



# Room Rental Guide

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

Room	Highlights	Hourly Rate + Tax	Capacity
<b>Spin Room (MP2)</b>	Room with a view of False Creek and Telus World of Science. New sound system with head set, and 16 Keiser spin bikes for rent. Ideal for cycle clubs to train during wet winter months.	Enquire at 604-257-3050	16
<b>Multipurpose Room 1 (MP 1)</b>	Perfect for smaller events and meetings. North facing view of seawall, mountains, Creek. Sink (600 sq. ft.)	\$45	25
<b>Multipurpose Room 2 (MP 2)</b>	Perfect for smaller events and meetings. North facing view of seawall, mountains, Creek. Sink and counter space (600 sq. ft)	\$42	30
<b>Dance Studio</b>	Performance rehearsal/dance space. (900 sq.ft.)	\$51	50
<b>Multipurpose Room 4 (MP 4)</b>	Fantastic for events and functions. Spectacular views and access to small kitchen facilities. Download our Event Information Overview from our website to assist with your event planning. Setup/takedown fee is \$80+tax(1950 sq. ft.)	\$130	100
<b>Gymnasium</b>	Full court Gym ideal for sport bookings. Events (tradeshows, receptions). 7500 sq. ft.	Sport: \$80 Event: \$155	300
<b>Additional Charges</b>			
<b>Staffing</b>	For rentals outside of regular operating hours; number of staff required dependant on activity, scope and size of rental		\$28. <sup>57</sup> -42. <sup>86</sup> /hr per staff
<b>Damage Deposit</b>	Deposit fee may apply depending on scope of rental event		\$200-\$1000
<b>SOCAN &amp; ReSound</b>	Mandatory music royalty tariff for rentals with music and/or dancing		Starting at \$31. <sup>30</sup>
<p>To check room availability call 604.257.3050 ext 1                      All reservation requests must be submitted online at <a href="http://creeksidecentre.ca">creeksidecentre.ca</a>                      Note: Discounted room rental rates are available for not-for-profit organizations.                      Commercial events and sport leagues are subject to our commercial rates.</p>			
 <a href="https://facebook.com/creeksiderec">facebook.com/creeksiderec</a>  <a href="https://twitter.com/creeksiderec">twitter.com/creeksiderec</a>			

# Creekside Community Recreation Centre



**WINTER  
2019  
Program  
Guide**  
creeksidecentre.ca



# Register Online Today

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Family Events  
see page 15  
for details



Create an online account and register for unique and exciting programs across 24 community centres. Your online account allows you to keep track of your schedules, rental agreements, payment receipts and look up your current pass status.









**Skip the line and buy your pass online** All our passes are now available online. Get your 10-usage pass to indoor cycling classes or visit a fitness centre, pool or rink with the click of a button. Monthly Flexipasses are great for getting active and staying active, giving you access to 21 fitness centres, 9 indoor pools, 5 outdoor pools, and 8 ice rinks! [vancouver.ca/passes](http://vancouver.ca/passes)

**Drop-in activities**  
If you're looking for something to do last minute or make a long term commitment, we offer a wide range of drop-in activities to fit anyone's schedule. Check out what's available today on our drop-in calendar.

**Event space**  
Planning a sporting event, social gathering or wedding? Submit your request for use of community centre rooms, outdoor parks or fields, ice rinks and more!

Follow us on Facebook and Twitter for up to date information on programs and registration.



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welcome

Experience Recreation at Creekside

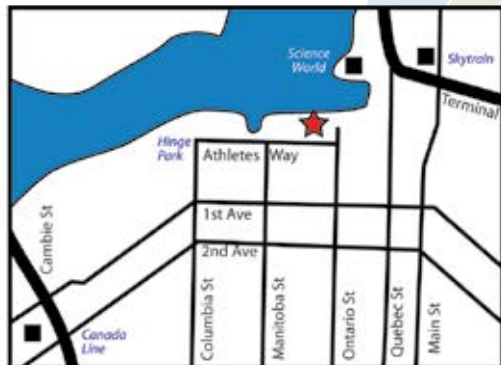
Make recreation at Creekside a regular part of your schedule. Participate in your choice of activities while enjoying our magnificent view. Convenient registration and drop-in options for all ages, interests and budgets.

Contact Us

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



Hours of Operation:
Monday-Thursday 6:30am-10pm
Friday 6:30am-8:30pm
Saturday/Sunday 9am-5pm
Closed Feb 18, Apr 19, Apr 2



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

Convenient Registration Options

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

Online Registration

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

Refund Practices

Pro-rated refunds provided to customers who wish to withdraw from a program. Contact us two days prior to start of next class to receive a refund. Rentals, birthday party's and Daycamp refunds require more advanced notice.

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.

Important Registration Dates

Online:
Wednesday
December 5
at 9am

Phone-in and in-person:
Thursday
December 6
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.



**PRESCHOOL**

**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. Children will dance for parents on the last day of class. Visit [performingstars.ca](http://performingstars.ca) for more information.

Instructor: Vancouver Performing Stars  
 Tu Jan08-Mar12  
 3:00 PM-3:45 PM  
 \$99/10 sess

**Mini Hip Hop**

(3-4 yrs)

Move and groove to your favorite tunes. Learn basic hip hop dance and discover new and exciting moves while learning fun and challenging choreography. Beginners welcome! Leave feeling energized, confident and excited about dance. Visit [performingstars.ca](http://performingstars.ca) for more information. Instructor: Vancouver Performing Stars  
 Th Jan10-Mar14  
 3:15 PM-4:00 PM  
 \$99/10 sess

**Wee Expressions**

(0-4 yrs)

Come and join us on an adventure of imagination in songs while we engage a child through a mixture of free play and structure. Parents and children take pleasure in the interactive nature of the classes and jointly participate in singing, instrument playing, learning manners, brain gym, accompanying song actions, baby sign language and dance. Curriculum is based on researched methods surrounding the benefits of music infused with Music Therapy techniques.

There is a materials fee of \$15 for CD and lyrics booklet. Siblings receive a 25% discount and/or siblings under 10 mo attend free. Siblings do not pay materials fee. [musicalexpressions.ca](http://musicalexpressions.ca)  
 Instructor: Musical Expressions  
 Tu Jan15-Feb26  
 10:45 AM-11:30 AM  
 \$84/7 sess  
 Tu Mar05-Apr30  
 10:45 AM-11:30 AM  
 \$84/7 sess  
 No class Mar 19, 26  
 Th Jan17-Feb28  
 10:30 AM-11:15 AM  
 \$84/7 sess  
 Th Mar14-Apr25  
 10:30 AM-11:15 AM  
 \$84/7 sess

**Baby Sign Language**

(0-2 yrs)

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

Instructor: Sheri Kauhausen  
 M Jan14-Feb11  
 10:00 AM-10:45 AM  
 \$64/5 sess  
 M Apr08-May13  
 10:00 AM-10:45 AM  
 \$64/5 sess

**EDUCATION**

**Mad Science For Preschoolers**

(3-5 yrs)

Mad Science sparks imaginative learning! These hands-on science programs are themed around a particular area of science. Children engage in exciting hands-on activities, watch spectacular demonstrations, and take home things that relate to what they learnt that day. Instructor: Mad Science  
 F Jan11-Mar01  
 3:00 PM-4:00 PM  
 \$130/8 sess

**Martial Arts Tigers**

Increase concentration, motor & social skills. Learn in a fun and safe environment. Kids will be rewarded with stripes on their belt for their attendance, attitude, respect, knowledge subjects and effort in class.

