

801 West 22nd Avenue, Vancouver, BC V5Z 1Z8

Tel:604-257-8130 (press #1)

www.douglasparkcc.org



Recreation Guide Fall 2019



Jointly operated by the Douglas Park Community Association and the Vancouver Board of Parks and Recreation

Douglas Park Saturday Community Day

"Thank-You" to our 2019 Event Sponsors



Vanci

Fairview Branch Oakridge Branch

ODLUM BROWN Christopher Lowe

Portfolio Manager



VISIONPROS

REDFIN

Community Partners and Inkind Supporters

A-Star Art Parlour BC Event Makers Believe Entertainment Biercraft Brick4kidz Choices De Dutch Douglas Park Community Association Douglas Park Dino's Douglas Park Pottery Club Douglas Park Arylic Painting DPCA Wednesday Social (Seniors) DPCA Young at Heart (Seniors) DPCA Youth Council DPCA Summer Day Camp



Shoppers Drug Mart (located at Cambie & 16th ave.) Vancouver Athletic Football Club Vancouver's Pediatric & Family Wellness Chiropractor Vancouver Fire & Rescue Truck Vancouver Fire & Rescue Truck Vancouver Police Department Vancouver Community Police Vancouver Community Police Vancouver Ringette Association Vancouver Whitecaps FC Velo Star Cafe White Spot (Oakridge) All our Main Stage Performers All of our event day volunteers





Jointly operated by the Douglas Park Community Association and the Vancouver Board of Parks and Recreation

PRESIDENT'S MESSAGE

Hello from the Douglas Park Community Association!

Performance in the Park is providing our community with another summer of free live entertainment in our park and is attracting larger crowds than ever before. If you haven't enjoyed a show yet, drop by the east field at 6pm any Thursday night until August 15th to enjoy a concert.

Our Douglas Park Community Day on June 22nd had the largest number of community visitors to date. Thank you to Alysha Manhas for all her hard work in organizing this spectacular event and to all the staff and volunteers who helped to make our event so successful. We would also like to thank our community partners and local businesses for their participation and contributions, and to acknowledge all those sponsors listed on page two for their support and generous donations.

Our Fall 2019 Recreation Guide features new programs including: Petite Patissiers (3-6yrs), Animal Kingdom Movements (2-4yrs), PeeWee Popstars (3-4yrs), Popstar Academy (6-10 yrs), Watercolour for Kids (6-12yrs), Beginner Hand & Wheel for Kids (10-12yrs), Throw Big or Go Home (Adults), Yin Yoga, Adult Tap, Perspectives in Meditations (Adult), Fit4Two Postnatal Sampler (Adult), Senior's Yoga, Watercolours for the Scared Stiff (Adults), Perspective Drawing (Adult), Voice Performance (Adult) and many new workshops to try!

Mark your calendars this fall for the following special events: Fangtastic Halloween Fun, Saturday, October 26th 10:00am-12:00pm; Winter Pottery Sale, Saturday, November 9th 10:00am-2:00pm; Breakfast with Santa, Saturday, December 7th 10:00am-12:00pm; and Music with Marnie Family Concert (all ages) Sunday, December 1st 10:00am-1:00pm.

We are excited to see our community garden break ground with a variety of vegetables and herbs alongside a healthy meadow of pollinating plants. Come and be a part of this project - Generations of Growth: From Gardens to Community. If you have a green thumb or are interested in getting involved and making connections, contact the front office and leave your name and contact information. The community garden is located adjacent to the newly built playground. Come and check it out!

Our Annual General Meeting will be held on Wednesday, November 20, 2019 at 7:00pm. We are looking for new directors, in particular community members with accounting or finance backgrounds to join our finance committee. If you are interested, please contact douglasparkcc@vancouver.ca or see the front office. We look forward to including more voices from our community.

Thank you to all the volunteers, board members, staff, and the Vancouver Park Board who working as a team continue to make Douglas Park Community Centre the heart of our neighbourhood.



Sincerely. **Christine Coleman DPCA** President

Table of Contents

Administration	
Adult	17-21
Birthday Parties	
Community Association	
Community Day	
Fitness & Exercise Room	
Licensed Preschool	
Music	6
Preschool/Children	6-9
Pottery	15-17
School Age Care	5
Senior	
Community Garden & Workshops	
Tapestry Community Rooms	
Youth	11-14

DOUGLAS PARK COMMUNITY CENTRE

email: douglasparkcc@vancouver.ca website: www.douglasparkcc.org

801 West 22nd Ave. Vancouver, BC V5Z 1Z8

fax: 604-257-8532



NELCOME

COMMUNITY CENTRE - FALL HOURS

Effective Sep 3 - Jan 2, 2020

tel: 604-257-8130 (press #1)

Monday - Thursday	7:30am - 10:00pm	
Friday	7:30am - 9:00pm	
Saturday	9:00am - 3:30pm	
Sunday	9:00am - 4:00pm	
Office Hours: Centre office closes 1/2 hour before scheduled closing time.		

Community Centre Closed: Oct 13, Oct 14, Nov 10, Nov. 11, Dec 22 to Jan 1. 2020.

Exercise Room Hours and Exercise Room Holiday Hours: See Page 31.

COMMUNITY CENTRE - HOLIDAY HOURS

Effective Dec 22 - Jan 1, 2020

SUN	MON	TUE	WED	THU	FRI	SAT
Dec 22	Dec 23	Dec 24	Dec 25	Dec 26	Dec 27	Dec 28
Closed	Closed	Closed	Closed	Closed	Closed	Closed
Dec 29	Dec 30	Dec 31	Jan 1	Jan 2	Jan 3	Jan 4
Closed	Closed	Closed	Closed	7:30am-	7:30am-	9:00am-
				6:00pm	7:30pm	3:30pm
Jan 5						

9:00am-4:00pm

NOTE

NEW

Holiday hours subject to change.

REGISTRATION INFORMATION See page 28 for details.

Tuesday, August 13

Online/Phone Registration starts 7:00pm DATES

Wednesday, August 14

In-person Registration starts 9:00am

Douglas Park Licensed Preschool 2019-2020

Douglas Park Preschool strives to provide high quality, affordable and accessible child care to all children and families. The Douglas Park Preschool classes provide children with an environment that fosters a well-rounded social, learning, experience in a fun and safe space. Our enthusiastic, caring, ECE Licensed Professionals provide a warm, nurturing environment for children to play, learn and grow in.

The preschool program follows an Emergent Curriculum philosophy, it is play-based with programming initiated by the children's interests.

The program encourages exploration and creativity in a fun, stimulating environment through, art, music, dramatic/ creative play and outdoor play. Other skills children will learn through social play within the classroom are math, science, creativity, literacy and language and problem solving. These skills are learned in the block area, at circle time, at free art and free play time.



Current Fees and Times



3 Year Olds \$205/mth 4 Year Olds \$305/mth Tues/Thurs - Morning 9:15am - 11:30am 214907

Mon/Wed/Fri - Morning 8:30am - 11:30am 214889

3/4 Year Olds Split Afternoon \$255/mth 12:15pm - 2:45pm 214908



3 Year Olds \$365/mth Mon - Fri - Morning 9:15am - 11:30am 214909

4 Year Olds \$420/mth Mon - Fri - Afternoon 12:15pm - 2:45pm 214910

Contact Rosie, Licensed Child Care Coordinator at 604-257-8134 or rosie.laforges@vancouver.ca for information on Licensed Preschool and School Age Care



Preschool Open House

Thursday February 20, 2020 6:00pm - 7:00pm

Looking for a preschool program for September 2020? Come and meet the teachers. see the preschool space and ask questions! Children are welcome but please note there will be limited toys and activities available.









School Age Care 2019-2020

All of our programs are currently full. Please contact the front office or **Rosie at** 604-257-8134 to put your child on the ongoing waitlist.

Douglas Park strives to offer quality care in an environment that offers children a safe, nurturing place for them to socialize and participate in programmed activities.

We only offer care to children attending Emily Carr and Edith Cavell schools. Children are picked up at their school and walked back to the community centre. We only offer fulltime spaces (Mon-Fri).

Current Fees	and Times
Aftercare Only (Mon-Fri) Aftercare + Morning Care (Mon-Fri)	\$420/month \$500/month
Aftercare 3:00pm - 6:00pm	Morning Care 7:30am - 9:00am

Our fees include scheduled school Professional Day coverage and Early Dismissals. Winter Break Camp, Spring Break Camp, District Closure Camp and Summer Camp are all a separate internal priority registration with an additional cost to the monthly fee. Morning Care is only available to those who have an Aftercare space.

> Kindercare Program (Carr/Cavell) at Douglas Park CC Carr After School Care at Emily Carr School Cavell After School Care at Edith Cavell School Carr-Cavell After School Care at Douglas Park CC 9-12's Program (Carr/Cavell) at Douglas Park CC

Kindercare 2020-2021 Registration Details will be advertised in the Winter 2020 Recreation Guide.





SAC Winter Break Camp 2019-2020

(Kindergarten -12 yrs old)

Registration ONLINE - No single day registration. No camp offered Dec 23-27.

Child must be in Kindergarten or older. Camp is from 8:00am - 5:30pm er 2019.

REFUND POLICY: In order to receive a refund, notice of withdrawal must be given in WRITING by Dec. 6, 2019. If notice is given on Dec 7 or later, no refund will be given.

December 30-Jan 3 (closed Jan 1st)





MUSIC

Music Together

0-5 yrs

6+ yrs

232183

Katherine Deane

Experience Music Together® learn how to share the joys of music-making and the powerful benefits of having music in your young child's life! Each child participates at his or her own level and their natural musicality is nurtured through singing, dancing, listening, watching, and exploring the musical instruments. 45 minutes of pure fun each week! Parent participation is required. Siblings attend at a reduced tuition rate and children 6 months and under attend free with a registered sibling. \$60 Music Together Licensing fee is nonrefundable after the first class.)

Sep 24-Dec 03
232113
Sep 24-Dec 03
232114
Sep 24-Dec 03
232115

Piano Lessons - Private

All ages and adult students welcome. Priority preregistration for ongoing students. New students please contact Front Office for registration and wait list details.

Anna Kihara

M 3:30pm-6:30pm \$286/13 sessions Su 9:00am-3:30pm \$286/13 sessions	Sep 09-Dec 16 232144 Sep 08-Dec 15 232170
TBA Instructor	
Th 3:00pm-7:00pm	Sep 05-Dec 12
\$330/15 sessions	232128
Jana Ting	
Tu 3:00pm-7:30pm	Sep 03-Dec 10
\$330/15 sessions	232136
W 3:30pm-7:30pm	Sep 04-Dec 11
\$330/15 sessions	232150
F 3:00pm-6:30pm	Sep 06-Dec 13
\$330/15 sessions	232121
Sa 9:00am-3:00pm	Sep 07-Dec 14
\$330/15 sessions	232158
Meshe Dumond	
Su9:00am-3:30pm	Sep 08-Dec 15

Guitar or Violin Lessons 8+ yrs Guitar 6+ yrs Violin

Katherine Headrick

\$312/13 sessions

Guitar: Learn to read music, accompany songs with strumming and picking, and play folk and classical solos.

Violin: Have fun learning to play violin. A mix of Suzuki conservatory, fiddle, & world music will be used.

Both beginner and more experience students are welcome. Contact Katherine Headrick at 604)224-7638 or email: fiddleheadbog@hotmail.com to book a 30 minute or 45 minute lesson.

Tu/Wed 5:00pm-8:00pmVIEW ONLINESep 3-Dec 17\$432/16 sess for 30 min lesson, \$648/16 sess for 45 minlesson

Violin Lessons - Private

Ali Nourbakhsh

Join as a complete beginner or tune up your violin skills. Students of all levels are welcome! Learn the violin with a dedicated teacher, who will help you to get the appropriate size and type of violin. Lessons are 30 minutes duration.Call front desk at 604-257-8130 press 1) to find out lesson availability.

M 3:30pm-8:00pm \$189/7 sessions M 3:30pm-8:00pm \$162/6 sessions Sep 09 - Oct 28 232224-232237 Nov 4-Dec 16

SOCIAL

Douglas Dinos Playroom

0-5 yrs

This is a free play based program for 0-5 years that requires parent/caregiver participation and provides opportunities for social interaction for both the caregiver and the child. Drop-in anytime with your little one between 10:00am and 12:00pm, and enjoy crafts, puzzles, toys, playdough, books and more! Tu Th 10:00am-12:00pm Sep 10-Dec 17 \$5/drop-in 229125

Play Gym

8 mo-4yrs

4-5 yrs

Samantha Craig

A gym-play-based program with parents/caregivers/daycare provider participation. Make new friends in family fun social program with toddler toys, interactive areas and sing-a-longs. Parents are required to supervise their own children. Drop-ins Mon and Fri, space permitting. Wed registration only.

M 9:00am-11:00am Sep 9-E	Dec 16
\$65/13 sessions , \$5/drop-in 23	32042
W 9:00am-11:00am Sep 11-E	Dec 18
\$75/15 sessions , \$5/drop-in 23	3 <mark>20</mark> 43
F 9:00am-11:00am Sep 13-E	Dec 13
\$70/14 sessions , \$5/drop-in 23	32044

The Reading Tree

Debbie Leboe

Early Literacy Program assisting with kindergarten readiness. Develop alphabet letter and sound recognition, vocabulary and critical thinking skills. No drop ins.No class Sept 23, Oct 14 and Nov 11.

