



Room Rental Guide

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

| Room | Highlights | Hourly Rate (excluding tax) | Size (sq. ft.) | Capacity |
|---|--|---------------------------------|----------------|----------|
| Multipurpose 1 (MP1) | Perfect for smaller events and meetings. North facing view of seawall, mountains, Creek (small sink) | \$46 | 600 | 25 |
| Multipurpose 2 (MP2) | Perfect for smaller events and meetings. North facing view of seawall, mountains, Creek (small sink and counter space) | \$43 | 600 | 30 |
| Dance Studio | Performance rehearsal/dance space. | \$55 | 900 | 50 |
| Multipurpose 4 (MP 4) | Fantastic for events and functions. Spectacular views and access to small kitchen facilities | \$140 | 1950 | 100 |
| Gymnasium | Full court gym ideal for sport bookings and large events (tradeshows, receptions) | Sport: \$85 | 7500 | 300 |
| | | Event: \$160 | | |
| Additional Charges | | | | |
| Staffing | For rentals outside of regular operating hours; number of staff required dependant on activity, scope and size of rental | \$34.30-68.60/hr per staff | | |
| Damage Deposit | Deposit fee may apply depending on scope of rental event | \$200-\$1000 | | |
| SOCAN & ReSound | Mandatory music royalty tariffs for rentals with music and/or dancing | Starting at \$31. ³⁰ | | |
| Janitorial | Janitorial fees may apply depending on scope of event | \$200 | | |
| <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
2023
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 4, Oct 2, 9 Nov 13, Dec 25, 26 Jan 1
Holiday Hours Dec 27 - Jan 7

NOTE: Office closes 15 min prior to centre closing.



Vancouver Board of Parks and Recreation

Convenient Registration Options

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

Online Registration

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

Refund Practices

PROGRAMS: Pro-rated refunds are provided to customers who wish to withdraw from a program. Contact us 48 hours prior to the start of next class to receive refund. BIRTHDAY PARTY: Refunds require 30 days notice before day of party for full refund. RENTALS: Refer to last page for cancellation policy. CAMPS: Refunds require a minimum of 3 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 8 at 7 PM

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

how to register

NOTE: Program prices do not include taxes.





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

EDUCATION

Baby Sign Language

(0-2 yrs)
Using songs and games, learn basic American Sign Language (ASL) hand gestures, to facilitate communication with your hearing child. Research shows that babies who learn Sign Language learn quicker and talk earlier. Bring your baby 0-24 months old to class. Participants should bring their own blanket. No drop-ins. intoyoga.ca
M Sep 18-Oct 23
10:00 AM-10:45 AM
\$62/4 sess
No class Oct 2, Oct 9

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. performingstars.ca
Instructor: Vancouver Performing Stars
Th Sep 21-Dec 07
5:15 PM-6:00 PM
\$174/12 sess

Dancing the Parenting

(0-5 yrs)
This bilingual program welcomes families into dance improvisation practice and relationship-based creative dance with their children, in English and French. Parents/caregivers will engage in their own dancing as much as their children. No experience necessary but ability to move easily from ground to standing recommended. This unique program is run by Foolish Operations artists since 2011 foolishoperations.org for more information. Program is subsidized by the City of Vancouver Cultural Services, and The Department of Canadian Heritage. Register one child/family, Siblings come for free.
Instructor: Foolish Operations
M Sep 11-Dec 04
9:30 AM-10:30 AM
FREE
No class Oct 2, Oct 9

MARTIAL ARTS

Taekwondo Tigers

(3-5 yrs)
Increase concentration, motor & social skills. Learn in a fun and safe environment. Kids will be rewarded with stripes on their belt for their attendance, attitude, respect, knowledge subjects and effort in class. Taekwondo uniform is required. Purchase directly from instructor \$60. (other school logos not allowed)
Instructor: Squamish Martial Arts & Fitness Centre
Sa Sep 09-Oct 28
11:00 AM-11:30 AM
\$120/6 sess
Sa Nov 04-Dec 16
11:00 AM-11:30 AM
\$140/7 sess
No sess Sept 30, Oct 7

MUSIC

Wee Expressions

(0-4 yrs)
Join us on an adventure of imagination in songs while we engage a child through a mixture of free play & structure. In our classes, parents and children (0-4 yrs) alike take pleasure in the interactive nature of classes and participate in singing, instrument playing, learning manners, brain gym, accompanying song actions, baby sign language and dances with a refreshing sense of exploration and fun. Our curriculum is based on researched methods surrounding the benefits of music infused with Music Therapy techniques. Materials fee: \$7 Siblings: 25% discount and/or siblings under 8 months are free.
Tu Sep 19-Oct 31
10:00 AM-10:45 AM
\$112/7 sess
Th Sep 21-Oct 26
10:00 AM-10:45 AM
\$97/6 sess
Tu Nov 07-Dec 19
10:00 AM-10:45 AM
\$112/7 sess
Th Nov 02-Dec 21
10:00 AM-10:45 AM
\$97/7 sess
No class Nov 23.