[squishmartialarts.com](http://squishmartialarts.com)  
 Taekwondo uniform is required. Purchase on first day from instructor  
**\$50**  
 Instructor: Squamish Martial Arts & Fitness Centre  
 Tigers (3-4 yrs)  
 Tu Th Jan15-Feb28  
 4:00 PM-4:30 PM  
 \$259.8/14 sess

Tu Th Mar05-Apr18  
 4:00 PM-4:30 PM  
 \$259.8/14 sess  
 Tigers Beginners White belt to 3 stripes (3-4 yrs)  
 Sa Jan12-Feb23  
 11:00 AM-11:30 AM  
 \$129.9/7 sess  
 Sa Mar02-Apr13  
 11:00 AM-11:30 AM  
 \$129.9/7 sess  
 Tigers Intermediate 4 Stripes to Yellow Belt (3-4 yrs)  
 Sa Jan12-Feb23  
 11:30 AM-12:00 PM  
 \$129.9/7 sess  
 Sa Mar02-Apr13  
 11:30 AM-12:00 PM  
 \$129.9/7 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. No play Gym: Feb 18, Apr 8, 19, 22

**MONDAY**  
 Jan 7 - Apr 29  
 9:30 AM-12:30 PM

**TUESDAY**  
 Jan 8 - Apr 30  
 1:30 PM-3:30 PM

**WEDNESDAY**  
 Jan 2 - Apr 24  
 9:30 AM-12:30 PM

**THURSDAY**  
 Jan 3 - Apr 25  
 1:30 PM-3:30 PM

**FRIDAY**  
 Jan 4 - Apr 26  
 9:30 AM-12:30 PM

No play Gym:  
 Feb 18, Apr 8, 19, 22



Additional family programming see page 15

### Soccer GrassRoots

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 gain confidence and build self-esteem. No drop-ins. Parent participation required. .

Instructor: Glyn Roberts  
**(2-3 yrs)**

Su Jan13-Feb24

9:15 AM-10:00 AM

\$67.<sup>50</sup>/5 sess

No sess Jan 27, Feb 17

Th Jan10-Mar14

9:30 AM-10:15 AM

\$135/10 sess

Su Mar31-Apr28

9:15 AM-10:00 AM

\$54/4 sess

No sess Apr 21

Th Apr04-Apr25

9:30 AM-10:15 AM

\$54/4 sess

**(3-4 yrs)**

Th Jan10-Mar14

10:15 AM-11:00 AM

\$135/10 sess

Th Apr04-Apr25

10:15 AM-11:00 AM

\$54/4 sess

(4-5 yrs)

Su Jan13-Feb24

10:00 AM-10:45 AM

\$67.<sup>50</sup>/5 sess

No sess Jan 27, Feb 17

Su Mar 31-Apr 28

10:00 AM-10:45 AM

\$54/4 sess

No sess Apr 21

### 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. [sportball.ca](http://sportball.ca)

Instructor: Sportball Vancouver

Sa Jan12-Mar09

11:00 AM-11:45 AM

\$119/7 sess

No program Feb 2, 16

M Jan14-Mar11

9:15 AM-10:00 AM

\$136/8 sess

No program Feb 18

Sa Mar30-Apr27

11:00 AM-11:45 AM

\$68/4 sess

No program Apr 20

M Apr01-Apr29

9:15 AM-10:00 AM

\$68/4 sess

No program Apr 22

### Sportball Parent & Tot

(2-3 yrs)

This program teaches children important introductory physical skills and help them develop confidence in their abilities. Classes focus on refining and rehearsing and repeating skills and playing games in a fun, creative, non-competitive environment. [sportball.ca](http://sportball.ca)

Instructor: Sportball Vancouver

Sa Jan12-Mar09

9:30 AM-10:15 AM

\$119/7 sess

No program Feb 2, 16

M Jan14-Mar11

10:00 AM-10:45 AM

\$136/8 sess

No program Feb 18.

Instructor: Sportball Vancouver

Sa Mar30-Apr27

9:30 AM-10:15 AM

\$68/4 sess

No program Apr 20

M Apr01-Apr29

10:00 AM-10:45 AM

\$68/4 sess

No program Apr 22.

### Sportball Multi-Sport Coach & Child

(3-5 yrs)

Skills involved in the eight core sports of the sportball methodology. The programs reinforce the benefits of teamwork and skill development rather than the importance of winning, enabling children to gain the confidence and develop the social necessary to succeed in sport and life. [sportball.ca](http://sportball.ca)

Instructor: Sportball Vancouver

Sa Jan12-Mar09

10:15 AM-11:00 AM

\$119/7 sess

No program Feb 2, 16

M Jan14-Mar11

10:45 AM-11:30 AM

\$136/8 sess

No program Feb 18.

Sa Mar30-Apr27

10:15 AM-11:00 AM

\$68/4 sess

No program Apr 20

M Apr01-Apr29

10:45 AM-11:30 AM

\$68/4 sess

No program Apr 22

### Creekside Birthday Parties

Play gym equipment, toys and/or sports equipment are available for you to incorporate into your party activities!

No food, decorations or activity leader is provided. 15 minutes of set up and clean up time is provided before and after the party. Disposable tablecloths are recommended.

*Confetti, glitter and pinattas are not permitted. Excessive mess could result in additional cleaning fees.* Refund policy: 30 days notice prior to the party date is required.

Sa 2:30pm-4:30pm  
Sa 5:00pm-7:00pm  
Su 12:00pm-2:00pm  
Su 2:30pm-4:30pm  
No Party Feb 2, Mar 3, 10, Apr 14, May 4, 5

\$150/party





Encourage creativity and imagination to foster growth and development.

**ART, CULTURE & ENVIRONMENT**

**Piano**

(4yrs+)  
 Beginners to exam prep each class 30 min, Gr 5 or above book 2 sess. [musicalexpressions.ca](http://musicalexpressions.ca)  
 Instructor: Musical Expressions  
 Tu Jan08-Apr30 3:30 PM-7:00 PM \$345/15 sess  
 No class Mar 19, 26  
 Th Jan10-Apr25 3:30 PM-8:00 PM \$322/14 sess  
 No class Mar 21, 28

**Private Guitar/ Ukulele/Bass**

(4yrs+)  
 Based on special interests and goals to serve beginners to tomorrow's prodigies. Bring your own instrument. [musicalexpressions.ca](http://musicalexpressions.ca)  
 Instructor: Musical Expressions  
 W Jan09-Apr24 3:30 PM-8:00 PM \$322/14 sess  
 No class Mar 20, 27

**Soccer GrassRoots**

(5-8 yrs)  
 Focus on the physical, technical, psychological and social to help children gain confidence, build self-esteem, learn to work in teams. No drop-ins. Parent participation required. Instructor: Glyn Roberts  
 Su Jan13-Feb24 10:45 AM-11:30 AM \$67.5/5 sess  
 No sess Jan 27, Feb 17

**Junior Ballet**

(5-7 yrs)  
 Develop coordination, musicality and fluidity of movement. Child must be able to attend class alone. [performingstars.ca](http://performingstars.ca)  
 Instructor: Vancouver Performing Stars  
 Tu Jan08-Mar12 3:45 PM-4:30 PM \$99/10 sess

**Junior Hip Hop (5-7 yrs)**

Basic hip hop dance in this high energy program. Beginners welcome! Leave feeling energized, confident and excited about dance. [performingstars.ca](http://performingstars.ca) for more info.  
 Instructor: Vancouver Performing Stars  
 Th Jan10-Mar14 4:00 PM-4:45 PM \$99/10 sess

