



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	\$29. ⁷² -44. ⁵⁹ /hr per staff		
Damage Deposit	Deposit fee may apply depending on scope of rental event	\$200-\$1000		
SOCAN & ReSound	Mandatory music royalty tariffs for rentals with music and/or dancing	Starting at \$31. ³⁰		
Janitorial	Janitorial fees may apply depending on scope of event	\$200		
<p>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.</p>				
 facebook.com/creeksiderec  twitter.com/creeksiderec				

Room Rental Cancellation Policy

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

Creekside

Community Recreation Centre



FALL
2021
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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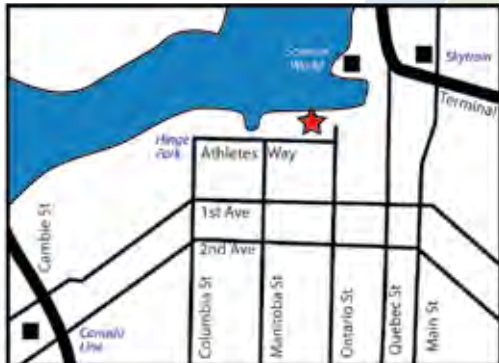
welcome

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
Fax: 604.257.3051
E-mail: creekside@vancouver.ca
creeksidecentre.ca
facebook.com/creeksiderec
twitter.com/creeksiderec



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

Hours of Operation:
Monday-Thursday 6:30am-10pm
Friday 6:30am-8:30pm
Saturday/Sunday 9am-5pm
Closed Sep 6, Oct 11, Nov 11, Dec 25, Dec 26, Jan 1
Holiday Hours Dec 20 - Jan 3

Convenient Registration Options

Register online, by phone or in-person at Creekside! We accept Visa, MasterCard and American Express for online and phone registration. We also accept cash and debit for in-person registration. Registration is first-come, first-served. NOTE: Programs may be cancelled due to low enrollment and are subject to change or cancellation without notice.

Online Registration

Set-up an account (for yourself or your entire family) at recreation.vancouver.ca
If you require assistance to access your online account contact us at 604.257.3050 ext 1

Refund Practices

PROGRAMS: Pro-rated refunds are provided to customers who wish to withdraw from a program. Contact us 48 hours prior to the start of next class to receive refund.
BIRTHDAY PARTY: Refunds require 30 days notice before day of party for full refund.
RENTALS: Refer to last page for cancellation policy.
CAMPS: Refunds require a minimum of 7 days notice before the first day of camps.

Privacy Policy

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

Financial Assistance

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

Registration Dates

Online: Tuesday August 24 at 7pm

Phone-in & in-person: Wednesday August 25 at 9am

NOTE: Program prices do not include taxes.



how to register



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

DANCE

Mini Ballet

(3-4 yrs)

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

Instructor: Vancouver Performing Stars
 Tu Sep 21-Nov 30
 3:00 PM-3:45 PM
 \$121/11 sess

Mini Hip Hop

(3-4 yrs)

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

Visit performingstars.ca for more information.
 No class
 Sept 30 & Nov 11
 Instructor: Vancouver Performing Stars
 Th Sep 23-Dec 02
 3:15 PM-4:00 PM
 \$99/9 sess

ART, CULTURE & ENVIRONMENT

Wee Expressions

(0-4 yrs)

Parents and children jointly participate in singing, instrument playing, song actions, baby sign language and dances with a refreshing sense of exploration and fun. Materials fee: \$7
 Siblings: 20% discount and/or siblings under 10 months are free.

Instructor: Musical Expressions
 Tu Sep 14-Oct 26
 10:15 AM-11:00 AM
 \$112/7 sess
 Tu Nov 09-Dec 21
 10:15 AM-11:00 AM
 \$112/7 sess

Th Sep 16-Oct 28
 10:15 AM-11:00 AM
 \$97/6 sess
 No program Sept 30

Th Nov 04-Dec 16
 10:15 AM-11:00 AM
 \$97/6 sess
 No program Nov 11

EDUCATION
Sing, Speak & Explore French (Parent & Tot)

(1-4 yrs)

Participants will be engaged in fun, real life social skills to develop their French language. Learn through music and exploring through arts & crafts. There will be singing, dancing, games, and creative playing.
 Materials fee \$15

Instructor: Musical Expressions
 W Sep 15-Oct 27
 10:00 AM-10:45 AM
 \$141/7 sess
 W Nov 03-Dec 15
 10:00 AM-10:45 AM
 \$141/7 sess

Infant Sing & Grow Drop-In

(0-12 mo)

A drop in program featuring: nursery rhymes and songs, exploration of parenting issues, information about infant development, and connection to community resources.
 Instructor: Mount Pleasant Neighborhood House
 F Oct 1-Dec 17
 10:00 AM-11:00 AM
 \$2/sess donation
 No registration required

Baby Sign Language

(0-2 yrs)

Using songs and games, learn basic American Sign Language to communicate with your hearing child. Bring your baby 0-24 months old to class. No drop-ins.
 Instructor: Sheri Kauhausen
 M Nov 01-Nov 29
 10:00 AM-10:45 AM
 \$72/5 sess

Science For Preschoolers

(3-5 yrs)

Enjoy demonstrations, perform simple experiments and discover how science helps you better understand the world!
 Each session provides an interactive exploration of a specific science topic.
 Instructor: Mad Science
 Sa Sep 11-Oct 30
 11:15 AM-12:15 PM
 \$114/6 sess
 No program Sept 25, Oct 9
 Sa Nov 06-Dec 11
 11:15 AM-12:15 PM
 \$114/6 sess

Family Play Gym

(0-5 yrs)

Bring the family to the Creekside Gymnasium to run, jump, climb and play. This is a great opportunity to meet and play with other families in the neighbourhood. Parent/guardian participation is required.
 Drop-in only, registration not required. \$1.⁵⁰/child or purchase a 10 visit pass for \$10.

