

Kitsilano Community Centre

Winter • Spring 2020

Recreation Guide

Parent & Tot Gym
See page 10



Programs for all ages

room rentals
special events
community kitchen
sauna & fitness centre

arts
dance
day camps
languages
exercise
wellness
workshops
music
pilates & yoga
drop in sports
tennis
and much more.

2690 Larch Street, Vancouver, B.C., V6K 4K9
Phone 604-257-6976

kitscc.com



Jointly operated by the Vancouver Board of Parks and Recreation & the Kitsilano Community Centre Association



KITSILANO WAR MEMORIAL COMMUNITY CENTRE

2690 Larch Street, Vancouver, B.C., V6K 4K9 Phone 604-257-6976 Fax 604-257-6996 Web www.kitscc.com

Jointly Operated by Vancouver Board of Parks and Recreation and Kitsilano War Memorial Community Centre Association

President's Message



Welcome to the Winter/Spring Guide of the Kits Community Centre!

We will be hosting another set of Patron Appreciation events early 2020; The event will take place in the Centre Lobby and will be an opportunity for you to meet the Association Directors and Park Board staff – who are working for you. The event will also provide a chance to learn about our programs, give us your input, find out what's new at our Centre and to learn about how you can be involved in the governance of the Association. Subscribe to our newsletter today so you do not skip a beat on what is currently being offered at the Centre throughout the New Year @KitsilanoCC by visiting kitscc.com or alternatively asking a front desk agent at your next visit.

We encourage you to visit one of our upcoming events in early 2020:

- Patron Appreciation Events - January 3rd (9-12PM) and January 7th (5-9PM)
- Wine and Paint Night - January 11th (5PM)
- Family Day - February 17th
- Easter Eggstravaganza - April 11th (10AM-12PM)
- Association AGM - April 16th (7-9PM)

A brief update on major and current projects:

- **Artist in Communities Project** – Commencing in the New Year. Subscribe to our newsletter at kitscc.com for ongoing updates.
- **Water Park** – Completion is still slated for May 2020 in anticipation of another gorgeous Vancouver summer.
- **Whirlpool** – An exclusive Park Board project; the facility is set to reopen in May 2020 once construction is complete.
- **VanSplash** - Final report has been approved; More details are available about the VanSplash Strategy on the City of Vancouver's website.

Thank you for your continued patronage - we value your support!

Jerry Fast

President

Kitsilano Community Centre Association

**Kitsilano Community
Centre Association**
Annual General Meeting
Thursday, April 16th
7:00-9:00pm

Be informed and participate in the future
of your Community Centre!
Join us at our AGM.

**Hours Of Operation January 1-June 30, 2020****Operating Hours**

Monday-Friday	7:00 AM-10:00 PM
Saturday	8:45 AM-5:00 PM
Sunday	8:45 AM-9:30 PM
Statutory Holidays	8:45 AM-12:30 PM

Fitness Centre Hours

Monday-Friday	6:00 AM-11:00 PM
Saturday & Sunday	7:00 AM-10:00 PM
Statutory Holidays	7:00 AM-10:00 PM

Ice Rink See page 49. **Winter:** Lesson schedules and registrations are available online at vancouver.ca or call 311. **Spring & Summer:** Dry floor rental requests are submitted through the online process at vancouver.ca. Spring and Summer Learn to Skate Lessons are available at Hillcrest and Sunset rinks.

Program Registration**ONLINE & IN PERSON
REGISTRATION**

Begins Saturday, December 7 at 9:00 AM

To register online
go to www.kitscc.com

To set up your online account or to reset
your password, please call 311.

PHONE REGISTRATION

Begins Saturday, December 7 at 12:00 PM

604-257-6976 ext. 1.

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Refund Policy

Cancelled programs are 100% refunded.

Requests for refunds must be received
at least:

- 2 days prior to the 1st, 2nd or 3rd scheduled class for pro-rated refund.
- 2 days prior to workshops & outdoor programs.
- 7 days prior to any activity start date and time for camps, luncheons, private lessons and bus trips.
- Birthday parties: 1 months' notice: full refund; 2 weeks' notice: 50% refund; less than 1 week: no refund
- Refunds are subject to a \$5 administrative fee.

Subsidized Programs

Discounts are available on some programs at time of registration, provided you meet the criteria and have proper identification. Youth and students may receive 25% discount on adult programs. Seniors over 65 may receive a 25% discount on adult programs. Patrons that qualify for the Leisure Access Program may receive a 50% discount on some programs. Application forms for the Leisure Access Program are available at: www.vancouver.ca/parks/rec/lac/index.htm All programs are subject to change.

Privacy Policy

In the course of providing programs and services, the Kitsilano War Memorial Community Centre Association collects personal information of members and others participating in classes, workshops, projects, events, or facility rentals. This information may be used for communication purposes regarding current or upcoming events, processing payments, statistical or human resource purposes, or for the provision of programs or services.

**Kits Staff**

Recreation Supervisor: Silvia Laforges

Recreation Facility Clerk: Beatriz Becerra

Recreation Programmers: Heather Rooke
Maegan Montemayor, Eric Yu

Program Assistant III: Jacky Mah,
Paula Parman, Noah Thrush

Cashiers/ Program Assistants:

Sanjana Bhasin, Katie Bolt, Ben Cheung,
Josh Drake, Chris Evans, Kelley Hindley,
Riley Keevil, Alfred Lee, Kristina Lim,
Jasminder Mann, Melissa Maisani, Jacky Ly,
Victor Leung, Thien Nguyen, Amber Olak,
Andy Park, Greg Paton, Tiffani Wong

Fitness Centre: Tonya Allen, Eugene Bayot,
Mark Cartwright, Michael Chiu, Karen
Everall, Curtis Hutson, Preston Li,

Anna Parrish, Ross Tamagi, Patrick Wong

Mechanical Technician: Peter Evans

Building Service Workers: Rey Gamatan,
Ranjit Purewal

Maintenance Lead Hands: Ben Cheung,
Willem Muller

Board Members

- Jerry Fast: President
- Don Shaw: Vice President
- Rho Tuttle: Vice President
- Arlene Brown: Treasurer
- Alf Lam: Secretary
- Robert Haines: Past President
- Liz Cochran: Member at Large
- Joan Andersen: Member at Large
- Daniel Conrad: Member at Large
- Nona Thompson: Member at Large
- Annette Whitehead: Member at Large
- Kelly Rolland: KCC Association
Administrative Assistant



Music Music with Marnie

WINNER of 8 West Coast Family Magazine Readers Choice GOLD Awards for Best Performer, Best Children's Band and Best Music Classes in 2012, 2013, 2014 & 2017. Early Childhood Educator and Children's Entertainer Marnie Grey's philosophy is that children learn through movement and PLAY - while pretending to be birds, elephants or simply clapping, children will move and groove and learn along the way. Marnie's classes and music teach simple rhythms, develop confidence and allow children to express themselves musically and creatively all while having FUN! As well as teaching, Marnie tours across the Country, singing tunes from her 4 Award Winning CD's. Visit www.MusicwithMarnie.com for more information.



Music With Marnie Babies (2 mo-17 mo)

One of Marnie's most popular classes! Explore music through songs, chants, fingerplays, movement, instruments, sign language, bubbles and puppets galore. Marnie's animated and easy going personality will keep your baby captivated. Adults will leave with songs and activities to share with their baby - from car rides to bath time. Cost includes a CD/Download card. No class Monday, February 17. No class Monday, May 18.

M	11:30 AM-12:05 PM	
Jan 13-Mar 9	\$124/8 sess	255775
M	12:30 PM-1:05 PM	
Jan 13-Mar 9	\$124/8 sess	255778
Tu	11:30 AM-12:05 PM	
Jan 14-Mar 10	\$138/9 sess	255781
Th	11:30 AM-12:05 PM	
Jan 16-Mar 12	\$138/9 sess	255783
M	11:30 AM-12:05 PM	
Apr 20-Jun 15	\$124/8 sess	255798
M	12:30 PM-1:05 PM	
Apr 20-Jun 15	\$124/8 sess	255802
Tu	11:30 AM-12:05 PM	
Apr 14-Jun 16	\$152/10 sess	255805
Th	11:30 AM-12:05 PM	
Apr 16-Jun 18	\$152/10 sess	255863

Instructor: Marnie Grey

Music With Marnie Toddlers (17 mo-3 yrs)

This class is about children learning through PLAY and actively having FUN! Marnie's years of childhood expertise will have your toddler jumping, clapping, marching, singing and even signing along! Through the use of puppets, bubbles and jumping galore, your child will be guaranteed to move and groove and learn along the way. Class includes a CD/Download card. No class Monday, February 17. No class Monday, May 18.

M	9:30 AM-10:15 AM	
Jan 13-Mar 9	\$136/8 sess	255870
Tu	9:30 AM-10:15 AM	
Jan 14-Mar 10	\$152/9 sess	255872
Tu	10:30 AM-11:15 AM	
Jan 14-Mar 10	\$152/9 sess	255875
Th	9:30 AM-10:15 AM	
Jan 16-Mar 12	\$152/9 sess	255876
M	9:30 AM-10:15 AM	
Apr 20-Jun 15	\$136/8 sess	255878
Tu	9:30 AM-10:15 AM	
Apr 14-Jun 16	\$167/10 sess	255879
Tu	10:30 AM-11:15 AM	
Apr 14-Jun 16	\$167/10 sess	255880
Th	9:30 AM-10:15 AM	
Apr 16-Jun 18	\$167/10 sess	255881

Instructor: Marnie Grey

Music with Marnie Tots (2-4 yrs)

A more advanced class, for the ever-growing, ever changing toddler or preschooler. Lots of Music with Marnie faves will be shared, and the class will be spiced up with some new tunes and fun rhythm and movement activities - perfect for a preschooler or seasoned Music with Marnie fan. Class includes a CD/Download card.

Th	10:30 AM-11:15 AM	
Jan 16-Mar 12	\$152/9 sess	255883
Th	10:30 AM-11:15 AM	
Apr 16-Jun 18	\$167/10 sess	255884

Instructor: Marnie Grey

Music with Marnie All Ages (10 mo-5 yrs)

A perfect program for brothers and sisters and kids of all ages to sing and dance and enjoy a mixture of age appropriate action based songs, both traditional and from Marnie's 4 CD's. Marnie and the older children will lead the way. Younger children will bounce about and march and learn from the older ones. Cost includes a copy of one of Marnie's CD's or download card. Do you have siblings? If so, please contact the front desk to register additional siblings at the rate of \$104/child. No class Monday, February 17. No class Monday, May 18.

M	10:30 AM-11:15 AM	
Jan 13-Mar 9	\$136/8 sess	255885
M	10:30 AM-11:15 AM	
Apr 20-Jun 15	\$136/8 sess	255889

Instructor: Marnie Grey



Spring Break Music With Marnie

Camps will include many Music With Marnie favourites!

Babies (2 mo-17 mo)

Tu W Th 11:30 AM-12:05 PM
Mar 17-Mar 19 \$45/3 sess 255895

Instructor: Marnie Grey

Toddlers (17 mo-3 yrs)

Tu W Th 9:30 AM-10:15 AM
Mar 17-Mar 19 \$49/3 sess 255898

Instructor: Marnie Grey

Siblings (2 mo-6 yrs)

Must register at least two children.

Tu W Th 10:30 AM-11:15 AM
Mar 17-Mar 19 \$38/3 sess 255901

Instructor: Marnie Grey





Music

Music Together

As a parent, you want to give your child the very best. You want to expose them to every possible opportunity to learn and grow. At Music Together, this starts with creating a bond through music. Since 2004, West Side Music Together has been helping thousands of families discover the joys of music-making and the powerful benefits of having music in their lives. In our family classes, grownups learn together with their children and then recreate the fun at home with our award winning recordings and songbooks. Meet me in the music at Music Together!

Music Together (Birth- 5 yrs)

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! Find out how important - and how much fun - your role can be! Our 9 award-winning music collections and research-based curriculum supports parents at home and keeps the music making alive all week! In our mixed age class, 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. The whole family is welcome - parents, grandparents, caregivers - for this important family music experience. 45 minutes of pure fun each week! Parent participation is required. Siblings attend at a reduced tuition (Winter Rate - \$99, Spring Rate - \$110) and children 6 months and under attend free with a registered sibling. \$60 Music Together licensing fee is non-refundable after the first class. Please note: Online registrants, please pay full price for siblings then contact the front desk to receive the sibling discount.

Tu	9:30 AM-10:15 AM	
Jan 14-Mar 10	\$159/9 sess	254957
Tu	10:30 AM-11:15 AM	
Jan 14-Mar 10	\$159/9 sess	254960
Tu	11:30 AM-12:15 PM	
Jan 14-Mar 10	\$159/9 sess	254961
F	9:30 AM-10:15 AM	
Jan 17-Mar 13	\$159/9 sess	254962
F	10:30 AM-11:15 AM	
Jan 17-Mar 13	\$159/9 sess	254963
F	11:30 AM-12:15 PM	
Jan 17-Mar 13	\$159/9 sess	254965

Instructor: Donalyn

Tu	9:30 AM-10:15 AM	
Apr 7-Jun 9	\$170/10 sess	254969
Tu	10:30 AM-11:15 AM	
Apr 7-Jun 9	\$170/10 sess	254972
Tu	11:30 AM-12:15 PM	
Apr 7-Jun 9	\$170/10 sess	254973
F	9:30 AM-10:15 AM	
Apr 17-Jun 19	\$170/10 sess	254999
F	10:30 AM-11:15 AM	
Apr 17-Jun 19	\$170/10 sess	255000
F	11:30 AM-12:15 PM	
Apr 17-Jun 19	\$170/10 sess	255001

Instructor: Donalyn



Orff Music

Tonia Allen joins us from the Vancouver Academy of Music where she was the Orff Department Head for many years. Orff and Kodaly stress musical basics like pitch and rhythms using a multifaceted approach of percussion instruments, singing and movement.

Orff and Kodaly Music (3-5 yrs)

Your child will sing, play a large variety of percussion instruments, including xylophones, metallophones and glockenspiels. We will also do rhythm and pitch training, movement, puppets, worksheets and more! Tonia Allen has been teaching all ages for many years and has recently moved her very popular Orff program from the Vancouver Academy of Music to Kits Community Centre. No session Saturday, February 15. No session Saturday, April 11 and May 16.

Sa	10:00 AM-10:45 AM	
Jan 11-Mar 14	\$86/9 sess	256334
Sa	10:00 AM-10:45 AM	
Apr 4-Jun 13	\$86/9 sess	256335

Instructor: Tonia Allen

Piano Lessons

Suzuki Piano Method Group Lessons

Using the Suzuki Piano Method young piano students will learn to play the piano as they learn a language, first by listening, playing by ear and later reading music. In this way students develop a musicality and appreciation of music. Classes will have a maximum of 5 students sitting in a circle around the teacher and the piano. Children will learn by imitation and listening. Each child will take a turn on the piano, while the other students will listen, watch and work on music sheets. Parents are welcome to stay and observe. No session Saturday, May 16.