M 12:45pm-1:45pm	Sep 09-Oct 28
\$57/6 sessions	232226
M 12:45pm-1:45pm	Nov 04-Dec 16
\$57/6 sessions	233542

Bricks4Kids - Extreme Expedition 4-8 yrs

Working with LEGO Technic our master builders will travel to different regions around the world as they build motorized models to challenge their creativity! All go home with a customized Minifigure. No class Oct 12 and Nov 9.

Sa 11:00am-12:00pm	Sep 21-Dec 07
\$150/10 sessions, \$20/drop-in	233547

Bricks4Kidz - TAP NEW Intro2Robotics

LEGO WeDo's drag-and-drop icon-based software provides an introduction into the world of computer programming and robotics. Through guided lessons, children will explore programming as well as mechanics through the use of LEGO bricks. Classes held at Tapestry Community Rooms, 2821 Heather & 12th.

Tu 3:45pm-5:15pm \$240/12 sessions, \$24.50/drop-in



5-10 vrs



Petite Pàtissiers **NEW**

3-6 yrs

Divya Talwar

Come join us for an afternoon of baking lessons! Your little ones will have a chance to get hands-on experience learning simple kitchen skills and making yummy desserts (like cookies and cupcakes) in a fun and safe environment. No class Oct 12 & Nov 9.

J-Tyl 5.	
Wed 12:30pm-1:30pm	Sep 11-Nov 13
\$95/10 sessions	241956
5-6yrs:	
Sa 1:30pm-2:30pm	Sep 14-Nov 30
\$95/10 sessions	241957

PeeWee Popstars **NEW**

Rachel Beau

Come and hop, bop, twist, squeal and sing to fun music with Rachel Beau! This program is 45 minutes of action packed fun and non-stop movement to POP music!

M 9:30-10:15am

\$50/5 sessions Sep 9-Oct 7	241981
\$50/5 sessions Nov 4-Dec 9	242644
Th 1:00-1:45pm	
\$50/5 sessions Sep 12-Oct 10	243948
\$50/5 sessions Nov 7-Dec 5	243949

Knitting Circle for Kids

Sharon Hoy

Beginners or experienced knitters are welcome. The benefits to knitting are amazing: Improve fine motor, math, focusing, relaxation and self-regulation skills. We will begin each session with a brief mindful activity. See receipt for supply list.

Th 3:30pm-4:30pm	Oct 3-Dec 5
\$100/10 sessions	232099

To avoid the disappointment of a cancelled program, register early and invite your friends to join too!

SPORTS

Kick it Up Soccer

Ron Way

An intro to soccer through games and drills. An intro to soccer through games and drills. Parent participation encouraged. Classes held at Edith Cavell elementary School gymnasium, 500 West 20th Ave. (and Tupper St.) No class Oct 12, Oct 13, Nov 9 and Nov 10.

Sat 9:00am-9:30am	1.5-3yrs	Sep 28-Nov 30
\$66.00/8 sessions		233516
Sat 9:30am-10:15am	3-5yrs	Sep 28-Nov 30
\$92.50/8 sessions		233518
Sat 10:15am-11:00am	4-6 yrs	Sep 28-Nov 30
\$92.50/8 sessions		233519
Sat 11:00am-11:45am	5-8 ^{1/2} yrs Girls	Sep 28-Nov30
\$92.50/8 sessions		233522
Sat 11:45am-12:30pm	3-5 yrs	Sep 28-Nov 30
\$92.50/8 sessions		233520
Sat 12:30pm-1:15pm	7.5-12yrs	Sep 28-Nov 30
\$92.50/8 sessions		233521
Sun 9:00am-9:30am	1.5-3yrs	Sep 29-Dec 1
\$66.00/8 sessions		233523
Sun 9:30am-10:15am	3-4yrs	Sep 29-Dec 1
\$92.50/8 sessions		233524
Sun 10:15am-11:00am	4-5 yrs	Sep 29-Dec 1
\$92.50/8 sessions		233525
Sun 11:00am-11:45am	6-9 yrs	Sep 29-Dec 1
\$92.50/8 sessions		233526

1.5-12yrs

5-16 yrs

Floor Hockey

Ron Way

3-4 yrs

7-12 yrs

Fun recreational indoor hockey. Safety goggles provided and mandatory. No wood hockey sticks. Composite or plastic blades only. No class Oct 12. Oct 26 and Nov 9.

Sa 1:35pm-3:05pm	Sep 28-Nov 30
\$35/7 sessions, \$5/drop-in	232058

ART

Watercolour for Kids **NEW** 6-12yrs

Mohammad Atashzad

Explore the world of watercolour painting. this program is for children who want to learn how to use water, paper, colour, and brushes to create and endless variety of tones in their paintings. Supplies are not included, supply list available upon registration.

supplies a checilieraded, supply list available apoint	egisti attori.
Sa 12:30pm-1:30pm	Oct 12-Dec 7
\$90/9 sessions	240805

Cartoon and Comics TAP 7-12 yrs

Edouard Beaudry

Do you love cartoons? Can't get enough of them? Here is your chance to explore the fun and challenging world of cartoon and comics. CartoonistEdouard B. will guide you in this adventure where the only limit is yourimagination. You will learn to draw your favourite characters and createyour own! Classes held at Tapestry Community Rooms, 2821 Heather St.

Th 4:30pm-6:00pm FREE TRIAL Th 4:30pm-6:00pm \$110/11 sessions Sep 12 232033 Sep 19-Nov 28 232032

All prices subject to GST where applicable.

DANCE

Popstar AcademyTAPNEW6-10yrs

Rachel Beau

In 6 weeks time we learn dance choreography, balance, story building, positive cheers, fashion accessory making, acting and theatrical production. Each week we learn something new! On the 6th week we put on a special workshop production and the POPSTARS get to showcase their talent! Classes held at Tapestry Community Rooms, 2821 Heather St.

Creative Dance TAP	7-10 yrs
\$72/6 sessions	240814
Thu 3:45-4:45pm	Nov 7-Dec 12
rupestry community recents, 2021 recutier st.	

Lisa Sars

Students learn about choreography and contemporary dance techniques in a fun and supportive atmosphere. They'll build their physical literacy skills through weekly collaborations in musicality, rhythm, improvisation, dance concepts and choreography.Please come in bare feet, dance pants sweat pants, leggings, and/or shorts and dance tops (boys: t-shirts girls: leotards or tank tops). There is a performance at the end of the session. Classes held at

lapestry Community Rooms, 2821 Heatner St.	
Tu 4:15pm-5:25pm	Sep 10-Oct 29
\$88/8 sessions, \$12/drop-in	232041
Tu 4:15pm-5:25pm	Nov 12-Dec 10
\$55/5 sessions, \$12/drop-in	235563

Dance With Me Toddler

Lisa Sars

Parents and toddlers will move and groove to music. A great way to introduce your little one to dance and get a great workout. Parent participation required.

W 9:20am-10:20am	Sep 11-Oct 30
\$64/8 sessions	232045
W 9:20am-10:20am	Nov 13-Dec 11
\$40/5 sessions, \$9/drop-in	235565

Animal Kingdom Movements NEW 2-4yrs

Into Yoga

Get your little monkeys moving creatively! They'll have a blast jumping like frogs, lumbering like gorillas or skittering like crabs, or swimming and playing like whales, dolphins and seals. A super fun, creative way to get your little humans moving!

Thu 2:15pm-3:00pm	Sep 26-Oct 24
\$64/5 sessions, \$16/drop in	241983
Thu 2:15pm-3:00pm	Oct 31-Nov 28
\$64/5 sessions, \$16/drop-in	243572

Junior Performing Stars TAP 5-7 yrs

Vancouver Performing Stars

Learn all the essential skills to be a dynamite musical theatre performer! We'll explore all the best numbers from oldies, modern hits, Disney and Broadway. Sing with confidence, while learning fun choreography and the acting skills of a star! No class Oct. 14 and Nov.11. Class held at Tapestry Community Rooms, 2821 Heather St.

M 4:15pm-5:00pm

\$110/10 sessions

Sep 23-Dec 09 232087 All prices subject to GST where applicable.

1-3yrs

Glee Pop Stars TAP

Vancouver Performing Stars

Step into the shoes of a star! This is a fun and energetic class designed to train young performers singing and dance techniques while creating their own Glee Club! An informal presentation will take place on the last day of the program. No program Oct 14 and Nov 11. Class held at Tapestry Community Rooms, 2821 Heather St.

M 5:00pm-6:00pm	Sep 23-Dec 09
\$120/10 sessions	232061

Parent and Tot Ballet

Performing Stars

Introduce your little ones to the world of dance. Classes are designed to encourage little dancers to join in and have fun while dancing with mom or dad. There will be an informal presentation for family on the last day. No class Oct 11.

F 3:15pm-3:45pm	Sep 20-Dec 06
\$105/11 sessions	232119

Mini Ballet

Vancouver Performing Stars

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. There will be an informal presentation for family on the last day. No class Oct 11.

F 3:45pm-4:30pm	Sep 20-Dec 06
\$121/11 sessions	232106

Junior Ballet

Vancouver Performing Stars

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. There will be an informal presentation for family on the last day.

presentation for family of the last day.	
F 4:30pm-5:15pm	Sep 20-Dec 06
\$121/11 sessions	232083

Mini Performing Stars

Vancouver Performing Stars

Dance and sing their favourite show tunes! Performers will develop rhythm, characterization, coordination and musicality through movement and song. Students must be able to participate without an adult. There will be an informal presentation for family on the last day. No class Oct 13, Nov 10 and Dec 1.

Su 10:00am-10:45am \$99/9 sessions

Sep 22-Dec 08 232108

To avoid the disappointment of a cancelled program, register early and invite your friends to join too!



1.5-2 yrs

3-4 yrs

5-7 yrs

3-4 yrs

Mini Tap

Vancouver Performing Stars

This beginners introduction to tap will include a fun warm-up and children will begin to learn the fundamental steps of this exciting form of dance! Child must be able to attend class alone without parent in the room and be a minimum of 3 years old. Appropriate dancewear and tap shoes are required. No class Oct 12 and Nov 9.

Sa 9:30am-10:15am	Sep 21-Dec 07
\$110/10 sessions	232109

Junior Level One Tap

Vancouver Performing Stars

This beginners introduction to tap will include a fun warm-up and children will begin to learn the fundamental steps of this exciting form of dance! Tap shoes required. Please note: Children who are 4 year olds must complete one term in Mini Tap before enrolling in this class. No class Oct 12 and Nov 9.

	0	
Sa 10:15am-11:00	Jam	Sep 21-Dec 07
\$110/10 sessions		232085



Junior Level Two Tap

6-9 yrs

9-14 yrs

Vancouver Performing Stars

This tap class will include a fun arm-up and children will begin to build upon the fundamental steps learned in Junior Level One Tap and increase their vocabulary of this exciting form of dance! Tap shoes required. Please Note: Children who are 6 years old must complete one term in Junior Level One Tap before enrolling in this class. No class Oct 12 and Nov 9.

Sa 11:00am-11:45am	Sep 21-Dec 07
\$110/10 sessions	232086

Senior Level Three Tap

Vancouver Performing Stars

This advanced tap class will include a fun warmup, steps across the floor, rhythms, and challenging dances. Tap shoes required. Please note: Dancers who are 9 years old must complete one term in Junior Level Two Tap before enrolling in this class. No class Oct 12 and Nov 9.

Sa 11:45am-12:45pm	Sep 21-Dec 07
\$120/10 sessions	232213

3-4 yrs	Hip H	ор	TA	P
		_		

4-6 yrs

Vancouver Performing Stars

Want to learn how to move to and groove to your favourite tunes? Learn the basic style of hip hop dance in this high energy program. Discover new and exciting moves hile learning fun and challenging choreography. Beginners welcome! Leave feeling energized, confident and excited about dance! Mondays class held at Tapestry Community Rooms, 2821 Heather St.

Mini: 3-4yrs (Child must be able to attend alone)

Su 10:45am-11:30am Sep 22-Dec 08 \$99/9 sessions

232107

Su 11:30am-12:15pm (No class Oct 13, Nov 10, Dec 1) Sep 22-Dec 08 232084 \$99/9 sessions

Junior 5-7yrs TAP

Junior 4-6 yrs

M 3:30pm-4:15pm	(No class Oct 14, Nov 11.)	Sep 23-Dec 09
\$110/10 sessions		232396
Su 12:30pm-1:15pm		Sep 22-Dec 08
\$99/9 sessions		232395

Intermediate Hip Hop

Su 1:15pm-2:15pm (No class Oct 13, Nov 10, Dec 1) Sep 22-Dec 8 \$108/9 sessions 244935

HEALTH AND MOVEMENT

Yoga Buddies

4-6 vrs

Shivonne Prasad

Yoga Buddies classes offer an age-appropriate Kidding Around Yoga style practice that includes relaxation techniques, breathing instruction, and stretching. Yoga Buddies uses fun music, creativity, and imagination all while encouraging movement, energy and playfulness. No class Oct. 14 and Nov. 11.

0, 1 , 1	
M 4:30pm-5:30pm	Sep 09-Oct 28
\$70/7 sessions, \$11/drop-in	232239
M 4:30pm-5:30pm	Nov 04-Dec 16
\$60/6 sessions, \$11/drop-in	237224

Zumbini

Sing, dance and play as you bond with your child! Created by Zumba and BabyFirst. The Zumbini program combines music, dance and playing instruments encouraging bonding, learning and fun! Each course includes a Zumbini bundle of a plush toy, original songbook and music to continue the fun at home. This session will be: TJ and His PJ's. No class on Oct. 14.