Family Play Gym

(0-5 yrs)
Bring the family to the Creekside Gymnasium to run, jump, climb and play. This is a great opportunity to meet and play with other families in the neighbourhood. Parent/guardian participation is required. Drop-in only. Registration not required. \$1.50/child or purchase a 10 visit pass for \$10
M Sep 11-Dec 11
10:45 AM-12:30 PM
No program Oct 2, Oct 9, Nov 13
W Sep 06-Dec 13
9:30 AM-12:30 PM
Th Sep 07-Dec 14
1:30 PM-3:30 PM
F Sep 08-Dec 15
9:30 AM-12:30 PM
No program Nov 17

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, bouncy castles, outside vendors or activity leader provided. 15 minutes of set-up and clean up time is provided before and after the party. Refund Policy: 30 days notice prior to the party date is required. \$150 per party. Dates subject to change, email creekside@vancouver.ca with any questions.

Sa 2:30 PM-4:30 PM
Oct 7, 14, 21, 28
Nov 4, 11, 18, 25
Dec 2, 9, 16
Jan 6, 13, 20, 27

Su 12:00 PM-2:00 PM
Oct 1, 8, 15, 22
Nov 5, 12, 19, 26
Dec 3, 10
Jan 7, 14, 21, 28

SPORTS

Soccer GrassRoots

(2-3 yrs)
GrassRoots Soccer is based on a unique coaching model that uses the four corner model encompassing four key attributes that are vital for development: physical, technical, psychological and social elements. Children will gain confidence and build self-esteem. Drop-ins with instructor approval. Parent Participation required. Instructor: Glyn Roberts
Su Sep 10-Dec 10 9:15 AM-10:00 AM \$257.⁶⁰/14 sess
No class Oct 8
(4-5 yrs)
Su Sep 10-Dec 10 10:00 AM-10:45 AM \$257.⁶⁰/14 sess
No class Oct 8

Sportball Junior

(1-2 yrs)
Toddlers and parents/caregivers focus on physical movements and social exploration, learn fundamental sport skills and participate in creative motor games, songs, stories, bubble time and more. Children are challenged according to their individual skill level and Coaches help grownups understand proven teaching techniques that can be applied outside of Sportball classes. Parent/adult participation is REQUIRED for this course. Instructor: Vancouver Sportball
Sa Sep 09-Oct 28 9:30 AM-10:15 AM \$102/6 sess
No class Sept 30, Oct 7.
Sa Nov 04-Dec 16 9:30 AM-10:15 AM \$102/6 sess
No class Nov 11
W Sep 13-Oct 25 9:30 AM-10:15 AM \$119/7 sess
W Nov 01-Dec 13 9:30 AM-10:15 AM \$119/7 sess

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 to ensure that focus is helping little one's practice and progress. Parent/adult participation is REQUIRED. Instructor: Vancouver Sportball
Sa Sep 09-Oct 28 10:15 AM-11:00 AM \$102/6 sess
No class Sept 30, Oct 7.
Sa Nov 04-Dec 16 10:15 AM-11:00 AM \$102/6 sess
No class Nov 11
W Sep 13-Oct 25 10:15 AM-11:00 AM \$119/7 sess
W Nov 01-Dec 13 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: Vancouver Sportball
Sa Sep 09-Oct 28 11:00 AM-11:45 AM \$102/6 sess
No class Sept 30, Oct 7.
Sa Nov 04-Dec 16 11:00 AM-11:45 AM \$102/6 sess
No class Nov 11.
W Sep 13-Oct 25 11:00 AM-11:45 AM \$119/7 sess
W Nov 01-Dec 13 11:00 AM-11:45 AM \$119/7 sess



Baby/Toddler Time Sing and Grow

Nursery rhymes and songs, information about infant development and connection to community resources. For more info contact Carmen at ccontreras@mpnh.org Register <https://forms.office.com/r/g6BDHvHbW>

Baby Time
10:00 - 11:00 AM
Toddler Time
(1 to 2.5 yrs)
11:00 AM - 12 PM
FREE
Donations welcome



Encourage creativity and imagination to foster growth and development.

MUSIC

Private Piano Lessons

(5 yrs+)

Does your child have a passion for music and expressive arts? We offer unconventional private lessons. This program is based on special interests and fundamental goals that serve the humbleness of beginners all the way to tomorrow's next song writer or music creative. All classes are set in a fun, stress free environment with the focus on learning how to compose and create your own music, song writing, understanding melodies and creating harmonies that go with it. All participants must bring their own 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.