(3.5-4.5 yrs)

Sa	2:10 PM-2:40 PM	
May 2-Jun 13	\$78/6 sess	256731

(3.5-5.5 yrs)

Sa	1:30 PM-2:00 PM	
May 2-Jun 13	\$78/6 sess	256732

Instructor: Ieva Cornford



Dance & Music



BrightStars With Jordan

Miss Jordan has been professionally dancing and performing worldwide for over 35 years and brings her love of teaching and excellence to our classes here at Kits Community Centre! She is the founder and Director of BrightStars Performing Arts, established in 2007, that supports and nurtures the skills and passion of young performers. You will also find her teaching at her own studio classes and schools throughout Vancouver, bringing joy and love to hundreds of past and present students.

BrightStars Minis (3-5 yrs)

Introduce your "Mini" to the wonderful world of dancing and music in this fun class teaching early fundamental dance technique (Ballet, Jazz) and musical appreciation with singing, early music theory and games. Students learn confidence and poise and will enjoy being active and creative in this great starter class! Please have your child dress in appropriate dance or active wear and bring a water bottle to class. Children must be able to attend class on their own without parent/adult participation.

F	10:15 AM-11:00 AM
Jan 17-Mar 6	\$76/8 sess 255601
F	10:15 AM-11:00 AM
Apr 17-Jun 5	\$76/8 sess 255603

Instructor: Jordan Thomson

Dance

Dance with Lorraine

Lorraine White-Wilkinson holds a BA in Dance as well as an MA in Arts Education, and with over 30 years teaching experience has been recognized for her dedication and passion as a Dance Educator. Her classes enhance the social and emotional learning of the little dancers in addition to addressing fundamental age appropriate dance concepts. As one parent puts it... "The joy she has for teaching is evident and contagious!"

Parent and Tot Pre-Dance (2-3 yrs)

A gentle introduction to dance with a focus on fun and the joy of movement. Stories, poems and props will be used to get the little ones dancing. Body parts, levels and directions will be explored providing opportunities to foster connections with the parent while sensitively encouraging independence-all this while making new little friends. No session Tuesday, February 11, Saturday, February 15 and Saturday, May 23.

Tu	10:30 AM-11:10 AM
Jan 7-Mar 10	\$79/9 sess 256303
Sa	10:30 AM-11:10 AM
Jan 11-Mar 14	\$79/9 sess 256304

Tu	10:30 AM-11:10 AM
Apr 14-Jun 16	\$88/10 sess 256306
Sa	10:30 AM-11:10 AM
Apr 18-Jun 20	\$79/9 sess 256317

Instructor: Lorraine White-Wilkinson

Creative Dance (3-4 yrs)

Children will explore the elements of movement through the use of stories, poems, props and pictures. Dancers will have the opportunity to improvise, engage in creative problem solving and grow in cognitive, social and emotional ways as they interact in class. The focus is on fun and the joy of movement in a supportive and positive learning environment. No session Saturday, February 15 and Saturday, May 23.

Sa	9:30 AM-10:15 AM
Jan 11-Mar 14	\$79/9 sess 256866
Sa	9:30 AM-10:15 AM
Apr 18-Jun 20	\$79/9 sess 256868

Instructor: Lorraine White-Wilkinson



Pre-Ballet Creative Dance (3-4 yrs)

A great combination class, offering the structure of ballet with the explorations of creative dance. Parents are invited to watch the last day of class. No session Tuesday, February 11, Saturday, February 15 and Saturday, May 23.

Tu	9:30 AM-10:15 AM
Jan 7-Mar 10	\$79/9 sess 256879
Sa	12:30 PM-1:15 PM
Jan 11-Mar 14	\$79/9 sess 256886

Tu	9:30 AM-10:15 AM
Apr 14-Jun 16	\$88/10 sess 256891
Sa	12:30 PM-1:15 PM
Apr 18-Jun 20	\$79/9 sess 256893

Instructor: Lorraine White-Wilkinson

Pre-Ballet Creative Dance (4-5 yrs)

A great combination class, offering the structure of ballet with the explorations of creative dance. Parents are invited to watch the last day of class. No session Tuesday, February 11.

Tu	11:15 AM-12:00 PM
Jan 7-Mar 10	\$79/9 sess 256897

Tu	11:15 AM-12:00 PM
Apr 14-Jun 16	\$88/10 sess 256901

Instructor: Lorraine White-Wilkinson

Pre-Ballet (4.5-6 yrs)

This introductory class focuses on posture, body awareness and musical sensitivity. Dancers will have the opportunity to improvise, explore movement concepts while experiencing the beauty of dance. Basic ballet technique will be introduced and a choreographed dance will be presented to parents on the last day of class. No session Saturday, February 15, and Saturday, May 23.

Sa	11:30 AM-12:15 PM
Jan 11-Mar 14	\$79/9 sess 256903

Sa	11:30 AM-12:15 PM
Apr 18-Jun 20	\$79/9 sess 256905

Instructor: Lorraine White-Wilkinson



Dance

Dance with Endorphin

Endorphin Rush Dance and Fitness is a high energy dance company facilitated by Kirby Rae Snell and her team of professional dance instructors with a high arsenal of experience and expertise to bring to every studio session. Their classes are high energy, inclusive and innovative, bringing out the best in each dancer while also having a lot of fun. More info at www.kirbysnelldance.com

My First Dance Class (2-4 yrs)

Aspiring little dancers will use songs, movement explorations and games to explore coordination, rhythm, spatial awareness and cooperation. Suitable for the youngest of dancers to experience a playful class with the support of their parents. This class is about having fun, working on coordination and becoming comfortable in a dance environment.

W	10:30 AM-11:00 AM	
Jan 8-Mar 11	\$80/10 sess	256913
W	12:00 PM-12:30 PM	
Jan 8-Mar 11	\$80/10 sess	256916
W	10:30 AM-11:00 AM	
Apr 8-Jun 10	\$80/10 sess	256918
W	12:00 PM-12:30 PM	
Apr 8-Jun 10	\$80/10 sess	256921

Instructor: Endorphin Rush Dance

Little Ballerina's (3-5 yrs)

Young ballerinas explore the fun and beauty of ballet while learning the basic techniques. They will love playing with their creative expression in this fun class. Children must be able to participate without a parent in the room. There will be a presentation for parents/families on the last day of class.

W	11:00 AM-11:45 AM	
Jan 8-Mar 11	\$85/10 sess	256924
W	11:00 AM-11:45 AM	
Apr 8-Jun 10	\$85/10 sess	256925

Instructor: Endorphin Rush Dance

Spring Break Dance Camps

My First Dance Camp Spring Break (2-4 yrs)

Join us in the Dance Studio for an introduction to creative dance. Aspiring little dancers will use songs, movement explorations and games to explore coordination, rhythm, spatial awareness and cooperation. This week long dance camp is for young little dancers to experience a playful class with the support of their parents being present.

M-F	9:15 AM-10:00 AM	
Mar 16-Mar 20	\$45/5 sess	256928
M-F	9:15 AM-10:00 AM	
Mar 23-Mar 27	\$45/5 sess	256931

Instructor: Endorphin Rush Dance

Little Ballerinas Spring Break Camp

Children will learn the basics of ballet and explore their own creative expression in a safe and fun environment. Children must be able to participate without a parent in the room. There will be a presentation for family and friends on the last day of camp.

(3-4 yrs)		
M-F	10:15 AM-11:00 AM	
Mar 16-Mar 20	\$45/5 sess	256934
M-F	10:15 AM-11:00 AM	
Mar 23-Mar 27	\$45/5 sess	256935
(4-6 yrs)		
M-F	11:00 AM-12:00 PM	
Mar 16-Mar 20	\$55/5 sess	256936
M-F	11:00 AM-12:00 PM	
Mar 23-Mar 27	\$55/5 sess	256938

Instructor: Endorphin Rush Dance

Hip Hop Breakers Spring Break Camp (4-6 yrs)

This non-stop action-packed class introduces hip hop, basic break dancing and dance games that will have your young dancer moving to the beats. Children must be able to participate without a parent in the room. Family and friends be ready to cheer during the final day performance.

M-F	1:00 PM-2:00 PM	
Mar 16-Mar 20	\$55/5 sess	256940
M-F	1:00 PM-2:00 PM	
Mar 23-Mar 27	\$55/5 sess	256941

Instructor: Endorphin Rush Dance

Language



Beginner Baby Sign Language (Birth-1.5 yrs)

It's never too early or too late to start learning basic American Sign Language vocabulary with your baby for the proven benefits of reduced frustration and increased communication together. We will sing, play and sign to help adults learn basic everyday words that your babies will understand and respond to daily for mealtime, play time, getting outside, feelings, manners and animals. For more information about baby sign language please go to www.signingbabies.ca. No session February 7. No session May 15.

F	12:30 PM-1:15 PM	
Jan 24-Mar 6	\$90/6 sess	255198
F	1:45 PM-2:30 PM	
Jan 24-Mar 6	\$90/6 sess	255199
F	1:45 PM-2:30 PM	
Apr 17-May 29	\$90/6 sess	258534

Instructor: Signing Babies Vancouver

Baby Sign Language - Level 2 (Birth-1.5 yrs)

Level 2: Sing & Sign. For families who are already familiar with basic baby sign language, come learn more songs and helpful vocabulary for turbo boosting communication. We will touch base with our basics and then continue with brand new signs with themes like playtime, bath time, getting dressed, and animals. For more information about baby sign language please go to www.signingbabies.ca. No session May 15.

F	12:30 PM-1:15 PM	
Apr 17-May 29	\$90/6 sess	258535

Instructor: Signing Babies Vancouver



Creative Arts

Create and Play (2-4 yrs) **NEW**

Explore the world through music, dance, art and books! Each lesson includes a specific subject about different kinds of animals, birds and their sounds. We will also explore sea creatures, underwater land, nature and seasonal themes. Lessons aim at developing fine motor skills, imagination and social / communication skills. Parents/caregivers must remain on site or in the classroom. Please bring a healthy snack and drink.

Tu	9:15 AM-10:30 AM	
Jan 14-Mar 10	\$85/9 sess	257737
Tu	10:45 AM-12:00 PM	
Jan 14-Mar 10	\$85/9 sess	257761
Tu	12:30 PM-1:45 PM	
Jan 14-Mar 10	\$85/9 sess	257762

Tu	9:15 AM-10:30 AM	
Apr 14-Jun 16	\$93/10 sess	258603
Tu	10:45 AM-12:00 PM	
Apr 14-Jun 16	\$93/10 sess	258604
Tu	12:30 PM-1:45 PM	
Apr 14-Jun 16	\$93/10 sess	258605

Instructor: Tania Anisimova

Ready Set Create (2-4 yrs) **NEW**

Each class contains story time, art station, dance and music. Children learn numbers, counting and developing pre-math skills, colours, shapes and the alphabet through books and crafts. Children will also participate in cooperative play and independent free play time to help foster imagination. We specialize in developing children's fine motor skills and gross motor skills. Parents/caregivers must remain on site or in the classroom. Please bring a healthy snack and drink.

Th	9:15 AM-10:30 AM	
Jan 16-Mar 12	\$85/9 sess	258610
Th	10:45 AM-12:00 PM	
Jan 16-Mar 12	\$85/9 sess	258611
Th	12:30 PM-1:45 PM	
Jan 16-Mar 12	\$85/9 sess	258612

Th	9:15 AM-10:30 AM	
Apr 16-Jun 18	\$93/10 sess	258613
Th	10:45 AM-12:00 PM	
Apr 16-Jun 18	\$93/10 sess	258614
Th	12:30 PM-1:45 PM	
Apr 16-Jun 18	\$93/10 sess	258615

Instructor: Tania Anisimova



Baby & Me Parenting Group (0-8 months)

Thursdays 1:00-2:30 pm

January 16-March 19
April 2-June 4

Facilitated by a public health nurse from Pacific Spirit Community Health Centre and Vancouver Coastal Health.

For more information, please see
www.parenting.vch.ca

Creative Play: Early Literacy and Art (3-5 yrs) **NEW**

Step into the world of story! In this series your child will learn about the magic of storytelling through dramatic play, puppetry and art. This small group setting offers lots of opportunities for self-expression, conversation and collaboration. Cathy is a Learning Consultant and certified teacher.

F	10:00 AM-11:15 AM	
Jan 10-Feb 7	\$65/5 sess	257730
F	10:00 AM-11:15 AM	
Feb 14-Mar 13	\$65/5 sess	257731

Instructor: Cathy Belgrave

Kindergarten Prep (3-5 yrs) **NEW**

Join Cathy in this small group setting, where early literacy, math, art and social skills are integrated into a variety of play opportunities. Helping young children prepare a foundation for the early school years. Cathy Belgrave BA. B.Ed. is a Reggio-Inspired teacher and parent who has taught Kindergarten and elementary school.

F	10:00 AM-11:15 AM	
Apr 17-Jun 5	\$105/8 sess	257732

Instructor: Cathy Belgrave

Spring Break

Spring Break Little Cooks (3-5 yrs)

Have fun this Spring Break being creative in the kitchen. Please inform your instructor of any food allergies.

M-F	9:15 AM-10:30 AM	
Mar 23-Mar 27	\$55/5 sess	256055

Instructor: Sarah Hayes

Spring Break Art Science (4-6 yrs)

Come join Sarah for a week of science extravaganza. Make your own volcanoes to use over and over again. There will be lots of scientific experiments including rockets, lava lamps, ice cream and more!

M-F	10:45 AM-12:00 PM	
Mar 23-Mar 27	\$55/5 sess	256065

Instructor: Sarah Hayes

Spring Break Design & Build (3-6 yrs)

A great hands-on carpentry class for little builders.

M-F	12:30 PM-1:45 PM	
Mar 23-Mar 27	\$55/5 sess	256067

Instructor: Sarah Hayes



Refund Policy

To receive a refund (less a \$5 administration fee), cancellations must occur **7 days prior** to the camp start date and time.



Tiggy Winkle

Licensed Preschool



Open House

Friday, January 24 from 6 PM - 8 PM

An opportunity to meet the teachers, ask questions and learn about our teaching approach. Bring the family!

tiggywi@gmail.com

January 2020-June 2020

Want to start now? Call and ask about availability.