Maayan Amitov

M 2:00pm-2:45pm \$95/6 sessions

Sep 16-Oct 28 232249

0-4 vrs

Animal Kingdom Movements NEW 2-4yrs

Into Yoga

Get your little monkeys moving creatively! They'll have a blast jumping like frogs, lumbering like gorillas or skittering like crabs, or swimming and playing like whales, dolphins and seals. A super fun, creative and different way to get your little humans moving!

Thu 2:15pm-3:00pm \$64/5 sessions, \$16/drop in Thu 2:15pm-3:00pm \$64/5 sessions, \$16/drop-in

Sep 26-Oct 24 241983 Oct 31-Nov 28 243572

All prices subject to GST where applicable.

Birthday Parties

The Douglas Park Community Centre is excited to help you plan an unforgettable birthday party! All you have to do is book the date, choose the type of party and bring the food!



Pottery Birthday Parties (6+yrs) Saturdays September-December 3:30pm-5:30pm

The Douglas Park Community Centre is excited to help you plan an unforgettable birthday party! All you have to do is book the date, bring the food, cake, and party guests. Party includes 1.5 hour of clay activities led by a pottery instructor in the pottery studio and 30 minutes of birthday celebrations in the Heather room. For ages 6 and up. Max of 12 kids.

Inclusions: Pottery instructor, clay, tables, and chairs. Exclusions: Birthday party leader, decorations, table settings (plates, cutlery, cups, etc), snacks, food or beverages. Fees: \$250 (max of 12 kids)

Sportball Parties (2-10yrs) Sundays September-December 1:30pm-3:15pm

Enjoy a variety of sports and supervised games in a fun, structured and safe environment; festivities finish off with a traditional birthday celebration. Parties include 1 hour of activities followed by 45 minutes of birthday celebrations with the coach in the gym. Regular birthday party refund policy applies.

Parent/Guardian participation is required for the duration of the party for ages 2-3 yrs.

Inclusions: Sportball leader, gymnasium, tables, and chairs. Exclusions: decorations, table settings (plates, cutlery, cups, etc), snacks, food or beverages. Instructor: Sportball Vancouver Fees: \$270 up to 15 kids, \$300 16-25 kids.





Rock 'N' BEAU Birthday Party (3-12yrs) Friday & Saturdays September-December Select dates available.

Interactive fun for KIDS! 2 hour CLASSIC Party Package includes:

- Party Host: Rachel Beau
- Customized Party Playlist
- Giant Bubble Wrap Dance Floor
- Prize Giveaways
- Rock'Off Lipsync Contests
- Party Dances & Freestyle Dance Challenges
- Party Rock Limbo

Exclusion: Birthday Party Leader, Decorations, table settings, (plates, cutlery, cups, etc.), snacks, food, beverages.

FRIDAYS: 5:45 - 8:15pm (Douglas Lounge) Fee: \$300 (Max 15 kids)

SATURDAYS: 10:00am - 12:00pm (Offsite at Tapestry- 2821 Heather St.) Fee: \$300 (Max of 15 children) *Can arrive 15 minutes earlier for set-up*

YOUTH WORKER MESSAGES

Dear Douglas Park Community, It has been an absolute pleasure meeting and working with you all since Fall 2018. Working at this site is an experience I will never forget and one that I am extremely grateful for. Thank you all for being so welcoming, warm, and kind. I wish you all the best in the seasons to come! Community Youth Worker - RIYA TALWAR

My name is Suzy and I will be the community youth worker at Douglas Park Community Centre! I am excited to connect with you all and see your friendly faces around the community centre and in our awesome youth programs soon! Community Youth Worker - SUZY PARKER



COOKING

Baker's Dozen

Divya Talwar

Come join Divya for a lovely afternoon of baking! Bring a Tupperware container to pack up your extra goodies to take home and share with your family and friends! Cupcakes, cookies, and brownies are only a few of the delectable items you will create!No Class - October 14th & November 11th

M 3:30 PM-5:30 PM	Sep 09-Oct 28
\$70/7 sessions	239579
M 3:30 PM-5:30 PM	Nov 04-Dec 16
\$60/6 sessions	239580

Chef's

Paul Page

Cooking delicious and healthy meals is a skill that we develop over time. Come hang out with our youth staff and learn various cooking skills and recipes. Be part of the preparation, eating and clean up!

Th 6:00 PM-8:30 PM	Sep 12-Oct 24
\$77/7 sessions	239581
Th 6:00 PM-8:30 PM	Nov 07-Dec 19
\$77/7 sessions	239582

9-13 yrs

9-13 yrs

Traditional Kung Fu Marquis Lung & Monica Tran

MARTIAL ARTS

Learn traditional forms of Kung Fu, weapons, non-contact sparring and self-defence. Gain physical and mental strength, self confidence, and discipline. Class are taught in partnership with Marquis Lung Traditional Kung Academy. A member fee for the Northern Shaolin Lung Chi Cheung Association is included in program course fee. This class meets twice a week on Tuesdays and Fridays. Please visit a session or contact Sifu Marguis Lung (Master Instructor) or Monica Tran for appropriate skill level prior to registration. www.northernshaolin.com. No class on Oct 18, Oct 25 and Dec 6.

Beginner	
Tu F 4:30 PM-5:45 PM	Sep 03-Dec 13
\$247/27 sessions	239602
Intermediate	
Tu F 4:30 PM-6:15 PM	Sep 03-Dec 13
\$274/27 sessions	239603
Advanced	
Tu F 4:30 PM-6:30 PM	Sep 03-Dec 13
\$301/27 sessions	239601

6-18 yrs

FRIDAY NIGHT FUN

Spend your friday nights with our awesome youth staff! We will be going on out-trips and completing some activities on site. Fee is calculated on \$3.00 per/week and includes all out-trips! Please note that the fee to the pre-teen dance is not included in the season fee. Consent forms will need to be completed by all participants. Teens pay for out-trips only.

FRIDAY FUN - PRE-TEENS 11-13 yrs

F 6:00 PM-9:00 PM Sep 06-Dec 20 \$45 SEASON FEE 239594

September 6	Hang-time in the Gym
September 13	Swimming @ Hillcrest
September 20	Ice-skating
September 27	Amazing Race @ Douglas Park!
October 4	Taco Night & Gym Time
October 11	Swimming @ Hillcrest
October 18	Pumpkin Carving
October 25	Halloween Howl! PRE TEEN DANCE
November 1	Make a Pizza Night!
November 8	Movie and Popcorn (on-site)
November 15	Cineplex Movie
November 22	Pasta Dinner & Indoor Soccer
November 29	Ice-skating
December 6	Stanley Park Train
December 13	Gingerbread Houses
December 20	Video Games

FRIDAY FUN - TEENS

13-18 yrs

F 7:00 PM-10:00	PM	Sep 06-Nov 29	FREE	239595
September 6	M	ovie and Popco	orn (on-sit	te)
September 13	Ра	sta Dinner + D	odgeball	
September 20	Ex	it Room (\$10.0	0)	
September 27	Cir	neplex Movie (\$5.00)	
October 4	Hil	lcrest CC		
October 11	M	ovie + Popcorn		
October 18	Sw	vimming @ Hill	crest (\$5.	00)
October 25	Pu	mpkin Carving		
November 1	Ка	raoke		
November 8	Vio	deo Games		
November 15	Ice	-Skating @ Hil	Icrest CC	(\$5.00)
November 22	Со	okies & Gym-T	ïme	
November 29	Kit	silano CC		
December 6	На	ng-time in the	gym	
December 13	Hil	lcrest CC		
December 20	Gi	ngerbread Hou	ises	

SPORTS

Open Gym

No Instructor

The gym is available to organize a half court basketball game, dodge ball, or line tag. This is free play and free time. Staff is available for emergencies, however, there is no one around to organize your play. Sep 06-Dec 20

F 3:00 PM-4:30 PM	
FREE	

239596

LGBTQ DROP-IN

Out and About!

Grade 6-12

TBA Instructor

Come hang out with us at a safe and friendly queer and ally drop-in at Douglas Park. This program is for members of the LGBTQIA2S+ community to hang out, find resources, share experiences, develop leadership skills, and get support. Tu 3:30 PM-5:30 PM Sep 10-Dec 17 FREE 239597

Youth Cafe

Come and visit Douglas Park's Youth Café this season! Snacks, drinks and goodies are just a few of the great things about this program. All proceeds raised go to support the pre-teen and teen programs at Douglas Park Community Centre. Sa 10:00 AM-2:00 PM Sep 07-Dec 21

\cap -TRIPS (7) CINEPLEX **SEPTEMBER 27 SEPTEMBER 20 EXIT ROOM CINEPLEX MOVIE** Travel to the Exit Room Come out to a Cineplex Theatre and watch a movie with your friends! friends! 6:00 PM-10:00 PM ACTIVITY #239598 7:00 PM-10:00 PM ACTIVITY #<mark>239614</mark> \$5.00 **NOVEMBER 15 OCTOBER 18 ICE-SKATING** SWIMMING Come hang out with us at Come hang out and go Hillcrest for an evening of ice-skating at one of our local swimming and fun!

rinks! 7:00 PM-10:00 PM ACTIVITY #<mark>239599</mark> \$5.00

All prices subject to GST where applicable.

7:00 PM-10:00 PM

ACTIVITY #239600 \$5.00

10-13 yrs

YOUTH COUNCIL

Junior Youth Council

Suzy Parker

The Junior Youth Council meets weekly on Wednesday's after school. The group works on helping to organize the pre-teen dances as well as supporting community events through volunteering. In addition - the council completes some fund raising to support a local charity. Light snacks will be provided. W 4:00 PM-5:00 PM Sep 04-Dec 18 FREE 239592

CWYC (City Wide Youth Council) 13-17 yrs

Just as the name implies, this council is constructed of youth from all across the city and meets at City Hall. Each community centre has two representatives from their Sr. Council, the second Wednesday of each month. That works with other youth from across the city on one of the designated committees. This council meets the second Wednesday of each month from 6:00-8:00pm.

Senior Youth Council

13-18 vrs

10-13yrs

Suzy Parker

The Douglas Park Senior Youth Council promotes youth program planning. They help with community projects, special events, fundraising, and address current trends and issues found amongst vouth. Meetings are recorded for volunteer hours. Come to meetings and meet other fellow youth in the community and have fun! The youth council consists of an annually elected Executive and is supervised by the Community Youth Worker and other Douglas Park Youth Staff. We meet every Wednesday and provide a light snack.

W 6:00 PM-7:30 PM FREE

Sep 04-Dec 18 239593

Introduction to **Song Writing for Teens**

Sarah Jay Cawston

MUSIC

Calling all budding song-writers! This course is for you! It will provide you with extra tools and methods to assist your song-writing endeavours. Topics covered include chord progressions, musical structure, lyric style/content, discussion on what makes a good song, and each class there will be time for sharing their original music. Bring your instrument of choice; ukulele, guitar, voice a piano will be available).

Sa 2:00pm-3:15pm \$96/4 sessions

Brass Section Tune-Up

Sarah Jay Cawston

Get into playing shape for band class by joining us in this tuneup course! Focus includes embouchure, mouth piece buzzing. good warm up habits, scales, and playing together as a group. Students should bring their instrument trumpet, trombone, euphonium, baritone, and French Horn.)

Sa 1:00pm-2:00pm \$72/3 sessions

13-18 yrs



Oct 12-Nov 02 232080

10-14 yrs

Oct 12-Oct 26 232227

You're Invited! 5.00 ATTHE DOOR HALLOWEEN EVENT IS FOR CRADES TO CRADE 7 STUDENTS! FRIDAY OCTOBER 25, 2019 PRE-TEEN DANCE! 7:00PM-8:45PM DOUGLAS PARK COMMUNITY CENTRE 801 W 22ND AVE, VANCOUVER, BC THIS IS A YOUTH SPECIAL EVENT! COME JOIN US FOR OUR SEASONAL PRE-TEEN DANCE! THIS DANCE IS

BEING ORGANIZED BY OUR STAFF & LEADERSHIP STUDENTS. YOUTH STAFF WILL BE ON SITE TO SUPERVISE AND SUPPORT ALL PARTICIPANTS TO EVERYONE HAS A FUN, SAFE, AND EXCITING EXPERIENCE



RECREATION, ADVENTURE, LEARNING, LEADERSHIP, & YOUTH

Join our R.A.L.L.Y. leader for an afterschool pre-teen program. R.A.L.L.Y. is suitable for intermediate Grade 4 to Grade 7 school students. Weekly themes include: leadership, teamwork, goal-setting, group discussion, critical thinking, multimedia, outdoor adventure and recreation. Light snacks are provided. Full-time fees include Pro-D day and Non-Instructional day activities. Please contact riya.talwar@vancouver.ca for program details. Full-time and Part-time spaces are limited. Part-time spaces are for 3 or 4 days a week.

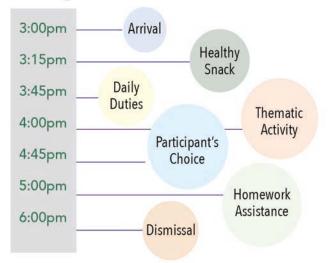
Program is full, but we are accepting waitlist. MON TO FRI 3:00PM - 6:00PM



My name is Paul Page and I am the RALLY leader. My experience working with children and youth spans over 20 years and includes outdoor skills, classroom instruction and adventure trips. I have a Diploma in Outdoor Recreation Management, and a Masters in Environmental Education and Communication. While very passionate about

playing outside, I also feel a strong commitment to helping youth learn to respect themselves, others and the world around them. I feel it is important that youth learn to take responsibility for themselves and their actions so that they can contribute positively to the groups they are a part of. I am looking forward to getting to work with the young people and their families in this community.