Instructor: Musical Expressions
 W Sep 13-Dec 20
 3:30 PM-7:00 PM
 \$450/15 sess

DANCE

Senior Contemporary Dance

(8-12 yrs)

Express yourself while learning the creative art form of contemporary dance! Along with learning technique, coordination, and choreography, dancers will be encouraged to explore their own creative expression and free movement while dancing in a supportive and fun environment. Previous dance experience is welcome, but not required.

performingstars.ca
 Instructor: Vancouver Performing Stars
 Th Sep 21-Dec 07
 3:45 PM-4:30 PM
 \$174/12 sess

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. Drop-ins with instructor approval.

Instructor: Glyn Roberts
 Su Sep 10-Dec 10
 10:45 AM-11:30 AM
 \$257.6/14 sess
 No class Oct 8

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 12-Dec 12
 3:30 PM-4:30 PM
 \$110/11 sess
 No class Oct 3, Oct 10, Nov 14





Taekwondo

(6-13 yrs)

Increase concentration, motor & social skills. Learn in a fun and safe environment. Kids will be rewarded with stripes on their belt for their attendance, attitude, respect, knowledge subjects and effort in class. *squamishmartialarts.com*. Taekwondo uniform is required. Purchase directly from instructor \$60. (other school logos not allowed)

Instructor: Squamish Martial Arts & Fitness Centre

Beginners - White to Yellow Belts

Sa Sep 9-Oct 28

11:30 AM-12:15 PM

\$120/6 sess

Sa Nov 4-Dec 16

11:30AM-12:15 PM

\$140/7 sess

No sess Sep 30, Oct 7

Intermediate/Advanced - Green to Black Belts

(6-13 yrs)

Sa Sep 9-Oct 28

11:30AM-12:15 PM

\$120/6 sess

Sa Nov 4-Dec 16

11:30AM-12:15 PM

\$140/7 sess

No sess Sep 30, Oct 7

EDUCATION

Minecraft Let's Play!

(8-13 yrs+)

Imagine, invent and play together on our Let's Play series Minecraft server! Learn how to provide feedback and ideas directly to Mojang developers while we play on the latest snapshot Java Minecraft game and learn through play at MCKids Academy with Momibelle and Emibelle. We'll also cover how to manage our time with specific challenges and activities, and learn how to constructively engage and socialize in our multiplayer worlds. A great intro for newcomers to MCKids Academy and returning players alike.

Laptops provided.

Instructor: Anna Belluz

MCKidsAcademy.com

We Sep 13-Dec 13

4:00 PM-5:30 PM

\$238/14 sess

Minecraft Pro-D Days with Momibelle and Emibelle

(8-13 yrs+)

Hone your Minecraft build skills at our monthly ProD day meet-ups at Creekside Rec! Learn more about how to work with command blocks, redstone engineering, and how to work with plugins like World Edit, GoPaint and GoBrush, or just play alongside other MCKids who are joining you from home! Access to the MCKids HUB and ALL of our awesome servers for the day, plus laptops, included!

Instructors:

Anna Belluz,

Emi Belluz

MCKidsAcademy.com

Fri Nov 24

9:00 AM-4:00 PM

\$90/session

Learning Through Minecraft Holiday

(8-13 yrs+)

Let's adventure together this holiday season through new Minecraft worlds where we will collaborate on builds and learn about all there is to learn about Minecraft. Build, mine and play more efficiently together on one of our Java Minecraft games, or build a new modpack that we can explore together. Outdoor play is what we do everyday! So come prepared to explore our real world around us while we adventure through virtual worlds together. Our focus this week is your child's social-emotional health and well-being. Play-based discovery and learning through Minecraft play. Inclusive of ALL of your child's needs. Bring your own laptop or rent one of ours.

Instructors:

Anna Belluz, Emi Belluz

MCKidsAcademy.com

We-Fri

Dec 27, 28, 29

\$270/session

Tue-Fri

Jan 2, 3, 4, 5

\$360/session

9:30 AM to 4 PM

Drop-ins welcome

\$90/day



Paddling



Paddling down the Creek with Creekside Kayaks and Dragon Zone

Children & youth under 18 must be accompanied by an adult or have signed waiver 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 year-round from the water out of our Olympic Village docks in a kayak. Email info@dragonboatbc.ca for info.

Year-Round-Pass Programs

Year-Round-Pass Programs: Visit dragonzone.ca/kayak for more information. Annual, winter, and half-year passes start in September. Register online at register.dragonboat.bc.ca



Guided Dragon Boat Sessions

Learn to paddle with our guides on False Creek year-round. School group rates available. Private group sessions start with as few as 12 people. Visit dragonzone.ca/group for more information.

