-ins welcome if space permits. [musicalexpressions.ca](http://musicalexpressions.ca)  
Tu May 06-Jun 24  
11:00 AM-11:30 AM  
\$129.<sup>60</sup>/8 sess

**Wee Expressions**  
(0-4 yrs)  
Engage through a mixture of free and structured play. Parents and children take pleasure in the interactive nature of classes. Participate in singing, instrument playing, brain gym, accompanying song actions, baby sign language and dance. Curriculum based Music Therapy techniques. Siblings 25% discount. FREE if under 8 mo.-old. [musicalexpressions.ca](http://musicalexpressions.ca)  
Materials fee \$7.<sup>50</sup>  
Tu May 06-Jun 24  
10:00 AM-10:45 AM  
\$137.<sup>10</sup>/8 sess

**Family Play Gym**  
(0-5 yrs)  
Bring the family to the Creekside gym to run, jump, climb and play. Meet with families in the 'hood. Parent/guardian participation required. Drop-in only. \$1.<sup>50</sup>/child or 10 visit pass for \$10  
M May 05-Aug 25  
10:45 AM-12:30 PM  
\$1.5/15 sess  
No sess May 19, Aug 4  
W May 14-Aug 27  
9:30 AM-12:30 PM  
\$1.5/16 sess  
No sess May 7  
F May 09-Aug 29  
9:30 AM-12:30 PM  
\$1.<sup>50</sup>/17 sess

**DANCE**  
**Little Ballerinas**  
(3-4 yrs)  
Young ballerinas explore the fun and beauty of ballet while learning the basic techniques. They will love playing with their creative expression. Children will participate without a parent in the room. Performance on the last day of class for friends and family. Please wear fitted, stretchy clothing and ballet slippers. Drop-ins \$15. (space pending) [KirbySnellDance.com](http://KirbySnellDance.com)  
Instructor: Endorphin Rush Dance  
Tu May 06-Jun 24  
3:00 PM-3:45 PM  
\$104/8 sess

**Mini Hip Hop Movers**  
(3-5 yrs)  
This non-stop action-packed program includes hip hop, basic breakdancing and dance games. Clean indoor only shoes must be worn. Children will participate without a parent in the room. Performance on the last day of class for friends and family. Drop-ins \$14. (space pending) [KirbySnellDance.com](http://KirbySnellDance.com)  
Instructor: Endorphin Rush Dance  
Tu May 06-Jun 24  
3:45 PM-4:30 PM  
\$104/8 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. Participants should bring their own blanket. No drop-ins. For more info visit [intoyoga.ca](http://intoyoga.ca)  
Instructor: Sheri Kauhausen  
M Apr 14 - May 26  
10:00 AM-10:45 AM  
\$77/5 sess  
No class Apr 21, May 19

**Baby/Toddler Time Sing and Grow**  
Nursery rhymes and songs, information about infant development and connection to community resources.  
**For more info** contact Bilquis at [BHirani@mpnh.org](mailto:BHirani@mpnh.org)  
**Register**  
<https://forms.office.com/r/g6BDHVhHbW>  
EVERY Friday  
Jan 17 - Mar 28  
Baby Time  
10:00 - 11:00 AM  
Toddler Time  
(1 to 2.5 yrs)  
11:00 AM - 12 PM  
FREE  
Donations welcome!



## 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! You also get up to 7 tables and 50 chairs. No food, decorations, or activity leader provided. Bouncy castles, outside vendors, balloons, and glitter are not permitted. 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 7, 14, 28  
Jul 5, 12, 19, 26  
Aug 2, 9, 16, 23, 30  
Sep 6, 13, 20  
Su 12:00 PM-2:00 PM  
Jun 1, 8, 15, 29  
Jul 6, 13, 20, 27  
Aug 3, 10, 17, 24, 31  
Sep 7, 14, 21, 28

## MARTIAL ARTS

### Taekwondo Tigers

(3-5 yrs)

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. [www.squamishmartialarts.com](http://www.squamishmartialarts.com). Taekwondo uniform is required. Purchase directly from instructor \$60. (Other school logos not allowed). Instructor: Squamish Martial Arts & Fitness Centre  
Sa Apr 26-Jun 14  
Sa Jun 28-Aug 16  
11:00 AM-11:30 AM  
\$140/7 sess  
No class May 17, June 21, Aug 2

## SPORTS

### Creekside Soccer Academy

(2-3 yrs)

Creekside Soccer Academy 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. Drop-ins with instructor approval. Parent participation required. Instructor: Glyn Roberts  
Su May 04-Aug 24  
9:15 AM-10:00 AM  
\$224.<sup>40</sup>/12 sess  
No sess May 18, May 25, Jun 22, Jun 29, Aug 3.  
(4-5 yrs)  
Su May 04-Aug 24  
10:00 AM-10:45 AM  
\$224.<sup>40</sup>/12 sess  
No sess May 18, May 25, Jun 22, Jun 29, Aug 3.

## Sportball Junior

(1-2 yrs)

Toddlers and parents/caregivers focus on physical movements and social exploration, learn fundamental sport skills and participate in creative motor games, songs, stories, bubble time and more. Children are challenged according to their individual skill level and Coaches help grownups understand proven teaching techniques that can be applied outside of Sportball classes. Parent/adult participation is required for this course. Instructor: Sportball Vancouver  
W May 14-Jun 25  
9:30 AM-10:15 AM  
\$119/7 sess  
W Jul 02-Aug 20  
9:30 AM-10:15 AM  
\$136/8 sess  
Sa May 03-Jun 14  
9:30 AM-10:15 AM  
\$102/6 sess  
No sess May 17  
Sa Jul 05-Aug 23  
9:30 AM-10:15 AM  
\$119/7 sess  
No sess Aug 2

## Sportball Parent and Tot

(2-3 yrs)