3 year olds

Tue/Thu

3 & 4 year olds

Tue/Thu

4 year olds

Mon/Wed/Fri

3 & 4 year olds

Mon/Wed/Fri

2 day AM program

9:00 AM - 11:30 AM \$138/month

2 day PM program

12:30 PM - 3:00 PM \$138/month

3 day AM program

9:00 AM - 12:00 PM \$198/month

3 day PM program

12:30 PM - 3:30 PM \$198/month

Children must be toilet trained to attend.

September 2020-June 2021

Registration for returning students and their siblings begins

Monday, February 3 at 9 AM (in person and by phone).

New student registration begins

Monday, February 24 at 9 AM (online and in person).

3 year olds

Tue/Thu

3 & 4 year olds

Tue/Thu

4 year olds

Mon/Wed/Fri

3 & 4 year olds

Mon/Wed

2 day AM program

9:00 AM - 11:30 AM \$138/month

2 day PM program

12:30 PM - 3:30 PM \$165/month

3 day AM program

9:00 AM - 12:00 PM \$208/month

2 day PM program

12:30 PM - 3:30 PM \$150/month

The charge will include a deposit of one month's rate plus a \$50 non-refundable fee.

kitscc.com

604.257.6976 ext.1

FAMILY DAY AT KITS

MON, FEB 17, 2020. 10 AM - 1 PM

FREE FOR ALL AGES. PRE-REGISTRATION REQUIRED

Celebrate BC Family Day at Kitsilano Community Centre with family playtime gym, bouncy castle, arts and crafts, popcorn and interactive activities.

Call us for details or go to kitscc.com.

EASTER EGGSTRAVAGANZA

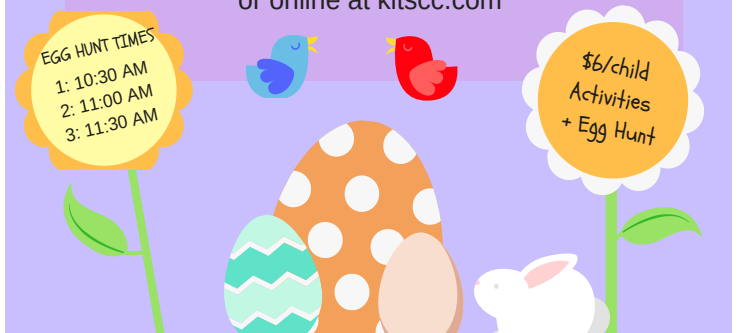
SAT, APR 11, 2020. 10:00 AM - 12:00 PM

AGES 1-9 YEARS . \$6/CHILD (UNDER 1YR FREE)

Come join us for crafts, games, face painting and fun in the gym! Register early for your Easter egg hunt time slot as spots fill up quickly. You can register at the centre, over the phone or online at kitscc.com

EGG HUNT TIMES
1: 10:30 AM
2: 11:00 AM
3: 11:30 AM

\$6/child
Activities
+ Egg Hunt



Sport & Physical Activity

Gymnastics



Gymnastics (3-5 yrs)

This program is designed to introduce equipment and basics gymnastics skills in a positive, fun and safe environment. Your child will develop their motor skills, body awareness, coordination and personal confidence while exploring balances, rolls, jumps and inverted skills. No session Saturday, April 11.

Tu	9:30 AM-10:15 AM	
Jan 7-Mar 10	\$115/10 sess	256072
Sa	12:45 PM-1:30 PM	
Jan 11-Mar 14	\$115/10 sess	256075
Tu	9:30 AM-10:15 AM	
Apr 7-Jun 9	\$115/10 sess	256080
Sa	12:45 PM-1:30 PM	
Apr 4-Jun 13	\$115/10 sess	256087

Instructor: Melissa Maisani

Parent and Tot Gym (1-5 yrs)

Join us in this physical play time created especially for families! Toddlers have the opportunity to explore various climbing apparatus, sports equipment and other toys; a great way to stimulate mental and physical growth.

Drop in \$3 or 10 visit pass for \$27.00. Pass may be used at any Kits CC Parent and Tot Gym classes.

If you are registering online, to receive your 10 card pass, simply bring your receipt to the reception counter.

No program Saturday, April 11 due to Easter Eggstravaganza.

Tu Th Sa	10:30 AM-12:00 PM	
Jan 7-Mar 14		256069
Tu Th Sa	10:30 AM-12:00 PM	
Apr 2-Jun 13		256071

Leader: Melissa Maisani

Sportball Parent and Child Multi Sport (2-3 yrs)

Have a direct hand in your preschooler's development. Children are taught important introductory physical skills associated with eight core sports (hockey, soccer, tennis, baseball, basketball, volleyball and golf) and helps them to develop confidence in their abilities. The program also helps adults understand proven teaching techniques to apply outside of classes. Focus is on refining, rehearsing and repeating skills and playing games in a fun, creative non-competitive environment.

W	4:30 PM-5:15 PM	
Jan 15-Mar 11	\$165/9 sess	256109

W	4:30 PM-5:15 PM	
Apr 15-Jun 17	\$183/10 sess	256114

Instructor: Sportball Vancouver

Sportball Multi Sport Spring Break Camp (4-6 yrs)

See page 11 for course description.

M-F	1:00 PM-4:00 PM	
Mar 16-Mar 20	\$199/5 sess	256122
M-F	1:00 PM-4:00 PM	
Mar 23-Mar 27	\$199/5 sess	256124

Instructor: Sportball Vancouver

Sportball



Sportball Multi Sport (3-5 yrs)

Refine, rehearse, repeat. Multi-sport classes are the heart of Sportball programming. Coaches focus on the basic skills common to all sports, like balance, coordination, stamina and timing in a fun, supportive, non-competitive setting that emphasizes teamwork. Each class focuses on one of eight different popular sports: hockey, soccer, football, baseball, basketball, volleyball, golf and tennis.

W	10:15 AM-11:15 AM	
Jan 15-Mar 11	\$165/9 sess	256096

W	10:15 AM-11:15 AM	
Apr 15-Jun 17	\$183/10 sess	256100

Instructor: Sportball Vancouver

Sportball Multi Sport (4-6 yrs)

Please see above for course description.

W	3:30 PM-4:30 PM	
Jan 15-Mar 11	\$165/9 sess	256102

W	3:30 PM-4:30 PM	
Apr 15-Jun 17	\$183/10 sess	256105

Instructor: Sportball Vancouver

Sportball Basketball and Soccer (3-5 yrs) NEW

Get the ball rolling! Programs introduces fundamental concepts of gameplay and teaches the basic skills required to play with confidence in a supportive, non-competitive environment. Coaches zero in on Basketball skills like dribbling, passing, catching, shooting and Soccer skills like throw-ins, dribbling, trapping and passing in fun, exciting, skill-focused play. No session Wednesday, April 29.

W	11:15 AM-12:15 PM	
Jan 15-Mar 11	\$165/9 sess	256116

W	11:15 AM-12:15 PM	
Apr 15-Jun 17	\$165/9 sess	256118

Instructor: Sportball Vancouver





Sport & Physical Activity

Soccer Mini Stars (3-5 yrs)

Experience the beautiful game of outdoor soccer, challenging team competition and cheerleading by amazed parents and fans! Get energized with dribbling passing, shooting, running, falling, jumping scoring goals and making dive saves. Team shirt included. Please dress accordingly for the weather. If space, drop in \$15. No session Saturday, April 11. No session Saturday, May 16.

Sa	10:00 AM-11:00 AM	
Mar 7-Apr 25	\$105/7 sess	256126
Sa	10:00 AM-11:00 AM	
May 2-Jun 20	\$105/7 sess	256128

Instructor: Star Soccer

Spring Break

Soccer Mini Stars Camp (3-5 yrs)

Have a "ball" learning and playing soccer outdoors using professional equipment taught by experienced coaches. Get energized with dribbling passing, shooting, running, falling, jumping, scoring goals and making saves. Team shirt included. Sessions are outdoors rain or shine, so please dress accordingly for the weather. Please meet on the field out back.

M-F	10:45 AM-12:00 PM	
Mar 16-Mar 20	\$75/5 sess	256139
M-F	10:45 AM-12:00 PM	
Mar 23-Mar 27	\$75/5 sess	256140

Instructor: Star Soccer

Sportball Multi Sport Spring Break Camp (4-6 yrs)

Sportball's action-packed camps introduce children to a variety of ball sports and activities PLUS arts and crafts, snack time, stories, music, co-operative games and more! Camps are held in the gymnasium, with some time spent on the field outside.

M-F	1:00 PM-4:00 PM	
Mar 16-Mar 20	\$199/5 sess	256122
M-F	1:00 PM-4:00 PM	
Mar 23-Mar 27	\$199/5 sess	256124

Instructor: Sportball Vancouver

Refund Policy

To receive a refund
(less a \$5 administration fee),
cancellations must occur **7 days prior** to
the camp start date and time.

Sportball Jr.

In the Park (16-24 months)

Join Sportball for outdoor fun! Toddlers and parents/caregivers focus on physical movements and social exploration, learn fundamental sport skills and participate in creative motor games, songs, stories, bubble time and more. Children are challenged according to their individual skill level and Coaches help grownups understand proven teaching techniques that can be applied outside of Sportball classes. Classes run rain or shine! No session Saturday, May 16.

Sa	8:45 AM-9:30 AM	
May 2-Jun 20	\$128/7 sess	256221

Instructor: Sportball Vancouver

Sportball Outdoor

Parent and Child T-Ball (2-3 yrs)

Hit a home run with Sportball Parent & Child T-Ball programs! Participants are introduced to fundamental concepts of gameplay and are provided the basic skills required to play ball with confidence in fun, exciting, skills-focused games. With the guidance and support of their Sportball Coach, parents and children zero in on baseball skills including: throwing, catching, batting, running bases and fielding. Classes run rain or shine!

Th	5:45 PM-6:30 PM	
May 7-Jun 25	\$146/8 sess	256223

Instructor: Sportball Vancouver

Sportball Outdoor T-Ball (4-6 yrs)

Big League Fun! Sportball T-Ball introduces fundamental concepts of gameplay and teaches the basic skills required to play ball with confidence in a supportive, non-competitive environment. Coaches zero in on skills like throwing, catching, batting form, running bases and fielding in fun, exciting, skill-focused play. Classes run rain or shine!

Th	6:30 PM-7:30 PM	
May 7-Jun 25	\$146/8 sess	256227

Instructor: Sportball Vancouver

Sportball Parent and Tot Outdoor Soccer (2-3 yrs)

These soccer classes provide children with the perfect opportunity to begin soccer early. Moms and Dads are able to take an active role in teaching their children the fundamentals of soccer including throw ins, passing, dribbling and goalie skills. Children are encouraged to interact with their parents in a non-competitive environment. Parents are required to stay at the field at all times. Each child will receive a Sportball soccer jersey. Classes run rain or shine! No program Saturday, May 16.

W	5:45 PM-6:30 PM	
May 6-Jun 24	\$160/8 sess	256141
Sa	9:30 AM-10:15 AM	
May 2-Jun 20	\$142/7 sess	256143

Instructor: Sportball Vancouver



Sportball Outdoor Soccer (3.5-5 yrs)

Sportball Soccer focuses on the fundamentals of soccer including throw ins, passing, dribbling and goalie skills. This program enables children to implement the soccer skills taught in order to play a soccer game with success and confidence. Parents are required to stay at the field at all times. Each child will receive a Sportball soccer jersey. Classes run rain or shine! No session Saturday, May 16.

W	6:30 PM-7:30 PM	
May 6-Jun 24	\$160/8 sess	256144
Sa	10:15 AM-11:15 AM	
May 2-Jun 20	\$142/7 sess	256145

Instructor: Sportball Vancouver



Private Music Lessons Piano

Piano Lessons Private (5+ yrs)

These one to one 30 minute private lessons are designed to match the student's progress and development. For more information please call Mary Friesen at 604-263-9507. Books are additional at approximately \$20 and not included in the course price. No discounts apply. No session Friday, April 10.

Tu		4:30 PM-5:00 PM	
Jan 7-Mar 10	\$212/10 sess	255161	
Tu		5:00 PM-5:30 PM	
Jan 7-Mar 10	\$212/10 sess	255162	
Tu		5:30 PM-6:00 PM	
Jan 7-Mar 10	\$212/10 sess	255163	
Tu		6:00 PM-6:30 PM	
Jan 7-Mar 10	\$212/10 sess	255164	
Tu		6:30 PM-7:00 PM	
Jan 7-Mar 10	\$212/10 sess	255165	
Tu		7:00 PM-7:30 PM	
Jan 7-Mar 10	\$212/10 sess	255166	
Tu		7:30 PM-8:00 PM	
Jan 7-Mar 10	\$212/10 sess	255167	
Tu		8:00 PM-8:30 PM	
Jan 7-Mar 10	\$212/10 sess	255168	
F		4:30 PM-5:00 PM	
Jan 10-Mar 13	\$212/10 sess	255169	
F		5:00 PM-5:30 PM	
Jan 10-Mar 13	\$212/10 sess	255170	
F		5:30 PM-6:00 PM	
Jan 10-Mar 13	\$212/10 sess	255171	
F		6:00 PM-6:30 PM	
Jan 10-Mar 13	\$212/10 sess	255172	
F		6:30 PM-7:00 PM	
Jan 10-Mar 13	\$212/10 sess	255173	
F		7:00 PM-7:30 PM	
Jan 10-Mar 13	\$212/10 sess	255174	
F		7:30 PM-8:00 PM	
Jan 10-Mar 13	\$212/10 sess	255175	
F		8:00 PM-8:30 PM	
Jan 10-Mar 13	\$212/10 sess	255176	

Instructor: Mary Friesen

Tu		4:30 PM-5:00 PM	
Apr 7-Jun 23	\$255/12 sess	255179	
Tu		5:00 PM-5:30 PM	
Apr 7-Jun 23	\$255/12 sess	255180	
Tu		5:30 PM-6:00 PM	
Apr 7-Jun 23	\$255/12 sess	255181	
Tu		6:00 PM-6:30 PM	
Apr 7-Jun 23	\$255/12 sess	255183	
Tu		6:30 PM-7:00 PM	
Apr 7-Jun 23	\$255/12 sess	255184	
Tu		7:00 PM-7:30 PM	
Apr 7-Jun 23	\$255/12 sess	255185	
Tu		7:30 PM-8:00 PM	
Apr 7-Jun 23	\$255/12 sess	255186	
Tu		8:00 PM-8:30 PM	
Apr 7-Jun 23	\$255/12 sess	255187	
F		4:30 PM-5:00 PM	
Apr 3-Jun 19	\$234/11 sess	255188	
F		5:00 PM-5:30 PM	
Apr 3-Jun 19	\$234/11 sess	255190	
F		5:30 PM-6:00 PM	
Apr 3-Jun 19	\$234/11 sess	255191	
F		6:00 PM-6:30 PM	
Apr 3-Jun 19	\$234/11 sess	255193	
F		6:30 PM-7:00 PM	
Apr 3-Jun 19	\$234/11 sess	255194	
F		7:00 PM-7:30 PM	
Apr 3-Jun 19	\$234/11 sess	255195	
F		7:30 PM-8:00 PM	
Apr 3-Jun 19	\$234/11 sess	255196	
F		8:00 PM-8:30 PM	
Apr 3-Jun 19	\$234/11 sess	255197	

Instructor: Mary Friesen

Violin

Violin (8+yrs)

Tune up your violin skills or join as a complete beginner. Students of all ages and levels welcome! Book and materials are additional and cost approximately \$35. Students are required to provide their own violin, but can call Sophie for information regarding rentals at sophie.dassios@gmail.com. No session Monday, February 17. No session Monday, April 13 and May 18.