Monday
 Sep 13-Dec 13
 10:45 AM-12:30 PM
 No program Oct 11 & Oct 25

Wednesday
 Sep 15-Dec 15
 9:30 AM-12:30 PM

Thursday
 Sep 16-Dec 16
 1:30 PM-3:30 PM
 No program Nov 11

Friday
 Sep 17-Dec 17
 9:30 AM-12:30 PM
 No program Sept 24

BIRTHDAYS

Have your Birthday Party at Creekside!

Play Gym equipment, toys and/or sports equipment (basketball, badminton, soccer) are available for you to incorporate into your party activities! No food, decorations or activity leader provided. 15 minutes of set-up and clean up time is provided before and after the party. Refund Policy: 30 days notice prior to the party date is required.

Sa 2:30 PM-4:30 PM
Sept 18
Oct 9, 16, 23, 30
Nov 6, 13, 20, 27
Dec 4, 11
Jan 8, 15, 22, 29
\$125/party

Su 12:00 PM-2:00 PM
Sept 19
Oct 3, 10, 17, 31
Nov 7, 14, 21, 28
Dec 5, 12
Jan 9, 16, 23, 30
\$125/party



Martial Arts Tigers

(3-5 yrs)

Increase concentration, motor and social skills. Kids will be rewarded with stripes on their belt for their attendance, attitude, respect, knowledge.

Instructor: Squamish Martial Arts & Fitness Centre

Sa Sep 11-Oct 23
11:00 AM-11:30 AM
\$140/7 sess

Sa Oct 30-Dec 11
11:00 AM-11:30 AM
\$140/7 sess

SPORTS

Soccer GrassRoots

GrassRoots Soccer is based on a unique coaching model that focuses on four key attributes that are vital for development: physical, technical, psychological and social elements. Parent participation required.

Instructor: Glyn Roberts

(2-3 yrs)

Su Sep 12-Oct 24
9:15 AM-10:00 AM
\$90/5 sess

No program Sept 26, Oct 10th

Su Oct 31-Dec 05
9:15 AM-10:00 AM
\$108/6 sess

(4-5 yrs)

Su Sep 12-Oct 24
10:00 AM-10:45 AM
\$90/5 sess

No program Sept 26, Oct 10th

Su Oct 31-Dec 05
10:00 AM-10:45 AM
\$108/6 sess

Sportball Junior

(1-2 yrs)

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

Instructor: Sportball Vancouver

Sa Sep 11-Oct 30
9:30 AM-10:15 AM
\$119/7 sess

No program Oct 9

Sa Nov 06-Dec 11
9:30 AM-10:15 AM
\$102/6 sess

W Sep 15-Oct 27
9:30 AM-10:15 AM
\$119/7 sess

W Nov 03-Dec 08
9:30 AM-10:15 AM
\$102/6 sess

Sportball Parent and Tot

(2-3 yrs)

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

Instructor: Sportball Vancouver

Sa Sep 11-Oct 30
10:15 AM-11:00 AM
\$119/7 sess

No program Oct 9

Sa Nov 06-Dec 11
10:15 AM-11:00 AM
\$102/6 sess

W Sep 15-Oct 27
10:15 AM-11:00 AM
\$119/7 sess

W Nov 03-Dec 08
10:15 AM-11:00 AM
\$102/6 sess

Sportball Multi-Sport

(3-5 yrs)

Learn the skills involved in the eight core sports of sportball. The programs reinforce the benefits of teamwork and skill development, enabling children to gain the confidence to succeed in sport and life.

Instructor: Sportball Vancouver

Sa Sep 11-Oct 30
11:00 AM-11:45 AM
\$119/7 sess

No program Oct 9

Sa Nov 06-Dec 11
11:00 AM-11:45 AM
\$102/6 sess

W Sep 15-Oct 27
11:00 AM-11:45 AM
\$119/7 sess

W Nov 03-Dec 08
11:00 AM-11:45 AM
\$102/6 sess





Encourage creativity and imagination to foster growth and development.

MUSIC Private Guitar/ Ukulele Lessons

(5 yrs+)

Have you always wanted to learn a string instrument? We offer private guitar or even ukulele lessons to get you started. This program is based on special interests and fundamental goals that serve the humble of beginners all the way to tomorrow's prodigies. All classes are set in a fun, stress free environment. All participants must bring their own instruments, books/music they have been using, binder, notebook & writing tools (pencil, eraser and pencil crayons).
 Instructor: Musical Expressions
 M Sep 13-Dec 20
 3:30 PM-6:30 PM
 \$420/14 sess
 No program Oct 11

Private Vocals, Ukulele or Piano Lessons

(5 yrs+)

Does your child have a passion for music and expressive arts? We offer private lessons where you can choose between vocals, ukulele, piano or a combination of the above. This program is based on special interests and fundamental goals that serve the humble of beginners all the way to tomorrow's stars. All classes are set in a fun, stress free environment. All participants must bring their own ukulele, music books/music they have been using, binder, notebook and writing tools (pencils, eraser and pencil crayons). If you don't have any music books, the instructor will assess and let you know which ones to purchase after your first lesson. You will be contacted before your first class to choose what lessons you would like.
 Instructor: Musical Expressions
 Th Sep 16-Dec 16
 3:30 PM-7:00 PM
 \$360/12 sess
 No program
 Sept 30, Nov 11

SPORTS Soccer GrassRoots

(6-9 yrs)

GrassRoots Soccer is based on a unique coaching model that helps boys and girls of all abilities to grow, develop their skills and to reach their potential. The four corner model is used and encompasses four key attributes that are vital for development: physical, technical, psychological and social elements, helping children to develop more than just their football skills - we'll help them to gain confidence, build self-esteem, learn to work in teams and improve their decision making.