**Senior Hip Hop (8-12 yrs)**

(See previous description)  
 Th Jan10-Mar14 4:45 PM-5:45 PM \$125/10 sess

**Mad Science (6-10 yrs)**

Children engage in exciting hands-on activities, watch spectacular demonstrations, and take home things that relate to what they learnt that day.  
 F Jan11-Mar01 4:30 PM-5:30 PM \$130/8 sess

**Minecraft Creator Camp (8-13 yrs)**

Explore learning through Minecraft in-depth. How to mod, server management, modelling and programming with Anna 'Momibelle' Belluz  
 10:00 AM-2:00 PM  
 Su Jan13  
 Su Feb03  
 Su Mar03  
 Su Apr07  
 Su May05  
 \$60/5 sess

**Pro-D with MCKids Minecraft Academy (8-13 yrs)**

Curricular-enhanced learning and play through Minecraft! Half of our day is outdoors. See [mckidsacademy.com](http://mckidsacademy.com) for more info. Anna 'Momibelle' Belluz  
 9:00 AM-3:00 PM  
 F Jan25  
 F Feb15  
 M Apr29  
 F May17  
 \$75/1 sess

**SPRING BREAK DAY CAMPS  
 Arts in Motion Spring Break Camp (6-10 yrs)**

Join us for a one week, full day program, rich with creativity and fun. Group Ukulele, Basket Beat (Creating rhythms with balls), Art Time (with take home things they make) & Drum Time (a fusion of movement, singing, African drumming & Taiko drumming.) Final day performance showcasing all the things they have learned during the week.  
 Instructor: Musical Expressions  
 M Tu W Th F Mar25-Mar29 9:00 AM-3:00 PM \$350/5 sess

**Sportball Spring Break Camp**

(3-5 yrs)  
 Introduce children to a variety of ball sports, games and activities PLUS arts and crafts. Instructor: Sportball Vancouver  
 M Tu W Th F Mar18-Mar22 10:30 AM-11:45 AM \$86.<sup>25</sup>/5 sess

**Moving With Science (6-10 yrs)**

Come prepared to do some decoding as there is an entire unit on secret messages, where you will learn special codes. Learn about the science of sport and what football players, ballet dancers, and scientists have in common. Embark on a space mission and learn how astronauts live in space.  
 M Tu W Th F Mar18-Mar22 9:00 AM-12:00 PM \$182/5 sess

**Mad science - Eureka! (6-11 yrs)**

Inventing means curiosity, practicality, cooperation and dreaming! Create catapults and forts, construct working light sticks, assemble circuits with batteries and light bulbs. Children will overcome a series of challenges using basic materials, simple machines, tips from famous inventors and most important of all- their mind  
 M Tu W Th F Mar25-Mar29 9:00 AM-3:00 PM \$318.<sup>50</sup>/5 sess



# Learning through Minecraft Spring Break with MCKids Academy

## Save the World! (8-13 yrs)

Build an eco-aware village together in our Minecraft world. Help establish an active and sustainable economy. Don't burn too much coal, discover at-risk species. Lessons in Sciences, Social Studies and more!

M Tu W Th F  
Mar18-Mar22  
9:00 AM-4:00 PM  
\$375/5 sess

## Programming & Game Design in Minecraft JAVA (8-13 yrs)

Play AND learn while we design games within our game Minecraft! We check-in with the pros to see how it's done. Learn how to use command blocks and emply your redstone engineering skills. Learn how to work with schematics and resource packs.

Child moves from the mindset of play, to change the game directed learning!

M Tu W Th F  
Mar18-Mar22  
9:00 AM-4:00 PM  
\$375/5 sess



## Minecraft Creators in Training: Building in Bedrock (8-13 yrs)

Learn how to build a simple add-on (mod) for our Bedrock Edition Minecraft game. Learn MoLang and edit json files to create your own original mob. Best of all? Let's take on the challenge to build our own 'Mythopoeia' pack for Bedrock Edition!

M Tu W Th F  
Mar25-Mar29  
9:00 AM-4:00 PM  
\$375/5 sess

## Minecraft Modpack Creators: Legacy Mythopoeia (8-13 yrs)

Learn how to mod your JAVA game, build a themed modpack and explore game design and map-making learning. This week we begin development of our Legacy 1.7.10 Mythopoeia modpack and show you how to build your own balanced modpack to share with others.

M Tu W Th F  
Mar25-Mar29  
9:00 AM-4:00 PM  
\$375/5 sess

## Half of our day is outdoor play!

Come dressed for the weather. Please purchase and install both JAVA and Bedrock editions (\$35) on your personal laptops. Rentals available (contact us).

NOTE: Our game version, course content and the servers/games we play on are *subject to change*.

Go to [mckidsacademy.com](http://mckidsacademy.com) for up-to-date course info.

## MARTIAL ARTS Aikido For Children (6-12 yrs)

Aikido is a traditional Japanese martial art based on the principle of non-conflict. Through learning Aikido techniques and enjoying physical activity, children can not only develop a strong body, but also learn important principles for their growth, such as cooperation, compassion, and manners. Classes are on-going. Mon/Thur 6:40-7:30pm. Drop-ins welcome with Instructor's permission \$10. [vancouveraikido.com](http://vancouveraikido.com). Please note that program fee and refund are not prorated.

Instructor: Vancouver Shomonkai Aikido Association  
M Th Jan07-Jan31  
6:40 PM-7:30 PM  
\$55/8 sess  
M Th Feb04-Feb28  
6:40 PM-7:30 PM  
\$55/6 sess  
M Th Mar04-Mar28  
6:40 PM-7:30 PM  
\$55/8 sess  
M Th Apr01-Apr18  
6:40 PM-7:30 PM  
\$55/6 sess  
No Class Feb 14, Feb 18



## Taekwondo with Squamish Martial Arts

Increase concentration, motor and social skills. Learn in a fun and safe environment. Kids will be rewarded with stripes on their belt for their attendance, attitude, respect, knowledge subjects and effort in class. Purchase uniform on first day from instructor \$50

### Beginners White/yellow Belts

(5-10 yrs)  
Sa Jan12-Feb23  
12:00 PM-12:45 PM  
\$139.9/7 sess  
Sa Mar02-Apr13  
12:00 PM-12:45 PM  
\$139.9/7 sess

### Intermediate Green Belts

(5-10 yrs)  
Sa Jan12-Feb23  
12:45 PM-1:30 PM  
\$139.9/7 sess  
Sa Mar02-Apr13  
12:45 PM-1:30 PM  
\$139.9/7 sess

### Advanced Blue/Red Belts

(5-10 yrs)  
Sa Jan12-Feb23  
1:30 PM-2:15 PM

\$139.9/7 sess  
Sa Mar02-Apr13  
1:30 PM-2:15 PM  
\$139.9/7 sess

### White /Yellow Belts (5-10 yrs)

Tu Th Jan15-Feb28  
4:30 PM-5:15 PM  
\$279.8/14 sess  
Tu Th Mar05-Apr18  
4:30 PM-5:15 PM  
\$279.8/14 sess

### Green/Red Belts (5-10 yrs)

Tu Th Jan15-Feb28  
5:15 PM-6:00 PM  
\$279.8/14 sess  
Tu Th Mar05-Apr18  
5:15 PM-6:00 PM  
\$279.8/14 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

Get out on the beautiful waters of False Creek! Paddling programs offered in partnership with Dragon Boat BC. All classes are weather permitting. Meet in our Boating Centre Lobby. [dragonzone.ca](http://dragonzone.ca)

#### Creekside Kayaks

Hourly rentals are available starting April 27. Call 604.616.7453 or [info@creeksidekayaks.ca](mailto:info@creeksidekayaks.ca) to reserve a kayak. For more info, visit [creeksidekayaks.ca](http://creeksidekayaks.ca)  
Single Kayak: \$20/hr  
Tandem Kayak: \$35/hr

#### Intro to Kayaking (8+ yrs)

Learn the basics of kayaking, rescue techniques and water safety. Paddlers will acquire skills to paddle in protected waters. Come ready to get wet. Equipment provided.  
Sa Apr 27-Oct 12  
\$129/12+yrs  
\$59/under 12yrs

#### Intro to Dragon Boating (19+ yrs)

Want to try out dragon boating but not sure if you are ready to commit to a team? Equipment and coaching provided for these practice sessions.  
F Apr 19-May 10  
Tu Apr 23-May 14  
6:00 pm-7:30 pm  
\$89/4 sess

#### Join a Team (19+ yrs)

Have fun while meeting new people and getting in shape. Each program is 8-16 weeks and includes equipment, coaching and participation in a festival (register for both Spring and Summer sessions together).