You've made the team! Sportball Parent & Child programs focus on physical literacy and social exploration as toddlers learn fundamental sport skills and participate in creative motor games, rhymes, stories and more. Children are challenged according to their individual skill level and grownups are taught techniques to help toddlers refine motor skills while developing social skills. Sportball maintains a one-parent-per-child ratio policy in all Parent & Child programs to ensure that focus is kept on helping little one's practice and progress. Parent/adult participation is required. Instructor: Sportball Vancouver  
W May 14-Jun 25  
10:15 AM-11:00 AM  
\$119/7 sess  
W Jul 02-Aug 20  
10:15 AM-11:00 AM  
\$136/8 sess  
Sa May 03-Jun 14  
10:15 AM-11:00 AM  
\$102/6 sess  
No sess May 17  
Sa Jul 05-Aug 23  
10:15 AM-11:00 AM  
\$119/7 sess  
No sess Aug 2

## Sportball Multi-Sport

(3-5 yrs)

Refine, rehearse, repeat. Multi-Sport classes are the heart of Sportball programming. Coaches focus on the basic skills common to all sports, like balance, coordination, stamina and timing in a fun, supportive, non-competitive setting that emphasizes teamwork. Each class focuses on one of eight different popular sports: hockey, soccer, football, baseball, basketball, volleyball, golf and tennis. Instructor: Sportball Vancouver  
W May 14-Jun 25  
11:00 AM-11:45 AM  
\$119/7 sess  
W Jul 02-Aug 20  
11:00 AM-11:45 AM  
\$136/8 sess  
Sa May 03-Jun 14  
11:00 AM-11:45 AM  
\$102/6 sess  
No sess May 17  
Sa Jul 05-Aug 23  
11:00 AM-11:45 AM  
\$119/7 sess  
No sess Aug 2



Encourage creativity and imagination to foster growth and development.

**MARTIAL ARTS**  
**Children Beginners Taekwondo (White to Yellow Belt)**

(6-13 yrs)  
Increase concentration, motor and social skills. Learn in a fun and safe environment. Kids will be rewarded with stripes on their belt for attendance, attitude, respect, knowledge subjects and effort in class. [www.squamishmartialarts.com](http://www.squamishmartialarts.com). Taekwondo uniform is required. Purchase from instructor \$60. (Other logos not permitted). Instructor: Squamish Martial Arts & Fitness Centre

Sa Apr 26-Jun 14  
Sa Jun 28-Aug 16  
11:30 AM-12:15 PM  
\$140/7 sess  
No class May 17, June 21 Aug 2

**Children Intermediate Taekwondo (Green to Black Belts)**

(9-15 yrs)  
Instructor: Squamish Martial Arts & Fitness Centre  
Sa Apr 26-Jun 14  
Sa Jun 28-Aug 16  
12:15 PM-1:00 PM  
\$140/7 sess  
No class May 17, June 21, Aug 2

**Capoeira for Kids**

(6-12 yrs)  
Capoeira is an amazing movement art for kids - it includes dance, martial arts, simple acrobatics, music, instruments and history. Kids will improve their strength, flexibility, co-ordination, balance, agility and rhythm, bolstering self-confidence & teamwork in a fun environment! Instructor: Molly Lee (Professora Esquilo)  
Tu May 06-Jun 24  
Tu Jul 08-Aug 26  
5:00 PM-6:00 PM  
\$160/8 sess

**SPORTS**  
**Creekside Soccer Academy**

(6-9 yrs)  
Creekside Soccer Academy is based on a unique coaching model that help children develop skills and reach their potential. Gain confidence, build self-esteem, learn to work in teams and improve decision making. Drop-ins with instructor approval. Instructor: Glyn Roberts  
Su May 04-Aug 24  
10:45 AM-11:30 AM  
\$224.<sup>40</sup>/12 sess  
No sess May 18, May 25, Jun 22, Jun 29, Aug 3

**Badminton Beg/Int**

(8-15 yrs)  
A qualified instructor teaches all badminton skills from rules, strokes and serves to advanced footwork and strategy. For beginners and intermediates. Pace adjusted according needs. Instructor: Stanley Kita  
Tu May 06-Jun 24  
Tu Jul 08-Aug 26  
3:30 PM-4:30 PM  
\$80/8 sess

**DANCE**  
**Hip Hop Movers**

(4-6 yrs)  
This non-stop action-packed program includes hip hop, basic breakdancing, and dance games that will have your dancer moving to the beats! Please only clean indoor shoes inside of the studio. Children will participate without a parent in the room, but get your cameras ready: there will be a performance on the last day of class for friends and family. Drop-ins \$14.00 (space pending) More info: [KirbySnellDance.com](http://KirbySnellDance.com)  
Instructor: Endorphin Rush Dance  
Th May 08-Jun 26  
4:00 PM-4:45 PM  
\$104/8 sess

**Jazz / Hip Hop Fusion**

(5-8 yrs)  
Combine the style of hip-hop with the technical dance skills of jazz! Learn steps, jumps, turns, stretches and fun choreography to your favourite music. Please bring running shoes, and a water bottle and wear comfortable stretchy clothing and non-marking shoes. There will be a performance on the last day of class for friends and family. Drop-ins \$14 (space pending) More info: [KirbySnellDance.com](http://KirbySnellDance.com)  
Instructor: Endorphin Rush Dance  
Th May 08-Jun 26  
4:45 PM-5:45 PM  
\$112/8 sess

**Dance Extreme**

(7-12 yrs)  
Explore different styles of dance styles. Enjoy an energetic exploration of movement in a safe and inspiring environment. Styles may include Latin Dance, Afro, Hip Hop, Acrobatic Dance, Creative Movement and Bollywood! Performance on the last day of class for friends/family. Drop-ins \$15. Info: [KirbySnellDance.com](http://KirbySnellDance.com)  
Instructor: Endorphin Rush Dance  
Tu May 06-Jun 24  
4:30 PM-5:30 PM  
\$112/8 sess

**MUSIC**  
**Private Piano Lessons**

(5 yrs+)  
Develop your skills in piano, voice (singing) or the mixture of the two! With goals and learning styles varying from student to student, we help you first determine what you want to achieve, so we can make it our goal to get your there! From the basic beginners to preparing exams, all students will be encouraged to tap into their creative sides and be taught to express themselves through improvisation. Each class session is 30 minutes long. If you're wanting longer session times, please book two classes back-to-back. All music books and materials purchased separately. Instructor website: [musicalexpressions.ca](http://musicalexpressions.ca)  
Instructor: Musical Expressions  
W May 07-Jun 25  
3:30 PM-7:00 PM  
\$260/8 sess  
W Jul 9-Aug 20  
3:30 PM-7:00 PM  
\$227.<sup>50</sup>/7 sess