EVENTS at CREEKSIDE

Bibbity Bobbity Boo

Halloween

Sun, Oct 29
1:00pm-3:00pm

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 7
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

Sun, Dec 17
10:00am-12:00pm

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.



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

| SUNDAY | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY |
|--|---|--|---|---|---|---|
| | Cycle Xpress 7:00am-7:45am | Callanetics 9:15am-10:15am | |  | | |
|  | Zumba® Gold 9:15am-10:15am | Nordic Pole Walking 10:00am-11:30am | Tristar Tai Chi 10:00am-11:15pm | | Tristar Tai Chi 10:00am-11:15pm | Pilates Yoga 9:10-am-10:00am |
| | 30/30/30 9:30-11:00am | Yoga for Older Adults - Lv 1 10:30am-11:45am | | Yoga for Older Adults - Lv 2 10:30am-12:00pm | 30/30/30 9:30-11:00am | Fitness Kickboxing 10:00am-11:00am |
| | | Iyengar Yoga with Terri 12:00pm-1:30pm | |  | | |
| 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 Xpress 6:00pm-6:45pm | |  |
| | | 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 | Boxing 7:00pm-8:00pm | | |

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. (\$2.⁵⁸/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. (\$2.⁵⁸/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. (\$3.⁵³/sess daytime & \$6.¹⁹/sess evening)

Cycle Xpress

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

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

M Starts Jan 9

7:00 am-7:45 am

No class Feb 20, Apr 10

Cycle Core

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

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

W Starts Jan 11

6:00 pm-7:00 pm

Cycle Strength

A combination of cycle and strength training

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

Tu Starts Jan 10

11:00 am-12:00 pm

Badminton

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

Drop-In only (2 courts)

Sep 11-Dec 16

M W 1:15 pm-2:45 pm

F 1:00 pm-2:30 pm

Sa 9:15 am-11:45 am

No Program

Oct 2, 9, 20, Nov 13, 17

\$3.33/drop-in or

\$23.⁸¹/10 visit pass

Register or \$6.¹⁹/

Drop-In (4 Courts)

W Sep 6-Dec 13

8:15 pm-10:00 pm

\$64.³⁵/15sess

F Sep 8-Dec 15

4:45 pm-6:30 pm

\$60.⁰⁶/14sess

No Program Oct 20,

Nov 17

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 5-Dec 12

8:15 pm-10:00 pm

\$64.³⁵/15 sess

W Sep 6-Dec 13

6:15 pm-8:00 pm

\$64.³⁵/15 sess

Soccer

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

Register or \$6.¹⁹/Drop-In

M Sep 11-Dec 11

6:15 pm-8:00 pm

\$47.¹⁹/11 sess

No Program

Oct 2, 9, Nov 13

Th Sep 7-Dec 14

6:15 pm-8:00 pm

\$64.³⁵/15 sess

Sa Sep 9-Dec 16

12:00 pm-1:45 pm

\$64.³⁵/15 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 5-Dec 14

1:15 pm-2:45 pm

No Program Oct 2, 9,

Nov 13

F Sep 8-Dec 15

1:00 pm-2:30 pm

\$3.³³/Drop-In

\$23.⁸¹/10 visit pass

No Program Oct 20,

Nov 17

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 11-Dec 11

8:15 pm-10:00 pm

\$47.¹⁹/11 sess

No Program Oct 2, 9,

Nov 13

Tu Sep 5-Dec 12

6:15 pm-8:00 pm

\$64.³⁵/15 sess

Th Sep 7-Dec 14

8:15 pm-10:00 pm

\$64.³⁵/15 sess

F Sep 8-Dec 15

6:45 pm-8:30 pm

\$64.³⁵/15 sess

Pickleball

Non-instructional. Borrow raquets/balls from Centre.

All Levels

Register or \$3.³³/Drop-In

Tu Sep 5-Dec 12

8:30am-10:00am

10:15am-11:45am

\$35.⁷⁰/15 sess

Th Sep 7-Dec 14

8:30 am-10:00 am

10:15 am-11:45 am

\$35.⁷⁰/15 sess

Intermediate/Advanced

F Sep 8-Dec 15

2:45 pm-4:30 pm

\$30.⁹⁴/13 sess

No Program Oct 20,

Nov 17

Pickleball Lessons

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

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 Sep 06-Oct 11
8:30 PM-10:00 PM
\$195/6 sess

Intermediate Advanced Volleyball Skills Clinic

(19+ yrs)
Instructor:
TIN & TINA LTD
W Oct 18-Nov 22
8:30 PM-10:00 PM
\$195/6 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 Oct 23-Dec 11
5:30 PM-7:30 PM
\$232.19/7 sess
No class Nov 13