Instructor: Glyn Roberts
 Su Sep 12-Oct 24
 10:45 AM-11:30 AM
 \$90/5 sess
 No program
 Sept 26, Oct 10

Su Oct 31-Dec 05
 10:45 AM-11:30 AM
 \$108/6 sess

Badminton Beginner & Intermediate

(8-15 yrs)

A qualified instructor teaches all badminton skills, from the rules, strokes and serves to advanced footwork and strategy. This class is for beginners & intermediates and the class pace will be adjusted according to the needs of the participants.
 Instructor: Stanley Kita
 Tu Sep 14-Oct 26
 3:30 PM-4:30 PM
 \$70/7 sess

Tu Nov 02-Dec 14
 3:30 PM-4:30 PM
 \$70/7 sess

PRO D-DAY Learning Through Minecraft Pro D-Day

(8-13 yrs)

Join us as we adventure through our Minecraft survival world in search of gold, diamonds and all things Pirate! While we explore our game together, children will learn about the rich histories of pirating past from the Sea Peoples of ancient times to Barbarossa the infamous Red Beard commander and others. We'll look at the culture and social structure of pirating too, and debunk those one eyed, parrot-totting myths that are so prevalent in story-telling today. Epic learning through play every Pro-D day with MCKids Academy! Please bring your laptop with mouse and power cord. We play on Java Minecraft Edition for PC/MAC. mckidsacademy.com
Rentals (\$15)
 Instructor: Anna Momibelle Belluz
 F Sep 24
 9:00 AM-3:00 PM
 \$75/1 sess
 F Oct 22
 9:00 AM-3:00 PM
 \$75/1 sess
 F Nov 26
 9:00 AM-3:00 PM
 \$75/1 sess

DANCE

Ballet

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

Instructor: Vancouver Performing Stars

Junior Ballet

(5-7 yrs)

Tu Sep 21-Nov 30
3:45 PM-4:30 PM
\$121/11 sess

Intermediate Ballet

(8-12 yrs)

Tu Sep 21-Nov 30
4:30 PM-5:30 PM
\$154/11 sess

Hip Hop

Want to learn how to move to and groove to your favorite tunes? Learn the basic style of hip hop dance in this high energy program. Discover new and exciting moves while learning fun and challenging choreography. Beginners welcome! Leave feeling energized, confident and excited about dance.

Visit performingstars.ca for more information.

Instructor: Vancouver Performing Stars

Junior Hip Hop

(5-7 yrs)

Th Sep 23-Dec 02
4:00 PM-4:45 PM
\$99/9 sess

No program
Sept 30, Nov 11

Senior Hip Hop

(8-12 yrs)

Th Sep 23-Dec 02
4:45 PM-5:45 PM
\$112.5/9 sess

No program
Sept 30, Nov 11

MARTIAL ARTS

Taekwondo

Increase concentration, motor & social skills.

Instructor: Squamish Martial Arts & Fitness Centre

Beginners

White to Yellow Belts

(5-13 yrs)

Sa Sep 11-Oct 23
11:30 AM-12:15 PM
\$140/7 sess

Sa Oct 30-Dec 11
11:30 AM-12:15 PM
\$140/7 sess

Tu Th Sep 14-Oct 28
4:00 PM-4:45 PM
\$280/14 sess

Tu Th Nov 02-Dec 16
4:00 PM-4:45 PM
\$260/13 sess

No program Nov 11

Int/Adv

Green to Black Belts

(5-13 yrs)

Sa Sep 11-Oct 23
12:15 PM-1:00 PM
\$140/7 sess

Sa Oct 30-Dec 11
12:15 PM-1:00 PM
\$140/7 sess

Tu Th Sep 14-Oct 28
4:45 PM-5:30 PM
\$280/14 sess

Tu Th Nov 02-Dec 16
4:45 PM-5:30 PM
\$260/13 sess

No program Nov 11

HOLIDAY DAY CAMPS

Learning Through Minecraft

(8-13 yrs)

Take your know-how of Minecraft to the next level with MCKids Academy. Momibelle will guide you through Vanilla and modded game play. As we play we incorporate themed, planned learning in economics, social studies, sciences and programming!

Children are encouraged to PYP (Plan Your Play) and are reminded to behave respectfully and thoughtfully to each other in-game AND in real life! Half our day is active outdoor play in Hinge Park and on Habitat Island. Bring a healthy lunch, snacks and water bottle.

Dress for the weather! We go outside rain, snow or shine. (Dress in layers). Bring your laptop. Rentals available for \$15 per day. Info mckidsacademy.com

Instructor: Anna 'Momibelle' Belluz
M-F Dec 20-Dec 24
9:00 AM-3:00 PM
\$375/5 sess

W-F Dec 29-Dec 31
9:00 AM-3:00 PM
\$225/3 sess

Red Hot Robots

(7-12 yrs)

Join us for a week of fun with amazing robots! Learn about the uses of robots in our world and spend time experimenting with super cool red-hot robots. Discover the science of circuits and how robots use sensors to explore things around them. Use your skills to build your very own working robot to take home with you!

Instructor: Mad Science
W-F Dec 29-Dec 31
9:30 AM-3:30 PM
\$249/3 sess



paddling



Paddling down the Creek with Creekside Kayaks and Dragon Zone

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

Paddling at Dragon Zone

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

Creekside Kayaks at Dragon Boat BC

Explore Vancouver from the water out of our Olympic Village docks in a kayak! Single and tandem kayaks available daily.

Open for rentals from 9:30 AM-7:00 PM until end of September. Visit dragonzone.ca/alerts for current hours of operation. Book online anytime at register. dragonboatbc.ca. Email info@dragonboatbc.ca or call 604.688.2382 for assistance with your booking.

Visit dragonzone.ca/kayak for more information on rentals, Intro to Kayak lessons, and passes.