M Apr 22-Jun 23  
6:00 pm-7:30 pm  
\$199/8 sess  
M Apr 22-Aug 24  
6:00 pm-7:30 pm  
\$349/16 sess

#### Join Kitsilano Water Demons Youth Team (12-18 yrs)

Contact Dragon Zone for more information  
[info@dragonboatbc.ca](mailto:info@dragonboatbc.ca)

## Family Fun at CREEKSIDE

### Family Valentines

Sun, Feb 10  
10:00 AM - 12:00 PM  
(0-5 yrs w/adult)

Enjoy a Valentine's celebration by making cards, crafts, decorating cookies, and other family fun! Pre-registration is required. \$3 per child.

### Hippity Hoppity Easter

Sun Apr 14  
2:00 - 4:00 PM  
(0-7 yrs w/adult)

Hippity Hop, Hippity Hop. Bounce your way through the Easter egg hunt. Lots of games at all the other fun and exciting event stations. Pre-registration is required. \$3 per child.



### Olympic Village Family & Children Planning Table

#### Infant Sing & Grow Drop-In

(Parents & babies to 12 mo)  
A drop-in program featuring: nursery rhymes and songs, exploration of parenting issues, information about infant development, and connection to community resources.  
Fr 9:30am-11am, Jan 18 - Mar 22  
More info  
[cmajor@mpnh.org](mailto:cmajor@mpnh.org)  
\$2/sess donation  
No reg required



#### WEST Village Family Drop-In

(Parents & children 0-6 yrs)  
Free play, art and craft activities, circle time with songs and stories, fruit snack and parenting resources.  
Sa 10am-12pm  
Dates TBD  
Location: WEST Village Children's Centre, 131 West 2nd - 7th floor (Buzz "Multipurpose Room")



# Sport Schedule

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

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

# Yoga & Fitness Schedule

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

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		<b>Cycle Xpress</b> 6:45am-7:30am	<b>Bootcamp Overdrive</b> 6:45am-7:50am	<b>Cycle Xpress</b> 6:45am-7:30am	<b>Yoga Made for Runners</b> 6:45am-7:45am	
	<b>Zumba Gold (45+yrs)</b> 9:30am-10:30am		<b>Fit4Two® Mom and Baby Spin &amp; Strength</b> 10:30am-11:30am			<b>Pilates Yoga</b> 9:15am-10:00am
		<b>Yoga For Older Adults</b> All Lvl's 10:30am-11:45am			<b>Fit4Two® Mom&amp;Baby Barre</b> 10:00am-11:00am	<b>Yoga4Stiff People™</b> 10:15am-11:15am
		<b>Iyengar Yoga with Terri</b> 12:00pm-1:30pm	<b>Cycle Xpress</b> 12:15pm-1:00pm	<b>Yoga for Older Adults Lv 2</b> 10:30am-12:00pm		<b>Fitness Kickboxing</b> 10:00am-11:00am
<b>Yoga Basics</b> 10:30am-11:45am		<b>Fit4Two® Mom and Baby Spin &amp; Strength</b> 1:30pm-2:30pm NEW				
		<b>Callanetics</b> 4:45pm-5:45pm				
	<b>Fit4Two® Prenatal Yoga</b> 6:15pm-7:15pm	<b>Fit4Two® Prenatal Barre</b> 6:10pm-7:10pm		<b>Hatha Yoga All Levels</b> 6:00pm-7:15pm		
			<b>Hatha Flow Yoga</b> 5:30pm-6:30pm			
	<b>Yoga Made for Runners</b> 7:30pm-8:45pm		<b>Dance Bootcamp</b> 7:00pm-8:00pm			
		<b>Hatha Yin Yoga</b> 7:30pm-8:45pm	<b>Strong</b> 8:15pm-9:15pm			

adult program schedules



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

## Sports Registration & Drop-In

### Three ways to participate in evening sports:

- 1. Register for Full Season** This guarantees you a spot in the program every week. Sign-in at the front desk BEFORE the start of the program or your spot may be sold. (\$3.<sup>81</sup>/sess)
- 2. Buy a 10 Visit Sports Pkg on OneCard** Purchase card in-person. Phone in as early at 6:30am to reserve up to two people if the program has unregistered spots. (\$4.<sup>76</sup>/sess)
- 3. Waitlisting** Call as early as 6:30am. Waitlist up to 2 people. If registered players do not show at the start of the program, their spots will be sold to people on the waitlist. You must be at the front desk when your name is called. (\$5.<sup>71</sup>/sess)

### Badminton

(All levels/16+)

Non-instructional, recreational badminton. Doubles play and rotation of players required if session full. Racquets and birdies may be borrowed. No program Feb 02, 18 & Apr 19, 22

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

M W Jan07-Apr29  
1:15 PM-2:45 PM  
F Jan11-Apr26  
1:00 PM-2:30 PM  
Sa Jan05-Apr27  
9:15AM-11:45AM  
\$2.<sup>86</sup>/drop-in or  
\$19.<sup>05</sup>/10 visit pass

#### Register or \$5.<sup>71</sup>/ Drop-In (4 courts)

F Jan11-Apr26  
4:45 PM-6:30 PM  
\$67.<sup>95</sup>/15 sess

### Basketball

(16+ yrs) All levels

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.

#### Reg or \$5.<sup>71</sup>/Drop-in

Tu Jan08-Apr30  
8:15 PM-10:00 PM  
\$77.<sup>01</sup>/17 sess  
W Jan09-Apr24  
6:15 PM-8:00 PM  
\$72.<sup>48</sup>/16 sess

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

### Pickleball

(16+ yrs) All levels

Non-instructional. One court reserved for beginners Wed/Fri. Borrow raquets/balls from Centre. \$3.<sup>50</sup> drop-in or 10 visit card. No program Mar 19, Apr 19

#### Drop-in only (4 courts)

Tu Jan08-Apr30  
9:30 AM-11:45 AM  
\*\*NEW\*\*

We Jan09-Apr24  
4:15PM-6:00PM  
F Jan11-Apr26  
2:45 PM-4:30 PM

#### Drop-In Only (2 courts)

Th Jan10-Apr25  
9:30 AM-11:45 AM

### Soccer

(16+ yrs) All levels

Non-Instructional, recreational full gym soccer with modified rules.

