

Creekside

Community Recreation Centre




Fall 2025 Program Guide

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



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

Sep 1, Sep 30, Oct 13,
Nov 11, Dec 25, Dec 26
Jan 1

Holiday Hours

Dec 22-Jan 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
August 5
at 7 PM

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

NOTE:
Program
prices do not
include taxes.



how to register



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

MUSIC

Uke & Me

(3-5 yrs)

Explore this fun instrument through colours, numbers, jamming and singing along to your favourite tunes. No experience is required. Ukuleles provided (or bring your own). Parent participation. Drop-ins, space permitting. musicaexpressions.ca
 Tu Sep 23-Nov 04
 11:00 AM-11:30 AM
 \$97.²⁰/6 sess
 No sess Sep 30.
 Tu Nov 18-Dec 16
 11:00 AM-11:30 AM
 \$81/5 sess

Wee Expressions

(0-4 yrs)

Engage through a mixture of free and structured play. 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. musicaexpressions.ca
 Materials fee \$7.⁵⁰
 Tu Sep 23-Nov 04
 10:00 AM-10:45 AM
 \$104.⁷⁰/6 sess
 No sess Sep 30.
 Tu Nov 18-Dec 16
 10:00 AM-10:45 AM
 \$88.⁵⁰/5 sess

DANCE

Little Ballerinas

(4-5 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
 Instructor: Endorphin Rush Dance
 Tu Sep 09-Oct 28
 3:00 PM-3:45 PM
 \$94.⁵⁰/7 sess
 No sess Sep 30
 Tu Nov 04-Dec 16
 3:00 PM-3:45 PM
 \$81/6 sess
 No sess Nov 11

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
 Instructor: Endorphin Rush Dance
 Tu Sep 09-Oct 28
 3:45 PM-4:30 PM
 \$94.⁵⁰/7 sess
 No sess Sep 30
 Tu Nov 04-Dec 16
 3:45 PM-4:30 PM
 \$81/6 sess
 No sess Nov 11

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. Bring your own blanket. No drop-ins. More info intoyoga.ca
 Instructor: Sheri Kauhausen
 M Sep 15-Oct 20
 10:00 AM-10:45 AM
 \$77/5 sess
 No class Oct 13

MARTIAL ARTS

Taekwondo Tigers

(3-4 yrs)

Increase concentration, motor and social skills. Learn in a fun, safe environment. Children rewarded with stripes on their belt for attendance, attitude, respect, knowledge subjects and effort in class. Taekwondo uniform is required. Purchase directly from instructor \$60. (Other school logos not allowed). Instructor: Squamish Martial Arts & Fitness Centre
 Sa Sep 13-Dec 13
 11:00 AM-11:30 AM
 \$140/14 sess
 M Sep 08-Dec 08
 3:30 PM-4:00 PM
 \$260/13 sess
 No class Oct 11, 13

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
Register
<https://forms.office.com/r/g6BDHVhHbW>
 EVERY Friday
 Sep 12 - Dec 12
 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 with any questions.
 Sa 2:30 PM-4:30 PM
 Oct 4, 11, 18
 Nov 1, 8, 15, 22, 29
 Dec 6, 13
 Jan 10, 17, 24, 31
 Su 12:00 PM-2:00 PM
 Oct 5, 12, 19, 26
 Nov 2, 9, 16, 23, 30
 Dec 7, 14
 Jan 11, 18

SPORTS

Creekside Soccer Academy

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 (2-3 yrs)

Su Sep 07-Dec 14
 9:15 AM-10:00 AM

\$261.⁸⁰/14 sess

No sess Oct 12.

(4-5 yrs)

Su Sep 07-Dec 14
 10:00 AM-10:45 AM

\$261.⁸⁰/14 sess

No sess Oct 12

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.

No sess Oct 11

Instructor: Sportball Vancouver

Sa Sep 13-Oct 25
 9:30 AM-10:15 AM

\$85/5 sess

Sa Nov 01-Dec 13
 9:30 AM-10:15 AM

\$119/7 sess

W Sep 17-Oct 29
 9:30 AM-10:15 AM

\$119/7 sess

W Nov 05-Dec 17
 9:30 AM-10:15 AM

\$119/7 sess 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

Sa Sep 13-Oct 25
 10:15 AM-11:00 AM

\$85/5 sess

No sess Sep 27, Oct 11.