Sample RALLY Afternoon



WORKSHOPS

Red Cross Babysitting Training 11+ yrs

First Aid Hero

Exploring the business of babysitting, creating safe environments, safely caring for ages 0-12 yrs, first aid skills. Please bring lunch, yoga mat and medium sized stuffed animal. Sa 8:30am-3:30pm Oct 12 \$63/1 sessions 232211 Sa 8:30am-3:30pm Jan 04

\$00/ I 505510115	LOLLII
Sa 8:30am-3:30pm	Jan 04
\$63/1 sessions	233817

Red Cross StaySafe! Course

First Aid Hero

Do you or your parents want to feel confident knowing you are responsible on your own and have the skills to deal safely with an emergency situation? First Aid. Active role-play! Interactive and fun! Sa 9:00am-3:00pm Nov 09 \$63/1 sessions 232212

PROFESSIONAL DAY OUT-TRIPS

PRO-D-DAY TRIPS

Sept 23rd	Clip & Climb	8-12yrs
9am-5pm	RALLY Guest RALLY Part-Time	#239608 \$60.00 #239610 \$30.00
Sept 27th	Clip & Climb	8-12yrs
9am-5pm	RALLY Guest RALLY Part-time	#239609 \$60.00 #239611 \$30.00
Oct 25th	Cineplex Mo	vie 8-12yrs
9am-5pm	RALLY Guest RALLY Part-Time	#239606 \$45.00 #239607 \$25.00
Nov 8th	Watermania	a 8-12yrs
9am-5pm	RALLY Guest RALLY Part-time	#239612 \$45.00 #239613 \$25.00

YOUTH

Grade 4 & 5

KIDS POTTERY



Preschool Pottery

3-4 yrs

5+yrs

6-8 yrs

Brianne Siu

Through creative clay play, children learn fine motor skills, to create and socialize with others and express their individual creativity. Emphasis on playing, not on a final product. Please bring a smock, clay is provided. Drop-in if space permits.

Tu 2:00pm-3:00pm	Sep 10-Dec 10
\$154/14 sessions	232209

Parent and Tot Pottery

TBA Instructor

Have fun making collaborative clay projects with your child in this creative pottery class and learn a variety of simple hand building and decoration techniques Program fee includes clay, glazes and firing. Fee is for one child and one adult. Bring an apron.

Sa9:30am-11:00am	Sep 14-Dec 14
\$150/12 sessions No class Oct 12 & Nov 9th)	240211

Beginner Hand & Wheel for Kids 10-12 yrs

TBA Instructor

Kids will learn the basics of hand building and be introduced to wheel throwing techniques in a fun and encouraging environment. Clay, firing and glazes are included. Bring a smile, smock and notebook.

Thu 3:30pm-5:00pm	Sep-12-Dec 12
\$210/14 sessions	242501

Clay Creations

Brianne Siu

Come afterschool and have fun learning to play with clay and creating fabulous objects. Simple hand building techniques such as pinching, coiling and soft slabbing will be taught. Clay, firing and glazes are included in fee. Bring a smile and a smock/apron. M 3:30pm-5:00pm Sep 09-Dec 16 \$182/13 sessions 232040

Pottery Explorers

Brianne Siu

Come and explore all the fun possibilities of clay and making. Use your imagination and let your hands transform this material into something fantastic! Clay, firing, glazes are included in fee. Bring a smock.

W 3:30pm-5:00pm	Sep 11-Dec 11
\$196/14 sessions	232207

TG2BT Pottery for Teens

11-15 yrs

8-10 yrs

Brianne Siu

Too Good To Be True Pottery for Teens is a super cool programs for young teens. Clay work is very therapeutic, fun and relaxing and is a good way to explore and discover their inner talents. Hand building strategies and surface techniques will be taught. All supplies included in fee, final projects will be painted and glazed. Bring an apron and a sketchbook and pencil to class. Tu 3:30pm-5:00pm Sep 10-Dec 10

\$196/14 sessions

232224



The Pottery Club program is designed to continue the learning process started in Douglas Park pottery classes and to develop pottery skills through practice and experimentation.

It is a place where hobby potters can exchange ideas and cultivate a sense of place in the Douglas Park community.

Minimum Pre-requisite: Contact Logan at logan.kenler@vancouver.ca for details and to set up orientation.

Studio Orientation Fee: \$30 +tax #232208 \$300 + tax Fall 2019 (Sept-Dec 21, 2019) #232206

The above fees include: • A drop-in scan card • Firings, as detailed in the Drop-in Pottery program agreement • Use of studio glazes and slips

Clay must be purchased from front desk and distributed by Programmer. Centre closed on statutory holidays and subject to change. **Commercial or production pottery is not permitted.**

TUES	WED	THUR	FRI	SAT	SUN
Pottery Club Drop-in 7:30am-1:00pm	Pottery Club Drop-in 7:30am-2:30pm	Pottery Club Drop-In 7:30am-2:30pm	Intro to Raku 10:00am-1:00pm	Parent & Tot Pottery 9:30am-11:00am	Pottery Club and Student Drop-In 9:00am - 3:15pm
Preschool Pottery (3-4yrs)	Pottery Explorers (8-10yrs) 3:30pm - 5:00pm	Beginner Hand &	Pottery Club & Student Drop-In 1:30pm-5:00pm		No Drop-in Oct 6, 13, 27 Throw Big or Go Home Workshop
2:00pm-3:00pm TG2BT Pottery for Teens (11-15yrs) 3:30pm - 5:00pm		Wheel for Kids (10-12yrs) 3:30pm-5:00pm	Dinnerware by Design 5:45pm-8:45pm	Surface Design 11:30am - 2:30pm	2
Pottery Club and Student Drop-In 5:30pm - 9:15pm	Pottery - Hand & Wheel Beginners 6:30pm - 9:30pm	Pottery - Intermediate/ Advanced Wheel 6:30pm - 9:30pm			
	Pottery Club Drop-in 7:30am-1:00pmPreschool Pottery (3-4yrs) 2:00pm-3:00pmTG2BT Pottery for Teens (11-15yrs) 3:30pm - 5:00pmPottery Club and Student Drop-In	Pottery Club Drop-in 7:30am-1:00pmPottery Club Drop-in 7:30am-2:30pmPreschool Pottery (3-4yrs) 2:00pm-3:00pmPottery Explorers (8-10yrs) 3:30pm - 5:00pmTG2BT Pottery for Teens (11-15yrs) 3:30pm - 5:00pmPottery Explorers (8-10yrs) 3:30pm - 5:00pmPottery Club and Student Drop-In 5:30pm - 9:15pmPottery editional participation	Pottery Club Drop-in 7:30am-1:00pmPottery Club Drop-in 7:30am-2:30pmPottery Club Drop-In 7:30am-2:30pmPreschool Pottery (3-4yrs) 2:00pm-3:00pmPottery Explorers (8-10yrs) 3:30pm - 5:00pmBeginner Hand & Wheel for Kids (10-12yrs) 3:30pm-5:00pmTG2BT Pottery for Teens (11-15yrs) 3:30pm - 5:00pmPottery Pottery - Hand & Wheel BeginnersBeginner Hand & Wheel for Kids (10-12yrs) 3:30pm-5:00pm	Pottery Club Drop-in 7:30am-1:00pmPottery Club Drop-in 7:30am-2:30pmPottery Club Drop-In 7:30am-2:30pmIntro to Raku 10:00am-1:00pmPreschool Pottery (3-4yrs) 2:00pm-3:00pmPottery Explorers (8-10yrs) 3:30pm-5:00pmBeginner Hand & Wheel for Kids (10-12yrs) 3:30pm-5:00pmPottery Club & Student Drop-In 1:30pm-5:00pmTG2BT Pottery for Teens (11-15yrs) 3:30pm - 5:00pmPottery - Hand & Wheel BeginnersPottery- Hand & Wheel BeginnersDinnerware by Design 5:40pm-5:00pm	Pottery Club Drop-in 7:30am-1:00pmPottery Club Drop-in 7:30am-2:30pmPottery Club Drop-in 7:30am-2:30pmIntro to Raku 10:00am-1:00pmParent & Tot Pottery 9:30am-11:00amPreschool Pottery (3-4yrs) 2:00pm-3:00pmPottery Explorers (8-10yrs) 3:30pm - 5:00pmPottery Explorers (8-10yrs) 3:30pm - 5:00pmPottery Explorers (11-15yrs) 3:30pm - 5:00pmPottery Litery and Student Drop-In 5:30pm - 9:15pmPottery Pottery Hand & Wheel Beginner Hand & Wheel Advanced WheelPottery- Litery- Liter Advanced WheelPottery- Litery- Liter Advanced WheelPottery- Litery- Liter LiterPottery Club Liter Liter LiterPottery Club Liter LiterPottery Club LiterPottery Club and Student Drop-In 5:30pm - 9:15pmPottery - Hand & Wheel BeginnersPottery- Liter Advanced WheelPottery- Liter Advanced WheelPottery- Liter LiterPottery Club Liter

Ceramics and Garden Beginner

Brianne Siu

We will explore hand-building and wheel throwing techniques to make objects for the garden such as flower pots, planters and vases. We will explore a range of surface and glaze techniques. This course is suited for Beginner students. Students purchase clay from instructor.

No class Oct 14 and Nov 11. M 6:30pm-9:30pm \$297.14/13 sessions

Sep 09-Dec 16 232034



Pottery - Hand & Wheel for Beginners

Kate Metten

Come learn the basics of hand building and wheel throwing techniques in an environment that allows individuals to progress at their own pace. Included with the fees are slips, glazes and firing - students purchase clay from instructor.

W 6:30pm-9:30pm \$266.66/10 sessions Sep 18-Nov 27 232204

Pottery - Intermediate Advanced Wheel

Robyn Williams

Increase throwing skill through guided practice. Explore and refine your forms and surfaces through demos and individual assignments. Pre-requisite: able to throw medium sized bowls and cylinders. Please bring a smock, towel and sketchbook. Students purchase clay from instructor.

Th 6:30pm-9:30pm	Sep 12-Dec 12
\$320/14 sessions	232205

Surface Design

Robyn Williams

Take your pots to the next level in this course that will cover a variety of surface decorating techniques. In this class you will learn about creating texture and carving as well as more challenging techniques such as sgrafitto, transfers and photo lithography. Experience recommended. Purchase clay from instructor. No class Oct 12 and Nov 19.

Sa 11:30am-2:30pm	Sep 14-Dec 14
\$274.29/12 sessions	232222

Intro to Raku Firing Pottery

Estelle Liebenberg

Experience the excitement of making and Raku firing pottery. Learn various methods of construction, glazing and firing raku ware. Some pottery experience required. we cover everything from idea to finished piece. Building at Douglas Park Centre week 1-5 and firing at Gleneagles Community Centre on week 6. Purchase Clay from instructor.

F 10:00am-1:00pm	Sep 06-Oct 11
\$200/6 sessions	232077
Su 9:00am-2:00pm Firing at Gleneagles	Oct 20
F 10:00am-1:00pm	Oct 18-Nov 22
\$200/6 sessions	233860
Su 9:00am-2:00pm Firing at Gleneagles	Nov 24

Throw Big or Go Home

Robyn Williams

This workshop is for intermediate to advanced students.Focus is on making large scale (more than 5lbs of clay) work on the pottery wheel using a number of different techniques. Instruction will cover centering large lumps of clay, throwing tall, throwing large platters, throwing multiple pieces and joining, and throwing using extruded coils. The final session will focus on glazing these large pieces of work! Purchase clay from instructor.

Su 11:00am-3:00pm	Oct 6, 13, 27
\$102.86/3 sessions	232072

Dinnerware by Design

Robyn Williams

Learnto create your own tableware using either throwing or hand building techniques. Each week we will build skills needed to make bowls, dinner and salad plates, mugs and serving dishes. This class is about both design and function. Experience an asset. Purchase clay from instructor.

F 5:45pm-8:45pm	Sep 13-Dec 13
\$320/14 sessions	232046

ART & CULTURE

Watercolours for the TAP NEW Scared Stiff 1

Divinity Chan

Lovethelookofwatercolourandwanttolearnhowartistsdoit?Join us as we build confidence in exploring the unpredictability of this fluid media while completing different paintings each weel. Learn about the tools and techniques in a relaxed environment where magic happens. Classes held at the Tapestry Community Room, 2821 Heather St.

W 7:00pm-9:00pm	Sep 25-Nov 27
\$159/10 sessions	233095

Acrylic Painting for Beginners TAP

Philip Tsang

Philip will teach you step by step on how to paint landscape, still life or animals. Demonstrations will be provided during the class. Philip loves teaching art and has taught interior design and art classes at many local Institutes and Colleges. Classes held at the Tapestry Community Room, 2821 Heather St.

Tu 6:30pm-8:30pm	Sep 24-Oct 22
\$96/5 sessions	232019
Tu 6:30pm-8:30pm	Nov 05-Dec 03
\$96/5 sessions	232020

Art of the Journal NEW

Lynna Goldhar Smith

Learn 22 transformative techniques that will help you deepen your creativity, experiment with new ideas, process difficult emotions, and transform life into art, stories, screenplays & novels It is a wonderful tool for planning and for activating change in your life. Let your journal become a therapist in a book, an idea generator, a memory keeper and more.