No Program Feb 18 & Apr 22

#### Reg or \$2.<sup>86</sup>/Drop-in

Tu Jan08-Apr30  
12:00 PM-1:00 PM  
\$40.<sup>46</sup>/17 sess  
Th Jan10-Apr25  
12:00 PM-1:00 PM  
\$38.<sup>08</sup>/16 sess

#### Reg or \$5.<sup>71</sup>/Drop-in

M Jan07-Apr29  
6:15 PM-8:00 PM  
\$67.<sup>95</sup>/15 sess  
Th Jan10-Apr 25  
6:15 PM-8:00 PM  
\$57.<sup>15</sup>/16 sess  
Sa Jan12-Apr27  
12:00 PM-1:45 PM  
\$53.<sup>34</sup>/14 sess

### Table Tennis

(All Levels/Ages)

Non-instructional, recreational table tennis. Up to 4 tables available in 1/3 gymnasium. Double play and rotation of players will be required if busy. Paddles and balls may be borrowed. No program Feb 18 & Apr 19  
M Tu W Th  
Jan07-Apr30  
1:15 PM-2:45 PM  
F Jan11-Apr26  
1:00 PM-2:30 PM

### Volleyball

(16+ yrs) All levels

Non-instructional, volleyball for all levels. Players sort themselves into levels and play 6 on 6 per court. No program Feb 18 & Apr 22

#### Reg or \$5.<sup>71</sup>/Drop-in

M Jan07-Apr29  
8:15 PM-10:00 PM  
\$67.<sup>95</sup>/15 sess  
Tu Jan08-Apr30  
6:15 PM-8:00 PM  
\$77.<sup>01</sup>/17 sess  
W Jan09-Apr24  
8:15 PM-10:00 PM  
\$72.<sup>48</sup>/16 sess  
Th Jan10-Apr25  
8:15 PM-10:00 PM  
\$72.<sup>48</sup>/16 sess  
F Jan11-Apr26  
6:45 PM-8:30 PM  
67.<sup>95</sup>/15 sess

### Cycle Xpress

(16 yrs+)

45 minutes riding with warm-up and cool down. Register to guarantee spot or reserve your bike the day before at 604.257.3050

Drop in \$6.<sup>10</sup>+tax  
Instructor :  
Brooke Hannah

Tu Jan 8-Feb 26  
6:45am-7:30am  
\$38.<sup>24</sup>/8 sess  
Mar 5-Apr 30  
\$43.<sup>02</sup>/9 sess

W Jan 9-Feb 27  
12:15pm-1:00pm  
\$38.<sup>24</sup>/8 sess  
Mar 6-Apr 24  
No class Mar 27  
\$33.<sup>46</sup>/7 sess

Th Jan 10-Feb 28  
6:45am-7:30am  
\$38.<sup>24</sup>/8 sess  
Mar 7-Apr 25  
No clas Apr 11  
\$38.<sup>24</sup>/8 sess



# Sports Medicine Council of BC

## Concussion Management Workshop

(16 yrs+)  
 Certified Athletic Therapists will 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.\*A certificate of completion will be issued. This course is approved for BCRPA and NCCP Continuing Education Credits  
 We Feb27  
 7:00 PM-9:00 PM  
 \$26/1 sess

## Sports First Aid Course

(16 yrs+)  
 Participants are introduced to sport injury prevention and on-site management of sports related injuries. Topics covered include roles and responsibilities, emergency planning and prevention of injuries, recognition and control of life-threatening situations and common sports injuries.  
 Sa Mar16  
 9:00 AM-5:00 PM  
 \$120/1 sess

## Athletic Taping Course

(16 yrs+)  
 This introductory course will provide participants with basic athletic taping skills to safely and effectively support, protect & prevent injuries such as Plantar Fasciitis, Sprains, Strains, Contusions, Tendonitis, and Hyperextensions\*This course is approved for 7.0 BCRPA, 7.0 PE/A2 CMTBC Continuing Education Credits  
 Sa Apr27  
 9:00 AM-5:00 PM  
 \$160/1 sess



## SPORTS Intermediate Advanced Volleyball Skills Clinic

(19 yrs+)  
 Instructor: Dragoljub Jasinovic  
 M Jan07-Feb11  
 8:30 PM-10:00 PM  
 \$145/6 sess

## 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: Dragoljub Jasinovic  
 M Feb25-Apr01  
 8:30 PM-10:00 PM  
 \$145/6 sess

## ART Art, Culture & Environment Studio Painting & Mixed Media

(19 yrs+)  
 Students are welcome to bring their painting projects or develop them in class with the instructor Zohar. Learn a variety of art techniques, colour and composition. Mixed-Media materials are included. More info online.  
 Instructor: Zohar Fiszbaum  
 Th Feb28-Apr18  
 6:30 PM-9:30 PM  
 \$221.4/6 sess  
 No class Mar 21, 28

## Marvels of Painting & Mixed Media

(19 yrs+)  
 A fun art course in which you will create a painting and try a variety of acrylic techniques, tools and mediums while learning colour and composition. Materials included. Instr: Zohar, founder of "Pacific Artist Guild". More info on line.  
 Instructor: Zohar Fiszbaum  
 M Mar04-Apr15  
 6:30 PM-9:30 PM  
 \$184.<sup>50</sup>/5 sess  
 No class Mar 18, 25

## EDUCATION Baby Sign Language

(0-2 yrs)  
 Using songs and games, learn basic American Sign Language (ASL) hand gestures, to facilitate communication with your hearing child. Research shows that babies who learn Sign Language learn quicker and talk earlier. Bring your baby 0-24 months old to class. No drop-ins. [intoyoga.ca](http://intoyoga.ca)  
 Instructor: Sheri Kauhausen  
 M Jan14-Feb11  
 10:00 AM-10:45 AM  
 \$64/5 sess  
 M Apr08-May13  
 10:00 AM-10:45 AM  
 \$64/5 sess

## Beginner Dog Obedience

(16 yrs+)  
 Beginner dog obedience training using positive reinforcement techniques without food treats, force or fear. Teaching the universal six commands combined with socialization and how to deal with inappropriate behaviours.  
[alpha-dogtraining.ca](http://alpha-dogtraining.ca)  
 Instructor: Alpha Dog Training  
 Tu Jan22-Feb26  
 6:15 PM-7:15 PM  
 \$170/6 sess  
 Tu Mar26-Apr30  
 6:15 PM-7:15 PM  
 \$170/6 sess

## NEPP Earthquake Prep-Apartment Living

(16 yrs+)  
 This session covers what is required to develop your emergency plan, how to conduct a hazard hunt and what to do when an earthquake strikes when you live in an apartment or strata.  
 Instructor: Jackie Kloosterboer  
 Th Feb21  
 7:00 PM-8:30 PM  
 FREE



adult



## FITNESS & HEALTH Callanetics

(19 yrs+)

Promoting deep muscle tone throughout the entire body increasing flexibility, strength and improving posture. Using a combination of mat work and ballet barre exercises tighten, tone and lift muscles. Lose inches, feel great! Drop-in \$18.<sup>09</sup> space permitting. Instructor: Linda Shedden  
Tu Jan08-Feb19  
4:45 PM-5:45 PM  
\$105/7 sess  
Tu Mar12-Apr30  
4:45 PM-5:45 PM  
\$120/8 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 \$15 space permitting. Instructor: Squamish Martial Arts & Fitness Centre  
Sa Jan12-Feb23  
10:00 AM-11:00 AM  
\$99/7 sess  
Sa Mar02-Apr13  
10:00 AM-11:00 AM  
\$99/7 sess

## Dance Bootcamp

(19 yrs+)