## SUMMER with MCKids Academy!

**Ages 8-14**  
**Let's explore**  
**Minecraft**  
**together** as a canvas for play-based learning. We support curricular subjects including Sciences, Programming, Literacy and the Arts. We also focus on self-management/regulation, digital literacies, collaboration and social-emotional learning through play. Children (and caregivers) are asked to abide by our Code of Conduct and Expectations. Access to our games by subscription after camp is over. (15/mo). Instructor: MCKids Academy Bring your laptop. We play on Minecraft Java edition. Half our day is outdoor, offline play. Limited laptop rentals \$15 per day. 7 day cancellation notice. More info: [mckidsacademy.com](http://mckidsacademy.com) Camps run 9:00 AM to 4:00 PM. Camp themes subject to change.

### A 'Let's Play' Summer Start: Learning Through Minecraft

Week 1 - An intro to the MCKids community and our awesome, inclusive day camps at Creekside Rec! Explore how we learn through play with Momibelle, Emibelle, 2yb and other special guests. We'll cover how to manage our time in-game, engage and socialise with others in our multiplayer worlds and build a community we can all be proud of!  
W Th F Jul 02-Jul 04  
\$270/3 sess

### A Minecraft Master Builders Class: Engineer/Architect/Builder

Wk 2 - Calling all aspiring architects, transit buffs and urban planners! Harness the power of Minecraft to help recreate parts of our City or build an historic landmark in 1:1 scale! Work in creative mode using the latest mods and plugins to assist you, or use schematics to build in survival to gain a deeper understanding of urban planning, architecture, and geography.  
M Tu W Th F  
Jul 07-Jul 11  
\$450/5 sess

### Game Design in Minecraft: Map-making 101

Wk 3 - For aspiring designers, builders and map-makers explore existing maps and mini-games to learn how we create custom, themed Java and Bedrock Minecraft worlds. Then unleash your creativity and help construct new games for Learning through Minecraft Play. An intense week offering an immersive game design experience where innovation and collaboration are key.  
M Tu W Th F  
Jul 14-Jul 18  
\$450/5 sess

### A Minecraft Zoology Adventure!

Wk 4 - Learn about and help us 'classify' the real-life animals that inspire Minecraft's mobs. We'll explore diverse habitats, from forests and oceans to deserts and jungles, while learning about real-world conservation, animal behavior and ecosystems. Blend gaming, science, and creativity for an unforgettable, educational Minecraft experience!  
M Tu W Th F  
Jul 21-Jul 25  
\$450/5 sess

### Game Design: Build a Minecraft Modpack

Wk 5 - In this camp, we'll learn how to create and customize a Minecraft: Java modpack, working with mods like Create to add advanced machines, automation, and more. Explore mod configuration and balanced gameplay—minimal coding required! Perfect for young Minecraft enthusiasts, this camp blends creativity, problem-solving, and game design for an unforgettable adventure.  
M Tu W Th F  
Jul 28-Aug 01  
\$450/5 sess

### Let's Play Minecraft Pirating Adventure!

Wk 6 - Join our latest Minecraft Let's Play for an action-packed pirating adventure. We'll explore, and survive together while developing teamwork and problem-solving skills. We'll also learn gameplay strategies and Momibelle will record their own Let's Play videos to follow along to every day. For beginners and seasoned players alike, this camp is the perfect way to level-up your summer!  
Tu W Th F  
Aug 05-Aug 08  
\$360/4 sess

### Pokemon in Minecraft with Cobblemon

Wk 7 - Embark on an electrifying adventure where the worlds of Minecraft and Pokémon collide! Immerse ourselves in the virtual world of Cobblemon, capturing and training Pokémon within the vast overworld of our game Minecraft. (Bring your cards, we'll play with those, too!)  
M Tu W Th F  
Aug 11-Aug 15  
\$450/5 sess

### Mythopoeia: Storytelling in Minecraft

Wk 8 - Join us for a week of folklore, fantasy, and legend in this magical Minecraft adventure! Each day Momibelle will share a new tale, written in her Book and Quill, filled with mysterious encounters, brave heroes, and thrilling quests. What new friends will she meet? What dangers lie ahead? We bring these stories to life in a modded Minecraft world. Craft your own adventures alongside Momibelle and the MCKids team.  
M Tu W Th F  
Aug 18-Aug 22  
\$450/5 sess

### Back to School: Staying Safe

Wk 9 - We explore our ALL of our summer camp virtual worlds (Choose one to play on!) and learn about essential online safety skills such as online netiquette, digital citizenship, and staying safe in virtual environments. Develop strategies for navigating online spaces responsibly, protecting our personal information and fostering positive online and in-game interactions. We'll empower ourselves with new knowledge about how to stay safe while we practice and model our MCKids Academy Code of Conduct in Minecraft.  
M Tu W Th F  
Aug 18-Aug 22  
\$450/5 sess

## Creekside Movie Night!

Date Wed Aug  
13th at 8:30 PM.  
Despicable Me 4.  
Weather permitting  
Arrive early with a  
chair and blanket to  
reserve your spot!



## Paddling down the Creek with Creekside Kayaks and Dragon Zone

### Paddling at Dragon Zone

Explore Vancouver from the water out of our Olympic Village docks! Email [info@dragonboatbc.ca](mailto:info@dragonboatbc.ca) for more info or visit [dragonzone.ca](http://dragonzone.ca)

#### Summer Padding Camp (Ages 8-12)

Learn to paddle a range of boats—including kayak, dragon boat, and flatwater. 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!