W 11:00am-1:00pm \$88/6 sessions

Sep 25-Oct 30 232024

Sketching and Drawing TAP

Edouard Beaudry

Learn and improve your drawing skills with subjects such as life drawing, landscapes and many more. Ed will help you unleash your creative self while deepening your understanding of proportions and how to convey light and dark. Materials not included, bring rudimentary drawing supplies to the first class. For more on the materials list contact Ed at edouardbeaudry@ gmail.com. Classes held at the Tapestry Community Room, 2821 Heather St

Sep 11
232215
Sep 18-Nov 27
232214

Chinese Calligraphy - Advanced

Pansy Poon

Advanced course on the ancient art of Chinese handwriting. Participantswill use right hand writing for brush strokes. Previous calligraphy class experience required.

Sa 9:30am-10:30am	Sep 07
FREE TRIAL	234960
Sa 10:00am-12:00pm	Sep 07-Oct 12
\$81/6 sessions	232037
Sa 10:00am-12:00pm	Oct 19-Nov 23
\$81/6 sessions	232038

Perspective Drawing **NEW**

Mohammad Atashzad

This course is for students who are interested in progressing their 2D design ideas into 3D designs using freehand perspective. They will learn how to draw landscapes, buildings, streets, interior designs, figures, etc. In every session they will finish an amazing artwork. Supplies are not included. Supply list available upon registration.

Sa 1:30pm-3:15pm	
\$180/10 sessions	

Oct 12-Dec 14 240807

DANCE

NEW Adult Tap

Vancouver Performing Stars

This adult tap class will include a fun warm up, steps across the floor, rhythms, and enjoyable dances. Tap shoes are required, but no previous experience necessary. No class Oct. 13, Nov. 10, Dec. 1. Su 2:30PM-3:30PM Sep 22-Dec 8 232399 \$108/9 sessions, \$15/drop-in

International Line Dance Intermediate

Angela Wei

Move to the melodies of old favourites and today's hits. Experience the joy of music while exercising, relieving stress, and meeting friends through Line Dance. This class is instructed in Mandarin and English.

W 1:00pm-2:30pm	Sep 25-Dec 18
\$78/13 sessions, \$8/drop-in	232076

DANCE CONT'D

Introduction to Indian Classical Dance

Anusha Fernando

This intro class will give students an opportunity to tasteBharata Natyam's rich palette through the exploration ofexpressive vocabulary & rhythmic complexity. This class willalso highlight the dance form as a meditative practice, aneffective means for cultivating concentration and equanimity.Sa 2:15pm-3:15pmSa 2:15pm-3:15pmSa 2:15pm-3:15pmSa 2:15pm-3:15pmNov 02-Dec 21\$85.71/6 sessions, \$14.29/drop-in232078Sa 2:15pm-3:15pmNov 02-Dec 21

Intermediate Technique Class

Anusha Fernando

Please join us for an Intermediate Technique class focusing on Adavus. Students must have knowledge of the foundational physical vocabulary of Bharata Natyam. Students from all Bharata Natyam schools are welcome!

Sep 14-Oct 05
232074
Nov 02-Dec 21
233842

Little Mountain Step'n Clog - Intermediate

A recreational and performance group doing traditional English step and clog dancing. Must have attended an introductory class or have experience with clog or tap dancing. Drop-in only. This group meets on following dates: Sept 7, 28, Oct 5, 19, Nov 2, 23, Dec 7.

Sa 1:00pm-3:00pm	Sep 7-Dec 7
\$2.25/drop-in	232104

Step'n Clog Workshop for Beginners

Sa 1:00-2:30pm FREE

Spanish Flamenco Dancing

Jill Tunbridge

Discover your passion! Flamenco is a dynamic art form originating from Southern Spain that now reaches a worldwide audience. This is a fun cardio/dance class that challenges both the body and the mind. Classes will focus on the fundamentals of flamenco dancing. Techniques explored include basic marking steps, grooving, arm work, floreo hand work), zapateado footwork), palmas clapping), and musicality.

Beginner Only:

Tu 7:45pm-9:00pm \$133.33/14 sessions, \$12/drop-in	Sep 10-Dec 10 232216
Intermediate Only:	
Tu 6:30pm-7:45pm	Sep 10-Dec 10
\$133.33/14 sessions, \$12/drop-in	232217

Tap Dance - Beginner

Allison Berry

Learn some basic tap steps and simple routines in a fun, relaxed atmosphere with a friendly and patient instructor. Returning students will learn new steps. No class Oct. 9th.

W 7:30-9:30pm \$123.80/10 sessions, \$15/drop-in Sep 18-Nov 27 232223

Voice Performance NEW

Sharon Fader

Voice performance involves combined technique and expressive risk. It deepens a process of personal discovery and develops greater expression of character and musicality. It involves a commitment to "the relevance of what one has to voice" be it through sound, song, speech, scream, image and movement. It is grounded in roy Hart Voice Work and extends into Pantheatre's Choreographic Theatre.

Th 6:15pm-7:45pm	Sep 12-Oct 17
\$185.71/6 sessions	243047
Th 6:15pm-7:45pm	Oct 24-Nov 28
\$185.71/6 sessions	243046

WORKSHOPS

Bookbinding: Series B

Suzan Lee

Learn different bookbinding styles from the very start to finish. This series providesample time to practice and review learned techniques as well as sharing discoveries and ideas. Varied skill levels are welcome, including beginners. All tools and supplies are provided. No class Sept. 15.

Su 10:00am-12:00pm	Sep 8-Oct 6
\$144/4 sessions	232030

Anxiety and Stress Release Workshop

Ron Jordens

Nov 2

Learn an amazing and powerful technique to reduce or eliminate anxieties, fears, cravings, physical and emotional illnesses through a technique that applies light finger tapping to acupuncture points with no needles. EFT is easy to learn, self-applied, used anytime, anywhere and can be applied on any emotional or physical issue.

Th 7:00pm-9:00pm	Nov 21 & Nov 28
\$50/2 sessions	232022

"Big Sur" Watercolours Workshop

Frank Townsley

This workshop depicts a dramatic view of the California Big Sur coastline. Photos and enlargements for tracing purposes will be provided, including supplies for those not wishing to use their own. Sa 9:00am-4:00pm Oct 05

Sa 9:00am-4:00pm	Oct 05
\$45/1 sessions	232017

"Arbutus" Watercolours Workshop

Frank Townsley

This workshop depicts a view of a coastal arbutus tree set in the Gulf Islands with breaking waves in the foreground and distant islands in the background. Photos and enlargements for tracing purposes will be provided, including supplies for those not wishing to use their own.

Sa 9:00am-4:00pm	
\$45/1 sessions	



NEW Earthquake Preparedness -For you and your Pets

City of Vancouver NEPP

In Vancouver, we know we could be affected by an earthquake yet few of us take the necessary steps. The key to preparedness is getting your plans in place before the disaster strikes. But what about our pets...... we see in many disasters that people refuse to evacuate if when they cannot take their pets with them. Learn what you can do to ensure both you and your pets are prepared for any type of emergency or disaster you may be faced with.

Th 7:00pm-8:30pm	Oct 10
FREE	232048

Beginner Brush Lettering Workshop NEW

Emilv Cuthbert

For those of you that think you can never learn how to hand letter, I'm here to tell you that's not true! With this 2.5 hour workshop, practice and great tools you can learn this stunning art form! Each student will receive 2 Brush Pens, a Stroke and Lettering Guide and additional practice sheets.

Thu 6:30pm-9:00pm	Oct 24
\$75/1 session	242849
Su 1:00-3:30pm	Dec 8
\$75/1 session	242851

Pine Needle Basket-Making

Noah Thrush

Learn hands-on the skills you need to make beautiful bowls, plates and baskets made from pine needles. You will learn the best ways to harvest pine needles, find the right sewing supplies and the methods used to create these graceful, but sturdy pieces of art using elements supplied from nature.

Su 1:30pm-3:30pm	Oct 27
\$20/1 sessions	240207

Knitting Circle for Adults

Sharon Hoy

Knitting in community is enjoyable and fun! Beginners and experienced knitters are welcome. If you are a beginner, your first project will be a cowl. The benefits to knitting are amazing: It is meditative, relaxing, and creative, and develops problemsolving and hand-eye coordination. Come teach and learn with us!

Th 4:45pm-6:00pm \$120/10 sessions

Oct 3-Dec 5 232100

NEW





Noah Thrush

Prayer beads or malas are a traditional tool used to count the number of times a mantra is recited, or the number of breaths taken while meditating. The skill taught for creating prayer beads is called "knotting" and is also useful for repairing heirloom knotted pearl strands. Note: participants must buy their own supplies from a list that will be provided.

and entreappress of a net and the p	• •
Su 1:30pm-3:30pm	
\$20/1 sessions	

Edible Gifts in a Jar

Rashmi GC

NEW

In this workshop, Rashmi will be talking about the trendy concept of giving gifts in a jar for the holiday season. Each participant will make a jar of edible gift and take home what they make. All

materials will be provided and handouts provided	
Th 7:30pm-9:00pm	Dec 5
\$20/1 session	241528
Sa 11:00am-12:30pm	Dec 14
\$20/1 session	241529

Making Christmasx Cards NEW in Watercolour

Mohammad Atashzad

Join us for a fun, engaging workshop and learn how to make your own beautiful Christmas cards with various watercolour techniques. You leave at the end of the workshop with up to four original Christmas cards. All materials such as paints, brushes, matching blank cards and envelopes are provided.

Su 12:00pm-3:00pm	Dec 15
\$57/1 session	240803

Women's Personal Safety Workshop

Monday November 25th 6:30pm-8:30pm

Vancouver Police Department

FREE 243728

The Women's Personal Safety Workshops are one way the VPD is giving back to the community. In January 2013, a group of VPD female police officers came together and created the VPD Women's Personal Safety Team.

The tactics taught are designed to be easily learned and remembered by women who have no prior training.

EDUCATION

Baby Sign Language 0-24 mos

Sheri Kauhausen

Babies can communicate long before they are able to speak. Research shows that babies who learn Sign Language learn quicker and talk earlier. Using songs and games learn how to teach your baby basicamerican Sign Language ASL) so they can better convey their wants and needs and relieve unnecessary frustration. Babies can sleep during class or you can bring some toys. Newborn to 24 months. No class Nov 11.

M 12:30pm-1:15pm \$64/5 sessions

JDUL

Nov 17

240206

FITNESS & HEALTH

Pilates - Matwork - All Levels

Pilates Unlimited

Increase core strength and flexibility in this full body workout. Get long, lean, and strong and feel great doing it! Come have fun working out to great music with Master Pilates instructor Monique Haziza from Pilates Unlimited. Thursday class held at Tapestry Community Rooms, 2821 Heather St.

M 6:30pm-7:30pm	Sep 16-Dec 16
\$156/12 sessions, \$16/drop-in	232201
Th 7:30pm-8:30pm	Sep 19-Dec 12
\$169/13 sessions, \$16/drop-in	232202

Chi Kung - Qigong Chinese Yoga TAP

Florence Chan

Experience a unique combination of meditation, deep breathing and stretch movements. It helps maintain physical and mental health, improve balance and slow down aging. Class held at Tapestry Community Rooms, 2821 Heather St.

Tu 5:30pm-7:00pm	Sep 24-Dec 10
\$68.57/12 sessions	232035

Hatha Yoga and Body Rolling TAP

Jennifer Rowbotham

This yoga combines breath and yoga postures (asanas) so the practitioner becomes aware of his/her body, breath and mind. It's both relaxing and challenging. Learn where you hold tension and emotion and how to breathe to calm the body and mind. Postures are held for an extended period of time and some partner work is involved. Body rolling helps release tension in the muscles and increases flexibility. No class Oct 8 and Nov 12. Classes held at Tapestry Community Room: 2821 Heather St.

Tu 7:45pm-9:15pm	Sep 17-Dec 17
\$168/12 sessions, \$17/drop-in	232071

Iyengar Yoga - Level I and II

Grant Richards

lyengar yoga classes have an emphasis on body/breath awareness, alignment, strength, stability, mobility, balance and relaxation. Wednesday classes location: Tapestry Community Rooms, 2821 Heather St.

W 7:00pm-8:20pm	TAP	Sep 04-Oct 23
\$99.05/8 sessions, \$14.29/drop-in	TAP	232081
W 7:00pm-8:20pm	TAP	Oct 30-Dec 11
\$86.66/7 sessions, \$14.29/drop-in	1/AF	237054
F 9:30am-10:50am		Sep 06-Oct 18
\$86.66/7 sessions, \$14.29/drop-in		232082
F 9:30am-10:50am		Oct 25-Dec 13
\$99.05/8 sessions, \$14.29/drop-in		237065

Yoga4StiffGuys - The Basics TAP NEW

Misurka Yoga Ltd.

Brand new to yoga or looking for a refresher of the yoga basics? This Yoga4Stiff introductory series is designed just for you. Poses are demonstrated, broken down and instructed in easy sequential steps. This is not a men's only class. We welcome any person who relates to being stiff! However, this class pays special attention to parts of men's bodies that are often least flexible including the hips, quadriceps, hamstrings and lower back. Class held at Tapestry Community Rooms, 2821 Heather St.

M 7:15pm-8:15pm (No class Oct 14)	Sep 09-Oct 28
\$84/7 sessions, \$15.24/drop-in	235545
M 7:15pm-8:15pm (No class Nov 11)	Nov 04-Dec 16
\$72/6 sessions, \$15.24/drop-in	235550

Yoga4Stiff People

Misurka Yoga Ltd.

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.