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 \$12.<sup>50</sup>  
[kirbysnelldance.com](http://kirbysnelldance.com)  
Instructor: Endorphin Rush Dance  
FREE TRIAL  
W Jan09  
7:00 PM-8:00 PM  
W Jan16-Feb27  
7:00 PM-8:00 PM  
\$70/7 sess  
FREE TRIAL  
W Mar06  
7:00 PM-8:00 PM  
W Mar13-Apr24  
7:00 PM-8:00 PM  
\$70/7 sess

## Runner's Boot Camp

(16 yrs+)

Runner's boot camp is designed specifically to make runners of all abilities faster and stronger. The program includes various drills and exercises intended to increase athleticism by building speed and movement fluency. Drop in \$12  
Instructor: Mike Dennison  
W Jan09-Apr24  
6:45 AM-7:35 AM  
\$160/16 sess



## Strong

(19 yrs+)

This new H.I.T. program revolutionizes workouts as you know them, combining strong, upbeat rhythms with powerful, high-intensity cardio and strength conditioning moves to ratchet your fitness potential up a notch. Optimize your workout and make every minute count as you push beyond your limits. Join the party, discover the athlete within you, feel the force and get fit! Drop-ins welcome space permitting-\$11.43  
Instructor: Zumba Vancouver  
FREE TRIAL W  
Jan09  
8:15 PM-9:15 PM  
FREE  
W Jan16-Feb27  
8:15 PM-9:15 PM  
\$66.99/7 sess  
FREE TRIAL W Mar06  
8:15 PM-9:15 PM  
FREE  
W Mar13-Apr24  
8:15 PM-9:15 PM  
\$66.99/7 sess

## YOGA & PILATES Pilates Yoga

(15 yrs+)

Combining an ancient practice that works on the union of body, breath and mind with exercise technique that strengthen core and toning. Come and enjoy the practice that promotes strong fit body and start your day with inner peace. Experience not necessary. Drop-ins \$12.<sup>50</sup> space permitting  
Instructor website: [squamishmartialarts.com](http://squamishmartialarts.com)  
Instructor: Squamish Martial Arts & Fitness Centre  
Sa Jan12-Feb23  
9:15 AM-10:00 AM  
\$79/7 sess  
Sa Mar02-Apr13  
9:15 AM-10:00 AM  
\$79/7 sess

## Hatha Yin Yoga

(19 yrs+)

Slow down, release stress with a mix of Hatha & Yin Yoga to increase flexibility, relax the mind & ease away tension in your body. All levels welcome. Drop-ins \$14.  
Instructor: Pamela Ferman  
Tu Jan08-Feb26  
7:30 PM-8:45 PM  
\$96/8 sess  
Tu Mar05-Apr23  
7:30 PM-8:45 PM  
\$96/8 sess

## Yoga Basics

(19 yrs+)

Learn the basic principals of Hatha Yoga through posture work, breath management & meditation techniques. Increase flexibility & strength while releasing stress & tension in body and mind. All levels welcome. Drop-ins \$14.  
Instructor: Pamela Ferman  
Su Jan06-Feb24  
10:30 AM-11:45 AM  
\$96/8 sess  
Su Mar03-Apr21  
10:30 AM-11:45 AM  
\$96/8 sess

## Hatha Yoga All Levels

(19 yrs+)

This All Levels class will include a variety of poses, breathing techniques and meditations with modifications given for beginners, intermediate and advanced students. Everyone is welcome, regardless of fitness and experience level. Drop-ins \$12.<sup>38</sup>  
Instructor: Angela Matheson  
Th Jan10-Feb28  
6:00 PM-7:15 PM  
\$85.68/8 sess  
Th Mar07-Apr25  
6:00 PM-7:15 PM  
\$85.68/8 sess

## SunRun InTraining Clinic

(13 yrs+)

For runners of all levels, the Vancouver Sun Run InTraining Program will help you reach your fitness & health goals in a safe and supportive environment! The 13-week program, designed by SportMedBC's RunWalk Coach, Olympian Lynn Kanuka, will gradually develop your strength and stamina so that you can train injury-free for the 2019 Vancouver Sun Run. Programs offered: LearnToRun10K, Run10K, Run10KStronger  
More info: [sportmedbc.com/content/sun-run-intraining-program](http://sportmedbc.com/content/sun-run-intraining-program)  
NOTE Registration closes the third week of the clinic (February 7). Refunds will not be processed after the 2nd clinic (January 31).  
Instructor: SportMed BC  
Th Jan17-Apr11  
7:00 PM-9:00 PM  
\$150/13 sess

## Fit 4 Two® Programs (19 yrs+)

Par-Med-X for pregnancy form (see [fit4two.ca/forms](http://fit4two.ca/forms)) must be signed by your physician or midwife prior to your participating in a prenatal class.  
Instructor: Fit4Two Van Downtown/False Creek

### Mom and Baby Barre

or postpartum women. Focuses on posture, core strength, cardio and flexibility. Inspired by a blend of dance, strength training, pilates and yoga, barre style classes. Footwear: Socks or bare feet. Pre-mobile babies. Drop in \$15.<sup>24</sup>

F Jan11-Feb22  
10:00 AM-11:00 AM  
\$92.27/7 sess  
F Mar01-Apr26  
10:00 AM-11:00 AM  
\$105.43/8 sess  
No class Apr 19

### Mom and Baby Fitness

Class provides a full body workout: cardio, muscular endurance, postnatal specific core work and flexibility. Benefit from increased energy, improved posture, less aches and pains and a stronger core. Pre-mobile babies only please. Drop in \$15.<sup>24</sup>

M Jan07-Feb25  
11:15 AM-12:15 PM  
\$92.77/7 sess  
No class Feb 18  
M Mar04-Apr29  
11:15 AM-12:15 PM  
\$105.43/8 sess  
No class Apr 22

### 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 \$17.14.

Tu Jan08-Feb26  
6:10 PM-7:10 PM  
\$121.04/8 sess  
Tu Mar05-Apr23  
6:10 PM-7:10 PM  
\$121.04/8 sess

### 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. All trimesters and fitness levels welcome. Drop in \$17.14 P

M Jan07-Feb25  
6:15 PM-7:15 PM  
\$105.91/7 sess  
No class Feb 18  
M Mar04-Apr29  
6:15 PM-7:15 PM  
\$121.08/8 sess  
No class April 22

### Infant Massage

Infant massage helps baby sleep better, relaxes and soothes, aids digestion, contributes to development, encourages bonding & improves communication. Research shows further benefits for babies with colic, eczema, babies with special needs and adoptive families. Mats, oil & handouts are provided. Bring a blanket for baby. Designed for pre-mobile babies.

Sa Mar02  
11:15 AM-12:15 PM  
\$25/1 sess

### Prenatal Core Workshop

Learn how to work your core safely and effectively through each trimester. Your certified pre and postnatal fitness specialist will lead you through breath work, core exercises and stretches designed to prevent and manage common prenatal discomforts. Suitable and beneficial for women with abdominal separation.