Mo-Fri from June 30th  
8:30 AM-3:30 PM  
\$400/5 sess/days  
Canada Day/BC Day week \$325/4 sess/days

#### 2025 Race Calendar

[dragonboatbc.ca/race](http://dragonboatbc.ca/race)

##### May 3

Burnwater Youth Regatta/Burnwater Spring Sprint

##### May 31

Vessi 500 Championship

##### June 20-22

Concord Pacific Dragon Boat Festival

##### July 26

Harrison Dragon Boat Festival

##### Aug 23

FreshCo Richmond Dragon Boat Festival

##### Sept 27

Oddball Fall Classic

#### Intro to Dragon Boat and Race

Learn to paddle with new friends, then put your skills to the test at one of our races! Four and eight week programs run throughout Spring and Summer.

8 Week Program  
Tu Apr 29 - Jun 17  
Th May 1 - Jun 19  
Cost \$250.

4 Week Program  
Tu May 6 - 27,  
Mo May 26 - Jun 16  
Wed May 28 - Jun 18  
Cost \$150.

Pay and register at [dragonboat.ca](http://dragonboat.ca)

**Creekside Kayaks at Dragon Boat BC Visit [dragonzone.ca/kayak](http://dragonzone.ca/kayak) [dragonzone.ca] for information on our year-round pass programs and our kayak rentals reopening daily starting Spring 2025. Book online now at register. [dragonboatbc.ca](http://dragonboatbc.ca) [register. [dragonboatbc.ca](http://dragonboatbc.ca)].**

### Birds Nest Properties Community Dragon Boat Paddling Day

Bring your friends and family out to try dragon boat during 60 minute sessions with the support of Birds Nest Properties! We're excited to bring this popular community program back with even more dates this coming year. Sign up for sessions starting on the hour.

*Minimum donation of \$2 per person, with proceeds going to charity.*  
May 25, July 6, August 3  
1:00/2:00/3:00 PM sessions

Register at the Creekside front desk!  
[dragonzone.ca/community](http://dragonzone.ca/community) [[dragonzone.ca](http://dragonzone.ca)]

#### Private and School Group Sessions

Learn to paddle dragon boat with our guides on False Creek year-round! Private group sessions start with as few as 12 people. See [dragonzone.ca/paddle](http://dragonzone.ca/paddle) for more information on our adult or youth group dragon boat events.

## Creekside Garden News!

**Join us at Creekside Community Garden** for our Garden Work Parties! Come out and meet other members of your community while working on an outdoor gardening project.

**Work parties take place** on the second last Saturday of each month (excluding long weekends, which are moved to the following Saturday). Bring your own garden gloves, water bottle, and an extra shovel if you have one.



**Interested in your own garden plot** at Creekside? Join our waitlist.

**Stay up to date** on upcoming events by checking our website at [www.creeksidecommunitygarden.com](http://www.creeksidecommunitygarden.com) or email [info@creeksidecommunitygarden.com](mailto:info@creeksidecommunitygarden.com)  
**We can't wait to garden with you!**





# 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 or 8:15pm-10:00pm		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>Pickleball</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	6:45pm-8:30pm	

# Yoga & Fitness Schedule See pgs 21-27 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>25/25/25</b> 9:30am-10:45am		<b>Yoga Made for Runners</b> 6:45am-7:45am	
	<b>Zumba® Gold</b> 9:15am-10:15am		<b>Tristar Tai Chi</b> 10:00am-11:15pm		<b>Tristar Tai Chi</b> 10:00am-11:15pm	<b>Pilates Yoga</b> 9:10am-10:00am
	<b>25/25/25</b> 9:30-10:45am	<b>Yoga for Older Adults - Lv 1</b> 10:30am-11:45am		<b>Yoga for Older Adults - Lv 2</b> 10:30am-12:00pm	<b>25/25/25</b> 9:30-10:45am	<b>Fitness Kickboxing</b> 10:00am-11:00am
					<b>Tenshin Ryu Hyoho</b> 6:00-8:00pm * NEW *	<b>Capoeira Brasil</b> 2:30pm-4:00pm
<b>Hatha Yoga</b> 9:30am-10:45am	<b>Cycle HIIT + Abs</b> 5:00pm-5:45pm		<b>Hatha + Yin Yoga</b> 5:30pm-6:45pm			
<b>Hatha + Yin Yoga</b> 11:00am-12:15pm			<b>Cycle Core</b> 5:30pm-6:30pm	<b>Cycle Xpress</b> 6:00pm-6:45pm		
		<b>Capoeira Brasil</b> 6:00pm-7:15pm	<b>Dance Bootcamp</b> 7:00pm-8:00pm	<b>Capoeira Brasil</b> 6:30pm-7:45pm		
	<b>Yoga Made for Runners</b> 7:30pm-8:45pm	<b>Yin Yoga</b> 6:30pm-7:45pm	<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>38</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>38</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

(19+ yrs)

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

**Drop-In only (2 courts)**

May 5-Aug 30

M W 1:15 pm-2:45 pm

F 1:00 pm-2:30 pm

Sa 9:15 am-11:45 am

No sess May 7, May 19, Aug 4

\$3.<sup>33</sup>/drop-in or

\$23.<sup>81</sup>/10 visit pass

**Register or \$6.<sup>19</sup>/**

**Drop-In (4 Courts)**

W May 14-Aug 27

8:15 pm-10:00 pm

\$68.<sup>64</sup>/16 sess

No sess May 7

F May 9-Aug 29

4:45 pm-6:30 pm

\$72.<sup>93</sup>/17 sess

### Basketball

(19+ yrs)

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.<sup>19</sup>/Drop-In**

Tu May 6-Aug 26

8:15 pm-10:00 pm

\$68.<sup>64</sup>/16 sess

W May 7-Aug 27

6:15 pm-8:00 pm

\$72.<sup>93</sup>/17 sess

### Soccer

(19+ yrs)

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

**Register or \$6.<sup>19</sup>/Drop-In**

M May 5-Aug 25

6:15 pm-8:00 pm

\$64.<sup>35</sup>/15 sess

No sess May 19, Aug 4

Th May 8-Aug 28

6:15 pm-8:00 pm

\$72.<sup>93</sup>/17 sess

Sa May 10-Aug 30

12:00 pm-1:45 pm

\$68.<sup>64</sup>/16 sess

No sess Jun 21

### Table Tennis

(19+ yrs)

Non-instructional, recreational table tennis. Up to 4 tables available in 1/3 gymnasium. Doubles play and rotation will be required if busy. May borrow paddel

M-Th May 5-Aug 28

1:15 pm-2:45 pm

No sess May 7, May 19,

Jul 1, Aug 4

F May 9-Aug 29

1:00 pm-2:30 pm

\$3.<sup>33</sup>/Drop-In

\$23.<sup>81</sup>/10 visit pass

### Volleyball

(19+ yrs)

Non-instructional, volleyball for all levels. Players sort themselves into levels and play 6 on 6.