Single Kayak: \$25/hour
Tandem Kayak: \$50/hour

Guided Dragon Boat Sessions

These turn-key sessions include all necessary equipment, an instructor and steersperson and 90 minutes on the water. Private paddling sessions are available for groups ranging in size from 10 to 5,000 people. Visit dragonzone.ca/group for more information.

PADDLES UP!

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

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

EVENTS at Creekside



Bibbity Bobbity Boo & Trick or Treat Trek Halloween

(8 YRS+)

Get ready to have a ghoulish good time with Halloween style games and crafts. Join us for a group trick or treat trek to the sponsoring businesses in the village. Wear your costume for a howling good time!

SU OCT 24

1:00 PM-3:00 PM

\$3/CHILD

Holly Jolly Holiday Celebration

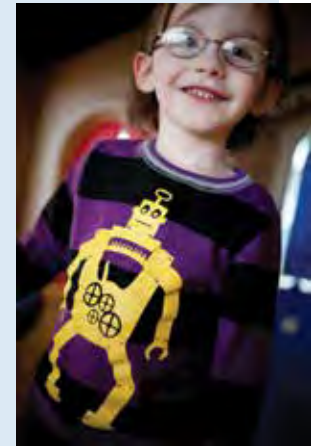
(8 YRS+)

Come celebrate the holiday season with other families and community members in the Creekside Gymnasium. There will be crafts and cookie decorating!




SU DEC 19

10:00 AM-12:00 PM

\$3/CHILD



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

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

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

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		Fit4Two® Baby & Me Spin & Strength 10:30am-11:30am:			Yoga Made for Runners 6:45am-7:45am	
	Zumba Gold 9:15am-10:15am	Callanetics 9:15am-10:15am	Tristar Tai Chi 10:00am-11:15pm			Pilates Yoga 9:10-am-10:00am
	Fit4Two® Mom & Baby Fitness 11:15am-12:15pm	Yoga for Older Adults - Lv 1 10:30am-11:45am		Yoga for Older Adults - Lv 2 10:30am-12:00pm	Fit4Two® Mom & Baby Barre 10:00am-11:00am	Fitness Kickboxing 10:00am-11:00am
	Fit4Two® Baby & Me Spin & Strength 1:30pm-2:30pm:	Iyengar Yoga with Terri 12:00pm-1:30pm				
Hatha Yoga 9:30am-10:45am		Adult/Teen Fitness kickboxing 5:30pm-6:30pm	Hatha Yoga 5:45pm-6:45pm	Adult/Teen Fitness kickboxing 5:30pm-6:30pm		
Hatha + Yin Yoga 11:00am-12:15pm		20/20/20 6:30pm-7:30pm		20/20/20 6:30pm-7:30pm		
	Fit4Two® Prenatal Yoga 6:15pm-7:15pm	Fit4Two® Prenatal Barre 6:15pm-7:15pm	Dance Bootcamp 7:00pm-8:00pm			
	Yoga Made for Runners 7:30pm-8:45pm	Hatha+Yin Yoga 7:30pm-8:45pm	Dancehall 8:15pm-9:15pm			

adult program schedules



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

Sports Registration & Drop-In

Three ways to participate

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

Badminton

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

Drop-In Only (2 courts)

M W Sep 13-Dec 15
1:15pm-2:45pm

No program Oct 11 Oct 25

F Sep 17-Dec 17
1:00pm-2:30pm

Sa Sep 18-Dec 18

9:15am-11:45am

\$3.³³/drop-in or

\$23.⁸¹/10 visit pass

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

F Sep 17-Dec 17

4:45pm-6:30pm

\$53.³⁴/14 sess

Basketball

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

Register or \$6.19/ Drop-In

Tu Sep 14-Dec 14

8:15pm-10:00pm

\$53.³⁴/14 sess

W Sep 15-Dec 15

6:15pm-8:00pm

\$53.³⁴/14 sess



Pickleball

Non-instructional. Borrow raquets/balls from Centre.

All Levels

Register or \$3.33/Drop-In

Tu Sep 14-Dec 14

8:30am-10:00am

10:15am-11:45am

\$33.¹³/14 sess

Th Sep 16-Dec 16

8:30am-10:00am

10:15am-11:45am

\$30.94/13 sess

No class Nov 11

Intermediate/Advanced

F Sep 17-Dec 17

2:45 pm-4:30 pm

\$33.³²/14 sess

Pickleball Lessons

Try out this popular, easy-to-learn, and exciting sport. Paddles and equipment will be provided. Instructor:

Mona Lee

Beginners

(55+ yrs)

9:15am-10:45am

F Sep 17-Oct 29

\$175/7 sess

9:15am-10:45am

F Nov 5-Dec 17

\$175/7 sess

Intermediate Skills & Drills

(55+ yrs)

10:45am-12:15pm

F Sep 17-Oct 29

\$175/7 sess

10:45am-12:15pm

F Nov 5-Dec 17

\$175/7 sess

Soccer

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

Register or \$6.19/Drop-In

M Sep 13-Dec 13

6:15 pm-8:00 pm

No class Oct 11

\$47.19/12 sess

Th Sep 16-Dec 16

6:15 pm-8:00 pm

No class Nov 11

\$55.⁷⁷/13 sess

Sa Sep 18-Dec 18

12:00 pm-1:45 pm

\$60.⁰⁶/14 sess

Table Tennis

(All Ages)

Non-instructional, recreational table tennis. Up to 4 tables available in 1/3 gymnasium. Doubles play and rotation of players will be required if busy. Paddles and balls may be borrowed.