Sa Nov 01-Dec 13
 10:15 AM-11:00 AM

\$119/7 sess

W Sep 17-Oct 29
 10:15 AM-11:00 AM

\$119/7 sess

W Nov 05-Dec 17
 10:15 AM-11:00 AM

\$119/7 sess

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

Sa Sep 13-Oct 25
 11:00 AM-11:45 AM

\$85/5 sess

Sa Nov 01-Dec 13
 11:00 AM-11:45 AM

\$119/7 sess

W Sep 17-Oct 29
 11:00 AM-11:45 AM

\$119/7 sess

W Nov 05-Dec 17
 11:00 AM-11:45 AM

\$119/7 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. \$1.⁵⁰/child or 10 visit pass for \$10

M Sep 08-Dec 15
 10:45 AM-12:30 PM

\$1.⁵⁰/14 sess

No sess Oct 13.

W Sep 10-Dec 17
 9:30 AM-12:30 PM

\$1.⁵⁰/15 sess

F Sep 12-Dec 19
 9:30 AM-12:30 PM

\$1.⁵⁰/15 sess

preschool/family





Encourage creativity and imagination to foster growth and development.

MARTIAL ARTS Children Beginners Taekwondo (White Belt)

(5-8 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.

squishmartialarts.com
Taekwondo uniform is required. Purchase from instructor \$60. (Other logos not permitted). Instructor: Squamish Martial Arts & Fitness Centre

M Sep 08-Dec 08
4:00 PM-4:45 PM
\$260/13 sess

M Sep 08-Dec 08
4:45 PM-5:30 PM
\$260/13 sess

Sa Sep 13-Dec 13
11:30 AM-12:15 PM
\$140/13 sess
No class Oct 11,13

Children Intermediate Taekwondo (Yellow to Green Belts)

(6-11 yrs)

Instructor: Squamish Martial Arts & Fitness Centre

Sa Sep 13-Dec 13
12:15 PM-1:00 PM
\$140/13 sess
No class Oct 11

Children Intermediate Taekwondo (Blue to Black)

(10-16 yrs)

Instructor: Squamish Martial Arts & Fitness Centre

Sa Sep 13-Dec 13
1:00 PM-1:45 PM
\$140/13 sess
No class Oct 11

Teens Taekwondo

(13-18 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. squishmartialarts.com. Taekwondo uniform is required. Purchase directly from instructor \$60 (other school logos not allowed).

Instructor: Squamish Martial Arts & Fitness Centre

M Sep 08-Dec 08
5:30 PM-6:20 PM
\$260/13 sess
No class Oct 13

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 Sep 09-Sep 09
5:00 PM-6:00 PM
Free Trial

Tu Sep 16-Oct 28
5:00 PM-6:00 PM
\$120/6 sess

No sess Sep 30.

Tu Nov 04-Dec 16
5:00 PM-6:00 PM
\$80/4 sess

No sess Nov 18, 18, 25

Karate for Children

(6-12 yrs)

Be introduced in a fun and inspiring way to the physical aspects of Karate. Experience the highest virtues of Budo: etiquette, respect, courtesy, sincerity, honor, courage, humility, perseverance, and the mind over matter aspect of the art. Be motivated by the recognition of excellence and the rewards of new relationships with their peers and teachers. Moving Zen (Kata) and meditation will be a big part of the course. If a child successfully completes two semesters they qualify for an invitation to our swordsmanship course. Instructor: Gavriel Magdalena
F Sep 05-Sep 26
4:30 PM-5:55 PM
\$108/4 sess
F Oct 31-Nov 28
4:30 PM-5:55 PM
\$216/8 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 Sep 07-Dec 14
10:45 AM-11:30 AM
\$261.8/14 sess
No sess Oct 12

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 Sep 09-Dec 16
3:30 PM-4:30 PM
\$130/13 sess
No class Sep 30, Nov 11

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 you 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 Instructor: Musical Expressions
W Sep 10-Dec 17
3:30 PM-4:00 PM
4:00 PM-4:30 PM
4:30 PM-5:00 PM
5:00 PM-5:30 PM
5:30 PM-6:00 PM
6:00 PM-6:30 PM
6:30 PM-7:00 PM
7:00 PM-7:30 PM
\$487.⁵⁰/15 sess

EDUCATION

Minecraft Pro-D Day and Holiday Days with MCKids Academy (8-13 yrs)

Hone your Minecraft build skills at our monthly ProD day Master Builders meet-ups at Creekside Rec! Learn more about how to work with command blocks, redstone engineering, and how to 'play' with professional game design tools or just play alongside other MCKids who are joining you from home! Access to the MCKids HUB and all of our awesome games for the day. NOTE: We play on the full (PC/MAC) Java edition of Minecraft (\$29.⁹⁹ ca). Half of our day is offline play. Limited laptop rentals \$15 per day. Please reserve. 7 day cancellation notice.