**Register or \$6.<sup>19</sup>/Drop-In**

M May 5-Aug 25

8:15 pm-10:00 pm

\$64.<sup>35</sup>/15 sess

No sess May 19, Aug 4

Tu May 6-Aug 26

6:15 pm-8:00 pm

\$68.<sup>64</sup>/16 sess

No sess Jul 1

Th May 8-Aug 28

8:15 pm-10:00 pm

\$72.<sup>93</sup>/17 sess

F May 9-Aug 29

6:45 pm-8:30 pm

\$72.<sup>93</sup>/17 sess

### Pickleball Lessons

Try out this easy-to-learn, sport. Equipment provided. Instructor: Mona Lee (See pg 29)

### Pickleball

(19+ yrs)

Non-instructional

**All Levels**

**Register or \$3.<sup>33</sup>/Drop-In**

Tu May 6-Aug 26

8:30am-10:00am

10:15am-11:45am

\$38.<sup>08</sup>/16 sess

No sess Jul 1

Th May 8-Aug 28

8:30 am-10:00 am

10:15 am-11:45 am

\$40.<sup>46</sup>/17 sess

**Intermediate/Advanced**

F May 9-Aug 29

2:45 pm-4:30 pm

\$40.<sup>46</sup>/17 sess

### Pickleball Court Rentals

Reserve your own pickleball court for your family and friends. There are four courts available to play for 55 minute timeslots. Each registration is a booking for one court, max 4 players. Please note: Court A and Court B there could be glare on sunny days. Players must supply their own paddles and pickleballs. Courts cannot be used for classes - no teaching permitted. No refunds.

**\$19 per booking**

Su 3:00 PM-3:55 PM

Su 4:00 PM-4:55 PM

May 4, 11, 18

Jun 1, 8, 15, 29

July 6, 13, 20, 27,

Aug 3, 10, 17, 24, 31

## SPORTS

### All Levels Volleyball Skills Clinic

(19+ yrs)

All Levels Volleyball Skills Clinic: 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  
W May 07-Jun 11  
8:30 PM-10:00 PM  
\$210/6 sess

### Sports First Aid & Concussion Management Course

(16+ yrs)

This eight-hour course serves as a combination of a Sports First aid course and concussion management workshop together in one day. \*A certificate of completion will be 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  
Sa Aug 09  
9:30 AM-4:30 PM  
\$160/1 sess

### Athletic Taping Course

(16+ yrs)

This eight-hour course covers many of the taping techniques used in a sport setting through a combination of lecture and practical application. The course is designed as an introduction to taping. Safety considerations relating to taping as well as theory will be covered. Taping include regional techniques for the ankle, foot, knee, elbow, wrist, thumb and finger. Procedures for injury prevention, minimizing the chance of further damage when injury occurs and for aiding the healing process are also discussed. A great asset for coaches, parents and athletes, the course is designed for any skill level from beginners to those looking to perfect their craft. Participants are encouraged to wear athletic attire during this course (Shorts and T-shirt). A certificate of completion will be issued. This course is approved for 7.0 BCRPA and 7.0 PE/A2 CMTBC Continuing Education Credits. Instructor: SportMed BC  
Su Aug 10  
9:30 AM-4:30 PM  
\$195/1 sess

### 25/25/25 Dance fit, Strength and Yoga Fitness

(13+ yrs)

25 min high intensity dance fitness with K-Pop and Latin moves to burn calories. 25 min strength training with dumbbells for total body conditioning. 25 min Core Yoga moves to improve muscular balance and inner peace. Drop-Ins \$28. Instructor: Michelle Park, Certified Weight and Personal Trainer with BCRPA.  
M Apr 28-Jun 02  
M Jun 09-Jul 14  
M Jul 21-Aug 25  
9:30 AM-10:45 AM  
\$112.5/5 sess  
W Apr 23-May 28  
W Jun 04-Jul 09  
W Jul 16-Aug 20  
9:30 AM-10:45 AM  
\$135/6 sess  
F Apr 25-May 30  
9:30 AM-10:45 AM  
\$135/6 sess  
F Jun 06-Jul 11  
9:30 AM-10:45 AM  
\$112.5/5 sess  
F Jul 18-Aug 22  
9:30 AM-10:45 AM  
\$135/6 sess  
No Class May 19, Jun 20, 30, Aug 4

### 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 \$20.<sup>48</sup> Instructor: Linda Shedden  
Tu May 06-Jun 10  
9:15 AM-10:15 AM  
\$101.<sup>70</sup>/6 sess  
Tu Jul 08-Aug 19  
9:15 AM-10:15 AM  
\$118.<sup>65</sup>/7 sess



### 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. Among the dance style covered are salsa, afrobeat, dancehall, basic breakdance, hip hop and swing. You'll leave sweaty and happy from this high energy dance program. More info: [www.KirbySnellDance.com](http://www.KirbySnellDance.com) Instructor: Endorphin Rush Dance  
FREE TRIAL  
W May 07  
7:00 PM-8:00 PM  
FREE  
W May 14-Jun 25  
7:00 PM-8:00 PM  
\$105/7 sess  
W Jul 02-Jul 30  
7:00 PM-8:00 PM  
\$75/5 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 program which is uptempo and empowering. Fall in love with the dancehall movements and infectious beats. No experience required. Drop-in \$18 More info: [kirbysnelldance.com](http://kirbysnelldance.com) Instructor: Rush Dance  
Endorphin  
FREE TRIAL  
W May 07-May 07  
8:15 PM-9:15 PM  
FREE  
W May 14-Jun 25  
8:15 PM-9:15 PM  
\$105/7 sess  
W Jul 02-Jul 30  
8:15 PM-9:15 PM  
\$75/5 sess

### TRX FUSION for Women - all levels

This class combines classic TRX exercises in a superset fashion followed by a 15 minutes yoga stretch.