M-Th Sep 14-Dec 16

1:15 pm-2:45 pm

No class Oct 11, Oct 25,

Nov 11

F Sep 17-Dec 17

1:00 pm-2:30 pm

\$3.33/Drop-In

\$23.81/10 visit pass



Volleyball

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

Register or \$6.19/Drop-In

M Sep 13-Dec 13

8:15 pm-10:00 pm

No class Oct 11, Oct 25

\$45.⁷²/12 sess

Tu Sep 14-Dec 14

6:15 pm-8:00 pm

\$53.³⁴/14 sess

W Sep 15-Dec 15

8:15 pm-10:00 pm

\$53.³⁴/14 sess

Th Sep 16-Dec 16

8:15 pm-10:00 pm

No class Nov 11

\$49.⁵³/13 sess

F Sep 17-Dec 17

6:45 pm-8:30 pm

\$53.³⁴/14 sess

Fit 4 Two® Programs (19+ yrs)

Par-Med-X form (see fit4two.ca/forms) must be signed by your physician/midwife prior to participation. Drop-ins only available if program is not fully registered. Fit4Two® instructors are certified pre- and postnatal fitness specialists.

Prenatal Classes All trimesters and fitness levels welcome. Online prenatal intake form must be completed before your first class.

Mom & Baby Classes Women should be 4+ weeks postpartum (6 weeks for caesareans). Pre-mobile babies only please. Online postnatal intake form must be completed before your first class.



Fit4Two® Baby and Me Barre

A blend of ballet barre work, strength training, Pilates and yoga, barre style classes use the barre and a variety of equipment. The results? A long, lean and strong body.

F Sep 17-Oct 29
10:00 AM-11:00 AM
\$97.¹³/7 sess
F Nov 5-Dec 17
10:00 AM-11:00 AM
\$97.¹³/7 sess

Fit4Two® Baby and Me Fitness

Work out with other parents in your community AND attend to baby's needs at any time. Benefit from increased energy, improved posture, less aches and pains and a stronger core. Designed with new parents in mind, each class includes cardiovascular exercise, muscular conditioning, flexibility and postnatal-specific core work.

M Sep 13-Oct 25
11:15 AM-12:15 PM
\$83.²⁵/6 sess
No class Oct 11
M Nov 1-Dec 13
11:15 AM-12:15 PM
\$97.¹³/7 sess

Fit4Two® Prenatal Barre

Designed specifically for pregnant women, Fit 4 Two® Prenatal Barre focuses on posture, core strength and flexibility. Inspired by a blend of ballet barre work, strength training, Pilates and yoga, barre style classes use the barre and a variety of equipment.

Drop-in \$15
Tu Sep 14-Oct 26
6:15 PM-7:15 PM
\$97.¹³/7 sess
Tu Nov 2-Dec 14
6:15 PM-7:15 PM
\$97.¹³/7 sess

Fit4Two® Prenatal Yoga
Strengthen, stretch and breathe your way to a more comfortable pregnancy. Improve posture, balance and flexibility as your instructor leads you through a series of pregnancy-safe yoga poses. Connect with other moms-to-be in your community as you enjoy the benefits of this popular class. All trimesters and fitness levels welcome. Drop-in \$15 Please note: Because we care about you and your baby, a PARmed-X for Pregnancy form must be signed by your healthcare provider (physician or midwife) prior to your participating in class.
M Sep 13-Oct 25
6:15 PM-7:15 PM
\$83.²⁵/6 sess
No class Oct 11
M Nov 1-Dec 13
6:15 PM-7:15 PM
\$97.¹³/7 sess

Fit4Two® Baby & Me Spin and Strength
This Baby friendly class allows new parents to get a great indoor cycle fit workout and attend to baby's needs at any time. Your instructor will take you on a journey through intervals of hill climbs, speed work and endurance work, postnatal specific core work and flexibility. Fit4Two instructors are certified pre and postnatal fitness specialty. All fitness levels welcome. Participants should be 4+ weeks postpartum (6 weeks cesarean births). Pre-mobile babies only please.
www.fit4two.ca
Drop-in \$15
Tu Sep 28-Nov 2
1:30PM-2:30PM
Tu Nov 9-Dec 14
1:30PM -2:30 PM
\$83.²⁵/6 sess
W Sept 29-Nov 3
10:30AM-11:30AM
W Nov 10-Dec 15
10:30AM-11:30AM
\$83.²⁵/6 sess



adult

SPORTS

All Levels Volleyball Skills Clinic

(19+ yrs)

Learn, develop and perfect basic volleyball skills whether you're a beginner or advanced player. Emphasis will be on the technical components of the forearm pass, overhead pass, serving, hitting and blocking. Instructor: TIN & TINA LTD
M Sep 13-Oct 18
8:30 PM-10:00 PM
\$180/5 sess
No class Oct 11

Volleyball Clinic INT/ADV

In this clinic we will work on refining all of your volleyball skills; We will help you get to the next level with your serving, passing, setting, attacking, digging and blocking! We know there are many of you that really have the potential to push yourself to the next level in your volleyball development! We truly hope you will allow us to assist you in reaching that goal!
Instructor: TIN & TINA LTD
8:30 PM-10:00 PM
M Nov 1-Nov 29
\$180/5 sess

ART

Painting Art Studio & Mixed Media

(19+ yrs)

Maybe you've never painted before and you've always wished to try, maybe you liked art in high school and you want to paint again. If so, this is the course for you! In six weeks you will learn a variety of acrylic painting techniques. We will cover colour, composition and design. Through hands-on experiences you will learn how you can approach your work and what techniques and methods can be used to translate your ideas into a piece of art. This will be a fun and experimental course in which you will try and learn how to use different and unique painting tools, textures and a variety of mixed media materials and techniques. You are welcome to bring your own project and develop them in class. All levels welcome.
Instructor: Zohar Fiszbaum
M Sep 13-Nov 1
5:30 PM-7:30 PM
\$199.⁵⁰/6 sess
No class Oct 4, 11

EDUCATION

Baby Sign Language

(2+ yrs)