F Sept 19

T Sept 30

F Oct 24

F Nov 21

9:00 AM - 4:00 PM

\$90/1 sess

A 'Let's Play' Winter Break: Learning Through Minecraft (8-13 yrs)

Check out all that's new in the latest version of Minecraft while we explore how we learn through play at MCKids Academy with Emibelle and 2vb. We'll cover how to 'Plan Our Play' and manage our time, practice our typing skills and socialize with others in our multiplayer worlds (and in the room). Let's build a community we can all be proud of! A great intro for newcomers to MCKids and returning players alike. For continued online play after camp, a fee applies. Bring your laptop. NOTE: We play on the full (PC/MAC) Java edition of Minecraft (\$29.⁹⁹ ca). Half of our day is offline play. Limited laptop rentals \$15 per day. Please reserve. 7 day cancellation notice.

M Tu We

Dec 22, 23, 24

Dec 29, 30, 31

F Jan 2

9:30 AM-4:00 PM

\$270/3 sess

\$90/1 sess

EVENTS

at CREEKSIDE

Bibbity Bobbity Boo Halloween

Sat, Oct 25

1:30pm-3:30pm

Get ready to have a ghoulish good time, with halloween style games and crafts. Wear your costume for a howling good time. \$3 per child.

Gingerbread House Making

Thu, Dec 4

5:30pm-7pm

A chance for little ones to participate in decorating a gingerbread house to take home. Holiday songs, movies, cookies and hot chocolate will also be enjoyed during this gathering. \$15 per child (w/ gingerbread house) & \$3.00 per child (w/o house).

Holly Jolly Holiday Celebration

Sat, Dec 20

1:30pm-3:30pm

Come celebrate the holiday season with other families and community members in the Creekside Gym. There will be crafts and cookie decorating. \$3 per child.





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 for more info or visit dragonzone.ca

Summer Paddling Camp (Ages 8-12)

Learn to paddle kayak, SUP, dragon boat, and flatwater— then explore the culture behind the sport during fun field trips while making new friends! More info at dragonzone.ca/community. Full day camps running weekly until the end of summer, Drop off 8:30 AM, pick up 3:30 PM 5 day weeks \$400, BC Day week \$325

2025 Race Calendar dragonboatbc.ca/race

Aug 23

FreshCo Richmond Dragon Boat Festival
Sept 27
Oddball Fall Classic

Birds Nest Properties Community Dragon Boat Paddling Day - August 3

Bring your friends and family out to try dragon boat during 45 minute sessions. Sessions start at 1:00/2:00/3:00. \$ 2 per person, with proceeds going to charity.

Creekside Kayaks at Dragon Boat BC - Rentals until September 30!

Visit dragonzone.ca/kayak for info on our year-round pass programs and Vancouver's most convenient kayak rental spot right outside Creekside Community Centre! Now open daily; book online at register.dragonboatbc.ca. Single kayaks: \$25 Tandem kayaks: \$50