EDUCATION Baby Sign Language

(0-2 yrs)
Using songs and games, learn basic American Sign Language (ASL) hand gestures, to facilitate communication with your hearing child. Research shows that babies who learn Sign Language learn quicker and talk earlier. Bring your baby 0-24 months old to class. No drop-ins. For more info visit intoyoga.ca
Instructor:
Sheri Kauhausen
M Sep 18-Oct 23
10:00 AM-10:45 AM
\$62/4 sess
No class Oct 2, Oct 9

Athletic Taping Course

(16+ yrs)
Certified Athletic Therapists cover taping techniques used in a sport setting. Safety considerations, preventative and supportive techniques discussed. Participants introduced to ankle, knee, hip, elbow, wrist, fingers and thumb procedures. You are encouraged to wear athletic attire during the course. Instructor:
SportMed BC
Sa Oct 21
9:30 AM-4:30 PM
\$195/1 sess

Sports First Aid & Concussion Management Course

(16+ yrs)
This workshop serves as an introduction to injury prevention and on-site management of sports related injuries. Topics covered include recognition and control of potentially hazardous situations, injury assessment and the handling of life-threatening situations, management of common injuries, referral patterns and the development of a sports first-aid kit. A certificate of completion is issued. Certified Athletic Therapists will also lead participants through best practices in understanding brain injury, sport risk factors, prevention techniques and concussion management guidelines. Participants will review on-field assessment techniques, the use of the Concussion Recognition Tool 5, SCAT5 tool and return to learn and return to sport protocols. Participants will be given time for sport specific questions
Instructor: SportMed BC
Su Oct 22
9:30 AM-4:30 PM
\$160/1 sess

FITNESS & HEALTH 30/30/30 Dance Fit, Strength and Yoga Fitness

(13+ yrs)
30 min High intensity dance fitness with K-pop and Latin moves to burn calories. 30 min Strength training with dumbbells to complete total body conditioning. 30 min Core Yoga moves and stretches to improve muscular balance and inner peace. Drop-Ins \$28.00 space permitting.
Instructor: Michelle Park
Certified Weight and Personal Trainer with BCRPA.
Instructor: Squamish Martial Arts & Fitness Centre
M Sep 11-Oct 23
9:30 AM-11:00 AM
\$125/5 sess
M Nov 06-Dec 11
9:30 AM-11:00 AM
\$150/6 sess
F Sep 08-Oct 06
F Oct 13-Nov 10
F Nov 17-Dec 15
9:30 AM-11:00 AM
\$125/5 sess
No Sess Oct 2, 9, Nov 13

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 \$19.⁰⁵ space permitting.
Instructor:
Linda Shedden
Tu Sep 12-Oct 31
9:15 AM-10:15 AM
\$129.⁵²/8 sess
Tu Nov 07-Dec 12
9:15 AM-10:15 AM
\$97.¹⁴/6 sess

adult





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: Rush Dance Endorphin

W Sep 13

7:00 PM-8:00 PM

FREE

W Sep 20-Oct 25

7:00 PM-8:00 PM

\$90/6 sess

W Nov 01

7:00 PM-8:00 PM

FREE W Nov 08-Dec 13

7:00 PM-8:00 PM

\$90/6 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 13

8:15 PM-9:15 PM

FREE

W Sep 20-Oct 25

8:15 PM-9:15 PM

\$90/6 sess

W Nov 01

8:15 PM-9:15 PM

FREE

W Nov 08-Dec 13

8:15 PM-9:15 PM

\$90/6 sess

Boxing

(19 yrs+)

Come and learn boxing fundamentals with a former Golden Gloves champ with a lifetime of fitness and training background. Get/Stay fit in this fun and unique training environment; learn the sport, and shake up your current routine. Using innovative punching combinations, creative footwork as well as dynamic defensive skills to get an amazing aerobic and anaerobic workout. Get in great shape while relieving stress through punching. Boxing gloves are required to punch hand-held targets and partners gloves. The program offers a unique perspective on your fitness. Non contact style sparring and other partnered drills will be done in a safe and structured setting. Drop-in \$20 if space is available.

Instructor: Richard Pelcz

Th Sep 14-Oct 26

7:00 PM-8:00 PM

\$105/7 sess

Th Nov 02-Dec 14

7:00 PM-8:00 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 \$20.00 space permitting.