Using songs and games, learn basic American Sign Language (ASL) hand gestures, to facilitate communication with your hearing child. Research shows that babies who learn Sign Language learn quicker and talk earlier. Bring your baby 0-24 months old to class. No drop-ins.
intoyoga.ca
Instructor: Sheri Kauhausen
M Nov 1-Nov 29
10:00 AM-10:45 AM
\$72/5 sess

FITNESS

Callanetics

(19+ yrs)

Callanetics exercise method is a total body conditioning workout. One of the original barre workouts, Callanetics uses a combination of mat work and ballet inspired leg work, precise positioning and tiny movements. Movements that are gentle on the joints and super effective at strengthening and toning your muscles. You'll leave the class feeling like you've had a great workout!
Drop-in \$18.⁰⁹ space permitting.
Instructor: Linda Shedden
Tu Sep 21-Oct 26
9:15 AM-10:15 AM
\$90/6 sess
Tu Nov 2-Dec 14
9:15 AM-10:15 AM
\$105/7 sess

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

(13+ yrs)

Twenty minute each: high intensity dance fitness with K-pop and Latin moves to burn calories; strength training with dumbbells to complete total body conditioning; core yoga moves and stretches to improve muscular balance and inner peace. Drop-Ins \$17.⁵⁰ space permitting.
Instructor: Squamish Martial Arts & Fitness Centre
Tu Th
Sep 14-Oct 21
6:30 PM-7:30 PM
\$170/12 sess
Tu Th
Oct 26-Dec 9
6:30 PM-7:30 PM
\$184/13 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.
Drop in \$18
kirbysnelldance.com
Instructor: Endorphin Rush Dance
FREE TRIAL
W Sep 15
7:00 PM-8:00 PM
FREE
W Sep 22-Nov 3
7:00 PM-8:00 PM
\$105/7 sess

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



adult



Dancehall

(19+ yrs)

Dancehall is a highly energetic, rhythmic style which originated in Jamaica and has Reggae roots. Learn the foundations of dancehall in this open-level dance program which is uptempo and empowering. Fall in love with the dancehall movements and infectious beats which are taking the music industry by storm. No experience required. Drop-in \$18. More info KirbySnellDance.com

Instructor: Endorphin Rush Dance
FREE TRIAL
W Sep 15
8:15 PM-9:15 PM
FREE
W Sep 22-Nov 3 8:15 PM-9:15 PM
\$105/7 sess

Fitness Kickboxing

(15+ yrs)

Come and enjoy the exciting Fitness Kickboxing class. Regardless of age, size, shape, fitness level and man or woman, this class is designed to suit. Work hard or go at your own pace. It's non contact and taught in a fun safe non intimidating environment. Drop-ins \$17.⁵⁰ space permitting.

Instructor: Squamish Martial Arts & Fitness Centre
Sa Sep 11-Oct 23
10:00 AM-11:00 AM
\$98/7 sess
Sa Oct 30-Dec 11
10:00 AM-11:00 AM
\$98/7 sess

Adult and Teen Fitness Kickboxing

(13+ yrs)

Come and enjoy the exciting Fitness Kickboxing class. Regardless of age, size, shape, fitness level and man or woman, this class is designed to suit. Work hard or go at your own pace. It's non-contact and taught in a fun safe non intimidating environment. Drop-ins \$17.⁵⁰ space permitting.

Instructor: Squamish Martial Arts & Fitness Centre
Tu Th Sep 14-Oct 21
5:30 PM-6:30 PM
\$170/12 sess
Tu Th Oct 26-Dec 9
5:30 PM-6:30 PM
\$184/13 sess



YOGA/PILATES Hatha + Yin Yoga

(19+ yrs)

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

Beginner friendly. pamelafermanyoga.com
Instructor: Pamela Ferman
Tu Sep 14-Oct 19
7:30 PM-8:45 PM
\$84/6 sess
Tu Oct 26-Nov 30
7:30 PM-8:45 PM
\$84/6 sess
Su Sep 12-Oct 24
11:00 AM-12:15 PM
\$98/7 sess
Su Oct 31-Nov 28
11:00 AM-12:15 PM
\$70/5 sess

Hatha Yoga

(19+ yrs)

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

Beginner friendly. pamelafermanyoga.com
Instructor: Pamela Ferman
Su Sep 12-Oct 24
9:30 AM-10:45 AM
\$98/7 sess
Su Oct 31-Nov 28
9:30 AM-10:45 AM
\$70/5 sess
W Sep 15-Oct 20
5:45 PM-6:45 PM
\$84/6 sess
W Oct 27-Dec 1
5:45 PM-6:45 PM
\$84/6 sess

Yoga Made for Runners

(16+ yrs)

A dynamic and challenging yoga program created specifically for runners. Build strength, increase the range of motion in tight joints, and return flexibility to stiff, sore muscles. Drop-in \$19/Mon \$17/Fri yogamadeforrunners.com
Instructor: Mike Dennison
M Sep 13-Dec 13
7:30 PM-8:45 PM
\$195/13 sess
No class Oct 11
F Sep 17-Dec 10
6:45 AM-7:30 AM
\$169/13 sess

Pilates Yoga

(15+ yrs)

An ancient practice that works on the union of body, breath and mind with exercise technique that works the core strengthening and toning. Come and start your day with inner peace. Yoga and Pilates experience not necessary. Dumbbell workout added.
Instructor: Squamish Martial Arts & Fitness Centre
Sa Sep 11-Oct 23
9:10 AM-10:00 AM
\$100/7 sess
Sa Oct 30-Dec 11
9:10 AM-10:00 AM
\$100/7 sess

adult



MARTIAL ARTS Capoeira

(13yrs +)

Capoeira is an Afro-Brazilian art, which combines martial art techniques with simple acrobatics, and movements, making it a complete body workout that is challenging, safe and fun! The program focuses on physical mastery of the basic and advanced moves and runs twice a week to ensure optimal progression of the students. No experience is necessary. Course is suitable for complete beginners as well as advanced students. Drop-ins are \$14.²⁹ + gst and registrations run monthly, providing an effective rate of **\$10 per class.**

Instructor: Aleksey Sher

Sep15-Sep29

\$47.⁶⁰/5 sess

Oct2-Oct29

\$85.⁷⁰/9 sess

Nov3-Nov26

\$76.¹⁵/8 sess

Dec 1-Dec 17

\$57.¹²/6 sess

W 7:30PM-9:00 PM

F 6:00PM- 7:30PM

Jodo - The Way Of The Stick

(19 yrs +)

Jodo is a Japanese art that means "way of the stick". In this art, students are taught to rely on the precision and flexibility of the JO, a short staff, to overcome the inherent advantages of the blade-wielding opponent using non-lethal force.