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. Visit 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 or email 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
Badminton	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
Basketball		8:15pm-10:00pm	6:15pm-8:00pm			
Pickleball		8:30am-10:00am or 10:15am-11:45am		8:30am-10:00am or 10:15am-11:45am	2:45pm-4:30pm	
Soccer	6:15pm-8:00pm			6:15-8:00pm		12:00pm-1:45pm
Table Tennis	1:15pm-2:45pm	1:15pm-2:45pm	1:15pm-2:45pm	1:15pm-2:45pm	1:00pm-2:30pm	Table Tennis You can also call us on the day of and if a room is available, we can provide a table!
Volleyball	8:15pm-10:00pm	6:15pm-8:00pm		8:15pm-10:00pm	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
	Cycle Xpress 7:00am-7:45am	Callanetics 9:15am-10:15am	25/25/25 9:30am-10:45am		Yoga Made for Runners 6:45am-7:45am	
	Zumba® Gold 9:15am-10:15am		Tristar Tai Chi 10:00am-11:15am		Tristar Tai Chi 10:00am-11:15am	Pilates Yoga 9:10am-10:00am
	20/20/20 9:30am-10:45am	Yoga for Older Adults - Lv 1 10:30am-11:45am	20/20/20 9:30-10:45am	Yoga for Older Adults - Lv 2 10:30am-12:00pm		Fitness Kickboxing 10:00am-11:00am
						Capoeira Brasil 2:30pm-4:00pm
Hatha Yoga 9:30am-10:45am	Cycle HIIT + Abs 5:00pm-5:45pm		Hatha + Yin Yoga 5:30pm-6:45pm			
Hatha + Yin Yoga 11:00am-12:15pm		Cycle Core 5:30pm-6:30pm	Cycle Core 6:00pm- 6:45pm	Cycle Xpress 6:00pm-6:45pm		
Ronin Budo *New* 2:30pm-5pm	Pilates Yoga 6:20pm-7:10pm	Capoeira Brasil 6:00pm-7:15pm	Dance Bootcamp 7:00pm-8:00pm	Capoeira Brasil 6:30pm-7:45pm		
	Yoga Made for Runners 7:30pm-8:45pm	Yin Yoga 6:30pm-7:45pm	Dancehall 8:15pm-9:15pm	This Breathing Life 6:30pm-7:30pm		

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. (\$2.⁶³/daytime sess & \$4.⁷⁹/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. (\$2.⁶³/sess daytime & \$5.⁷⁴/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. (\$3.⁵⁸/sess daytime & \$6.⁶⁹/sess evening)

Badminton

(19+ yrs)

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

Drop-In only (2 courts)

Sep 8-Dec 20

M W 1:15 pm-2:45 pm

F 1:00 pm-2:30 pm

Sa 9:15 am-11:45 am

Sep 27, Oct 13

\$3.⁵⁸/drop-in or

\$26.³¹/10 visit pass

Register or \$6.⁶⁹/

Drop-In (4 Courts)

W Sep 10-Dec 17

8:15 pm-10:00 pm

\$71.⁸⁵/15sess

F Sep 12-Dec 19

4:45 pm-6:30 pm

\$71.⁸⁵/15sess

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

\$6.⁶⁹/Drop-In

Tu Sep 9-Dec 16

8:15 pm-10:00 pm

\$62.²⁷/13 sess

No sess Sep 30, Nov 11

W Sep 10-Dec 17

6:15 pm-8:00 pm

\$71.⁸⁵/15 sess

Soccer

(19+ yrs)

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

Register or

\$6.⁶⁹/Drop-In

M Sep 8-Dec 15

6:15 pm-8:00 pm

\$67.⁰⁶/14 sess

No sess Oct 13

Th Sep 11-Dec 18

6:15 pm-8:00 pm

\$71.⁸⁵/15 sess

Sa Sep 13-Dec 13

12:00 pm-1:45 pm

\$57.⁴⁸/12 sess

No sess Sep 27, Oct 25,
Dec 20

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 Sep 8-Dec 18

1:15 pm-2:45 pm

No sess Sep 30, Oct 13,
Nov 11

F Sep 12-Dec 19

1:00 pm-2:30 pm

\$3.⁵⁸/Drop-In

\$26.³¹/10 visit pass

Volleyball

(19+ yrs)

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

Register or \$6.⁶⁹/Drop-In

M Sep 8-Dec 15

8:15 pm-10:00 pm

\$67.⁰⁶/14 sess

No sess Oct 13

Tu Sep 9-Dec 16

6:15 pm-8:00 pm

\$62.²⁷/13 sess

No sess Sep 30, Nov 11

Th Sep 11-Dec 18

8:15 pm-10:00 pm

\$71.⁸⁵/15 sess

F Sep 12-Dec 19

6:45 pm-8:30 pm

\$71.⁸⁵/15 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 \$3.⁵⁸/Drop-In

Tu Sep 9-Dec 16

8:30am-10:00am

10:15am-11:45am

\$34.¹⁹/13 sess

No sess Sep 30, Nov 11

Th Sep 11-Dec 18

8:30 am-10:00 am

10:15 am-11:45 am

\$39.⁴⁵/15 sess

Intermediate/Advanced

F Sep 12-Dec 19

2:45 pm-4:30 pm

\$39.⁴⁵/15 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

Sept 7, 14, 21, 28

Oct 5, 12, 19, 26

Nov 2, 9, 16, 23, 30,

Dec 7, 14



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 Oct 22-Nov 26

8:30 PM-10:00 PM

\$199/6 sess

Intermediate Advanced Volleyball Skills Clinic

(19+ yrs)