Sep 04-Oct 30
232241
Nov 06-Dec 18
232242

Yoga4StiffGuys - All levels TAP

Misurka Yoga Ltd.

An all levels yoga series designed for guys who want to improve flexibility, increase strength and relax the mind and body. Although everyone is welcome, this class pays special attention to parts of men's bodies that are often least flexible with an emphasis on poses to open the hips, quadriceps, hamstrings and lower back. Class held at Tapestry Community Rooms, 2821 Heather St.

W 8:30pm-9:30pm Sep 04-Oct 30 \$108/9 sessions, \$15.24/drop-in 232243 W 8:30pm-9:30pm Nov 06-Dec 18 \$84/7 sessions, \$15.24/drop-in 232244

Yin Yoga TAP NEW

Joan DeVerteuil

Release tension with Yin Yoga. This form of yoga helps you restore your range of motion, revitalize the soft tissues of the body, become more resilient to stress, and cultivate balance in mind, body, and life. Suitable for all levels. Class held at the Tapestry Community Rooms, 2821 Heather St.

Thu 5:00pm-6:00pm	Sept 5
FREETRIAL	240793
Thu 5:00pm-6:00pm	Sept 19-Oct 31
\$77/7 sessions, \$13.33/drop-in	<mark>240794</mark>
Thu 5:00pm-6:00pm	Nov 7-Dec 19
\$77/7 sessions, \$13.33/drop-in	240795

Perspectives in Meditations



Into Yoga

The purpose of this course is to give a hands-on overview of meditation principles, techniques and philosophies. A typical hour will include body awareness, warm-up, discussion of one or more topics, specific technique practice, savasana and a homework assignment.

W 7:00-8:00pm	Sep 18-Oct 23
\$77/6 sessions	239056

Essentrics

Jana Birkett

A dynamic, full body workout suitable for all fitness levels done in bare feet) that simultaneously combines stretching and strengthening while engaging all 650 muscles. This class will increase flexibility and mobility for a healthy, toned and painfree body. No class Oct 14 and Nov 11.

TWO FOR ONE TRIAL:

M 10:45am-11:55am	Sep 09-Sep 16
\$15.24/2 sessions	232052
M 10:45am-11:55am	Sep 23-Dec 16
\$128.57/10 sessions	232050
ΤΨΟ ΕΟΡ ΟΝΕ ΤΡΙΔΙ	

TWO FOR ONE TRIAL:

M 5:00pm-6:10pm	Sep 09-Sep 16
\$15.24/2 sessions	232053
M 5:00pm-6:20pm	Sep 23-Dec 16
\$128.57/10 sessions	232051

Yoga for Moms with Toddlers

Lisa Sars

This class offers a way for moms to learn some useful yoga warmups and poses to take care of their bodies and relax while their children play, watch, or join the practice. Yoga reduces stress and helps us to refocus. Toys, songs and activities are included for the children. Crawlers and toddlers are welcome.

W 10:30am-11:30am	Sep 11-Oct 30
\$91.43/8 sessions	232240

SPORTS

Drop-ins only if space permits.

Registered players have 15 minutes after the scheduled start time to sign in. Drop-in players can sign up IN PERSON 30 min prior to the start time of the class. 15 minutes after the scheduled class time, space permitting, people will be allowed to pay a drop-in.

Indoor Soccer NEW

For players of all levels who want to have fun in a non-competitiveand friendly environment. No program Oct 14, Nov 11 and No 25.M 8:00pm-9:45pm\$68.57/12 sessions, \$5/drop-in232271

Pickleball Lessons - Beginner

Richard Lee/Catalin Costea

Come try out this easy-to-learn, and exciting sport! Participants will learn the proper grip, how to correctly hit the ball and move efficiently and safely around the court. All equipment provided.

Th 12:00pm-1:30pm	Sep 12-Oct 24
\$70/6 sessions	232197
Th 12:00pm-1:30pm	Oct 31-Dec 12
\$70/7 sessions	237225
Th 7:15pm-8:45pm	Sep 12-Oct 24
\$70/7 sessions	232199

Pickleball Lessons Int: Drills & Strategies

Richard Lee

Players who have experience, have played games and would like to fine tune their strokes and learn strategic plays from a certified IPTPA instructor.

M 11:30am-1:00pm	Sep 09-Oct 21
\$60/6 sessions	232198
M 11:30am-1:00pm	Oct 28-Dec 09
\$60/6 sessions	237226

Pickleball Lessons: Skills & Drills

Catalin Costea

18+ yrs

Th 7:15pm-8:45pm	Oct 31-Dec 12
\$70/7 sessions	232200

Pickleball - Recreational

This is for the beginner or recreational player and not for those that are competitive or advanced.

 M 1:00pm-2:30pm (No program Oct 14 and Nov 11.) Sep 09-Dec 16

 \$37.14/13 sessions, \$3.81/drop-in
 232196

 Sa 11:30am-1:00pm (No class Oct 26 and Dec 7.)
 Sep 07-Dec 21

 \$42.86/14 sessions, \$3.81/drop-in
 232055

Novice to Intermediate Pickleball

 For novice to intermediate players. No Program Oct. 24.

 W 12:30pm-2:00pm
 Sep 04-Dec 11

 \$42.86/15 sessions, \$3.81/drop-in
 232116

 Th 1:35pm-3:05pm
 Sep 05-Dec 12

 \$40/14 sessions, \$3.81/drop-in
 232117

Indoor Hockey

Recreational indoor ball hockey for adults. Limited drop-in spaces available. Eye guards are strongly recommended. Tu 7:45pm-9:30pm Sep 03-Dec 17 \$91.43/16 sessions 232073

Boccia

Jasmine Webster

Boccia is the Paralympic version of Bocce and is a sport of control and accuracy that can be played by anyone. Originally designed for people with severe cerebral palsy, it is now enjoyed by players with a wide variety of disabilities.

Tu 12:30pm-2:00pm	Sep 10-Dec 10
\$26.66/14 sessions ,\$1.90/drop-in	232027



				RUU
MON	TUES	WED	THUR	Т
Junior Hip Hop (5-7yrs) 232396 3:30pm-4:15pm Page 9	Intro to Robotics (5-10 yrs) 232031 3:45pm - 5:15pm Page 7	Sketching & Drawing (Adult) 232214 3:30pm - 5:00pm Page 17	Cartoon and Comic (7-13 yrs) 232032 4:30pm - 6:00pm Page 9	Ca Ta H 2 yo
Junior Performing Stars (5-7yrs) 232087 4:15pm-5:00pm Page 8	Creative Dance (7-10 yrs) 232041 235563 4:15pm-5:25pm Page 8		Yin Yoga 5:00-6:00pm 240794 240795 Page 26	da Lo pr Ta 28 Ta
Glee Pop Stars (8-12yrs) 232061 5:00-6:00pm Page 8	Chi Kung Qigong - Chinese Yoga (Adult) 232035 5:30pm - 7:00pm Page 20	Iyengar Yoga Level I / II (Adult) 232081 237054 7:00pm - 8:20pm Page 20	Meditation and Art Creation (Adult) 238911 238913 238917 6:30pm - 8:00pm Page 23	Pr
Yoga4 StiffGuys Basics (Adult) 235545 235550	Acrylic Painting (Adult) 232019 232020	Yoga4Stiff Guys (Adult) 232243 232244 8:30pm-9:30pm Page 20		
7:15pm-8:15pm Page 20	6:30pm-8:30pm Page 17 Hatha Yoga & Body Rolling	Watercolours for the Scared Stiff (Adult) 233095 7:00pm-9:00pm Page 17	Popstar Academy (6-10yrs) 3:45pm-4:45pm 240814 Page 7	De W se
	(Adult) 232071 7:45pm-9:15pm Page 32		Pilates - Matwork All Levels (Adult) 232202 7:30pm-8:30pm Page 20	G

The Douglas Park Community Centre offers programs off-site at the Tapestry Community Rooms, 2821 Heather Street. The facility features 2 multi-purpose rooms, suitable for yoga, pilates, health and wellness, dance, meetings and seminars.

Look for the **TAP** icon to indicate programs offered at this facility.

Tapestry Community Rooms

2821 Heather Street at W 12th Ave. Tapestry Office (Mon-Thur) Open during Program times: 604-874-5401



WE WANT TO HEAR FROM YOU!

Do you have a fun afterschool program idea? What evening activities would you like to see offered at Tapestry Community Rooms? Would you like to offer a course?

Get in touch! douglasparkcc@vancouver.ca

All prices subject to GST where applicable.

Meditation and Art Creation TAP

Kelly Jimenez

Create art from a meditative state of mind, without expectations or judgments, free to discover, to explore and experience the power of this liberating, enriching and insightful process. This class offers the relaxing and replenishing benefits of meditation with the therapeutic benefits of art making. No experience in meditation or art required. All supplies included. **Class held at Tapestry Community Rooms, 2821 Heather St.**

Th 6:30pm-8:00pm	Sep 12-Oct 10
\$117.5/5 sessions	238911
Th 6:30pm-8:00pm	Oct 17-Nov 14
\$117.5/5 sessions	238913
Th 6:30pm-8:00pm	Nov 21-Dec 12
\$94/4 sessions	238917

Waikiki Hula Dancing

Lehualani Mulder

Come experience Aloha while learning The Hula. Take a mini tropical vacation while dancing to classics by Elvis, Don Ho and other island favourites. This is a fun, gentle low-impact exercise to help strengthen your core and lower back. No coconut bras or hula hoops required. No class Sep. 27, Oct. 4

F	11:00 am-11:45 am	Sep 13 - Dec 6
\$62.8	31/11 sessions, \$6.67/drop-in	245361

HEALTH & WELLNESS

Hearing Health Workshop NEW

NexGen Hearing

Topics covered include: Recognizing the early signs of hearing loss and the importance of early detection. Knowing the link between hearing loss and dementia as well as types of hearing loss Information will be clear and easy to understand. This seminar will be of particular interest for those 55+. Please pre-register.

Tu 3:30pm-4:30pm FREE

Sep 10 242017

Hearing Health Screening NEW NexGen Hearing

Many people don't realize they have hearing loss. Now it's easy to check. Come and have your hearing tested by an Audiologist from NexGen Hearing who will be providing FREE hearing screenings.

1 0		0	
Each screening is 15	-20 minutes.	Click here to	register.
W 10:00 am-1:00 pm			Sep 18
FREE		241998	3-242006
W 10:00 am-1:00 pm			Nov 20
FREE	242007-2	242010 <mark>,</mark> 242012	2- <mark>242016</mark>

Foot Care NEW

Maxine Wishart

Simple foot care. Make an appointment to see a registered foot care nurse who will spend time assessing your feet and dealing with common conditions like foot fungus, ingrown nails, calluses, corns etc. Each appointment will be 45 minutes in length. Please no open wounds.

45 min time slots. Click here to register.	
W 11:00 am-2:45 pm	Sep 11
\$47.62/1 sessions 241996, 242220, 242221, 242222,	242223
W 11:00 am-2:45 pm	Oct 02
\$47.62/1 sessions 242648, 24265, 242654, 242978,	242657
W 11:00 am-2:45 pm	Nov 06
\$47.62/1 sessions 242649, 242652, 242655, 242980,	242658
W 11:00 am-2:45 pm	Dec 04
\$47 62/1 sessions 242650 242653 242656 242981	242659

FITNESS

Active Aging

Gail Dibernardo

This workout is geared toward active older adults and those younger folks wishing to begin a fitness routine. It offers a medium intensity workout which includes low impact aerobics, balance practice, agility drills, targeted strength/core work and stretching to give participants full-body training. Attention will be given to providing safe moves for the mature body that will increase functional strength using free weights, tubing, mats and balls and will leave you feeling energized and strong!

Th 9:15am-10:15am \$85.65/15 sessions, \$6.67/drop-in Sep 12-Dec 19 238907

OsteoFit

Keno Kinoshita

Maintain your physical independence when you strengthen muscles for stability, improve balance and agility with Keno. Suitable for older adults and seniors.

W F 11:15am-12:15pm \$165.59/29 sessions, \$6.67/drop-in W 11:15am-12:15pm \$85.65/15 sessions, \$6.67/drop-in F 11:15am-12:15pm \$79.94/14 sessions, \$6.67/drop-in Sep 11-Dec 18 239655 Sep 11-Dec 18 239658 Sep 13-Dec 13 239659



Senior's Yoga

Gail Dibernardo

Lengthen, breathe and relieve stress while balancing the body with gentle yoga poses. Ability to work on the mat is desired, however, the class can be done seated and standing. Emphasis is on flexibility and relaxation with some strength elements. Par Q+ forms will be completed at the first class. Th 10:30am-11:30am Sep 12-Dec 19

NEW

\$85.65/15 sessions, \$6.67/drop-in

Sep 12-Dec 19 233658

All prices subject to GST where applicable.

FITNESS CONT'D

Steady Feet

Rachel King

Steady Feetis abalance and mobility program recommended by doctors and physiotherapists. This program has a strong focus on fall prevention. Pre-requisite for this program is a completed one time Steady Feet Assessment.

Tu 12:00pm-12:45pm, Th 11:45am-12:30pm	Sep 10-Oct 24
\$79.94/14 sessions	238965
Tu 12:00pm-12:45pm, Th 11:45am-12:30pm	Oct 29-Dec 12
\$79.94/14 sessions	238980

Steady Feet Assessment

A 30 minute one on one assessment with the Steady Feet instructor is a pre-requisite for taking the Steady Feet program. Once registered the instructor will contact you to set up a time. \$15.00/1 sessions





Chair Yoga

Rachel King

Come join this gentle Chair Yoga class and experience the benefits of increased balance, strength and flexibility! It is for people of ALL ages that find traditional yoga uncomfortable and/or inaccessible for whatever reason. Rejuvenate your mind and body.