Mo  
9 AM-10 AM  
6 PM-7 PM  
Apr 28-May 26  
No Class May 19  
Jun 2-Jun 30  
No 9am class Jun 23  
\$130/5 sess

### TRX HIIT + Kettlebells intermediate to advanced level

This high intensity, faced-paced class features cardio segments with TRX strength & core conditioning and kettlebell exercises

Wed  
6:30 PM – 7:30 PM  
Apr 23 – May 21  
\$130/5 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 \$20.<sup>50</sup> space permitting. Certified Weight and Personal Trainer with BCRPA. Instructor: Squamish Martial Arts & Fitness Centre  
Sa Apr 26-Jun 14  
Sa Jun 28-Aug 16  
10:00 AM-11:00 AM  
\$140/7 sess  
No Class May 17, Aug 2



### ART Painting Art Studio & Mixed Media

(19+ yrs)

A fun art course in which you will create a painting and try a variety of acrylic techniques, tools and mediums while learning color and composition. Materials included.

Instructor: Zohar Fiszbbaum, founder of "Pacific Artist Guild".  
M May 12-Jun 16  
5:30 PM-8:15 PM  
\$199/5 sess  
No class May 19  
M Jun 23-Jul 21  
5:30 PM-8:15 PM  
\$199/5 sess

## GLA:D™ Canada Program for Hip and Knee Osteoarthritis ABC Specialty Program

(19+ yrs)

The GLA:D™ Canada Program will be run by Physiotherapist Stefan Cvoric. Good Life with Osteoarthritis in Denmark program (GLA:D™) is an evidence-based program that focuses on education and exercise to help reduce pain, improve function, and enhance your quality of life for people with knee and hip osteoarthritis. Developed with input from people living with osteoarthritis and healthcare professionals, this program teaches you how to strengthen muscles through functional movements and correct daily movement patterns. On average, participants experience a 32% reduction in symptoms, along with decreased pain intensity, reduced reliance on pain medication, and improved physical function and activity levels.

Mon/Thu 2:00-3:00pm  
April 7-May 29  
#549517 14 sessions  
\$560

Mon/Thu 3:30-4:30pm  
May 5- June 23  
557554 14 sessions  
\$560

Mon/Thu 2:00-3:00pm  
July 7 - Aug 25  
559636 14 Sessions  
\$560

Mon/Thu 3:30-4:30pm  
Starting July 7 - Aug 25  
559637 14 Sessions  
\$560



adult

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



### YOGA/PILATES Hatha + Yin Yoga with Pam

(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 May 04-Jun 22  
11:00 AM-12:15 PM  
\$120/8 sess  
W May 07-Jun 25  
5:30 PM-6:45 PM  
\$120/8 sess  
W Jul 02-Aug 20  
5:30 PM-6:45 PM  
\$120/8 sess  
Su Jul 06-Aug 17  
11:00 AM-12:15 PM  
\$105/7 sess

### Hatha Yoga with Pam

(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 May 04-Jun 22  
9:30 AM-10:45 AM  
\$120/8 sess  
Su Jul 06-Aug 17  
9:30 AM-10:45 AM  
\$105/7 sess

### Yin Yoga with Pam

(19 yrs+)  
Slow completely down. Release tension and stress in your body, mind and nervous system with Pamela Ferman's grounding 75 minute restorative Yin Yoga class. Target deep connective tissues like fascia, ligaments, joints and bones. Designed to help reset your nervous system and relax your mind while increasing flexibility in your body. Yin yoga helps stretch & lengthen those rarely-used tissues while also teaching you how to breathe through discomfort and sit with your thoughts. All levels welcome. Beginner friendly. [pamelafermanyoga.com](http://pamelafermanyoga.com)  
Instructor:  
Pamela Ferman  
Tu May 06-Jun 17  
6:30 PM-7:45 PM  
\$105/7 sess  
Tu Jul 08-Aug 19  
6:30 PM-7:45 PM  
\$105/7 sess

### Pilates Yoga

(15+ yrs)  
Pilates (mat) workout with yoga flow movements. Focused on core exercises and stretches to improve muscular balance and inner peace. Beginners to advanced levels welcomed as modifications of each move are presented as needed. Instructor: Michelle Park, Certified Pilates and Personal Trainer under BCRPA and Certified Yoga Teacher under Prana Yoga College  
Instructor: Squamish Martial Arts & Fitness Centre  
Sa Apr 26-Jun 14  
Sa Jun 28-Aug 16  
9:10 AM-10:00 AM  
\$140/7 sess  
No Class May 17, Aug 2

### Yoga Made for Runners

(16 yrs+)  
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.  
Fri drop-in \$18  
Mon drop-in \$20  
[mikedennisonfitness.com](http://mikedennisonfitness.com)  
Instructor:  
Mike Dennison  
F May 02-Jun 27  
6:45 AM-7:45 AM  
\$125/9 sess  
F Jul 04-Aug 22  
6:45 AM-7:45 AM  
\$110.40/8 sess  
M May 05-Jun 30  
7:30 PM-8:45 PM  
\$120/8 sess  
No class May 19  
M Jul 07-Aug 18  
7:30 PM-8:45 PM  
\$90/6 sess

adult

## PARK BOARD PRIDE

Check out our weekly programs and activities for 2STGD and 2SLGBTQIA+ folks of all ages.  
[vancouver.ca/park-board-pride](http://vancouver.ca/park-board-pride)



**MARTIAL ARTS**  
**Capoeira Brasil**  
**Strength, Balance**  
**and Flexibility**

(19+ yrs)  
 Afro-Brazilian martial art and dance. Movements are strengthening, playful and include a graceful combo of kicks, acrobatics and ground movements. 2x/wk recommended.

Instructor: Molly Lee  
**Th** May 01

6:30 PM-7:45 PM

FREE TRIAL

Th May 08-Jun 26

6:30 PM-7:45 PM

\$144/8 sess

Tu May 06-Jun 24

6:00 PM-7:15 PM

\$144/8 sess

Tu Th May 06-Jun 26

6:00 PM-7:45 PM

\$240/16 sess

Sa May 03

2:30 PM-4:00 PM

FREE TRIAL

Sa May 10-Jun 28

2:30 PM-4:00 PM

\$126/7 sess

No sess Jun 21.