M		5:00 PM-5:30 PM	
Jan 6-Mar 9	\$196/9 sess	257695	
M		5:30 PM-6:00 PM	
Jan 6-Mar 9	\$196/9 sess	257696	
M		6:00 PM-6:30 PM	
Jan 6-Mar 9	\$196/9 sess	257697	
M		6:30 PM-7:00 PM	
Jan 6-Mar 9	\$196/9 sess	257698	
M		7:00 PM-7:30 PM	
Jan 6-Mar 9	\$196/9 sess	257699	
M		7:30 PM-8:00 PM	
Jan 6-Mar 9	\$196/9 sess	257700	
M		8:00 PM-8:30 PM	
Jan 6-Mar 9	\$196/9 sess	257701	
Th		5:00 PM-5:30 PM	
Jan 9-Mar 5	\$196/9 sess	257702	
Th		5:30 PM-6:00 PM	
Jan 9-Mar 5	\$196/9 sess	257706	
Th		6:00 PM-6:30 PM	
Jan 9-Mar 5	\$196/9 sess	257707	

M		5:00 PM-5:30 PM	
Apr 6-Jun 15	\$196/9 sess	257711	
M		5:30 PM-6:00 PM	
Apr 6-Jun 15	\$196/9 sess	257712	
M		6:00 PM-6:30 PM	
Apr 6-Jun 15	\$196/9 sess	257713	
M		6:30 PM-7:00 PM	
Apr 6-Jun 15	\$196/9 sess	257714	
M		7:00 PM-7:30 PM	
Apr 6-Jun 15	\$196/9 sess	257716	
M		7:30 PM-8:00 PM	
Apr 6-Jun 15	\$196/9 sess	257717	
M		8:00 PM-8:30 PM	
Apr 6-Jun 15	\$196/9 sess	257718	
Th		5:00 PM-5:30 PM	
Apr 9-Jun 11	\$215/10 sess	257719	
Th		5:30 PM-6:00 PM	
Apr 9-Jun 11	\$215/10 sess	257720	
Th		6:00 PM-6:30 PM	
Apr 9-Jun 11	\$215/10 sess	257727	

Instructor: Sophie Dassios





Flute



Flute (6+ yrs)

Enjoy a private 30 minute flute lesson - at your own pace! All levels welcome, from beginners to students wanting to prepare for Royal Conservatory levels or needing coaching in school band and orchestra programs. Please bring your own flute. Music books are extra, at approximately \$35. Andrea holds a Bachelor's Degree in Music from UBC and has extensive experience teaching and performing. She is also a founding member of the Robert Minden Ensemble, a renowned young audience music and theatre company that toured internationally for ten years and was also featured on Sesame Street. For more information, please see www.andreaminden.wordpress.com.

Tu	3:30 PM-4:00 PM	
Jan 7-Mar 10	\$235/10 sess	258748
Tu	4:00 PM-4:30 PM	
Jan 7-Mar 10	\$235/10 sess	258750
Tu	4:30 PM-5:00 PM	
Jan 7-Mar 10	\$235/10 sess	258752
Tu	5:00 PM-5:30 PM	
Jan 7-Mar 10	\$235/10 sess	258753
Tu	3:30 PM-4:00 PM	
Apr 7-Jun 9	\$235/10 sess	258755
Tu	4:00 PM-4:30 PM	
Apr 7-Jun 9	\$235/10 sess	258756
Tu	4:30 PM-5:00 PM	
Apr 7-Jun 9	\$235/10 sess	258757
Tu	5:00 PM-5:30 PM	
Apr 7-Jun 9	\$235/10 sess	258758

Instructor: Andrea Minden

Guitar

Guitar For Beginners (8-12 yrs: Parents Welcome)

Come learn the basics of guitar playing, both Classical style with notes and folk style with chords. We will do some folk songs, pop songs and other classics. Music will be provided. Students must bring their own guitars. Class maximum is limited, to ensure individual attention. No musical experience is required. Parents are welcome (but not required) to join this class with their child to learn guitar. Special rate will apply for parent. Please pay full amount online, then contact the front desk for the reduced parent rate of \$95. No session Saturday, February 15. No session Saturday, April 11 and May 16.

Sa	11:00 AM-11:45 AM	
Jan 11-Mar 14	\$135/9 sess	258760
Sa	11:45 AM-12:30 PM	
Apr 4-Jun 13	\$135/9 sess	258761

Instructor: Tonia Allen



Guitar for Intermediates Level 1 (8-12 yrs)

A class for young musicians to continue perfecting the basics of guitar playing, both Classical style with notes and folk style with chords. We will do some folk songs, pop songs and other classics. Music will be provided. Students must bring their own guitars. Class maximum is limited, to ensure individual attention. Players should have at least 3 months of guitar experience. No session Saturday, April 11 and May 16.

Th	5:15 PM-6:00 PM	
Jan 9-Mar 12	\$150/10 sess	258762
Th	5:15 PM-6:00 PM	
Apr 9-Jun 11	\$150/10 sess	258763
Sa	11:00 AM-11:45 AM	
Apr 4-Jun 13	\$135/9 sess	258768

Instructor: Tonia Allen

Guitar for Intermediates Level 2 (9-13 yrs)

A class for young musicians to continue perfecting the basics of guitar playing, both Classical style with notes and folk style with chords. We will do some folk songs, pop songs and other classics. Music will be provided. Students must bring their own guitars. Class maximum is limited, to ensure individual attention. Players should have 1-2 years of guitar experience.

Th	3:45 PM-4:30 PM	
Jan 9-Mar 12	\$150/10 sess	258764
Th	3:45 PM-4:30 PM	
Apr 9-Jun 11	\$150/10 sess	258765

Instructor: Tonia Allen

Guitar Advanced (14-17 yrs)

This class is for students with at least 4 years of previous guitar experience. Students must be able to read notes for all six strings and up to 12 basic chords. Music will be provided. Students must bring their own guitars. Class is limited to 7 maximum to ensure individual attention.

Th	4:30 PM-5:15 PM	
Jan 9-Mar 12	\$150/10 sess	258766
Th	4:30 PM-5:15 PM	
Apr 9-Jun 11	\$150/10 sess	258767

Instructor: Tonia Allen



Creative Arts

Architecture For Kids (6-9 yrs)

Learn about architecture and design through fun hands-on activities with a professional architect. Discover famous architects and buildings, play with materials, learn about 2D and 3D space representations and become aware of your environment. Design, build and learn, come be inspired! For more information: www.petitarchitect.com. No class Monday, February 17. No class Monday, April 13 and May 18.

M	3:45 PM-4:45 PM
Jan 13-Mar 9	\$144/8 sess 258883
M	3:45 PM-4:45 PM
Apr 6-Jun 15	\$162/9 sess 258887

Instructor: Petit Architect



Architecture For Kids (9-12 yrs)

Learn about architecture and design through fun hands-on activities with a professional architect. Discover famous architects and buildings, play with materials, learn about 2D and 3D space representations and become aware of your environment. Design, build and learn, come be inspired! For more information: www.petitarchitect.com. No class Monday, February 17. No class Monday, April 13 and May 18.

M	5:00 PM-6:00 PM
Jan 13-Mar 9	\$144/8 sess 258888
M	5:00 PM-6:00 PM
Apr 6-Jun 15	\$162/9 sess 258889

Instructor: Petit Architect

Thinking of Summer?

Kits Kids Summer Day Camps

See page 19 for details.

Bricks 4 Kidz

Bricks 4 Kidz Minifigure Playground (4-7 yrs)

Create your own Minifigure and see them play on loop de loops and see-saws! Students will build a different ride each session and see their Minifigures spin, roll, tuck and rock. At the end of the program students choose their favourite Minifigure to go home. Drop-ins welcome, \$20/session.

Tu	4:00 PM-5:00 PM
Apr 21-June 9	\$120/8 sess 258859

Instructor: Bricks 4 Kidz Vancouver



Kits Kids Spring Break Day Camp (6-12 yrs)

Join us for a fun week of crafts, cooperative games, sports and outdoor play. The week will have an imaginative theme, incorporating performing and visual arts, sports, mini day-trips to local parks, and one larger out trip, cooking and many other engaging activities. A fully completed and signed participant information/waiver/medical form must be submitted on the first day of camp.

Monday-Friday 9:00 AM-3:00 PM Mar 16-Mar 20 \$150/5 sess 258770

Leaders: Jacky and Isabella





Writing

Creative Writing and Art Camp

Looking for a way to support your child's writing and self-expression? In this fun summer mini-camp children learn about the elements of a variety of story styles through fun, hands on activities. Explore a different genres and hone your writing skills in the comfort of this small group. Art projects are included to further support self-expression. Please bring your writing journal, pencil and snack.

(6-9 yrs)

M-F 10:00 AM-12:00 PM
Mar 16-Mar 20 \$90/5 sess 256708

(8-12 yrs)

M-F 1:00 PM-4:00 PM
Mar 16-Mar 20 \$135/5 sess 256711

Instructor: Cathy Belgrave

Culinary



Spring Break Creative Cooks (7-12 yrs)

Have a blast being creative in the kitchen. Sarah has all sorts of tasty treats to help introduce children to the creative world of cooking. Please inform your instructor of any food allergies.

M-F 2:00 PM-4:00 PM
Mar 23-Mar 27 \$85/5 sess 256068

Instructor: Sarah Hayes

Spring Break

Bricks 4 Kidz

Bricks 4 Kidz Planes, Trains, Automobiles (4-7 yrs)

Step aboard to build some exciting ways to get from here to there. Kids will learn what makes each machine unique and how it moves! What other ways will you invent to travel through air, land, and sea? Whether you are a high-speed thrill seeker or just curious about how things work, this unit offers something for everyone. All students go home with a custom-made mini-figure. Drop-ins welcome, space permitting \$40/session.

M-F 1:30 PM-4:30 PM
Mar 16-Mar 20 \$175/5 sess 258856

Instructor: Bricks 4 Kidz Vancouver

Dance

Dance Extreme Spring Break (7-12 yrs)

Come and explore a number of different styles of dance. Enjoy an energetic exploration of movement in a warm, safe and inspiring environment. Movement For more information, go to www.kirbysnelldance.com.

M-F 2:00 PM-3:00 PM
Mar 16-Mar 20 \$55/5 sess 256976

M-F 2:00 PM-3:00 PM
Mar 23-Mar 27 \$55/5 sess 256978

Instructor: Endorphin Rush Dance



Sportball

Sportball Multi Sport Spring Break Camp (4-6 yrs)

Sportball's action-packed camps introduce children to a variety of ball sports and activities PLUS arts and crafts, snack time, stories, music, co-operative games and more! Camp is held in the gymnasium, with some time spent on the field outside.

M-F 1:00 PM-4:00 PM
Mar 16-Mar 20 \$199/10 sess 256122

M-F 1:00 PM-4:00 PM
Mar 23-Mar 27 \$199/10 sess 256124

Instructor: Sportball Vancouver



Soccer

Soccer Stars Spring Break Camp (6-12 yrs)

Experience the beautiful game of outdoor soccer in our soccer camps. Have a "ball" learning and playing soccer using professional equipment taught by experienced coaches. Get energized with dribbling, passing, shooting, running, falling, jumping, scoring goals and making saves. Team shirt included. Sessions are outdoors rain or shine, so please dress accordingly for the weather. Please bring a water bottle and snack. Please meet on the field out back.

M-F 10:00 AM-12:00 PM
Mar 16-Mar 20 \$110/5 sess 258862

M-F 10:00 AM-12:00 PM
Mar 23-Mar 27 \$110/5 sess 258863

Instructor: Star Soccer

Refund Policy

To receive a refund (less a \$5 administration fee), cancellations must occur **7 days prior** to the camp start date and time.



Dance with Kirby

Endorphin Rush Dance and Fitness is a high energy dance company facilitated by Kirby Rae Snell and her team of professional dance instructors with a high arsenal of experience and expertise to bring to every studio session. Their classes are high energy, inclusive and innovative, bringing out the best in each dancer while also having a lot of fun. More info at www.kirbysnelldance.com

Hip Hop Zumba Kids

Get your groove on!! Calling all b-boys and girls! Let's move and groove, explore the locking stops, and the suspended drops that make hip hop so popular and fly. Combined with Zumba Kids (a high energy fun fusion of world and Latin styles of dance) this class is a creative, high energy blast for kids! Drop-in \$12/class, if space permits. No class Monday, February 17. No session Monday, April 13 and May 18.

(4-7 yrs)

M	3:30 PM-4:15 PM
Jan 13-Mar 9	\$72/8 sess 256949
M	3:30 PM-4:15 PM
Apr 6-Jun 22	\$90/10 sess 256955

(7-12 yrs)

M	4:15 PM-5:00 PM
Jan 13-Mar 9	\$72/8 sess 256961
M	4:15 PM-5:00 PM
Apr 6-Jun 22	\$90/10 sess 256963

Instructor: Endorphin Rush Dance

Dance Extreme (7-12 yrs)

Come and explore a number of different styles of dance with a variety of guest dance artists. Enjoy an energetic exploration of movement in a warm, safe and inspiring environment. Styles may include Latin Dance, Musical Theatre, Hip Hop, Acrobatic Dance, Creative Movement and Bollywood! For more information, go to www.kirbysnelldance.com. Drop-in \$12, if space permits.

Th	4:00 PM-5:00 PM
Jan 9-Mar 12	\$90/10 sess 256969
Th	4:00 PM-5:00 PM
Apr 9-Jun 18	\$99/11 sess 256971

Instructor: Endorphin Rush Dance

Dance Popstars



Popstar Academy (6-10 yrs)

POPSTAR ACADEMY is an Interactive program that focuses on building self-confidence through Dance, Singing, Fashion and Personality building. Through teamwork we create a work of art together in 6 weeks time. Exploring dance choreography, balance, story building, positive cheers, fashion accessory making, acting and theatrical production. Each week we learn something new that becomes a part of our end of season performance. During the last week we will put on a special workshop production and the POPSTARS are able to showcase their talents!