Tu 1:00pm-2:00pm \$61.88/13 sessions, \$5.71/drop-in

SPECIAL EVENT

CHRISTMAS LUNCHEON & CONCERT

Enjoy this festive luncheon with friends and family. A full turkey dinner with all the trimmings, dessert, and coffee/tea will be served. Enjoy live entertainment, some games and prizes! Register early so you don't miss out!

T 12:30pm-3:30pm \$16.65/person +tax **Dec 10** 240226

Sep 10-Dec 3

240074

SOCIAL

Song Sharing All Ages

In our time and place, song has become an art form mostly employed for professional entertainment, yet in the past and in some places in the world today) song was part of daily activities and a source and vehicle for wisdom, keening, praying, and telling human and more-thanhuman stories. At our weekly gatherings, we will share songs, stories and commensality. We will sing and wonder how it is to bring back singing into our everyday lives. Song, a place where life lives, learns, breathes. If you are curious, join us! This program is open to all ages and also seeks to engage seniors as part of the Arts and Health initiative. Program participants will be invited to attend the Arts and Health Project Exhibition and Showcase 2020 in June at the Roundhouse Community Centre. Event details TBA www.artsandhealthproject.com/

Th 5:15pm-6:45pm Oct 10-Dec 12 Free View Online

Stitch in Time

Linda Miller

Knit, Crochet, Tatting and Needlework. Come join this self-directed group. M 7:00pm-9:00pm

Ongoing

Ping-Pong Drop-in

Enjoy a friendly game of table –tennis with your friends. Call 604-257-8130 press 1 to ask what times and space is available.

Ongoing

Book Club

Informal monthly gathering. New members welcome. Meets the first Tuesday of the month.

Ongoing



Young At Heart

Young at Heart meets every Tuesday.

It is an inclusive, drop-in seniors program. It provides recreational, social, cultural, and educational activities to support and connect the seniors to the community.

Young At Heart Newsletter

The Young At Heart Newsletter is published monthly with the current activities and it is available at the centre.

For more information please contact Alysha at 604-257-8110; email: alysha.manhas@vancouver.ca



AFTERNOON SOCIAL

are served from 3:00-3:30pm.

Tu 5:00pm-6:00pm Sep 10-Dec 03

Tu 3:00pm-5:00pm

Oct 15.

Young at Heart Afternoon Social

events, socializing and meeting new seniors.

Dinner for the Young at Heart

You are welcome to drop by and spend a delightful

afternoon enjoying games, workshops, movies, special

refreshments are served. Please check the monthly

"Young at Heart" newsletter for the list of current activities

and guest speakers. No social on Oct 15. Refreshments

Join us for a delicious full-course dinner. It includes

homemade soup, salad, entree, dessert and tea or coffee.

Call at 604-257-8130 ext. 1) by the Friday prior to every

Tuesday to order your dinner in advance. No dinner on

TUESDAY SENIOR PROGRAMS

Bridge Club

Join this casual group in our main lobby for a fun game of bridge in the afternoon. A peer volunteer is available most Tuesdays to teach and explain the game. Newcomers are encouraged to come and watch, learn and ask questions about this very popular card game.

Tu 1:30pm-3:00pm

FREE

Scrabble Club

The Douglas Park Scrabble Club consists of a very friendly group of seniors who get together on a weekly basis to enjoy a few games of Scrabble with others who love to play the game. Players of all abilities are welcome. The only requirement is that you love to play the game, and will enjoy getting together with like-minded friends. It's all about having fun, meeting new friends and challenging your mind.

Tu 1:00pm-3:00pm

FREE

SPECIAL EVENT

OKTOBERFEST DINNER

Enjoy Oktoberfest with friends and family. There will be a full dinner served, live entertainment, some games and prizes! Register early so you don't miss out! Ticket includes one beer. Non-alcoholic options are also available.

T 3:00pm-6:00pm \$14.29/person +tax Oct 15 242831





Light

Sep 10-Dec 03

\$7.14/dinner

SENIOR

All prices subject to GST where applicable.

DOUGLAS PARK OUT-TRIPS

Whistler Village

Visit the Whistler Village. Spend time exploring the many shops and trails. Fee covers transportation. Please bring a bagged lunch or eat at one of the local restaurants. This out trip is outdoors and involves walking on uneven terrain.

Th 8:15am-2:45pm \$28.57/1 sessions Sep 12 240208



Richmond Country Farm-Pumpkin Patch

Join us on a trip out to the Richmond Country Farm for fall festivities, covers transportation only. Bring a lunch or money for Tim Hortons on the way back. This out trip involves walking depending on what parts you want to visit. Th 9:45am-2:45pm Oct 17 \$11.91/1 sessions 240209

Shopping & Lunch in Langley

Join us on a trip to shop till you drop at Westbrook Shopping Centre and then stopping over at Olive Garden for lunch. Trip covers transportation only. Please bring money for lunch at Olive Garden. This out trip involves walking depending on how much you would like to shop. Th 9:45am-2:45pm Nov 14 \$12.86/1 sessions 240210

Vancouver Christmas Market

Come join us on a magical trip to the Vancouver Christmas Market that will for sure get you in the merry spirit. Fee covers transportation. Please bring a bagged lunch or eat at one of the many vendors located at the German market. This out trip is outdoors and involves walking.

Th 10:00am-2:00pm	
\$11.91/1 sessions	

ENJOY THE JOURNEY TOURS

Bowen Island

Located 20 minutes by ferry from Horseshoe Bay, Bowen Island is a forested retreat with a rich history and unique shops. Additional \$10 ferry fee for 64 years and under. Activity level is easy. PACKAGE INCLUDES: Bowen Island Museum. Lunch at Artisan Eats. Village Square, Killarney Lake escorted walk. Snug Cove. Orchard Historical Society. All fees and taxes 9:45am-Horseshoe Bay BC Ferries10:35am-Snug Cove Bowen Island)10:40am-Bowen Island Museum11:15am-Killarnev Lake walk 30 mins)12:00pm-Artisan Eats lunch included)-Artisan Square free time2:15pm-Orchard Historical Society 3:00pm-Snug Cove free time)4:15pm-Sailing4:35pm-Horseshoe Bay Sep 25 W 8:30am-5:30pm \$119/1 sessions 240117

Westham Island

Discover a hidden gem! Travel across the Fraser River over one-lane wooden bridge to a tiny island with its own world-class bird sanctuary. Also visit Garry Point Park's Sturgeon Estuary and London Farms for a High Tea lunch. Activity level is easy.PACKAGE INCLUDES:Reifel Migratory Bird SanctuaryEducational Lesser Snow Geese guided tourLunch London Heritage FarmGarry Point Park Sturgeon Banks EstuaryAngel Estate Winery TastingAll fees and taxes 11:00am - Garry Point Park- Sturgeon Banks Estuary- Migrating Lesser Snow Geese12:00pm - London Heritage Farm- High Tea Lunch included)- Six Historical Site Display Rooms2:00pm - Reifel Migratory Bird Sanctuary- Lesser Snow Geese educational tour3:30pm - Angel Estate Winery tasting M 10:15am-5:00pm Oct 28

\$99/1 sessions 240119

Arts Whistler Holiday Market

Whistler's original Artisan Market has built a reputation
of presenting unique, quality, handmade arts & crafts -
featuring over 100 artisans! Package includes: Squamish
Adventure Centre, escorted entry, admission donation,
Arts Whistler Holiday Market.Activity level: Easy
Su 8:15am-4:00pmDec 01
240125

Heritage Christmas Lights at Lafarge

Step back in time at this year's Heritage Christmas! Stroll through the village and take a ride on the carousel. After dinner, take a stroll around Lake Lafarge, where illuminated tunnels and spectacular light displays comprise the biggest Christmas display in the Lower Mainland. Package includes: escorted entry, Heritage Museum tour, carousel ride, dinner in Port Moody and lights at Lafarge Lake. Activity level: Easy

Th 2:00pm-9:35pm \$109/1 sessions

Dec 12

240227

Community Garden What's Growing? VEGGIES & HERBS & MEADOW OF POLLINATORS

Want to know what's growing and how to join the garden team? Please see the front desk for more information!

COMMUNITY GARDEN WORKSHOPS

Kokedama Workshop

Eyra Bojorquez Borbon

Come and discover this dynamic, free style and fun technique of creating a Kokedama and make one with your own hands! You will learn what a Kokedama is (mossball), how to make it, soil composition, best plants to make a kokedama with and wrapping techniques. You will also learn interesting facts about indoor plants and necessary care and tips to keep them thriving!

Tu 1:00-2:30pm	Sep 17
\$5 <mark>5/1</mark> session	240948
Thu 6:30pm-8:00pm	Oct 3
\$55/1 session	240944

Zero Waste Kitchen and DIY Bees Wax Wraps

Rashmi GC

Participants will learn about reducing food waste, doing packagingfree grocery shopping, sorting kitchen waste, and different methods of composting. Everyone will make a nd take Beeswax Wraps, which are an eco-friendly alternative to plastic saran/cling wrap!

W 1:00pm-3:00pm	Sep 18
\$20/1 session	241519
Th 7:00pm-9:00pm	Nov 7
\$20/1 session	241521

Plant Hanging Macrame with the Modern Knotter

Crissy Tioseco

In this 2 hour workshop, Nicole of The Modern Knotter will guide you through making your very own plant hanging macramé piece. You will work with cotton rope, copper, plants and pots and will learn a variety of basic knots and patterns to create something unique and special. All materials will be provided and no experience precessary!

ine experience neeccoury r	
Wed 6:30pm-8:30pm	Oct 9
\$100/1 session	241982

Make Ahead Mason Jar Salads

Rashmi G C

Mason Jar salads are ideal for easy lunches! Salad ingredients are stacked in a way that keeps salads fresh until consumed. They are super healthy and easy to make. Learn to make one in this wokshop and take it with you. Handouts provided.

Sa 11:00am-12:00pm	Oct 12
\$18/1 session	241525
Th 7:00-8:00pm	Oct 17
\$18/1 session	241527

DIY Creative Garden Markers

Rashmi GC

Forgetting "what" was planted and "were" is a common problem faced by novice and expert gardeners alike! learn about different methods of making creative Garden Markets in this workshop. All materials provided. You will make one to take home!

> Sep 15 241530

Concepts of Year Round Gardening

Village Van<mark>couv</mark>er

Su 1:00pm-3:00pm

\$20/1 session

In this Village Vancouver workshop with Rhiannon Johnson, we'll examine gardening cycles season by season, including what to plant and when to plant it, simple techniques for extending the growing season, and other ways to get more food (and enjoyment) out of your garden. We'll have a community seed library present - pick up some free seeds for your garden, swap or donate some seeds.

Su 11:30 am-1:30 pm	Nov 24
FREE	241994

Introduction to Seed Saving

Village Vancouver

Would you like to start saving your own seeds? In this Village Vancouver workshop, Rhiannon Johnson will provide you with the knowledge needed to understand the basic principles behind seed saving and the skills necessary to begin saving seeds. We'll have a community seed library present - pick up some free seeds for your garden, swap or donate seeds.

Su 12:30 pm-2:30 pm	Sep 29
FREE	241993

Plant Walk with Lori Snyder

Lori Snyder

Indigenous peoples have used wild plants for centuries as food and medicine. Come discover how these plants support us physically, emotionally and spiritually with Lori Snyder, a Métis herbalist and educator. You'll learn how to identify medicinal and edible plants, native and non-native, in our urbanlandscape, and how their properties can improve wellness. Meet in the lobby.

Th 6:30 pm-8:30 pm	
FREE	

Sep 26 242910

Making Beeswax Salves w/ Lori Snyder

Lori Snyder

Explore the practice of traditional medicine making with Lori Snyder, Indigenous herbalist, Learn what plants are best suited to medicinal infusions, when to harvest them and how to prepare and store them appropriately. Participants will make their own salve ointments with plant infused oils and beeswax, ideal for treating cuts, wounds, scrapes, sunburned skin, dry hands and chapped lips. All supplies included.

Su 1:00 pm-3:00 pm FREE Dec 01 242912 Free

Ni-Fi

provided by TELUS

GENERAL REGISTRATION INFORMATION

Don't delay, register early to avoid disappointment!

There are several easy ways to register for Douglas Park Community Centre programs and services including online, by telephone or inperson.

If you wait until the last day to register, courses might get full or great courses could get cancelled. Course availability can be found online or by telephone.

Late registrations will be accepted online or in-person beyond start date for most programs, subject to space availability. In the event that the course you selected is full, you may be placed on a waitlist.

Appropriate program selections and registration are the responsibility of the person registering for the program. Please review confirmation details on your registration receipt. Some programs are held offsite at Tapestry Community Rooms, Emily Carr Elementary School, Edith Cavell Elementary School, Heather Park Tennis Courts and Queen Elizabeth Park Tennis Courts.

Participants may transfer from one program to another if space is available.

Please arrive early to allow time for payment. Some drop-in programs and sports programs have maximum capacity participation limits, subject to first-come, first-served. All prices subject to GST where applicable.

REFUND POLICY

Refund Policy

Full refunds will be issued for all classes cancelled or changed by the centre. Pro-rated refunds are given up to 48 hours* prior to the second class in a series of classes.