Learn, develop and perfect basic volleyball skills whether you are a beginner or advanced player. No drop-ins.

Instructor:

TIN & TINA LTD

W Sep 10-Oct 15

8:30 PM-10:00 PM

\$199/6 sess

Athletic Taping Course

(16+ yrs)

Course covers taping techniques used in a sport setting through a combination of lecture and practical application. 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 further damage when injury occurs and for aiding the healing process are also discussed. A great asset for coaches, parents and athletes, 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). Certificate of completion issued. Course approved for 7.0 BCRPA and 7.0 PE/A2 CMTBC Continuing Education Credits. Instructor: SportMed BC

Sa Oct 18
9:30 AM-4:30 PM
\$195/1 sess

Sa Nov 15
9:30 AM-4:30 PM
\$195/1 sess

Sports First Aid

(16+ yrs)

This eight-hour course serves as Sports First aid course in one day. A certificate of completion will be issued for Sports First Aid.

Instructor: SportMed BC

Su Oct 19

9:30 AM-4:30 PM

\$160/1 sess

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 \$20.⁴⁸ space permitting.

Instructor:

Linda Shedden

Tu Sep 09-Oct 28

9:15 AM-10:15 AM

\$118.⁶⁵/7 sess

No class Sep 30

\$101.⁷⁰/6 sess

No class Nov 11

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

Instructor: Endorphin

Rush Dance

W Sep 10-Sep 10

7:00 PM-8:00 PM

\$4.⁷⁸/1 Trial sess

W Sep 17-Oct 29

7:00 PM-8:00 PM

\$105/7 sess

W Nov 05-Nov 05

7:00 PM-8:00 PM

\$4.⁷⁸/1 Trial sess

W Nov 12-Dec 10

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

Instructor: Rush Dance

Endorphin

W Sep 10-Sep 10

8:15 PM-9:15 PM

\$4.⁷⁸/1 sess

W Sep 17-Oct 29

8:15 PM-9:15 PM

\$105/7 sess

W Nov 05-Nov 05

8:15 PM-9:15 PM

\$4.⁷⁸/1 sess

Nov 12-Dec 10

8:15 PM-9:15 PM

\$75/5 sess

This Breathing Life

(18+ yrs)

Breathing is of one of the most vital and fundamental processes in the human body. Operating most of the time just outside our awareness, we tend to take breathing for granted, relying instead on its ability to work without conscious input. This 4-part course will examine breathing in detail, focusing first on the purpose of breathing, then on the anatomy, and finally on the psychological implications of breathing. Instructor: Mike

Dennison

Th Oct 02-Oct 23

6:30 PM-7:30 PM

\$60/4 sess



Check out our weekly programs and activities for 2STGD and 2SLGBTQIA+ folks of all ages.

vancouver.ca/Queer-Inclusion





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 Fiszbaum, founder of "Pacific Artist Guild".

M Oct 06-Nov 03

5:30 PM-8:15 PM

\$199/4 sess

No class Oct 13

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

Instructor:

Pamela Ferman

W Sep 10-Oct 15

5:30 PM-6:45 PM

\$90/6 sess

Su Sep 14-Oct 12

11:00 AM-12:15 PM

\$75/5 sess

Su Oct 19-Nov 30

11:00 AM-12:15 PM

\$105/7 sess

W Oct 22-Dec 03

5:30 PM-6:45 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

Instructor:

Pamela Ferman

Su Sep 14-Oct 12

9:30 AM-10:45 AM

\$75/5 sess

Su Oct 19-Nov 30

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

Instructor:

Pamela Ferman

Tu Sep 09-Oct 14

6:30 PM-7:45 PM

\$75/5 sess

No sess Sep 30.