This traditional Japanese martial art is a wonderful way to cultivate character and train the body. It nurtures a spirit of respect, loyalty, sincerity and confidence. It trains and strengthens the body, quickens your actions, and builds endurance. 50/month and 10\$ drop in

Instructor: Hoshu
Vancouver Dojo

Sep16- Sep30

Oct 3 -Oct31

Nov4-Nov28

Dec2-Dec16

Sun 12:45PM-2:15PM

Th 8:15PM -9:45PM

\$50/per month

10/drop in

No class Oct 10, Nov 11

Shorinji Kempo

(19yrs+)

A sophisticated Japanese martial art that uses physics and pressure points to increase one strength. We strive for a non-competitive, safe, and comfortable atmosphere. We have clubs in 33 countries so you can train and meet other members worldwide. Shorinji Kempo teaches that the essence of budo martial arts is not to fight and defeat enemies but, to stop fighting between people. A fun class to try, beginners welcome!

shorinjikempobc.ca
Drop-in \$9.⁵²

Instructor: Vancouver
South Side Shorinji
Kempo

Sep14-Sep28

Oct5-Oct30

Nov2-Nov30

Dec4-Dec18

Tu 7:30 PM-9:00 PM

Sa 10:30 AM-12:00 PM

50/Per month

No class Sept 25

Shotokan Karate

(13yrs+)

Shotokan Karate will teach Kihon (basic blocks, punches and kicks), Kata (forms) and Kumite (sparring) to men and women 13 years and older (or younger with instructor's permission). Annual membership is required and can be purchased from the instructor.

Drop-ins welcome with instructor approval \$4.⁷⁶
vancouvershotokan.ca

Instructor: Canada
Shotokan Karate

M W

Sep13-Dec15

6:00 PM-7:30 PM

\$108/28 sess

No Class Oct. 11



Join the Community Garden at Creekside!

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

adult



Stay engaged and active while making connections with new friends.

FITNESS

Nordic Pole Walking

(40+ yrs)
Learn how to use Nordic Walking poles to stay active while managing Osteoarthritis. FREE, pre-register for one time slot only. Please contact Vancouver Coastal Health at 604.875.4544 for program details.

Instructor: Vancouver OASIS
Tu Sep 14
10:00 AM-11:30 AM
FREE
Tu Oct 12
10:00 AM-11:30 AM
FREE
Tu Nov 9
10:00 AM-11:30 AM
FREE

Yoga for Older Adults Level 1

(55+ yrs)
This older adult class is suited to beginners or those with existing conditions. A slow approach to yoga focusing on the foundation and pain free movement to increase stability before mobility. Restorative poses using props will aid in the relaxation.

Instructor: Terri Damiani
Tu Sep 14-Oct 26
10:30 AM-11:45 AM
\$97.⁰²/7 sess
Tu Nov 2-Dec 14
10:30 AM-11:45 AM
\$97.⁰²/7 sess

Yoga for Older Adults Level 2

(55+ yrs)
Designed to increase mobility, stamina and vitality. Tailored for participants addressing health concerns to improve their quality of life. Props provided if required to ensure stability and correct alignment. Session ends with a relaxation pose.

Instructor: Terri Damiani
Th Sep 16-Oct 28
10:30 AM-12:00 PM
\$107.⁰³/7 sess
Th Nov 4-Dec 16
10:30 AM-12:00 PM
\$91.⁷⁴/6 sess
No class Nov 11

Iyengar Yoga with Terri

(19+ yrs)
All levels with creative sequencing to challenge the body, integrate the mind and soothe the nervous system. Experience the Iyengar tradition (detailed, congruent, infused with humour), to bring a connection to self and others. Modifications provided.

Instructor: Terri Damiani
Tu Sep 14-Oct 26
12:00 PM-1:30 PM
\$107.⁰³/7 sess
Tu Nov 2-Dec 14
12:00 PM-1:30 PM
\$107.⁰³/7 sess

Tristar Tai Chi All Levels

(19+ yrs)
Learn this ancient and peaceful 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. Join us in a relaxed, welcoming environment.

tristartaiji.com
Instructor: Molly Lee
W Sep 15-Oct 27
10:00 AM-11:15 AM
\$84/7 sess
W Nov 3-Dec 15
10:00 AM-11:15 AM
\$84/7 sess

ZUMBA® Gold

(55+ yrs)
Low-impact dance-fitness class for beginners and seniors that uses the zesty Latin music with easy to follow moves to create a dynamic and fun fitness class. Improve balance, strength, flexibility.

Instructor: Zumba Vancouver
M Sep 13-Oct 18
9:15 AM-10:15 AM
\$68.⁷⁵/5 sess
No class Oct 11
M Nov 1-Dec 6
9:15 AM-10:15 AM
\$82.⁵⁰/6 sess

Pickleball Lessons Beginners Learn-To-Play

(55+ yrs)
Come try out this popular easy-to-learn sport that combines elements of badminton; tennis and table tennis. Learn the proper grip; how to correctly hit the ball and move efficiently and safely around the court. Only 4 spots are available. No equipment required. Paddles & balls will be provided.