Instructor: Squamish Martial Arts & Fitness Centre

Sa Sep 09-Oct 28

Sa Nov 04-Dec 16

10:00 AM-11:00 AM

\$105/6 sess

No Class Sept 30,

Oct 7, Nov 11



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

adult

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 06-Oct 11

5:30 PM-6:45 PM

\$90/6 sess

W Oct 18-Nov 29

5:30 PM-6:45 PM

\$105/7 sess

Su Sep 10-Oct 15

11:00 AM-12:15 PM

\$90/6 sess

Su Oct 22-Nov 26

11:00 AM-12:15 PM

\$90/6 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 10-Oct 15

9:30 AM-10:45 AM

\$90/6 sess

Su Oct 22-Nov 26

9:30 AM-10:45 AM

\$90/6 sess

Yin Yoga with Pam

(19 yrs+)

Slow completely down. Release tension and stress in your body, mind & nervous system with Pamela Ferman's grounding 75 minute restorative Yin Yoga class. 6-8 different poses are held for 3-6 minutes. Target deep connective tissues like fascia, ligaments, joints & bones. Designed to help reset your nervous system and relax your mind while increasing flexibility in your body. A slower, more meditative practice giving you space to turn inward. Yin yoga helps stretch & lengthen those rarely-used tissues while also teaching you how to breathe through discomfort & sit with your thoughts. All levels welcome.

Beginner friendly.

pamelafermanyoga.com

Instructor:

Ferman Pamela

Tu Sep 05-Oct 10

6:30 PM-7:45 PM

\$90/6 sess

Tu Oct 17-Nov 28

6:30 PM-7:45 PM

\$105/7 sess

Pilates Yoga

(15+ yrs)

Combined of an ancient practice that works on the union of body, breath and mind, strengthening and toning. Yoga and Pilates experience not necessary. Dumbbell workout added.

Instructor: Michelle Park
Certified Weight and Personal Trainer
with BCRPA

Sa Sep 09-Oct 28

9:10 AM-10:00 AM

\$105/6 sess

Sa Nov 04-Dec 16

9:10 AM-10:00 AM

\$105/7 sess

No class Sept 30, Oct 7

Yoga Made for Runners

(16 yrs+)

A dynamic and challenging program created for runners.

Build strength, increase range of motion in tight joints, and return flexibility to stiff, sore muscles. Drop-in \$20

mikedennisonfitness.com

Instructor:

Dennison Mike

F Sep 22-Dec 15

6:45 AM-7:45 AM

\$170/13 sess

\$195/16 sess

M Sep 18-Dec 11

7:30 PM-8:45 PM

\$160/10 sess

No class Oct 2, Oct 9,
Nov 13

MARTIAL ARTS

Capoeira

(14+ yrs)

Capoeira is an Afro-Brazilian art, which combines martial art techniques with simple acrobatics, and movements, making it a complete body workout that is challenging, safe and fun! The program focuses on physical mastery of the basic and advanced moves and runs twice a week to ensure optimal progression of the students. No experience is necessary. Course is suitable for complete beginners as well as advanced students.

Drop-ins are \$14.²⁹ + GST. Registrations run monthly for an effective rate of \$10 per 1.5 hr session.

Instructor: Aleksey Sher

M W Sep 06-Sep 27

M W Oct 04-Oct 30

7:30 PM-9:00 PM

\$66.64/7 sess

M W Nov 01-Nov 29

7:30 PM-9:00 PM

\$76.16/8 sess

M W Dec 04-Dec 13

7:30 PM-9:00 PM

\$38.08/4 sess

No sess Oct 9, Nov 13

Capoeira Brasil

(19 yrs+)

Capoeira is a martial art and dance created over 500 years ago. Strengthening and playful movements include graceful combinations of kicks, acrobatics, flexibility and strength. Learn traditional music and singing, too. Beginner-friendly, all levels. **For maximum benefit, 2xs/week is recommended.*

Instructor: Molly Lee

Tu Sep 05

6:00 PM-7:15 PM

FREE

Instructor: Molly Lee

Tu Sep 12-Oct 31

6:00 PM-7:15 PM

\$105/7 sess

Tu Nov 07-Dec 12

6:00 PM-7:15 PM

\$90/6 sess

Th Sep 07

6:00 PM-7:15 PM

FREE

Th Sep 14-Oct 26

6:30 PM-7:45 PM

\$90/6 sess

No class Sept 28.

Th Nov 02-Dec 14

6:30 PM-7:45 PM

\$105/7 sess

Tu Th Sep 12-Oct 31

6:00 PM-7:15 PM

\$169/13 sess

No class Sept 26 & 28

Tu Th Nov 02-Dec 14

6:30 PM-7:45 PM

\$169/13 sess

adult

Jodo - The Way Of The Stick

(19+ yrs)

Jodo is a Japanese art that means way of the stick. In this art, students are taught to rely on the precision and flexibility of the Jo, a short staff, to overcome the inherent advantages of 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 07-Sep 28
Su Th Oct 05-Oct 29
Su Th Nov 02-Nov 26
Su Th Dec 03-Dec 17
8:15 PM-9:45PM
12:45 PM-2:15 PM
\$50/Month
No class Nov 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: Shorinji Kempo Vancouver South Side
Tu Sa Sep 12-Sep 30
Tu Sa Oct 03-Oct 31
Tu Sa Nov 04-Nov 28
Tu Sa Dec 02-Dec 16
10:30 AM-12:00 PM
7:30 PM-9:00 PM
\$47.62/Month

Shotokan Karate

(13+ yrs)

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 \$5.⁷⁶
vancouvershotokan.ca
Instructor: Shotokan Karate Canada
M W Sep 11-Dec 13
6:00 PM-7:30 PM
\$125/25 sess
No session Oct 2, 9, Nov 13



Creekside Community 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. Enjoy the beautiful Vancouver sunshine and bring your enthusiasm to this outdoor gathering.