Th Jul 03-Aug 28

6:30 PM-7:45 PM

\$162/9 sess

Tu Jul 08-Aug 26

6:00 PM-7:15 PM

\$144/8 sess

Tu Th Jul 03-Aug 28

6:30 PM-7:45 PM

\$255/17 sess

Sa Jul 05-Aug 30

2:30 PM-4:00 PM

\$162/9 sess

**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 a 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. Our dojo is a member of the Canadian Kendo Federation, and our growing, supportive community spans various locations across North America and Japan.

Instructor: Hoshu

Vancouver Dojo

Su Th May 01-May 29

Su Th Jun 01-Jun 29

Su Th Jul 03-Jul 31

Su Th Aug 03-Aug 28

12:45 PM-2:15 PM

8:15 PM-9:45 PM

\$50/Month

No class May 18, Aug 31.

**Shorinji Kempo**

(13+ yrs)  
 Shorinji Kempo is 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

\$50/month

Instructor:

Vancouver Pacific

Shorinji Kempo

Tu Sa May 03-May 31

Tu Sa Jun 03-Jun 28

Tu Sa Jul 05-Jul 29

Tu Sa Aug 02-Aug 30

10:30 AM-12:00 PM

7:30 PM-9:00 PM

\$47.62/Month

No class Jul 1, Aug 23



**Shotokan Karate**

(19+ yrs)  
 Shotokan Karate will teach Kihon (basic blocks, punches and kicks), Kata (forms) and Kumite (sparring) to ages 13 years and older (or younger with instructor's permission). Annual membership. Purchase from instructor. Drop-ins with approval \$5.<sup>76</sup>

vancouvershotokan.ca

Instructor: Canada

Shotokan Karate

M W May 05-Aug 27

6:00 PM-7:30 PM

\$192/32 sess

**Check out our**  
**Adult Sports**  
**Programs.**

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

**See pg 18**

**Capoeira**

(13+ yrs)  
 Capoeira is an Afro-Brazilian art, which combines martial art techniques with simple acrobatics, and movements, making it a compete body workout that is challenging, safe and fun! The program runs twice a week. No experience is necessary. Course is suitable for complete beginners as well as advanced students. Drop-ins are \$14.<sup>29</sup> + GST. Registrations run monthly for an effective rate of \$10 per 1.5 hr session.

Instructor: Aleksey Sher

M W May 05-May 28

7:30 PM-9:00 PM

\$66.64/7 sess

M W Jun 02-Jun 30

7:30 PM-9:00 PM

\$85.68/9 sess

M W Jul 02-Jul 30

7:30 PM-9:00 PM

\$85.68/9 sess

M W Aug 06-Aug 27

7:30 PM-9:00 PM

\$66.64/7 sess

No class May 19, Aug 4

**Tenshin Ryu Hyoho**  
**Vancouver Keikokai**  
**\*New\***

(19+ yrs)  
 Tenshinryu Hyoho is a comprehensive martial art that includes kenjutsu (swordsmanship), battojutsu (sword drawing techniques), sojutsu (spear techniques), naginatajutsu, kusarigamajutsu (chain and sickle techniques), jujutsu, and incorporates jumonji-sojyutsu (cross-shaped spear techniques). It instills the philosophy known as Denchu-Toho Saya-no-uchi, which emphasizes resolving conflicts without drawing the sword. A rare school that values and preserves the etiquette, manners, and terminology of the samurai, leaving them for modern times. Our Dojo is recognized by the main Dojo and masters in Japan.

Instructor: Adrian

Fuentes

F May 02-May 30

F Jun 06-Jun 27

F Jul 04-Jul 25

F Aug 01-Aug 29

6:00 PM-8:00 PM

\$30/Month

adult



Stay engaged and active while making connections with new friends.

## FITNESS Pole Walking

(40 yrs+)  
Learn how to use Walking poles to stay active while managing Osteoarthritis. FREE, pre-register for one time slot only. Please contact Vancouver Coastal Health at 604 875 4544 for program details. Instructor: OASIS Vancouver  
Tu May 13  
10:00 AM-11:30 AM  
FREE  
Tu Jun 17  
10:00 AM-11:30 AM  
FREE  
Tu Jul 08  
10:00 AM-11:30 AM  
FREE

## ZUMBA® Gold

(55 yrs+)  
Low-impact dance-fitness class for beginners and seniors uses easy-to-follow moves to create a dynamic and fun fitness class. ZUMBA® Gold classes improves balance, strength, flexibility. Instructor: Vancouver Zumba  
M May 05-Jun 30  
9:15 AM-10:15 AM  
\$110/8 sess  
No class May 19  
M Jul 07-Aug 11  
9:15 AM-10:15 AM  
\$68.<sup>75</sup>/5 sess  
No class Aug 4  
\$110/8 sess  
No class Apr 21

## Tristar Tai Chi All Levels

(19+ yrs)  
Learn this ancient and peaceful form of tai chi for health and wellness. Classes include strengthening stances, meditative breath work, flowing movement and Asian healing meridian pressings. Experience the benefits including stress release, improved digestion, circulation and enhanced energy, moods and immune system. Join us in a relaxed, welcoming environment and nourish your body, mind and spirit. Drop in \$20. More info visit <http://tristartaiji.com/>  
Instructor: Molly Lee  
F May 02-Jun 27  
10:00 AM-11:15 AM  
\$162/9 sess  
W May 07-Jun 25  
10:00 AM-11:15 AM  
\$144/8 sess  
W F May 02-Jun 27  
10:00 AM-11:15 AM  
\$255/17 sess  
W Jul 02-Aug 27  
10:00 AM-11:15 AM  
\$162/9 sess  
F Jul 11-Aug 29  
10:00 AM-11:15 AM  
\$144/8 sess  
No sess Aug 22.  
W F Jul 02-Aug 29  
10:00 AM-11:15 AM  
\$255/17 sess  
No sess Jul 4, Aug 22.