W	4:00 PM-5:00 PM
Jan 22-Feb 26	\$72/6 sess 258891
W	4:00 PM-5:00 PM
Apr 8-May 13	\$72/6 sess 259924

Instructor: Rachel Beau



Dance with Jenna

Jenna is an active member of Vancouver's dance community. She is a graduate of Modus Operandi Contemporary Dance Program under the artistic direction of Tiffany Tregarthen and David Raymond, where her final year was completed on scholarship from the BC Arts Council. As well as interpreting the works of others, Jenna pursues her own choreographic interests and teaches dance to children ages 5-15. Jenna hopes to create an inclusive and inspiring environment in the studio, where a love for movement may be instilled in her students. Welcome to Kits Jenna!

Ballet (5-8 yrs)

A beginner class where imagination and self-expression are encouraged with an emphasis on classical ballet technique. Creative teaching concepts incorporating musicality, posture, basic ballet terminology and technique, for the development of movement and expression in the young student. On the last day of class, there will be a performance that showcases your child's skills and talents.

F	3:35 PM-4:35 PM
Jan 10-Mar 13	\$102/10 sess 258871
F	3:35 PM-4:35 PM
Apr 17-Jun 19	\$102/10 sess 258872

Instructor: Jenna Berlyn

Ballet (7-10 yrs)

Suitable for dancers with at least 1 year of previous ballet experience. Dancers will develop movements already learned as well as being introduced to the wide variety of movement ballet has to offer. It is structured to expand on the basic fundamentals of the lower levels with an emphasis on classical ballet technique, alignment, musicality, posture and articulation of movement. A performance will be held on the last day of class.

F	4:45 PM-5:45 PM
Jan 10-Mar 13	\$102/10 sess 258873
F	4:45 PM-5:45 PM
Apr 17-Jun 19	\$102/10 sess 258874

Instructor: Jenna Berlyn



Sports & Physical Activity

Gymnastics

Gymnastics (5-9 yrs)

Learn and refine some fundamental skills in floor, beam, vault and bars activities under the leadership and supervision of an experienced gymnastics coach. Each week the focus will be on two areas, to maximize focus and safety. There will be a small performance on the last class, if you are able to attend. No classes Monday, February 17. No classes Monday, April 13 and May 18.

M 3:30 PM-4:45 PM
Jan 6-Mar 9 \$105/9 sess 256240

M 3:30 PM-4:45 PM
Apr 6-Jun 15 \$105/9 sess 256243

Instructor: Melissa Maisani

Indoor Tennis

Indoor Tennis - Beginner (5-6 yrs)

Beginner Tennis - Basic skills developed through games and play. Uses Low Compression Red Ball.

Th 3:30 PM-4:15 PM
Jan 23-Mar 12 \$64/8 sess 258875

Instructor: Gord Hauka Tennis

Indoor Tennis - Beginner (7-8 yrs)

Beginner Tennis - Basic Skills developed through games and play. Uses Low Compression Orange Balls.

Th 3:30 PM-4:15 PM
Jan 23-Mar 12 \$64/8 sess 258877

Instructor: Gord Hauka Tennis

Indoor Tennis – Beginner-Intermediate (9-12 yrs)

Kid's Club Program gives players the opportunity to develop skills and play from Beginner to Intermediate levels. Skills developed through games and play. Uses Low Compression Orange Balls and as skills develop play is with the Green Dot Ball

Th 4:20 PM-5:20 PM
Jan 23-Mar 12 \$76/8 sess 258880

Instructor: Gord Hauka Tennis

Outdoor Tennis

See page 18 for details.

Rugby

Rookie Rugby (6-12 yrs)

Welcome to Rookie Rugby - A Safe, Non-contact variation of rugby which aims to introduce new players to our great sport, through a safe and fun environment. The game of Rookie Rugby is played with flags to replace the action of tackling. Flag rugby is the preferred method to introduce rugby. Rookie Rugby is played in schools, parks, recreation leagues, and community organizations across the country. The rules are simple, the game is easy to learn, and minimal equipment is required. The Game incorporates a range of skill development, applicable to all ages. The primary aim is to develop these skills through games and fun exercises. Learn the basics with trained coaches from the Meraloma Club.

Th 3:30 PM-4:15 PM
Apr 9-May 28 \$90/8 sess 258870

Instructor: Rookie Rugby

Badminton



Badminton Lessons (8-12 yrs)

Lessons are based on learning techniques, rallies and plays. There will be plenty of time to learn and practice new skills while enjoying team play. Bring your own racquet if you have one.

Tu 3:45 PM-5:00 PM
Jan 14-Mar 10 \$78/9 sess 258867

Tu 3:45 PM-5:00 PM
Apr 7-Jun 9 \$85/10 sess 258869

Instructor: Julian Lee De Vita

Sportball

Sportball Multi Sport (4-6 yrs)

Refine, rehearse, repeat. Multi-sport classes are the heart of Sportball programming. Coaches focus on the basic skills common to all sports, like balance, coordination, stamina and timing in a fun, supportive, non-competitive setting that emphasizes teamwork. Each class focuses on one of eight different popular sports: hockey, soccer, football, baseball, basketball, volleyball, golf and tennis.

W 3:30 PM-4:30 PM
Jan 15-Mar 11 \$165/9 sess 256102

W 3:30 PM-4:30 PM
Apr 15-Jun 17 \$183/10 sess 256105

Instructor: Sportball Vancouver

Soccer

Sportball Outdoor Soccer (5-7 yrs)

Learn and perfect the fundamental skills and rules of soccer. Sportball Soccer focuses on the fundamentals of soccer including throw ins, passing, dribbling and goalie skills. This program enables children to implement the soccer skills taught in order to play a soccer game with success and confidence. Parents are required to stay at the field at all times. Each child will receive a Sportball soccer jersey. Classes run rain or shine! No session Saturday, May 16.

Sa 11:15 AM-12:15 PM
May 2-Jun 20 \$142/7 sess 256232

Instructor: Sportball Vancouver

Soccer Stars (6-12 yrs)

Experience the beautiful game of outdoor soccer, challenging team competition and cheerleading by amazed parents and fans! Get energized with dribbling passing, shooting, running, falling, jumping scoring goals and making dive saves. Team shirt included. Please dress accordingly for the weather. If space, drop in \$15. No session Saturday, April 11. No session Saturday, May 16.

Sa 9:00 AM-10:00 AM
Mar 7-Apr 25 \$105/7 sess 256245

Sa 9:00 AM-10:00 AM
May 2-Jun 20 \$105/7 sess 256247

Instructor: Star Soccer



Martial Arts

Taekwondo

This fast-paced martial art combines athletic kicks, strong hand work, balance and speed. Emphasis is placed on forms and students are encouraged to participate in BC Taekwondo Federation events. A great workout for all ages! There is a specific uniform needed for this class and costs approximately \$70. Please check with the instructor for best suited class at 604-990-1331 or info@sunnykimtkd.com. Grandmaster instructor Sunny Kim is a 9th dan black belt, WTF international referee and competitive coach, Level 1. Lessons are held twice a week. Students will ONLY be eligible for a belt test upon registration of two classes a week or more. Taking classes frequently allows for more organized programs and more stable progress. No session Monday, February 17. No session Monday, April 16 and May 18.



Taekwondo (5-7 yrs)

M W	3:20 PM-4:00 PM
Jan 6-Mar 11	\$210/19 sess 256250
M Th	3:20 PM-4:00 PM
Jan 6-Mar 12	\$210/19 sess 256252
W Th	3:30 PM-4:10 PM
Jan 8-Mar 12	\$220/20 sess 256256

M W	3:20 PM-4:00 PM
Apr 6-Jun 17	\$220/20 sess 258892
M Th	3:20 PM-4:00 PM
Apr 6-Jun 18	\$220/20 sess 258893
W Th	3:30 PM-4:10 PM
Apr 8-Jun 18	\$242/22 sess 258894

Instructor: Sunny Kim Taekwondo

Monday start 3:20pm. Wednesday and Thursday start 3:30pm.

Taekwondo (8-11 yrs)

M W	4:00 PM-4:40 PM
Jan 6-Mar 11	\$210/19 sess 256259
M Th	4:00 PM-4:40 PM
Jan 6-Mar 12	\$210/19 sess 256260
W Th	4:10 PM-4:50 PM
Jan 8-Mar 12	\$220/20 sess 256263

M W	4:00 PM-4:50 PM
Apr 6-Jun 17	\$220/20 sess 258895
M Th	4:00 PM-4:50 PM
Apr 6-Jun 18	\$220/20 sess 258897
W Th	4:10 PM-4:50 PM
Apr 8-Jun 18	\$242/22 sess 258899

Instructor: Sunny Kim Taekwondo

Monday start 4:00pm. Wednesday and Thursday start 4:10pm.

Taekwondo (12-17 yrs)

M W	4:40 PM-5:20 PM
Jan 6-Mar 11	\$210/19 sess 256274
M Th	4:40 PM-5:20 PM
Jan 6-Mar 12	\$210/19 sess 256280
W Th	4:50 PM-5:30 PM
Jan 8-Mar 12	\$220/20 sess 256282

M W	4:40 PM-5:20 PM
Apr 6-Jun 17	\$220/20 sess 258902
M Th	4:40 PM-5:20 PM
Apr 6-Jun 18	\$220/20 sess 258904
W Th	4:50 PM-5:30 PM
Apr 8-Jun 18	\$242/22 sess 258905

Instructor: Sunny Kim Taekwondo

Monday start 4:40pm. Wednesday and Thursday start 4:50pm.

Outdoor Tennis

Refund Policy: Refunds prior to the start date will be issued up to 72 hours prior to the class start date and time. A \$5 administrative fee will be charged. No refunds will be issued after the program has started except for medical reasons (doctor's note must be provided) and rain outs (if instructor is unable to schedule make-up classes during the set).

Wind and Rain Outs: Check www.gordhaukatennis.com daily and you will get an hourly update on the conditions of the court and contact numbers, should it be necessary to call and confirm.

Tennis - Beginner Red Ball (5-6 yrs)

The first introduction to tennis is a foundational program that helps kids develop the skills to rally and play with their coach, parents and friends. No session Saturday, May 16. *This program is located at Tatlow Park.*

Th	3:30 PM-4:15 PM
Apr 16-Jun 4	\$76/8 sess 257092
Sa	9:30 AM-10:15 AM
Apr 18-Jun 13	\$76/8 sess 257093

Instructor: Gord Hauka Tennis

Tennis - Red Ball/Orange Ball Fundamentals (7-8 yrs)

Lessons start at 1/2 court with Red Ball learning to rally and play while developing all basic strokes. Progress is to 3/4 Court with Orange Ball. No session Saturday, May 16. *This program is located at Tatlow Park.*

Th	4:15 PM-5:00 PM
Apr 16-Jun 4	\$76/8 sess 257100
Sa	10:15 AM-11:00 AM
Apr 18-Jun 13	\$76/8 sess 257104

Instructor: Gord Hauka Tennis

Tennis - Kid's Club (9-12 yrs)

An opportunity to develop skills and play from Beginner to Intermediate Levels. No session Saturday, May 16. *This program is located at McBride Park.*

Sa	11:15 AM-12:45 PM
Apr 25-Jun 6	\$96/6 sess 257107

Instructor: Gord Hauka Tennis

Tennis - Kid's Club (13-16 yrs)

Kid's Club Program gives players 13-16 years the same program as followed by Adult Beginner, Novice and Lower Intermediate Levels. No session Saturday, May 16. *This program is located at McBride Park.*

Sa	11:15 AM-12:45 PM
Apr 25-Jun 6	\$96/6 sess 257108

Instructor: Gord Hauka Tennis





Kits Kids Summer Day Camps (6-12 yrs)

**Registration
begins
Monday,
April 6**

Each week has its own fun, imaginative theme, incorporating performing and visual arts, sports, mini day-trips, cooking and many other engaging activities.

A fully completed and signed participant information/waiver/medical form must be submitted on the first day of camp.

T-shirt, transportation and entrance fees are included in all day camp fees.

Camp Hours

**Monday-Friday
8:30am-3:30pm**

***Statutory Holiday
4 day week**



**Detailed
camp
schedules will
be available in
mid-June.**

Week 1*	Jun 29-Jul 3	\$120/4 sess	#260170
Week 2	Jul 6-Jul 10	\$150/5 sess	#260172
Week 3	Jul 13-Jul 17	\$150/5 sess	#260173
Week 4	Jul 20-Jul 24	\$150/5 sess	#260174
Week 5	Jul 27-Jul 31	\$150/5 sess	#260176
Week 6*	Aug 4-Aug 7	\$120/4 sess	#260177
Week 7	Aug 10-Aug 14	\$150/5 sess	#260179
Week 8	Aug 17-Aug 21	\$150/5 sess	#260180

Day Camp After Care – Kits Kids

After care is an option designed for parents whose children are registered in Kits Kids Summer Day Camps (6-12 yrs). Campers who are in the full day Day Camp in the corresponding week and requiring extended care. Children must have completed Kindergarten+. Drop-in is ONLY an option if space is still available, at \$15/day.

After Care Hours: Monday-Friday 3:30pm-6:00pm

Week 1*	Jun 29-Jul 3	\$40/4 sess	# 260187
Week 2	Jul 6-Jul 10	\$50/5 sess	# 260191
Week 3	Jul 13-Jul 17	\$50/5 sess	# 260193
Week 4	Jul 20-Jul 24	\$50/5 sess	# 260194
Week 5	Jul 27-Jul 31	\$50/5 sess	# 260195
Week 6*	Aug 4-Aug 7	\$40/4 sess	# 260197
Week 7	Aug 10-Aug 14	\$50/5 sess	# 260200
Week 8	Aug 17-Aug 21	\$50/5 sess	# 260202

Day Camp General Information

Children should dress appropriately for the weather. Please remember:

- bathing suit
- lunch & snack
- sunscreen
- hat
- water

Children will be asked to wear their camp t-shirts as often as they can and especially on out trips so they can be easily identified. T-shirt included with registration.

Refund Policy

To receive a refund (less a \$5 administration fee), cancellations must occur **7 days prior** to the daycamp start **date and time**.

**Children must be 6 at the start of camp
and/or entering Grade 1 in September 2020.**



Youth Leadership

Kitsilano Youth Council

Want to get involved? Do you have fresh and new ideas that you would like to bring to the community? We want to work with you! Come join Kitsilano Youth Council to help shape how youth are involved in the community. Meetings will be held every first, third and last Tuesday and count as volunteer hours. Join Kitsilano Youth Council today!