Instructor: Mona Lee
F Sep 17-Oct 29
9:15 AM-10:45 AM
\$175/7 sess
F Nov 5-Dec 17
9:15 AM-10:45 AM
\$175/7 sess

Pickleball Lessons - Intermediate Skills & Drills

(55+ yrs)
For players who have already completed the beginner's lessons and would like to fine tune their strokes and learn strategic doubles play. Only 4 spots available. No equipment required. Paddles & balls will be provided.

Instructor: Mona Lee
F Sep 17-Oct 29
10:45 AM-12:15 PM
\$175/7 sess
F Nov 5-Dec 17
10:45 AM-12:15 PM
\$175/7 sess

SOCIAL Bridge

(19+ yrs)
Join our group on Tuesdays and enjoy duplicate bridge. Please note that no instruction is provided. New players are always welcome. \$2/ drop-in or buy a 10 visit pass for \$10.
Instructor: Non Instructional
Tu Sep 14-Dec 14
12:00 PM-3:00 PM
\$1.⁹⁰/1sess

Mahjong

(19+ yrs)
Join our group on Thursdays and enjoy Mahjong. Please note that instruction may be provided. New players are always welcome. \$2/drop-in or \$10 for 10 visit pass.
Instructor: Non Instructional
Th Sep 16-Dec 16
1:00 PM-4:00 PM
\$1.⁹⁰/sess
Nov 11



Flexipass Membership

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

For more information and locations visit vancouverparks.ca



Fitness Centre Rates

Age	Adults (19-64)	Seniors (65+)	Youth (13-18)
Drop-in	\$6. ³⁴	\$4. ⁴⁴	\$4. ⁴⁴
10 Visit Pass	\$53. ²⁶	\$37. ²⁸	\$37. ²⁸
FLEXIPASS RATES			
Access to all Vancouver Park Board fitness centres, pools and rinks.			
1 month	\$49. ⁰¹	\$34. ³¹	\$34. ³¹
3 months	\$132. ³³	\$92. ⁶³	\$92. ⁶³
12 months	\$423. ⁴⁵	\$296. ⁴²	\$296. ⁴²

PRICES DO NOT INCLUDE TAX AND ARE SUBJECT TO CHANGE

Fitness Centre Equipment at Creekside

Cardio

5 treadmills,
2 elliptical trainers,
2 spin bikes,
2 recumbent bikes,
1 upright bike,
2 concept II ergometers, 1 ski erg,
1 arm erg

Strength

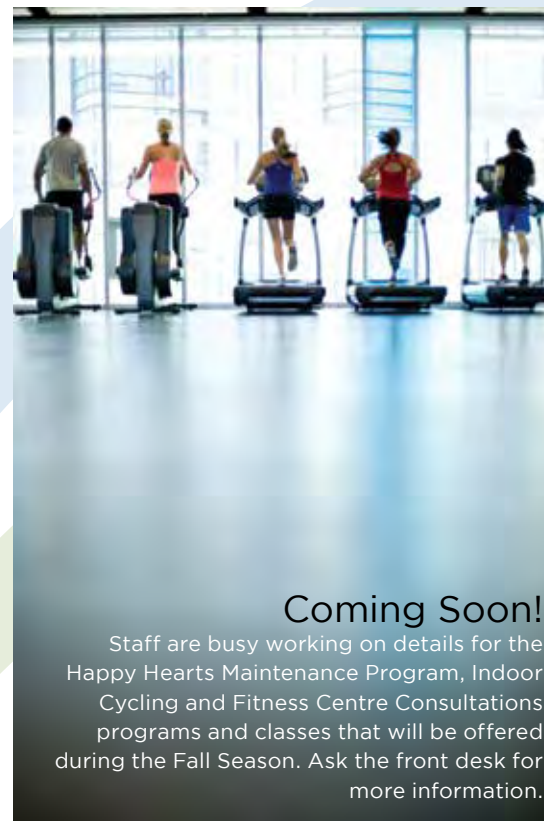
free weights, benches, cable pulley, power racks and life fitness weight training machines

Core and Flexibility

stability balls, medicine balls, stretching mats



Scan this code to go to the Vancouver Park Board (VPB) website for more information on all VPB Fitness Centres. **If you need** information on a specific fitness centre such as facility hours, fitness session schedules, program and class details etc, click on the corresponding link.



Coming Soon!

Staff are busy working on details for the Happy Hearts Maintenance Program, Indoor Cycling and Fitness Centre Consultations programs and classes that will be offered during the Fall Season. Ask the front desk for more information.

COVID-19 Information

Stay home if you are sick. By entering our facilities, you are declaring that you are in good health.

The use of masks is recommended indoors for people 12 years of age and older and who are not yet fully vaccinated.

Staff, program participants and the public may wish to continue wearing a mask for some time, please respect their choice.

Personal Training

Personal, Semi and Group Training are currently being offered at the following centres: Dunbar in the Healthy Hearts Room, Champlain in the Personal Training Studio and at Creekside in the Fitness Centre and the Personal Training Studio.

PERSONAL TRAINING	2021 TAXES NOT INCL.
PRIVATE 1	\$52. ⁷⁶
PRIVATE 3	\$146. ²¹
PRIVATE 5	\$235. ¹⁶
PRIVATE 10	\$438. ¹³
SEMI 1	\$79. ¹²
SEMI 3	\$219. ³⁵
SEMI 5	\$362. ¹⁴
SEMI 10	\$672. ³⁵
GROUP 1	\$110. ⁹⁸
GROUP 3	\$297. ²⁵
GROUP 5	\$435. ⁹⁸
GROUP 10	\$792. ⁶⁸

Prices subject to change.

ACCESSIBLE FITNESS CENTRE

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