## Yoga for Older Adults: Level 1

(55 yrs+)  
For beginners or those with existing conditions. A slow approach to focus on pain-free movement. Instructor: Terri Damiani  
Tu May 06-Jun 24  
10:30 AM-11:45 AM  
\$121.<sup>92</sup>/8 sess  
Tu Jul 08-Aug 26  
10:30 AM-11:45 AM  
\$121.<sup>92</sup>/8 sess

## Yoga for Older Adults: Level 2

(55 yrs+)  
Increase mobility, stamina and vitality. Class tailored to participants, health concerns. Instructor: Terri Damiani  
Th May 01-Jun 19  
10:30 AM-12:00 PM  
\$137.<sup>12</sup>/8 sess  
Th Jul 03-Aug 21  
10:30 AM-12:00 PM  
\$137.<sup>12</sup>/8 sess

## SPORTS Pickleball Stage 1: Learn-To-Play

(55 yrs+)  
Semi-private. Four students. Learn proper grip, how to hit the ball and move efficiently. Instructor: Mona Lee  
F May 09-May 30  
9:15 AM-10:45 AM  
\$160/4 sess

## Pickleball Stage 2: Skills & Drills

(55+ yrs)  
Semi-private. Four students. Should have completed Learn to Play. Suited for intermediate players. Participants will be put through a wide range of cooperative and competitive drills, learn new skills and apply those to our games! Instructor: Mona Lee  
F May 09-May 30  
10:45 AM-12:15 PM  
\$160/4 sess

## Pickleball Stage 2: - Point Breakdown

(55+ yrs)  
Semi-private. Four students. Improve your game by having a certified Coach observe your play. Instructor: Mona Lee  
F Jun 06-Jun 20  
9:15 AM-10:45 AM  
\$120/3 sess  
F Jun 06-Jun 20  
10:45 AM-12:15 PM  
\$120/3 sess

## SOCIAL Bridge

(19 yrs+)  
Join our group for duplicate Bridge. New players welcome. \$2/drop-in or 10 visit pass \$10. Non Instructional  
Tu May 06-Jun 24  
12:00 PM-3:00 PM  
\$1.<sup>90</sup>/8 sess

## Mahjong

(19 yrs+)  
Join Mahjong! Note: instruction provided. New players welcome. \$2/drop-in or \$10 for 10 visit pass.  
Th May 01-Aug 28  
1:00 PM-4:00 PM  
\$1.<sup>90</sup>/17 sess  
No class Jun 5

Affordable recreation and personal training for health and wellness.

## Fitness Centre Consultations

Call 604-257-3050 to book up to three sessions with our fitness centre staff. Review how to use equipment, create a personalized program, and receive a card to track your progress. At your next session, monitor your technique and answer questions about your fitness program. Book a third session if you need additional support.



## ACCESSIBLE FITNESS CENTRE

Call the front desk for times when fitness staff are available for assistance.

## Fitness Centre Admission Fees

Age	Adult (19-64)	Youth (13-18) Senior (65+)
Drop-in	\$7.93	\$5.55
10 Visit Pass	\$71.37	\$49.95
FLEXIPASS RATES		
Access to all Vancouver Park Board fitness centres, pools and rinks.		
1 month	\$64.15	\$44.91
3 months	\$173.21	\$121.25
12 months	\$554.26	\$387.98

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

## Personal Training

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

## Personal Training Fees

SESSIONS	PRIVATE (1 PERSON)	SEMI-PRIVATE (2 PEOPLE)	GROUP
1	\$65.98	\$98.93	\$138.78
3	\$182.83	\$274.29	\$371.70
5	\$294.07	\$452.85	\$545.18
10	\$527.90	\$841	\$997.22

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

## Indoor Cycle Training

Indoor cycling is a motivating exercise class that uses high-performance spin bicycles to burn calories, build muscle, and relieve stress.

**Cycle Xpress** 45 minutes of riding, including a quick warm-up and cool down. Designed to get your workout in and to get you on your way!

**Cycle HIIT + Abs** 45 minutes high intensity plus core intervals

**Cycle Core** (60 min class) 45 minutes of cycling including the warm-up, followed by 15 minutes of core training (abs and back) and stretching

**Cycle Core** (45 min class) 30 minutes of cycling including the warm-up, followed by 15 minutes of core training (abs and back) and stretching



## Indoor Cycling Fees

Single visit	\$7.93
10 visit	\$71.37

FEES SUBJECT TO CHANGE

NOTE: We no longer accept paper tickets for indoor cycling.

## Indoor Cycling Schedule

MON PM	TUES	WED	THURS
Cycle HIIT+ Abs 5:00 PM - 5:45 PM	Cycle Core 5:30 PM - 6:30 PM	Cycle Core 5:30 PM - 6:15 PM	Cycle Xpress 6:00 PM - 6:45 PM

REDUCED CLASSES FROM MAY-SEP. SCHEDULE IS SUBJECT TO CHANGE. Please visit us online at [vanrec.ca](http://vanrec.ca) to register for your session

## Exercise for Prostate Cancer SIRvivor

Open to all prostate cancer survivors and their carer/spouse. Designed to help men with prostate cancer learn how to exercise correctly to reach and maintain wellness goals. Resistance training, flexibility, balance and aerobic exercise. Purchase a monthly flexi-pass. No other fees charged.

Wed Apr 2 - Jun 25

Fri Apr 4 - Jun 27

12:00 - 1:00 PM

## Fitness for Youth

(13-18yrs)

Tu 4:30-5:30pm

(Th optional)

Apr 15 - May 6

May 13-June 23

Jul 8 - Jul 29

## Fitness for Older Adults

(55+)

Mo 11:00am-12:00pm

(Th optional)

Apr 14 - May 12

May 26 - June 16

Jul 7 - Jul 28

Staff guide participants through a four week program covering all components of a complete fitness regime. Feel more confident in any fitness centre. Connect with other like-minded members in your community. Completed Par-Q and Consent & Release are required. Drop-in adm w/ valid Flexi-pass or Usage pass required. Priority registration for new registrants.

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



# 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	\$40. <sup>42</sup> /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 \$32. <sup>90</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://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.