Tu Jan 21-Mar 3 3:45 PM-4:45 PM
Free 254572

Tu Apr 21-Jun 16 3:45 PM-4:45 PM
Free 254573

Instructor: Paula Parman

Pre-Teen Leadership

This is a beginners leadership program to work on becoming a leader and involved in your community. Lessons will consist of teamwork, active listening, speaking assertively and more! Snacks provided.

W Jan 15-Mar 11 3:30 PM-5:30 PM
\$9/9 sess 258790

W Apr 8-Jun 10 3:30 PM-5:30 PM
\$10/10 sess 258791

Instructor: Jacky Ly

Neighbourhood Cleanup Party

The Youth will be doing Community Clean Ups along the Arbutus Walkway and West 10th. More info can be found by contacting Paula at 604-257-8687 or kitsccvolunteer@vancouver.ca. Youth meet in the Youth Lounge at the beginning of the day.

Sa Feb 1 10:00 AM-1:00 PM
Free 256944

Instructor: Paula Parman

Kits Beach Shoreline Cleanup Party

The Youth will be doing Community Clean Ups along the Kits Beach Shorelines. More info can be found by contacting Paula at 604-257-8687 or kitsccvolunteer@vancouver.ca. Youth meet in the Youth Lounge at the beginning of the day.

Sa May 30 10:00 AM-1:00 PM
Free 256947

Instructor: Paula Parman

Volunteering Opportunities

Youth volunteers play an integral role in supporting programs and special events in our community. Volunteers gain valuable work experience, build a sense of community through meaningful interactions and relationships with their peers and the public - all while having fun and completing their volunteer hours!

If you are interested in volunteering, please e-mail Paula at kitsccvolunteer@vancouver.ca.

Please note our mandatory training date on **Fri, Jan 17 from 4-6 PM** (register #254482)
See our upcoming volunteer opportunities below:

Special Events Volunteering Opportunities

Neighbourhood Cleanup Party	Sat, Feb 1, 2020	10:00 AM-1:00 PM
Pro-D Day Camp	Fri, Feb 14, 2020	8:45 AM-3:15 PM
Family Day Set Up	Fri, Feb 14, 2020	3:30 PM-6:30 PM
Family Day Event	Mon, Feb 17, 2020	8:30 AM-2:30 PM
Spring Break Day Camp	Mon, Mar 16-Fri, Mar 20, 2020	8:45 AM-3:15 PM
Easter Eggstravaganza Set Up	Fri, Apr 10, 2020	10:00 AM-12:00 PM
Easter Eggstravaganza Event	Sat, Apr 11, 2020	8:30 AM-1:30 PM
Pro-D Day Camp	Fri, May 15, 2020	8:45 AM-3:15 PM
Kits Beach Shoreline Clean Up	Sat, May 30, 2020	10:00 AM-1:00 PM

After School Program Volunteering Opportunities

Just the Guys	Tues, Jan 14-Mar 10, 2020 Tues, Apr 14-Jun 16, 2020	3:30-6:00 PM
Preteen Leadership	Wed, Jan 15-Mar 11, 2020 Wed, Apr 8-Jun 10, 2020	3:30-6:00 PM
Just the Girls	Thu, Jan 16-Mar 12, 2020 Thu, Apr 9-Jun 11, 2020	3:30-6:00 PM
Sick Snax: Pre-Teen Cooking Class	Fri, Jan 17-Mar 13, 2020 Fri, Apr 17-Jun 19, 2020	3:30-6:00 PM



Volunteering opportunities

We are in need of **Birthday party, general programs and Special Event** youth volunteers!

Sign up for our **mandatory** Youth Volunteer training date
When: Fri, Jan 17 from 4-6pm

Register online, in person, or over the phone: #254482

Questions?
E-mail: kitsccvolunteer@vancouver.ca



Pro-D Camps

In-House Pro-D Daycamp (6-12 yrs)

Come and join us for a day of fun in-house activities with a leader on your Pro-D Day! Participants must bring a packed lunch and a waiver form must be completed prior to the day's activities. Waiver forms are available at the centre office or on our website: kitscc.com. Late pick-up charges will apply. Please note: before and after care is not available.

F Feb 14 9:00 AM-3:00 PM \$35/session
254579

F May 15 9:00 AM-3:00 PM \$35/session
254580

Instructor: Jacky Ly

Social

Just the Girls (8-12 yrs)

Hang out in the Youth Lounge on Thursday afternoons with the girls with a new and different activity every week! Pre-registration and a Pre-Teen Programs waiver form is required. A calendar of activities will be available at the Front Office a week before the program begins.

Th Jan 16-Mar 12 3:30 PM-5:30 PM
\$9/9 sess 254577

Th Apr 9-Jun 11 3:30 PM-5:30 PM
\$10/10 sess 254578

Instructor: Paula Parman



Just the Guys (8-12 yrs)

Hang out in the Youth Lounge with the guys while playing video games, competing against each other in foosball or pool, and enjoying other planned activities. Pre-registration and a Pre-Teen Programs waiver form is required. A calendar of activities will be available at the Front Office a week before the program begins.

Tu Jan 14-Mar 10 3:30 PM-5:30 PM
\$9/9 sess 254570

Tu Apr 14-Jun 16 3:30 PM-5:30 PM
\$10/10 sess 254571

Instructor: Jacky Ly

Academic

Top Marks: Essay and Creative Writing Success

Do you have what it takes to write your first paper in college or university? Would you like some extra practice and also learn valuable tips to get that 'A' on your first paper? Practice writing and learn the formula for a perfect essay no matter the subject, with former Langara Writing Centre tutor, Noah Thrush, to make the grade. Drop-ins welcome. No session Feb 17 and May 18.

M Jan 13-Mar 9 3:45 PM-5:15 PM
Free 254605

M Apr 20-Jun 15 3:45 PM-5:15 PM
Free 254623

Instructor: Noah Thrush

Basic Financial Planning for Youth

Set yourself up for some early financial success! In this workshop, you will learn some useful and basic financial planning skills before you develop bad spending habits.

Sa Feb 22 11:00 AM-12:00 PM
Free 260029

Sa May 30 11:00 AM-12:00 PM
Free 260031

Instructor: Litam Wealth Management

Heath & Wellness

Sick Snax: Pre-Teen Cooking Class

What are your favourite snack foods? Do you like pizza? How about home-made cookies or granola bars? Join Kitsilano Community Centre's Garden and Food Coordinator, Noah Thrush on Friday afternoons to cook some tasty and nutritious foods at Sick Snax!

F Jan 17-Mar 13 3:45 PM-5:15 PM
\$18/9 sess 254588

F Apr 17-Jun 19 3:45 PM-5:15 PM
\$20/10 sess 254591

Instructor: Noah Thrush



Sports

Youth Tennis

Tennis - Kid's Club (9-12 yrs)

Kid's Club Program gives players between the ages of 9-12 an opportunity to develop skills and play from Beginner to Intermediate Levels. No session May 16. This program is located at McBride Park.

Sa 11:15 AM-12:45 PM
Apr 25-Jun 6 \$96/6 sess 257107

Instructor: Gord Hauka

Tennis - Kid's Club (13-16 yrs)

Kid's Club Program gives players 13-16 the same program as followed by Adult Beginner, Novice and Lower Intermediate Levels. No session May 16. This program is located at McBride Park.

Sa 11:15 AM-12:45 PM
Apr 25-Jun 6 \$96/6 sess 257108

Instructor: Gord Hauka

Refund Policy: Refunds prior to the start date will be issued up to 72 hours prior to the class and a \$5 administrative fee will be charged. No refunds will be issued after the program has started except for medical reasons (doctor's note must be provided) and rain outs (if instructor is unable to schedule make-up classes during the set.

Wind and Rain Outs: Check

www.gordhaukatennis.com daily and you will get an hourly update on the conditions of the court and contact numbers, should it be necessary to call and confirm.

Badminton

Badminton Lessons (8-12 yrs)

Lessons are based on learning techniques, rallies and plays. There will be plenty of time to learn and practice new skills while enjoying team play. Bring your own racquet if you have one.

Tu 3:45 PM-5:00 PM
Jan 14-Mar 10 \$78/9 sess 258867

Tu 3:45 PM-5:00 PM
Apr 7-Jun 9 \$85/10 sess 258869

Instructor: Julian Lee DeVita

We acknowledge the financial support of the **Government of British Columbia** and from the **BC Recreation and Parks Association (BCRPA)** of some of our after school programs.



Youth Drop-In (12-18 yrs)

January 10-June 26

Monday	Tuesday	Wednesday	Thursday	Friday
Top Marks: Essay & Creative Writing (10-18 yrs) 3:45 PM-5:15 PM <i>Jan 13-Mar 9</i> <i>Apr 20-Jun 15</i> See page 21	Just the Guys (8-12 yrs) 3:30 PM-5:30 PM <i>Jan 14-Mar 10</i> <i>Apr 14-Jun 16</i> See page 21	Pre-Teen Leadership (8-12 yrs) 3:30 PM-5:30 PM <i>Jan 15-Mar 11</i> <i>Apr 8-Jun 10</i> See page 20	Just the Girls (8-12 yrs) 3:30 PM-5:30 PM <i>Jan 16-Mar 12</i> <i>Apr 9-Jun 11</i> See page 21	Sick Snax: Pre-Teen Cooking Class 3:45 PM-5:15 PM <i>Jan 17-Mar 13</i> <i>Apr 17-Jun 19</i> Friday Fun Night 3:30 PM-9:00 PM <i>Jan 10-Jun 26</i> Youth Open Gym (Gr 8-12) 3:30 PM-5:30 PM 6:45 PM- 8:45 PM <i>Jan 10-Jun 26</i>



kits youth highlights

Friday Fun Night (8-18 yrs)

Spend your Friday nights with the youth staff at the community centre! There will be some snacks and a planned activity once a month. Youth are free to use the games room in the Youth Lounge and our Youth Open Gym! Bring a friend or two or make some new friends! Drop-ins welcome.

Activities subject to change without notice. **Free with a One Card.**

January 10-June 26, 2020 3:30 PM-9:00 PM

January 17, 2020	Movie, Popcorn and Hot Chocolate
February 14, 2020	Icebreakers and Video Games
March 13, 2020	Spring Break madness – Board Games Night
April 17, 2020	Escape Room Night
May 8, 2020	Trivia Night
June 19, 2020	Ice cream party!

A ONE CARD AND/OR STUDENT I.D. IS REQUIRED TO USE the OPEN GYM and to BORROW EQUIPMENT



Please register for the **ONE CARD** at the front desk.

NOTE: If you are UNDER 16, you will need to pick up a consent form at the front desk and have it filled out by a parent before receiving your card.



PAINT BETWEEN THE WINES

SATURDAY, JAN 11, 2020

Join us for a fun evening at our very first Paint and Wine night here at Kitsilano CC! An instructor will help bring out your inner artist all while enjoying a glass of wine (non-alcoholic options available). Course fee includes 1 drink ticket.

All skill levels welcome – no experience required.

Participants will be able to take home their creations once the event is over.

\$33/PERSON | 5:00 PM-8:00 PM | #254481

REGISTER ONLINE, IN-PERSON OR OVER THE PHONE

604.257.6976 | WWW.KITSCC.COM

KCCA - Annual General Meeting



April 16th 7-9PM

**Nominations for the Board of Directors close March 16th*

All members who have opted in for a Kitsilano Community Centre Association membership between September 1st, 2019 and March 18, 2020 are welcome to attend.

- *Speaking rights are extended to all attendees 16 years of age or older*
- *Voting rights are extended to all attendees 19 years of age or older*

email kcca.vancouver@gmail.com for further details



Adult Drop In Schedule

www.kitscc.com

Flexible Schedule? Try a new class!

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
MORNING	Iyengar Yoga - Linda 8:30 AM-10:00 AM Page 37	Classic Stretch 8:00 AM-9:00 AM Page 40		Classic Stretch 8:00 AM-9:00 AM Page 40	Qigong Practice 7:15 AM-8:45 AM Page 31	Classic Stretch 8:00 AM-9:00 AM Page 40	
	Osteofit Level 1 9:30 AM-10:30 AM Page 37		Pilates with Ali 9:15 AM-10:15 AM Page 36	Pilates with Ali 9:15 AM-10:15 AM Page 36	Pilates with Ali 9:15 AM-10:15 AM Page 36	ZUMBA with Ali 9:15 AM-10:15 AM Page 35	Body Blast 9:30 AM-10:30 AM Page 40
	Art Therapy 10:00 AM-12:00 PM Page 25			Osteofit Level 1 9:30 AM-10:30 AM Page 42	Feldenkrais Method 9:30 AM-10:30 AM Page 34	Core Connection 10:30 AM-11:30 AM Page 36	Qigong 9:30 AM-10:30 AM Page 31
	Mixed Media Art 10:00 AM-12:00 PM Page 25		Gentle Fit 10:10 AM-10:10 PM Page 40	Iyengar Yoga - Luci 10:30 AM-12:00 PM Page 37	Gentle Yoga 10:30 AM-12:00 PM Page 37	Line Dancing 10:30 AM-12:00 PM Page 33	Tai Chi Fan 10:30 AM-11:30 AM Page 31
	Spine & Core Fit 10:30 AM-11:30 AM Page 35	Pilates with Ferial 10:30 AM-11:30 AM Page 36			Baby & Me Yoga 11:30 AM-12:30 PM Page 36		Pickleball Lv 3.5+ 10:45 AM-12:45 PM Page 39
AFTERNOON	Pickleball 11:30 AM-1:00 PM Page 39		Stretch & Strength 11:45 AM-12:45 PM Page 42		Pickleball 11:30 AM-1:00 PM Page 39		Kun Wu Sword 11:30 AM-12:30 PM Page 31
			Coffee Break 12:45 PM-2:00 PM Page 44	Contemp. Ballet 12:30 PM-1:45 PM Page 32	Infant Massage 1:00 PM-2:00 PM Page 34	Ballet - Intro 2:00 PM-3:15 PM Page 32	
	LatinFit 1:00 PM-2:00 PM Page 33	Zumba Gold with Ali 1:00 PM-2:00 PM Page 43	BeMoved 1:00 PM-2:00 PM Page 32	Zumba Gold 1:00 PM-2:00 PM Page 43	Pickleball Drills 1:00 PM-3:00 PM Page 38	Ballet - Pointe 3:30 PM-4:15 PM Page 32	
					Bingo 2:00 PM-3:30 PM Page 45	Women's Soccer 3:30 PM-4:50 PM Page 39	Belly Dance – Beg. 4:30 PM-6:00 PM Page 32
	Core Connection 5:30 PM-6:30 PM Page 36	Body Blast 5:30 PM-6:30 PM Page 40	Deep Stretch 5:45 PM-6:45 PM Page 34	Cardio Circuit 5:30 PM-6:30 PM Page 40	Total Body 5:30 PM-6:30 PM Page 40		Belly Dance – Int. 6:00 PM-7:30 PM Page 32
EVENING	Yoga4Stiff Guys 5:30 PM-6:30 PM Page 37	Flexercise 6:00 PM-7:00 PM Page 35		Flexercise 6:00 PM-7:00 PM Page 35			Ballroom Dancing 7:30 PM-9:00 PM Page 33
	CALLANETICS 6:00 PM-7:30 PM Page 34	Iyengar Yoga - Luci 6:00 PM-7:30 PM Page 37		Tai Chi 24 Form 6:00 PM-7:00 PM Page 31			
	Creative Yoga 6:30 PM-8:00 PM Page 37		Prenatal Yoga 6:30 PM-7:45 PM Page 36	Sandbag Training 6:40 PM-7:40 PM Page 35		LEGEND	
	Yang and Ying 6:45 PM-7:45 PM Page 35	Beach Volleyball 6:30 PM-8:30 PM Page 39		Tai Chi 48 Form 7:00 PM-8:00 PM Page 31	Ballet – Int. 6:30 PM-8:00 PM Page 32		
	Foam Roller Class 6:45 PM-7:45 PM Page 35	Duplicate Bridge 6:45 PM-9:45 PM Page 44	Play Better Bridge 6:30 PM-8:30 PM Page 26	Stretch Therapy 7:15 PM-8:30 PM Page 34	Duplicate Bridge 6:45 PM-9:45 PM Page 44		Creative Arts
	ZUMBA 6:45 PM-7:45 PM Page 35	ZUMBA 6:45 PM-7:45 PM Page 35		Pickleball Drills 7:35 PM-9:20 PM Page 38			Dance
	Soccer 35+ yrs 7:55 PM-9:55 PM Page 39	Volleyball 8:00 PM-9:45 PM Page 39	Badminton 6:45 PM-8:45 PM Page 39	Pickleball 7:50 PM-9:50 PM Page 39			Fitness
	Latin Funk Dance 8:00 PM-9:00 PM Page 33		Bollywood Burn 8:15 PM-9:15 PM Page 32	Yoga4Stiff People 8:15 PM-9:15 PM Page 37			Social
							Sports See Page 39 for drop-in procedures

Check course description for details.