Tu Oct 21-Dec 02

6:30 PM-7:45 PM

\$90/6 sess

No sess Nov 11

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

M Sep 08-Oct 06

M Oct 20-Nov 17

6:20 PM-7:10 PM

\$105/5 sess

M Nov 24-Dec 15

6:20 PM-7:10 PM

\$80/4 sess

Sa Sep 06-Oct 04

Sa Oct 18-Nov 15

Sa Nov 22-Dec 20

9:10 AM-10:00 AM

\$105/5 sess

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

Instructor:

Mike Dennison

F Sep 19-Dec 19

6:45 AM-7:45 AM

\$150/14 sess

M Sep 15-Dec 15

7:30 PM-8:45 PM

\$190/13 sess

No sess Oct 13



adult

TRX FUSION for Women - Beginner Level

Intro to TRX training – Learn the basic TRX exercises in a safe and supportive environment
Th Sept 25 - Oct 23
Nov 16 - Dec 4
Th 7:00 PM
\$130/5 sess

TRX HITT Intermediate to Advanced Level

Fast paced class combining Cardio and TRX Exercises
Sep 22 – Oct 27
(No class Oct 13)
Nov 3 – Dec 1
M 6:00 PM
\$130/5 sess

TRX HIIT + Kettlebells Intermediate to Advanced Level

TRX combined with Kettlebells for a challenging workout to build strength and endurance
Sept 24 – Oct 22
Nov 5 – Dec 3
W 7:00 PM
\$130/5 sess

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
Tu Sep 09
6:00 PM-7:15 PM
FREE TRIAL
Tu Sep 16-Oct 28
6:00 PM-7:15 PM
\$108/6 sess
No sess Sep 30
Th Sep 11
6:30 PM-7:45 PM
FREE TRIAL
Th Sep 18-Oct 30
6:30 PM-7:45 PM
\$126/7 sess
Tu Th Sep 16-Oct 30
6:00 PM-7:45 PM
\$240/13 sess
No sess Sep 30
Sa Sep 20-Oct 25
2:30 PM-4:00 PM
\$90/5 sess
No sess Sep 27
Tu Nov 04-Dec 16
6:00 PM-7:15 PM
\$72/4 sess
No sess Nov 11, 18, 25
Th Nov 06-Dec 18
6:30 PM-7:45 PM
\$90/5 sess
No sess Nov 20, 27
Tu Th Nov 04-Dec 18
6:00 PM-7:45 PM
\$135/9 sess

No sess Nov 11, 18, 20, 25, 27
Sa Nov 08
2:30 PM-4:00 PM
FREE TRIAL
Sa Nov 15-Dec 20
2:30 PM-4:00 PM
\$72/4 sess
No sess Nov 22, 29

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 \$5.⁷⁶
vancouvershotokan.ca
Instructor: Canada Shotokan Karate
M W Sept 06-Dec 17
6:00 PM-7:30 PM
\$180/30 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 \$23, space permitting. Academy and BCPRA Personal Trainers.
Instructor: Martial Arts & Fitness
Centre Squamish
Sa Sep 06-Oct 04
Sa Oct 18-Nov 15
Sa Nov 22-Dec 20
10:00 AM-11:00 AM
\$105/5 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 Sep 04-Sep 28
Su Th Oct 02-Oct 30
Su Th Nov 02-Nov 30
Su Th Dec 04-Dec 18
8:15 PM-9:45 PM
12:45 PM-2:15 PM
\$50/Month
No Class Oct 12

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 Sep 02-Sep 23
Tu Sa Oct 04-Oct 28
Tu Sa Nov 01-Nov 29
Tu Sa Dec 02-Dec 13
7:30 PM-9:00 PM
10:30am-12:00pm
\$50/Month
No Class Sept 27, 30, Nov 11

20/20/20 Dance fit, Strength and Yoga Fitness

(13+ yrs)

20 min high intensity cardio dance fitness with Latin and hip hop moves for maximum calorie burn work out. 20 min Strength training with dumbbells to complete total body conditioning. 20 min Core Yoga moves and stretches to improve muscular balance and inner peace. Drop-ins \$25 space permitting. squamishmartialarts.com
Instructor: Michelle Park
Certified Weight and Personal Trainer with BCRPA.