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

Interested in your own garden plot at Creekside Community Garden? Join our waitlist today and we'll reach out to you when a plot becomes available.

Stay up to date on our upcoming events by checking our website at www.creeksidecommunitygarden.com or email info@creeksidecommunitygarden.com
We can't wait to garden with you!



SCAN ME for more information about Creekside Community Garden

adult

PARK BOARD PRIDE

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





Stay engaged and active while making connections with new friends.

EDUCATION

Intro to Meditation

(40+ yrs)

Learn the purpose of meditation and the basic techniques to get you started. FREE, please contact Vancouver Coastal Health at 604 875 4544 for program details.

Instructor: Vancouver

OASIS

W Oct 11

10:00 AM-11:00 AM

FREE

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: OASIS

Vancouver

Tu Sep 05

10:00 AM-11:30 AM

FREE

Tu Oct 10

10:00 AM-11:30 AM

FREE

Tu Nov 14

10:00 AM-11:30 AM

FREE

Tu Dec 12

10:00 AM-11:30 AM

FREE

Tristar Tai Chi

All Levels

(19 yrs+)

Learn this ancient and peaceful form of tai chi for health and wellness. Classes include strengthening stances, meditative breath work, flowing movement and Asian healing meridian pressings. Experience stress release, improved digestion, circulation and enhanced energy, moods and immune system.

Masks are strongly recommended for this class. tristartaiji.com

Instructor: Lee Molly

W Sep 06-Oct 25

10:00 AM-11:15 AM

\$144/8 sess

W Nov 01-Dec 13

10:00 AM-11:15 AM

\$126/7 sess

F Sep 08-Oct 27

10:00 AM-11:15 AM

\$126/7 sess

No class Sept 29.

F Nov 03-Dec 15

10:00 AM-11:15 AM

\$126/7 sess

W F Sep 06-Oct 27

10:00 AM-11:15 AM

\$225/15 sess

No class Sept 29.

W F Nov 01-Dec 15

10:00 AM-11:15 AM

\$210/14 sess

ZUMBA® Gold

(55 yrs+)

Low-impact dance-fitness class for beginners and seniors that uses zesty Latin music with easy-to-follow moves to create a dynamic and fun fitness class. ZUMBA® Gold classes strive to improve balance, strength, flexibility.

Instructor: Vancouver Zumba

M Sep 11-Oct 30

9:15 AM-10:15 AM

\$82.5/6 sess

No class Oct 2, Oct 9

M Nov 06-Dec 04

9:15 AM-10:15 AM

\$55/4 sess

No class Nov 13

Yoga for Older Adults - Level 1

(55 yrs+)

Suited to beginners or those with existing conditions. A slow approach to yoga focusing on the foundation and pain free movement to increase stability before mobility. Restorative poses using props will aid in the relaxation.

Instructor: Damiani Terri

Tu Sep 12-Nov 07

10:30 AM-11:45 AM

\$120/9 sess

Tu Nov 21-Dec 12

10:30 AM-11:45 AM

\$53.³⁶/4 sess

Yoga for Older Adults - Level 2

(55 yrs+)

Increase mobility, stamina and vitality. Class will be tailored for participants, addressing health concerns to improve their quality of life. Guided through the postures, using props if required, to ensure stability and correct alignment. Sessions end with a relaxation pose.

Instructor: Damiani Terri

Th Sep 14-Nov 09

10:30 AM-12:00 PM

\$137/9 sess

Th Nov 23-Dec 14

10:30 AM-12:00 PM

\$60.⁹⁶/4 sess

SPORTS

Pickleball Stage 1: Learn-To-Play

(55 yrs+)

Try this popular, easy-to-learn sport that combines badminton, tennis and table tennis. Learn the proper grip, how to correctly hit the ball and move efficiently and safely around the court. Equipment provided. Semi-private. 4 spots.

F Sep 08-Oct 27

9:15 AM-10:45 AM

\$256/8 sess

F Nov 03-Dec 15

9:15 AM-10:45 AM

\$192/6 sess

No class Nov 17

Pickleball Stage 2: Skills & Drills

(55 yrs+)

For players who have completed Stage 1. Improve your game, train your muscle memory. Learn how to drill.