Schedule is subject to classes reaching minimum numbers to run, and space permitting.



Creative Arts

Introduction to Art Therapy - Unwind

Art making is a powerful and unique way to relax, gain perspective, explore mindfulness, and any surprises that come along - often resulting in a stronger sense of well being. This program offers a chance to unwind and start the week fresh by using art as a means of expression. Each week will have a different theme and art medium for you to explore. Themes include clay, collage, watercolour and acrylic painting. Mindfulness, a sense of wonder, play and breathing work will be incorporated into every session - creating a truly holistic relaxing experience. Shawna, a certified art therapist, will facilitate you through your journey. Materials are provided. Drop-in \$40, space permitting. No session February 17 or May 18.

M	10:00 AM-12:00 PM	
Jan 20-Mar 2	\$200/6 sess	255622
Apr 20-Jun 1	\$200/6 sess	257091

Instructor: Shawna Balshin

Mixed Media for All **NEW**

Broaden your artistic world by combining, layering and creating, using a variety of different mediums and techniques. Among them are drawing, painting, printmaking, collage, stenciling and stamping. We will consider composition, color, shape, value, texture and line. Realism and contemporary themes can be mastered with mixed media. Let's create out of the box! Drop-in \$20, space permitting. No session February 17, April 13 and May 18.

M	10:00 AM-12:00 PM	
Jan 16-Mar 12	\$144/8 sess	258502
Apr 6-Jun 22	\$180/10 sess	258504

Instructor: Matia Pourghannad

Pine Needle Basket-Making

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, and sturdy pieces of art using elements supplied from nature. Make a pine-themed gift for a loved one.

Su	3:00 PM-5:00 PM	
Jan 19	\$25/1 sess	258343

Instructor: Noah Thrush

SOMETIMES GREAT CLASSES ARE CANCELLED

Don't wait until the last minute to register... or you may be disappointed to hear that the class was cancelled. Program decisions to run or cancel a program are generally made 3-5 days prior to the start date. Programs are cancelled or postponed if there are not enough registered participants

Bus Trips

Queen of Peace Monastery

The Dominican Nun's first sisters came to Canada in 1999 to form Queen of Peace Monastery located at the base of Cloudburst Mountain in the Upper Squamish Valley. Witness the sisters fill the air singing their daily hymns at 11:30am, tour the scenic monastery with Sister Claire, visit the chapel and unique gift shop. Walking up stairs is required to reach the gift shop.

PACKAGE INCLUDES:

- Queen of Peace Monastery Tour
- Dominican Nuns Daily Singing
- Watershed Grill Lunch
- Relief Driver

Activity Level: Moderate

Tu	8:00 AM-4:45 PM	
Apr 21	\$105/person	259631

Simply Sooke

Discover the idyllic setting of this quaint island town from your waterside lunch spot and as you "walk the spit" with the locals. Take a stroll downtown and discover Heritage Row, where charming stores displaying various work from talented local artisans. Finish up visiting a local "hidden gem" for coffee, plants, gifts and treasures at The Artisan's Garden.

PACKAGE INCLUDES:

- Lunch, Stickleback West Coast Eatery
- Escorted walk, Whiffin Spit, Sooke
- Heritage Row, Artisan Shops
- The Artisan's Garden
- Relief Driver

Activity Level: Easy

Tu	7:00 AM-8:15 PM	
May 5	\$125/person (over 65 years)	
259632	\$155/person (under 65 years)	

Wellness Tour

Relax, recharge and rejuvenate your mind and body on this inspiring tour. Visit Harrison Hot Springs Public Pool to dissolve stress, aches and pains, take a refreshing guided tour of Tuscan Farm Gardens during lavender bloom and enjoy a family style lunch on the patio at Tanglebank Gardens.

PACKAGE INCLUDES:

- Harrison Hot Springs Pool Admission
- Mineral Rich Hot Springs Access
- Locker Rental
- Tuscan Farm Gardens Tour
- Lunch Tanglebank Gardens Patio
- Relief Driver

Activity Level: Easy

Tu	8:30 AM-5:30 PM	
Jun 16	\$115/person	259633

Out-Trips

- All participants must fill out a waiver prior to registration at the Community Centre or at kitscc.com/registration (forms tab-right column).
- No refunds 48 hours before departure date.



Education

Beginner Ukulele Level 1

An introduction to one of the most fun instruments out there - the ukulele. Pick one up and start playing right away! Students will learn the basics, from a simple understanding of the instrument to chord formation, strumming, and singing a variety of songs. Instructor will bring a few extra ukuleles on the first day but each student must have their own ukulele thereafter.

Su	1:00 PM-2:00 PM	
Jan 12-Mar 15	\$90/10 sess	255630
Apr 19-Jun 21	\$90/10 sess	256027

Instructor: Joseph Young

Beginner Ukulele Level 2 **NEW**

This class builds on the fundamentals established in "Beginner Ukulele 1" and also adds some fun new techniques and materials. Topics include continued work on chords and strumming with new songs, reading tablature and a brief introduction to useful elements of music theory and note reading. Join us and continue your ukulele journey in a fun and non-judgmental atmosphere!

Su	2:30 PM-3:30 PM	
Jan 12-Mar 15	\$90/10 sess	255629
Apr 19-Jun 21	\$90/10 sess	256028

Instructor: Joseph Young

Beginners Bridge - Level 1

Bridge anyone? This game is for all ages. Keep your mind sharp, meet new people and have fun. This lesson series is for absolute beginners and does not assume prior bridge knowledge. We start playing bridge hands the first lesson. The goal is, after 10 weeks, you will have the knowledge to bid and play social bridge. The lessons are a mix of concepts and card play. Optional homework is provided. The course book used is ACBL Bridge Series Bidding in the 21st Century. (Available on Amazon.ca and often at Chapters.)

Th	6:30 PM-8:30 PM	
Jan 9-Mar 12	\$99/10 sess	255631

Instructor: Glenda Affleck

Let's Play Better Bridge

Bridge can be serious, but the environment in which it is played should be far from it. Encouraged by input from the class, we will explore a different aspect of this tremendous game each week, all within a 'Club' atmosphere. Subjects may include: Reinforcement of the fundamental basics of bidding, a sprinkling of popular conventions used in the modern game, playing the hand, defensive strategies including leads and discards, scoring (Chicago). These sessions are for players who understand the basics of the game and would like to practice with an Instructor on hand to help them improve their playing skills. Bring a partner or come solo, open to all ages. Drop-in \$12, subject to a spot at a table.

W	6:30 PM-8:30 PM	
Jan 8-Feb 26	\$88/8 sess	255708

Instructor: Ron Knight

Making Beeswax Salves with Lori Snyder

In this Village Vancouver Westside Neighbourhood Food Network workshop with Lori Snyder, you'll discover how to make beeswax salves with infused plant oils. It's quick and easy! Beeswax salves have many different applications, including lip balms, natural skin care, hand salves, and salves for wounds and sprains. Gardeners - you can make salves from your garden from a variety of plant infused olive oils blended into beeswax. We'll have a community seed library present - pick up some free seeds for your garden, swap or donate seeds.

Th	6:30 PM-8:30 PM	
May 14	Free	258390

Instructor: Village Vancouver

First Time Home Buyer's Class

We know that it's incredibly rewarding to own real estate in Vancouver, but it can be tricky to break into the market. Real estate has a lot of moving parts and a steep learning curve that can be daunting to first time home buyers. This class features 3 presenters: Ana Domingos (real estate agent), Heather Kreighton (mortgage broker) and Reema Alevras (insurance and financial services advisor). Together, the class will cover everything you need to know using a fun approach with visual aids.

W	6:30 PM-8:00 PM	
Apr 15	\$25/1 sess	261009



Dog Training: Puppy Obedience

Basic obedience for puppies includes basic behaviour and commands as well as discussion of puppy issues such as housetraining and mouthing. Please check with your own vet to ensure your puppy may be safely registered. Adult registration only (family members may accompany registered adult).

Tu	6:45 PM-7:45 PM	
Mar 3-Mar 31	\$142/5 sess	255656
May 26-Jun 23	\$142/5 sess	257128

Instructor: Brenda Jagroop

Dog Training: Basic Dog Obedience

Teach your dog manners and obedience - learn the basics of dog behaviour, management of common problems such as jumping up on people, and commands such as sit, down, stay, come, walking on leash, etc. Adult registration only (family members may accompany registered adult).

Tu	8:00 PM-9:00 PM	
Mar 3-Mar 31	\$142/5 sess	255655
May 26-Jun 23	\$142/5 sess	257127

Instructor: Brenda Jagroop



Education

English Corner

Effective communication of both your thoughts and feelings are essential for leading a successful life in a new place. English Corner is organized to give participants the opportunity to share their thoughts and feelings by offering engaging discussion topics and opportunities for fellowship. Come and gain confidence communicating in English. No session February 16, March 22, April 12 and May 17.

Su	6:45 PM-8:45 PM	
Jan 5-Mar 29	\$2.86/11 sess	255658
Apr 5-Jun 28	\$2.86/11 sess	256088

Instructor: Fay Mottahed

Spanish - Beginner Level 1

Bienvenidos! My class is designed for a small group so you can learn a new language in a relaxed and enjoyable atmosphere. The emphasis will be on communications, proper phonetic, vocabulary, and some basic grammar. At the end of the course you'll be able to introduce yourself in Spanish and converse about travel, work and much more. Soleado 1 textbook (\$31.50) is required and can be purchased at the Front Office and received from the instructor.

W	5:30 PM-7:00 PM	
Jan 8-Mar 25	\$140/12 sess	255739
Tu	6:30 PM-8:00 PM	
Apr 21-Jun 30	\$122.14/11 sess	257030

Instructor: Rohana Filippi

Spanish - Beginner Level 2

Adelante! Join my small class designed to improve the basic Spanish learned in Beginners Level 1. Emphasizing communication, you will become familiar with idiomatic expressions and verbs such as 'estar, gustar, tener and hacer'. At the end of the course you'll be able to talk about your family, to order in a restaurant, go shopping, ask the time and more. Drop-in \$15, space permitting. Soleado 1 textbook (\$31.50) is required and can be purchased at the Front Office and received from the instructor.

W	7:15 PM-8:45 PM	
Jan 8-Mar 25	\$140/12 sess	255740
W	5:30 PM-7:00 PM	
Apr 22-Jun 29	\$122.14/11 sess	257031

Instructor: Rohana Filippi

Spanish - Intermediate Level 1

Paso a paso... (step by step) you'll become more confident communicating in Spanish if you join this intermediate level class where grammar skills and conversational practices are combined in a relaxed atmosphere. Participants must have completed Spanish Levels 1 and 2. This course will teach you about irregular verbs, past tense, reflexive form and more. Don't miss it - the group is small and you'll have a great time! Drop-in \$15, space permitting. Soleado 2 textbook (\$31.50) is required and can be purchased at the Front Office and received from the instructor.

W	3:45 PM-5:15 PM	
Jan 8-Mar 25	\$140/12 sess	255742
W	7:15 PM-8:45 PM	
Apr 22-Jun 29	\$122.14/11 sess	257033

Instructor: Rohana Filippi

Spanish - Intermediate Level 2

ESPAÑOL Y MAS ESPAÑOL! Come and experience being proud of your Spanish language knowledge. This course is for those who want to become more comfortable understanding and speaking at a higher basic level. Participants are advised to have completed Beginner Spanish 1, Spanish 2 and Intermediate 1 levels. Reviewing your grammar skills, and learning new expressions and vocabulary will develop gradually through discussion of interesting cultural aspects of Spain and Latin America, as well as subjects you encounter in daily life. We will use audio, games, and written materials to focus on past tense, imperative tense, direct and indirect pronouns, and uses of language. Drop-in \$15, space permitting. Soleado 2 textbook (\$31.50) is required and can be purchased at the Front Office and received from the instructor.

Tu	6:30 PM-8:00 PM	
Jan 07-Mar 24	\$140/12 sess	255743
W	3:45 PM-5:15 PM	
Apr 22-Jun 29	\$122.14/11 sess	257034

Instructor: Rohana Filippi

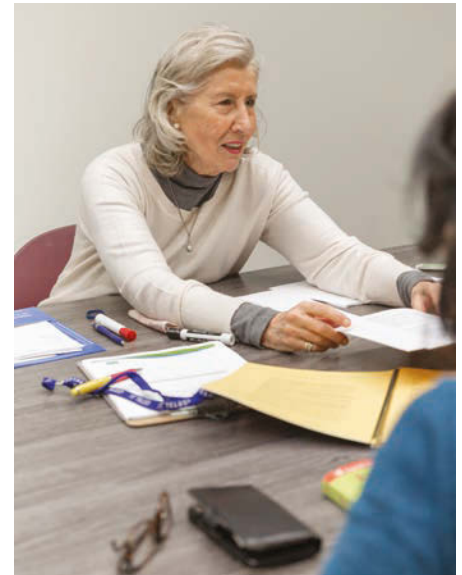
Spanish - Book Club

This course is for you if you already know enough Spanish to read and converse. It is the perfect opportunity to improve your confidence, skills and knowledge of the Spanish language and literature. In a relaxed, friendly environment, we will discuss the chosen book, review grammar rules, enrich your vocabulary and learn idioms to improve your understanding of Spanish. Students are required to purchase the selected book (approximately \$10) at the UBC Bookstore after the first class. Drop in \$15, space permitting.