Instructor: Squamish Martial Arts & Fitness Centre

M Sep 08-Oct 06
M Oct 20-Nov 17
9:30 AM-10:45 AM
\$105/5 sess
M Nov 24-Dec 15
9:30 AM-10:45 AM
\$80/4 sess
W Sep 03-Oct 01
W Oct 08-Nov 05
W Nov 12-Dec 10
9:30 AM-10:45 AM
\$105/5 sess
No Class Oct 13

Capoeira

(13+ 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 runs twice a week. No experience is necessary. Course is suitable for complete beginners as well as advanced students. Drop-ins are \$14.²⁹ + GST. Registrations run monthly for an effective rate of \$10 per 1.5 hr session.

Instructor: Aleksey Sher
M W Sep 03-Sep 29
M W Oct 01-Oct 29
M W Nov 03-Nov 26
7:30 PM-9:00 PM
\$76.16/8 sess
M W Dec 01-Dec 17
7:30 PM-9:00 PM
\$57.12/6 sess
No class Oct 13

Ronin Budo

(19+ yrs)

This is purely a fighting system for application and practicality in direct physical combat. It must be said that although this program is beneficial to all, given its origins in Okinawa Japan it was tailored for people of small stature, weight and frame. Needless to say it is well suited for women's self-defence. Though our classes are conducted in the strict traditions of Budo (the martial way or the way of war) and Ronin (unfettered warrior) equipment or uniform are not needed for the first four sessions of practice.

Instructor: Gavriel Magdalena
Su Sep 07-Sep 28
2:30 PM-5:00 PM
\$120/4 sess
Su Nov 02-Nov 23
2:30 PM-5:00 PM
\$210/7 sess

Tenshin Ryu Hyoho

(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.

Instructor:
Adrian Fuentes
Instructor: Adrian Fuentes
F Sep 05-Sep 26
F Oct 03-Oct 31
F Nov 07-Nov 28
F Dec 05-Dec 19
6:00 PM-8:00 PM
\$30/Month

GLA:D™ Canada Program for Hip and Knee Osteoarthritis (19+ yrs)

ABC Specialty program with Physiotherapist Stefan Cvoric

The GLA:D Canada 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.

What to Expect:

Two 90-minute education sessions, twelve 60-minute group exercise sessions designed to improve strength, mobility, and function. Data collection from GLA:D Canada at the first visit, and at 3 and 12 months.

Who Can Benefit:

Individuals with stiff or painful knees and/or hips, including those diagnosed with osteoarthritis. Individuals seeking to reduce pain, improve daily activity participation, and delay or prevent surgery.

Mon/Thu 2:30-3:30
September 15-November 13
14 sess
\$560
Activity number 573538

Check out our Adult Sports Programs.

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

See pg 18



Stay engaged and active while making connections with new friends.

FITNESS Pole Walking for Arthritis

(40+ yrs)

Learn how to use 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 details. Instructor: OASIS Vancouver

Tu Sep 09
10:00 AM-11:30 AM
FREE

Tu Oct 14
10:00 AM-11:30 AM
FREE

Tu Nov 04
10:00 AM-11:30 AM
FREE

Tu Dec 09
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 Sep 08-Oct 27
9:15 AM-10:15 AM
\$96.²⁵/7 sess

No class Oct 13
M Nov 03-Dec 15
9:15 AM-10:15 AM
\$96.²⁵/7 sess

Tristar Tai Chi All Levels

(19+ yrs)

Learn this peaceful, ancient form of tai chi for health and wellness. Strengthening stances, meditative breath work, flowing movement and Asian healing meridian pressings. Benefits include stress release, improved digestion, circulation and enhanced energy, moods and immune system. Join us in a relaxed, welcoming environment. Nourish your body, mind and spirit. Drop in \$20 <http://tristartaiji.com/>

Instructor: Molly Lee
W Sep 17-Oct 29
10:00 AM-11:15 AM
\$126/7 sess

F Sep 19-Oct 31
10:00 AM-11:15 AM
\$108/6 sess

No sess Sep 26.
W F Sep 17-Oct 31
10:00 AM-11:15 AM
\$195/13 sess

No sess Sep 26.
W Nov 05-Dec 17
10:00 AM-11:15 AM
\$72/4 sess

No sess Nov 12, 19, 26.
F Nov 07-Dec 19
10:00 AM-11:15 AM
\$72/4 sess

No sess Nov 14, 21, 28.
W F Nov 05-Dec 19
10:00 AM-11:15 AM
\$120/8 sess

No sess Nov 12, 14, 19, 21, 26, 28

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 Sep 12-Oct 10
9:15 AM-10:45 AM
\$200/5 sess