Sa Mar02  
10:00 AM-11:00 AM  
\$25/1 sess

### Mom & Baby Spin and Strength

Indoor cycle fit workout. Instructor will take you through intervals of hill climbs, speed work, and endurance riding combined with intervals of muscular endurance work, postnatal specific core work and flexibility. Benefit from increased energy, improved posture and a stronger core. Pre-mobile babies only please. Drop in \$15.<sup>24</sup>

Tu Jan08-Feb26  
1:30 PM-2:30 PM  
\$65.91/8 sess  
Tu Mar05-Apr30  
1:30 PM-2:30 PM  
\$65.91/8 sess  
W Jan09-Feb27  
10:30 AM-11:30 AM  
\$105.43/8 sess  
W Mar06-Apr24  
10:30 AM-11:30 AM  
\$92.26/8 sess

### Iyengar Yoga with Terri

(19 yrs+)  
An all levels yoga class with creative sequencing to nourish and challenge the body. Experience the methodical teaching of Iyengar (alignment, breath focused) yoga, infused with humour, to bring a connection to our self and a connection to others. Modifications and support are provided when necessary to maintain, or deepen, a

pose. Special attention to the art of relaxation pose savasana. Drop-ins \$17.<sup>15</sup> are welcome through out the session. [yoga2go.ca](http://yoga2go.ca)  
Instructor: Terri Damiani  
Tu Jan15-Feb26  
12:00 PM-1:30 PM  
\$100/7 sess  
Tu Mar05-Apr23  
12:00 PM-1:30 PM  
\$114.<sup>32</sup>/8 sess

### Yoga Made For Runners

(16 yrs+)  
Attend as many classes as you want for one low price. Or for those attending one class per week or fewer, the single class or drop-in option is available at a great price. Drop in Friday \$14, Monday \$16  
[yogamadeforrunners.com](http://yogamadeforrunners.com)  
Instructor: Mike Dennison  
F Jan11-Apr26  
6:45 AM-7:45 AM  
\$165/15 sess  
No class Apr 19  
M Jan07-Apr29  
7:30 PM-8:45 PM  
\$190/15 sess  
No class Feb 18, Apr 22  
M & F Jan07-Apr29  
\$275/30 sess



### Yoga4Stiff People

(19 yrs+)  
YOGA4STIFF PEOPLE is a fun interactive class that gets to the heart of poses and makes yoga accessible for everyone! An all levels yoga series designed for people who would like to improve flexibility, increase strength, and relax the mind and body. Clear concise instruction, adjustments, workshop style teachings and demonstrations will make this a unique yoga experience designed to deepen your practice and understand at any level. Beginners welcome.  
Instructor: Misurka Yoga Ltd.  
Sa Jan12-Feb23  
10:15 AM-11:15 AM  
\$84/7 sess  
Sa Mar02-Apr27  
10:15 AM-11:15 AM  
\$108/9 sess

adult

## Martial Arts Aikido

(13 yrs+)

Aikido is a Japanese martial art based on the concept of non-violence, which covers general fitness, meditation, and self-defense techniques. Students can develop or improve relaxation, flexibility, coordination, and endurance both physically and mentally. There is little focus on physical strength so Aikido is suitable for people of any age. An annual Aikido membership (\$30) is required and can be purchased from the instructor. Instructor website: [vancouveraikido.com](http://vancouveraikido.com). Please note that program fee and refund are not prorated. Instructor: Vancouver Shomonkai Aikido Association  
Jan06-Jan31  
Feb03-Feb28  
Mar03-Mar31  
Apr01-Apr28  
M W Th  
7:30PM-9:30PM  
Sun  
10:30 AM-12:30 PM  
\$70/month  
No Class Feb 17, Feb 18, April 28

## Aikido - Beginners

(13 yrs+)

Students learn basic Aikido stances, body movements, roles, and techniques. The philosophical aspect of Aikido is also discussed. Current Aikido students holding up to 4th kyu can also join. Annual membership (\$30) required and can be purchased from the instructor. Instructor website: [vancouveraikido.com](http://vancouveraikido.com). Program fee and refund are not prorated. Instructor: Vancouver Shomonkai Aikido Association  
W Jan09-Feb27  
W Mar06-Apr24  
7:30 PM-8:30 PM  
\$70/8 sess

## Capoeira -

(14 yrs+)

Capoeira is an Afro-Brazilian art combining martial art techniques with simple acrobatics making it a complete body workout. Drop-ins \$14.<sup>29</sup> Instructor: Aleksey Sher  
Jan09-Jan30  
\$66.64/7 sess  
Feb01-Feb27  
\$76.16/8 sess  
Mar01-Mar29  
\$85.68/9 sess  
Apr03-Apr26  
\$66.64/7 sess  
W 7:00 PM-8:30 PM  
F 6:00 PM-7:30 PM

## Iaido - Art of the Japanese Sword

(19-yrs+)

Learn the traditional Japanese sword arts of Eishin Ryu and Hoki Ryu. Individual kata based with some paired partner kenjutsu. Contact [shinkenkai.bunbu@gmail.com](mailto:shinkenkai.bunbu@gmail.com) prior to enrollment. \$31.<sup>50</sup>/month plus tax, Drop ins \$10.<sup>50</sup>. Instructor: Shin Ken Kai No Bun Bu, Hoshu Vancouver Dojo  
Su Jan06-Jan27  
2:30 PM-4:00 PM  
\$30/4 sess  
Su Feb03-Feb24  
2:30 PM-4:00 PM  
\$30/4 sess  
Su Mar03-Mar31  
2:30 PM-4:00 PM  
\$30/5 sess  
Su Apr07-Apr28  
2:30 PM-4:00 PM  
\$30/3 sess  
No Class April 21

## Jodo - The Way Of The Stick

(19 yrs+)

Learn the traditional Japanese martial art of Jojutsu, the short staff. This dynamic art teaches staff defense versus the Samurai sword. This art is suitable for beginners or seasoned practitioners of other arts. Improve your balance, coordination, agility, focus and timing. Spare weapons are available for loan to beginners. Prices: \$52.<sup>50</sup>/month. Drop-ins \$10.<sup>50</sup> space permitting. Instructor: Hoshu Vancouver Dojo  
Jan06-Jan31  
\$50/8 sess  
Feb03-Feb28  
\$50/8 sess  
Mar03-Mar31  
\$50/9 sess  
Apr04-Apr28  
\$50/7 sess  
Th 8:15 PM-9:45 PM  
Su 12:45 PM-2:15 PM  
No class April 21

## Shorinji Kempo

(19 yrs+)

Shorinji Kempo is a sophisticated Japanese martial art that uses physics and pressure points to increase ones strength. We strive for a non-competitive, safe, and comfortable atmosphere. We have clubs in 33 countries, so you can train and meet other members worldwide. Shorinji Kempo teaches that the essence of budo martial arts is not to fight and defeat enemies but, to stop fighting between people. A fun class to try, beginners welcome! [shorinjikempobc.ca](http://shorinjikempobc.ca) Drop-in \$9.<sup>52</sup> Instructor: Vancouver South Side Shorinji Kempo  
Jan05-Jan29  
\$47.62/8 sess  
Feb02-Feb26  
\$47.62/8 sess  
Mar02-Mar30  
\$47.62/9 sess  
Apr02-Apr30  
\$47.62/9 sess  
Tu 7:30 PM-9:00 PM  
Sa 10:30 AM-12:00 PM



## 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 \$4.<sup>76</sup>. [vancouvershotokan.ca](http://vancouvershotokan.ca) Instructor: Canada Shotokan Karate  
M W Jan07-Apr29  
6:00 PM-7:15 PM  
\$106.4/32 sess  
No class Feb 18, April 22

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. Contact Vancouver Coastal Health 604 875 4544 for details.