*Additional notice required for Daycamp, birthday party programs and bus trip refunds; please inquire for details

LEISURE ACCESS PROGRAM

The Leisure Access Program provides low-income Vancouver residents with access to basic recreation programs and services at Park Board facilities at a reduced cost. Upon qualifying, the subsidy is loaded on a OneCard for discounted access to all Park Board pools, rinks and participating fitness and community centres.

For more information visit:

vancouver.ca/parks-recreation-culture/leisure-access-card.aspx

Eligible Leisure Access Program patrons are eligible to access Douglas Park Community Centre association programs, up to 50% discount. Some programs, workshops, private lessons and services are exempt. Please enquire with staff regarding discount eligibility or financial aid.

ROOM RENTALS

Planning an event, meeting or social party? The Douglas Park Community Centre offers a variety of rental spaces. Our facilities are affordable, clean and located right in your community. We can accommodate events from 10 to 50 people with a variety of room sizes to choose from. Facility room rental rates are based on room type and operating/non-operating hours of availability. For more information please visit douglasparkcc.org.



MISSED CLASSES AND CANCELLATIONS

Missed classes

Participants are to attend all classes as scheduled for the program in which they are registered. In the event that a participant is unable to attend a scheduled class(es) during the program session, makeup classes or refunds for the missed class(es) will not be provided.

Cancellations

Douglas Park Community Centre reserves the right to cancel or alter any classes, times, costs or locations without notice as required due to insufficient registration, inclement weather, change of policy or availability of facilities or instructors. Full refunds will be issued for course cancellations only.

STAFF DIRECTORY

Jody Gunderson	Community Recreation Supervisor
jody.gunderson@vancouver.ca	604-257-8433
Ingrid Richter	Recreation Facility Clerk
ingrid.richter@vancouver.ca	
	Recreation Programmer II
lorelei.lauten@vancouver.ca	
Alysha Manhas	Recreation Programmer I
alysha.manhas@vancouver.ca.	
Suzy Parker	Community Youth Worker
suzy.parker@vancouver.ca	604-257-6951
Rosie Laforges	Licensed Care Coordinator
rosie.laforges@vancouver.ca	
Douglas Park Community Centre	
douglasparkcc@vancouver.ca.	

28

Follow us! DOUGLAS PARKCC Visit our website! www.douglasparkcc.org

FITNESS CLASSES

Circuit-Style Workout

Melanie Ma

Stay exhilarated by mixing it up as you travel from one station to another in a timed format. Training includes cardiovascular drills, strength and stretching work. Equipment and props used. NEW: This class is now a registered class. No classes Sept 24, Oct1 and Oct 8.

Tu 6:35pm-7:35pm	Sep 10-Dec 10
\$52.38/11 sessions, \$5.71/drop-in	232039



Body Sculpt - Aerobics

Melanie Ma

A mid-tempo cardio workout incorporating power moves. A longer sculpt session focusing on building functional strength and inner core stability including the use of free weights and dynabands. Accommodates all fitness levels. No classes Sep 26, Oct 3 and Oct 10.

Th 5:55pm-6:55pm	Sep 12-Dec 12
\$52.38/11 sessions, \$5.71/drop-in	232028

Fat Burner - Aerobics

Melanie Ma

A fun, high energy workout for all levels that burns fat! Learn dance exercises and choreographed combinations. Finishes with strength training using free weights and/or dynabands and a cool-down stretch. Please note: This is now a registered program, discounted fee for those that registered for season. No classes Sept 28, Oct 5, Oct 12, Oct 26 and Dec 7.

clusses sept 20, Oct 5, Oct 12, Oct 20 and Dec 7.	
Sa 9:05am-10:05am	Sep 14-Dec 14
\$42.86/9 sessions, \$5.71/drop-in	232056

Total Body Strengthening

Rachel King

This class is geared towards adults who would like to develop or to maintain muscular bone and joint health. This one hour class is designed to improve cardio health, functional strength, balance and coordination, posture, range of motion and flexibility.

Tu 10:45am-11:45am	Sep 10-Oct 22
\$53.33/7 sessions, \$9/drop-in	234716
Tu 10:45am-11:45am	Oct 29-Dec10
\$53.33/7 sessions, \$9/drop-in	241985

Fit 4 Two Postnatal Sampler NEW

Melanie Osmack

Help us choose the best Fit 4 Two class to offer at Douglas Park! This sampler series will give you the chance to try four of our most popular postnatal class types and then choose your favourite for the final class. We will use your feeback to choose which class type to offer in 2020.Week one: Tummies 4 MommiesWeek Two: Mom & Baby FitnessWeek Three: Mom & Baby BarreWeek Four: Mom & Baby YogaWeek Five: You choose! Class vote.

W 11:45am-12:45pm \$65.91/5 sessions, \$16/drop-in

STRONG

Sep 18-Oct 16

232477

Strong by Zumba Monika Schoenenberger

This new powered by Zumba program revolutionizes Zumba workoutsas you know them, combining strong, upbeat rhythms with powerful,high-intensity cardio and strength conditioning moves to ratchet yourfitness potential up a notch. No class Dec 1. Su 10:30am-11:30am Sep 08

FREETRIAL	232221
Su 10:30am-11:30am	Sep 15-Dec 15
\$94.29/11 sessions, \$10.47/drop-in	232220

-ITNES

FITNESS CLASSES CONT'D

Zumba 😚 ZVMBA

Perfect for everybody and every body! Each Zumba® class is designed to bring people together to sweat it on. A total workout, combining all elements of fitness - cardio, muscle conditioning, balance and flexibility, boosted energy and a serious dose of awesome each time you leave class. No class Oct. 24.

Maira Daiha

Tu 9:30am-10:30am \$120/14 sessions, \$10.47/drop-in	Sep 10-Dec 10 232245
Asal Nikoopour	
Th 9:30am-10:30am \$111.43/13 sessions, \$10.47/drop-in Lesley Maranhao	Sep 12-Dec 12 232247
No class Oct. 26 and Dec. 7	
Sa 10:15am-11:15am \$111.43/13 sessions, \$10.47/drop-in	Sep 07-Dec 14 <mark>229324</mark>

Zumba Gold 🚱 ZVMBA

Asal Nikoopour

Perfect for active older adults who are looking for a modified Zumba classthat recreates the original moves you love at a lower-intensity.

Th 10:35am-11:35am \$99.05/13 sessions, \$8.57/drop-in Sep 12-Dec 12 232248

DOUGLAS PARK COMMUNITY CENTRE ASSOCIATION



The purpose of the Douglas Park Community Centre Association is to improve the quality of life of Douglas Park Community residents through recreation pursuits.

The Douglas Park Community Centre is operated jointly by the Board of Parks and Recreation and the Douglas Park Community Association. The Association is a registered non-profit organization whose Board of Directors play a significant role in determining the type of programs andservices offered. Over the years, we have renovated the centre, expanded the preschool and out-of-school care programs, as well as invested in facility improvements.

We continue to seek new Board Members and community members that would like to become involved. Participate in expanding program services, organizing events, fundraising, facility and park improvement and addressing community needs. If you would like to become more involved please contact 604-257-8130 (press #1) or douglasparkcc@vancouver.ca

Stretch & Core

Rachel King

The Stretch & Core class will focus on increasing flexibility and calming the mind. All ages and physical capabilities are welcome. No cardio - all stretch poses for your entire body with a focus on core strengthening for lower back and abdominals. Wed 2:15pm-3:00pm Sep 18-Dec 11 211879

\$74.29/13 sessions



Bootcamp

Get Fit and Motivated with this high energy workout including weights, circuit, intensive core, stretching and a multitude of challenging exercises that make you sweat and burn calories! No class Oct 14, Nov 11, Nov 25

M 6:00pm-7:00pm \$115.23/11 sessions Sep 9-Dec 9 243048



Make a difference in your community

We are looking for new Board Members or committee members to help expand our programs and further develop our services. This is a great way to explore board opportunities, give back to your community and meet new

friends. For more information, please contact the Main Office or douglasparkcc@vancouver.ca

ANNUAL GENERAL MEETING

The Douglas Park Community Association Annual General Meeting (AGM) is held on Wednesday, November 20, 2019 at 7pm.

In order to vote at the AGM, you must be a member of the DPCA. Annual membership is free. Register at the front desk today.

OneCard is not applicable for association governance purposes and does not entitle the holder to vote at the AGM. Our membership year runs from Sep 1- Aug 31.

Wednesday November 20, 2019 at 7pm.

EXERCISE ROOM

EXERCISE ROOM

Our exercise room offers stair climbers, stationary bikes, a recumbent bike, an elliptical trainer, weights and a treadmill! With each workout, you are required to pay a drop-in or scan your pass at the front office.

• Lockers are provided for your use while you work out. Please bring your own lock.

EXERCISE ROOM FEES

Drop-in	\$3.80
1 month pass	\$31.90
3 month pass	\$60
1 year pass	\$180
10 visits	\$35
Drop-in Leisure Access Program eligible fee	\$1.90

EXERCISE ROOM - FALL HOURS

Effective Sep 3 - Jan 1, 2020

Monday - Thursday	7:30am - 9:30pm	
Friday	7:30am - 8:30pm	
Saturday	9:00am - 3:00pm	
Sunday	9:00am - 3:30pm	
Office Hours: Centre office closes 1/2 hour before scheduled closing time.		

Community Centre Closed: Oct 13, Oct 14, Nov 10, Nov. 11, Dec 22 to Jan 1, 2020.

EXERCISE ROOM - HOLIDAY HOURS

Effective Dec 22 - Jan 5, 2020

SUN	MON	TUE	WED	THU	FRI	SAT
Dec 22	Dec 23	Dec 24	Dec 25	Dec 26	Dec 27	Dec 28
Closed	Closed	Closed	Closed	Closed	Closed	Closed
Dec 29	Dec 30	Dec 31	Jan 1	Jan 2	Jan 3	Jan 4
Closed	Closed	Closed	Closed	7:45am-	7:45am-	9:00am-
				5:30pm	5:30pm	3:00pm

Jan 5 9:00am-

Holiday hours subject to change.



EXERCISE ROOM CONSULTS & ORIENTATIONS

Not sure how to use all the equipment properly? Information is provided on the operation of the machines and the rules of the weight room. Book a personal consultation with our qualified staff. Visit or call the office at 604-257-8130 (press #1) for an appointment. Cost \$18.25

Personal Training

ACHIEVE YOUR FITNESS GOALS

Do you want energy, endurance, strength, flexibility? • Weight Loss • Strength and Cardiovascular Training •

Agility and Flexibility Training

Certified Personal Trainer Toni Durbin offers private weight training and cardio instruction. Pick up an info sheet from the office. Call 604-257-8130 (press #1) for more info.

Personal Training Cost \$60/session Exercise Room Orientation \$18.25/session 5 session Personal Training Package \$270

Work with our personal trainer Toni Durbin to help you achieve your fitness goals. Toni will set you on a personalized program and monitor your progress making changes where necessary during your sessions.



Toni Durbin is a BCRPA Certified Personal Trainer, BCRPA Group Fitness Instructor and Pre & Post Natal Fitness Specialist. A mom of two and a sport enthusiast, Toni is committed to enabling and empowering women and men to reach their fitness goals. Toni has been in the fitness industry for over 9 years and has been teaching mom & baby group fitness classes for more than 7 years.



OneCard is your universal access to recreation in Vancouver. With OneCard, you can access the entire network of Park Board pools, rinks and fitness centres, and participating community centres across the city - no matter where you live, no matter what your income level.

OneCard is your passport to staying active and having fun!

FALL 2019 SPECIAL EVENTS

NEW

Harvest 18 Festival

Friday October 18, 5:00-7:30 pm

Join us with celebrating the beginnings of our community garden, a complete garden to table experience. It will be an evening of uniting the community through celebrations with food and entertainment. Must register each person individually! FREE 243045

9yrs Fangtastic 26 Halloween Fun



Saturday October 26, 10:00am-12:00pm

Please pre-register in advance, this popular event sells out. \$5/child 239014

DEC Jam'n Concert:

MUSic With Marnie & Friends



Sunday December 1, 11:00am - 12:00pm (Doors open at 10:45am) **BUY TICKETS** This is an event you wont want to miss!

Get ready to boogie with West Coast Families Readers' Choice Gold Award Winner Marnie Grey, and ALL of her friends, like Mumbu the Monkey, Milton the Mosquito & Jethro the Cowboy - Kevin and Cass the Snicker Snakes will be there too! www.MusicwithMarnie.com

Tickets \$10.00 In Advance or \$12.00 at the door. 242828 Must register EACH Person Individually (child + adult) 6 Mos & Under Free!

HalloMeeN 19 PUMPKIN Carving

NEW

Saturday October 19, 1:30-3:30pm

Come and join us for our very first family pumpkin carving event, it'll for sure get you into the Halloween spirit! Put you creative skills to the test and transform your pumpkin into a spooky jacko-lantern. We will provide the spooky music, hot chocolate, some treats, and some carving tools and stencils will be provided or bring your own! Please register by Sat, Oct 12 to reserve your pumpkin and space. Parent participation is required.

Price is per pumpkin. Please notify us how m any members will be attending. \$7/pumpkin 243044



Winter Pottery Sale



Saturday November 9, 10:00am-2:00pm

Don't miss this chance to get your hands on beautiful, unique handmade ceramics! Find us online 👩 dp.potterclub

BreakFast With Santa

Saturday December 7, 10:00am - 12:00pm

Join us for this festive family event. Eniov a breakfast fit for Santa and all his little helpers, activities, entertainment and a special visit with Santa! Event is suitable for all ages. Please pre-register in advance, popular event sells out.

\$6/person 239015