Equipment provided.

NCCP & IPTPA Certified

Pickleball Instructor

Instructor: Mona Lee

F Sep 08-Oct 27

10:45 AM-12:15 PM

\$256/8 sess

10:45 AM-12:15 PM

\$192/6 sess

SOCIAL

Bridge

(19 yrs+)

Join our group Tuesdays and enjoy duplicate Bridge. New players welcome.

\$2/drop-in or 10 visit pass \$10.

Non Instructional

Tu Sep 05-Dec 19

12:00 PM-3:00 PM

\$1.⁹⁰/ sess

Mahjong

(19 yrs+)

Join our group 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.

Non Instructional

Th Sep 07-Dec 21

1:00 PM-4:00 PM

\$1.⁹⁰/4 sess

Affordable recreation and personal training for health and wellness.

Fitness Centre Consultations

Call ahead 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 | \$6. ⁹⁹ | \$4. ⁸⁹ |
| 10 Visit Pass | \$61. ⁵¹ | \$43. ⁰⁶ |
| FLEXIPASS RATES | | |
| Access to all Vancouver Park Board fitness centres, pools and rinks. | | |
| 1 month | \$53. ⁸³ | \$37. ⁶⁸ |
| 3 months | \$145. ³⁴ | \$101. ⁷⁴ |
| 12 months | \$465. ⁰⁹ | \$325. ⁵⁶ |

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

Personal Training

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

Personal Training Fees

| SESSIONS | PRIVATE (1 PERSON) | SEMI-PRIVATE (2 PEOPLE) | GROUP |
|----------|----------------------|-------------------------|----------------------|
| 1 | \$58. ¹⁷ | \$87. ²³ | \$122. ³⁶ |
| 3 | \$161. ²⁰ | \$241. ⁸⁴ | \$327. ⁷² |
| 5 | \$259. ²⁷ | \$399. ²⁶ | \$480. ⁶⁷ |
| 10 | \$465. ⁴³ | \$741. ⁴⁹ | \$873. ⁹³ |

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

Exercise for Prostate Cancer SIRvivor

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

Wed Sept 6 - Nov 22

Fri Sept 8 - Nov 24

12:00 - 1:00 PM

Small Group Training

Enjoy the same intimate coaching experience as a personal training session while exercising in an exclusive and dedicated space in a group of 4. Register for a 5 week session to workout with like-minded individuals. Prior to your session complete the PAR-Q+ <http://eparmedx.com/wp-content/uploads/2022/12/ParQ-Plus-Jan-2023-Fillable-1.pdf>. Bring the completed form with you to the session. All 4 spots must be filled to run the program. Full refund provided if program is cancelled. \$120.¹⁷/5 sess.

TRX & Cardio Intervals

Mondays 8:00 AM- 9:00 AM

Sept 11 - Oct 23 (No class Oct 2, 9)

Oct 30 - Dec 4 (no class Nov 13)

Wednesdays 6:45 - 7:45 PM

Sept 6 - Oct 4

Oct 11 - Nov 8

Nov 15 - Dec 13

Small Group Training for Women

Monday 6:00PM - 7:00PM

Sept 11 - Oct 23 (no class Oct 2, 9)

Oct 30 - Dec 4 (no class Nov 13)

Indoor Cycling Schedule

| MO | MON | WED | THURS |
|-----------------------------------|--------------------------------------|---------------------------------|-----------------------------------|
| Cycle Xpress 7:00 AM - 7:45 AM | Cycle HIIT+ Abs 5:00 PM - 5:45 PM | Cycle Core 5:30 PM - 6:30 PM | Cycle Xpress 6:00 PM - 6:45 PM |

SCHEDULE IS SUBJECT TO CHANGE.

Please visit us online at vanrec.ca to register for your session

Fitness for Youth

(13-18yrs)

Tu 4:30-5:30pm

(Th optional)

Sept 5-Sept 26

Oct 3-Oct 24

Nov 7-Nov 28

Fitness for Older Adults

(55+)

Mo 11:00am-12:00pm

(Th optional)

Sept 11 - Oct 16

(no class Oct 2, 9)

Oct 30 -Nov 27

(no class Nov 13)

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

Connect with other like-minded members in your community.

NOTE: completed Par-Q and Consent & Release are required. Drop-in adm w/valid Flexi-pass or Usage pass required. Priority registration for new registrants.

Indoor Cycling Fees

| | |
|--------------|---------------------|
| Single visit | \$6. ⁹⁹ |
| 10 visit | \$61. ⁵¹ |

FEES SUBJECT TO CHANGE

We no longer accept paper tickets for indoor cycling.

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