Instructor: Vancouver OASIS

W Jan23  
9:30 AM-11:00 AM  
FREE

W Feb27  
9:30 AM-11:00 AM  
FREE

W Apr17  
9:30 AM-11:00 AM  
FREE

## Yoga for Older Adults Level 1 (50 yrs+)

Suited to beginners or those with existing conditions. A slow hands on approach to yoga focusing on the foundation and pain free movement to increase stability before mobility. Restorative poses aid in the relaxation process. Drop-ins welcome, space permitting. \$14.<sup>29</sup>  
[yoga2go.ca](http://yoga2go.ca)

Instructor: Terri Damiani

Tu Jan15-Feb26  
10:30 AM-11:45 AM  
\$90/7 sess

Tu Mar05-Apr23  
10:30 AM-11:45 AM  
\$102.<sup>88</sup>/8 sess

## Yoga for Older Adults Level II (19 yrs+)

Designed to increase mobility, stamina and vitality. Tailored for participants addressing health concerns to improve quality of life. Each session ends with a relaxation pose.

Drop-ins, \$17.<sup>15</sup> require instructor approval after the second class.

[yoga2go.ca](http://yoga2go.ca)  
Instructor: Terri Damiani

Th Jan10-Feb28  
10:30 AM-12:00 PM  
\$114.<sup>32</sup>/8 sess

Th Mar07-Apr25  
10:30 AM-12:00 PM  
\$114.<sup>32</sup>/8 sess

## Zumba Gold for Older Adults (44 yrs+)

Low-impact dance-fitness class that uses the zesty Latin music with easy to follow moves to create a dynamic and fun fitness class. Improve balance, strength, flexibility. Drop in \$10.<sup>50</sup>.

[zumbavancouver.ca](http://zumbavancouver.ca)  
Instructor: Zumba Vancouver

M Jan07-Feb25  
9:30 AM-10:30 AM  
\$66.<sup>99</sup>/7 sess

No program Feb 18  
M Mar04-Apr15  
9:30 AM-10:30 AM  
\$66.<sup>99</sup>/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.

No instructor  
Tu Jan08-Apr30  
12:00 PM-3:00 PM  
\$1.<sup>90</sup>/15 sess  
Mar 19, 26

## 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.

No instructor  
Th Jan03-Apr25  
1:00 PM-4:00 PM  
\$1.<sup>90</sup>/15 sess  
Mar 21, 28

## EDUCATION NEPP Earthquake Prep-Seniors (16 yrs+)

Many sessions offered for emergency preparedness focus on families - not this session. This session is specific for Seniors focusing on challenges they may face when preparing for emergencies or disasters. We have all witnessed the recent earthquakes in Japan & New Zealand and have seen the devastation caused.

Living in Vancouver, we too could be faced with an earthquake - yet few of us take the steps to ensure we are prepared. This session will ensure you and your pets are prepared. It covers what is required to develop your emergency plan, how to conduct a Hazard Hunt and what to do when an earthquake strikes when you live in an apartment or strata.

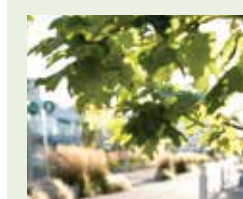
Instructor: Jackie Kloosterboer  
W Mar27  
7:00 PM-8:30 PM  
Free

## Exercise for Prostate Cancer Survivors

Open to survivors and their caregivers and/or spouses. Learn exercises to reach and maintain wellness goals. Combination of resistance training, flexibility, balance and aerobic exercises in 2 x 60 minute circuit sessions per week.

All participants are required to purchase a Flexi-pass.

M & W  
Jan 9-Apr 3  
4:15pm PM-5:15PM  
No class Feb 18



Join the  
Community  
Garden  
at Creekside!

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



## 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](http://vancouverparks.ca)

## Fitness Centre Rates

Age	Adults (19-64)	Seniors (65+)	Youth (13-18)
Drop-in	\$6. <sup>10</sup>	\$4. <sup>36</sup>	\$4. <sup>36</sup>
10 Visit Pass	\$48. <sup>80</sup>	\$34. <sup>88</sup>	\$34. <sup>88</sup>
<b>FLEXIPASS RATES</b> <i>Access to all Vancouver Park Board fitness centres, pools and rinks.</i>			
1 month	\$46. <sup>18</sup>	\$32. <sup>33</sup>	\$32. <sup>33</sup>
3 months	\$125. <sup>00</sup>	\$87. <sup>44</sup>	\$87. <sup>44</sup>
12 months	\$399. <sup>00</sup>	\$278. <sup>68</sup>	\$278. <sup>68</sup>

PRICES DO NOT INCLUDE TAX AND ARE SUBJECT TO CHANGE

## Fitness Centre Consultations

Take advantage of our free fitness consultations. Free with drop-in admission or included with your pass. Call ahead to book up to 3 sessions with our highly trained Fitness Centre Staff. In your first session learn how to use the equipment, get a personalized fitness program and receive a card to track your progress. At your next session, staff will monitor your technique and answer questions. Book a third session for additional support or motivation.

## Group Personal Training

Try out our new small group personal training and enjoy the same intimate coaching experience as a personal training session but at a reduced cost. A small group can include you and 2-3 of your friends/family members which can be very powerful in helping you stay on track when trying to attain your fitness goals. Training as a group provides a comfortable support system where you can encourage one another and foster some healthy competition!

## Fitness Centre Equipment

**Cardio** 5 treadmills, 3 elliptical trainers, 2 spin bikes, 2 recumbent bikes, 1 upright bike, 2 concept II ergometers

**Strength** free weights, cable pulley and plate-loaded systems, assisted chin/dip, back extension, power racks, leg curl, leg press

**Core and Flexibility** stability balls, medicine balls, stretching mats



## Personal Training

Improve your health and wellness with support from our qualified and experienced Personal Trainers, who 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 and support you in each one hour session.

## Meet Our Personal Trainers

**Angela** Certified weight training instructor, and third age instructor focusing on the 40+ populations, functional movement patterns, circuit training and whole body strength, mobility and flexibility.

**Antun** Specializes in strength conditioning lifestyle change, and active rehabilitation. He believes that 'you reap what you sow'.

**Audrey** Specializes in weight loss, core and functional exercise as it relates to everyday activities; both occupational and recreational.

**Inderjit** Certified Personal Trainer with the Canadian Society for Exercise Physiology, specializing in beginners, sport specific training and training for POPAT/PARE testing.

**Sead** Holds a bachelor's degree in Physical Education and specializes in sport-specific training, fat loss, muscle toning and nutritional planning approaches. He is studying to become a Registered Dietician.

**Tracy-kim** Third age instructor, certified cycling and running coach. Specialty areas include third age, senior's strength and stretch programming and conditioning for runners, cyclists and triathletes.

## YOUTH

Youth ages 13-16 years are welcome in the fitness centre. Parental consent and a consultation are recommended.

PERSONAL TRAINING	2018 TAXES NOT INCL.
PRIVATE 1	\$49. <sup>75</sup>
PRIVATE 3	\$133. <sup>83</sup>
PRIVATE 5	\$223. <sup>79</sup>
PRIVATE 10	\$412. <sup>86</sup>
SEMI 1	\$74. <sup>56</sup>
SEMI 3	\$200. <sup>79</sup>
SEMI 5	\$348. <sup>08</sup>
SEMI 10	\$646. <sup>43</sup>
GROUP 1	\$108. <sup>80</sup>
GROUP 3	\$291. <sup>42</sup>
GROUP 5	\$427. <sup>43</sup>
GROUP 10	\$777. <sup>14</sup>

Prices subject to change.

## VALUE ADDED PROGRAMMING

Free with fitness centre admission

## Conditioning for Older Adults (50 yrs+)

Self-lead sessions with the Fitness Staff to guide you through 30 minutes of cardio, 30 minutes of weight training and 30 minutes of core, balance and stretch. Registration is not required.

Ongoing  
Tu & Th  
2:30 PM-4:00 PM