F Oct 17-Nov 14
9:15 AM-10:45 AM
\$200/5 sess

F Nov 21-Dec 19
9:15 AM-10:45 AM
\$200/5 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 Sep 12-Oct 10
10:45 AM-12:15 PM
\$200/5 sess

F Oct 17-Nov 14
10:45 AM-12:15 PM
\$200/5 sess

F Nov 21-Dec 19
10:45 AM-12:15 PM
\$200/5 sess

Yoga for Older Adults: Level 1

(55+ yrs)

For beginners. Slow approach to focus on pain-free movement. Instructor: Terri Damiani
Tu Sep 09-Oct 28
10:30 AM-11:45 AM
\$113.⁷⁵/7 sess

No class Sep 30
Tu Nov 04-Dec 09
10:30 AM-11:45 AM
\$81.²⁵/5 sess
No class Nov 11

Yoga for Older Adults: Level 2

(55+ yrs)

Increase mobility, stamina and vitality. Instructor: Terri Damiani
Th Sep 11-Oct 30
10:30 AM-12:00 PM
\$145.¹²/8 sess
Th Nov 06-Dec 11
10:30 AM-12:00 PM
\$108.⁸⁴/6 sess

SOCIAL Bridge

(19+ yrs)

\$2/drop-in or 10 visit pass \$10. Non Instructional
Tu Sep 02-Dec 16
12:00 PM-3:00 PM
\$1.⁹⁰/14 sess

Mahjong

(19+ yrs)

\$2/drop-in or \$10 for 10 visit pass.
Th Sep 04-Dec 18
1:00 PM-4:00 PM
\$1.⁹⁰/16 sess



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 one 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

A motivating exercise class that uses high-performance spin bicycles to burn calories, build muscle, and relieve stress. Single visits \$7.⁹³

Ten visits \$71.³⁷

Cycle Xpress 45 minutes of riding, including a quick warm-up and cool down.

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. For those who want more cycling.

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 Schedule

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

REDUCED CLASSES FROM MAY-SEP. SCHEDULE IS SUBJECT TO CHANGE.
Please visit us online at vanrec.ca to register for your session

Strong Happens – Women's Beginner Level- Introduction to Weight Training in the gym

For women who are new to strength training or returning after a long break. A safe and structured way to use a variety of equipment in the gym and at home. You will learn about cardiovascular equipment set-up, proper form, lifting lingo, and utilize a variety of equipment during your training sessions each week.

Friday 11:00 AM

Sept 19 – Oct 10

Nov 14 - Dec 5

Price \$152.⁸² for 4 sessions. min 3 max 4

Learn to Lift - Women Specific - Intermediate level

For women that have experience in the gym. You will learn to incorporate more complex exercises using dumbbells, barbells, kettle bells etc. exercises. You will be provided with two workout plans to help you reach your fitness goals.

Wednesday 11:00 AM

Sept 17 – Oct 8

Nov 12 - Dec 3

Price \$152.⁸² for 4 sessions. min 3 max 4

Fitness for Youth

(13-18 yrs)

Tu 4:30-5:30 PM

(Th optional)

Sept 9 - Oct 7

(no class Sept 30)

Oct 21 - Nov 18-

(No class Nov 11)

Fitness for Older Adults

(55+ yrs)

Mo 11:00 AM-12:00 PM

(Th optional)

Sept 8 - Sept 29

Oct 20-Nov 10

Staff guide participants through a four week program covering all components of a complete fitness regime. Feel confident in any fitness centre.

Connect with other like-minded members. Completed Par-Q and Consent & Release are required. Drop-in admission w/valid Flexi-pass or Usage pass required. Priority for new registrants. Email steven.tautscher@vancouver.ca if you want to register and you have taken the class before. Or you can attend the drop in Thurs session or call 604-257-3050 and book a free FC consultation

Youth ages
13 and over
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. ⁴² /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. ⁹⁰
Janitorial	Janitorial fees may apply depending on scope of event	\$200

To check room availability call 604.257.3050 ext 1

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

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



facebook.com/creeksiderec



twitter.com/creeksiderec

Room Rental Cancellation Policy

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