Th	3:30 PM-5:00 PM	
Jan 9-Mar 19	\$128.33/11 sess	255741

Th	3:30 PM-5:00 PM	
Apr 23-Jun 25	\$116.66/10 sess	257032

Instructor: Rohana Filippi



Discover Japan

Have you ever wanted to travel to Japan, but didn't know where to start? This workshop is designed to teach you everything you need to know to plan your trip from Vancouver to Japan! Speaker Kenta Nakagawa, a former teacher in Japan, will share his knowledge of the country including culture, food, things to do, must-see attractions and other important travel tips.

Sa	10:30 AM-12:00 PM	
Feb 15	\$10/1 sess	258384
Apr 18	\$10/1 sess	258385

Instructor: Kenta Nakagawa



Education

How to Accumulate & Protect Your Wealth

We'll discuss how to make sure you and your family wealth are properly protected through insurance and how to start building your wealth for future needs through proper investment management and strategic wealth planning. We'll also discuss how this process can help identify any gaps in your current financial plan and how to find the right and proper advice. Register in advance.

Sa		9:30 AM-11:00 AM	
Jan 25	Free		260127
May 23	Free		260128

Preparing for Retirement **NEW**

Thinking about retirement? In this interactive workshop, we will be discussing the different financial aspects when considering retirement.

W		7:00 PM-8:30 PM	
Feb 5	Free		257065

Instructor: G&F Financial Group

Understanding Savings Plans **NEW**

There are a number of different savings plans available (RRSP, RESP, TFSA) and in this class we will learn the differences and how they can help you plan for retirement, put funds away for your child's education or save on taxes. This interactive workshop will provide you with the information you need to make an informed decision about which of these plans is right for you and your family.

W		7:00 PM-8:30 PM	
Mar 4	Free		257066

Instructor: G&F Financial Group

Financial Fraud

You work hard for your money and want to keep it safe from fraud. In this interactive workshop, you'll learn how to identify common financial scams and become empowered to protect yourself and your family from the devastating impact of fraud. We'll cover some quick tips on how to identify financial scams and the steps to take in the event you ever find yourself financially victimized.

W		7:00 PM-8:30 PM	
Apr 15	Free		257067

Instructor: G&F Financial Group

Earthquake Preparedness Personal and Family

Vancouver is at risk of earthquakes and as such, we all need to do our part to be prepared. This session covers what is required to develop your family emergency plan, how to conduct a "home hazard hunt," and what to do when an earthquake strikes. Come to this FREE workshop to learn how to prepare!

Th		7:00 PM-8:30 PM	
Jan 23	Free		255713
W		7:00 PM-8:30 PM	
May 13	Free		259321

Instructor: City Of Vancouver NEPP

Earthquake Preparedness Pets

The key to preparedness is ensuring you are prepared. But what about our pets? We've seen in recent disasters that people refused to evacuate if they could not 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. Please pre-register.

Th		7:00 PM-8:30 PM	
Feb 20	Free		255714
W		7:00 PM-8:00 PM	
Apr 8	Free		259322

Instructor: City Of Vancouver NEPP

Apartment Living

Vancouver is at risk of earthquakes and as such, we all need to do our part to be prepared. This session covers what is required to develop your emergency plan, how to conduct a hazard hunt and what to do when an earthquake strikes when you live in an apartment or strata. Please pre-register.

Th		7:00 PM-8:30 PM	
Mar 19	Free		255712
W		7:00 PM-8:30 PM	
Jun 10	Free		259323

Instructor: City Of Vancouver NEPP

Exploring Responses **NEW** to the Climate Emergency

Join us in discussing practical responses to the climate emergency. We're particularly interested in actions you're taking, especially ones which others can learn from. We'll have a community seed library present - pick up some free seeds for your garden, swap or donate seeds. Part of the Westside Food Festival (June 16-August 3).

W		6:30 PM-8:30 PM	
Jun 24	Free		258499

Instructor: Village Vancouver, Ross Mosier



Plastic Recycling Depot

Thu, Jan 16, Feb 13, Mar 19, Apr 16, May 14, Jun 18

6:00-7:00pm, arrive no later than 6:45pm

Drop off your clean plastics at our monthly recycling depot located at Kitsilano Community Centre, south entrance patio, immediately north of 12th Ave and Larch Street. The depot is supported in part by a Greenest City Neighborhood small grant fund through the City of Vancouver and the Vancouver Foundation administered by Kitsilano Neighborhood House.

Categories accepted:

1. Soft plastics,
2. Hard plastics (#1-7 with metals removed),
3. Styrofoam,
4. Wax-lined beverage containers,
5. Foil-lined bags.



For more information go to: villagevancouver.ca



Gardening

Grow Your Own Microgreens

Microgreens are tasty and nutritious and can be eaten as a fresh snack or added to salads, smoothies, soups and more. In this Village Vancouver Westside Neighbourhood Food Network workshop with Dr. Yael Stav, you'll learn how to grow your own trays of microgreens at home, year-round. We'll look at the difference between sprouts and microgreens, review the many possible seeds that can be used for starting microgreens, and look into troubleshooting common problems. You'll prepare your own microgreen tray to take home! Supplies included. We'll have a community seed library present - pick up some free seeds for your garden, swap or donate seeds.

W 6:30 PM-8:00 PM
Jan 29 Free 258447

Instructor: Village Vancouver

2020 Community and Collaborative Gardening Opportunities

Looking for a place to garden this year? Learn about our family friendly, cross cultural collaborative community gardens in Kits, Strathcona, and West Point Grey at this info session. Applications will be available for anyone interested in gardening with us. All levels of experience welcome. We'll have a community seed library present - pick up some free seeds, swap or donate seeds.

Sa 12:30 PM-1:30 PM
Feb 22 Free 258448

Instructor: Village Vancouver

Introduction to Organic Gardening NEW

Village Vancouver's Westside Neighbourhood Food Network presents a workshop covering the basics of planning, preparing and starting a food garden. You'll learn some simple techniques from Rhiannon Johnson including starting plants indoors and in the garden, tailored to your space. Be rewarded with the taste of freshly grown veggies this season! We'll have a community seed library present - pick up some free seeds for your garden, swap or donate seeds.

Su 10:00 AM-12:00 PM
Mar 15 Free 258388

Instructor: Village Vancouver

Gardening 101

Are you looking to try your hand at gardening this spring? Where do you start? What do those symbols on the seed packets mean? What is a hardiness zone? Not sure what the benefits of planting annuals or perennials are? And how do you transplant your new seedlings without killing them? Grow with us! The KitsCC Collaborative Gardeners would like to pass on a few friendly tips to get you started on your way this season!

Su 1:00 PM-3:00 PM
Mar 15 Free 258415

Instructor: Noah Thrush

Growing Plenty of Potatoes NEW

Learn how and when to plant, grow, harvest, and store potatoes. This Village Vancouver Westside Neighbourhood Food Network workshop with Rhiannon Johnson, we'll discuss the best varieties for our area, preparation for planting, feeding, preventing problems, and much more for growing tasty potatoes! Each participant will take a potato "seed" home with them. We'll have a community seed library present - pick up some free seeds for your garden, swap or donate seeds.

F 6:30 PM-8:30 PM
Apr 3 Free 258389

Instructor: Village Vancouver

Insects in the Garden:

The Good, The Bad and the Bug

You see them in their multitudes: bugs, creepy-crawlies - insects. Whatever you call them, you can become skilled at knowing how to identify some common culprits as well as the heroes of your garden community and ecology. Learn how to deal with some common garden pests in an easy and organic way while promoting beneficial pollinators. Please pre-register.

Su 10:00 AM-12:00 PM
Jun 7 Free 258418

Instructor: Noah Thrush

Love to Garden?

Join the KitsCC Collaborative Gardeners.
Go to kitscc.com for detail.

Westside NEW

Permaculture Corridor

Village Vancouver is creating a permaculture corridor on the Westside. Join us for a potluck and discussion of our three year Greenest City project. New participants/new locations welcome. Bring something to share for the potluck. We'll have a community seed library present - pick up some free seeds for your garden, swap or donate seeds. Part of the Westside Food Festival (June 16-August 3).

W 6:30 PM-8:30 PM
Jun 17 Free 258391

Instructor: Village Vancouver

Introduction to Vertical Gardening NEW

In this Village Vancouver Westside Neighbourhood Food Network workshop with Dr. Yael Stav, we'll review the opportunities for, and benefits of, growing food in vertical gardens in an urban setting. We'll discuss the different systems and technologies available for vertical gardening and talk about the principles of setting up a successful vertical food garden on fences, walls, and balconies, including watering, weight, light and plant choice considerations. We'll have a community seed library present - pick up some free seeds for your garden, swap or donate seeds. Part of the Westside Food Festival (June 16-August 3).

F 6:30 PM-8:30 PM
Jun 26 Free 258450

Instructor: Village Vancouver

Introduction to Fermenting

In this Village Vancouver Westside Neighbourhood Food Network workshop, you'll learn about several fermenting options, including vegetable fermenting (sauerkraut and local seasonal ferments), water kefir, milk kefir, and kombucha. Other topics covered include where to find supplies and ingredients, how much time and space is needed, and what equipment is required. We'll have a community seed library present - pick up some free seeds for your garden, swap or donate seeds. Part of the Westside Food Festival (June 16-August 3).

F 6:30 PM-8:00 PM
Jun 5 Free 258392

Instructor: Village Vancouver



Culinary Arts

Don't take normal Vancouver cooking classes, be an original and experience your own Italian Kitchen Party! Classes are led by professional cook & actor Peter Ciuffa of Pasta Boy Peter.

When you take classes with Peter you become part of the Famiglia. You will laugh, learn & leave with a memory.

You'll learn to make pasta, gnocchi, ravioli, carbonara, risotto or pizza like a Mama. We provide everything, & teach you the skills & traditions passed down to Peter in an experience full of stories and fun. Peter is also available for group bookings through Kitsilano Community Center. Check out www.pastaboypeter.com for more details and follow Peter@pastaboypeter on Social Media.

The most important thing to remember is Peter's motto, "Eat with those you Love!"™

Grazie, Peter Ciuffa

Pasta Boy Peter Inc www.pastaboypeter.com

Tickets bought for others must be registered under their name. Youth 12-18 may attend when accompanied by an adult also attending the class.

Hands on Fresh Pasta Making

Peter teaches you to make and roll his family's pasta recipe for those you love. Peter will also teach you his mama's pomodoro sauce, you'll sample his dish and go home with the pasta for two.

Su	11:00 AM-2:00 PM	
Jan 26	\$95/1 sess	257885
Apr 5	\$95/1 sess	257886
May 3	\$95/1 sess	257887

Instructor: Pasta Boy Peter Inc.

Hands on Gnocchi Making

Peter will teach you to make pillowy potato Gnocchi and a butter sage sauce. You'll then get to sample his work and go home with the gnocchi for two.

Su	3:30 PM-6:00 PM	
Jan 26	\$95/1 sess	257888
May 3	\$95/1 sess	257895

Instructor: Pasta Boy Peter Inc.

Hands on Pasta Making Part 2 - Puglia Style

Learn to make the classic Southern Italian vegan pastas, Orechiette and Cavatelli, without a roller. Afterwards, Peter will teach how to make a classic sauce from the region of Puglia.

Su	3:30 PM-6:00 PM	
Mar 8	\$95/1 sess	257889

Instructor: Pasta Boy Peter Inc.



Hands on Roman Pizza and Focaccia Making Class

Make the classic Margherita, a second seasonal pizza and focaccia, plus get to eat all three. Not to mention you'll go home with the pizza dough you just made ready for that evening!

Su	11:00 AM-2:00 PM	
Mar 8	\$95/1 sess	257891

Instructor: Pasta Boy Peter Inc.

Hands On Ravioli Making

If you already know how to make pasta (strongly recommended), take it to the next level with ravioli! Learn how to roll and shape ravioli. A ricotta and greens filling will be demonstrated and you will stuff and cut a sheet. Go home with 8 to 10 pieces of ravioli.

Su	3:30 PM-6:00 PM	
Apr 5	\$95/1 sess	257890

Instructor: Pasta Boy Peter Inc.

Register for 2 or more of Peter's Cooking class and receive 20% off each additional program

Asian Culinary Experience

Join Yvonne in the kitchen and play with different spices and flavours from Asia.

Su 10:00 AM-1:00PM

Lemongrass Chicken & Salad Rolls

Feb 23 \$65/person 260111

Thai Curry

Apr 19 \$65/person 260284

Vietnamese "Pho" Noodle

May 10 \$60/person 260285

Instructor: Yvonne Vuu

Exploring World Cuisine

Let's cook, learn, have fun and feast with an acclaimed chef. Andaleeb will teach exotic and specialty grains, meat and vegetables dishes from the different areas around the world. We will have fun, learn and dine all together.

Tu 12:30 PM-2:00 PM \$80/sess

Louisiana-Jambalaya

Jan 21 260155

Spain-Seafood Paella

Jan 28 255660

Bahran-Chicken Machboos

Feb 4 255661

Italy-Pumpkin Squash Risotto

Feb 11 255659

Lebanon-Beef Mujaddara

Feb 18 260156

Morocco-3- Beans & Citrus Couscous

Feb 25 260157

Egypt-Koushari

Mar 3 260158

Indonesia-Nasi Goren

Mar 10 260159



Hands-On French Macaron Making

Learn how to make French macarons with a basic butter cream filling in different flavours. All tools, utensils, apron & equipment provided and at the end of the class, you'll end up with a happy belly, delicious macarons to take home and the recipe and skills to bake limitless amounts of macarons.

Su 10:00 AM-12:00 PM

Jan 12 \$60/person 260112

Prices do not include GST.



Tai Chi & Qigong

Tai Chi with Kelly Maclean

Kelly Maclean has trained under some of the great masters of our time, including Shouyu Liang (her primary teacher), Chen Xiaowang, Chen Zhenglei, Yang Zhen Duo, He Weiqi, Madame Wang Jurong, Dr. Yang Jwing Ming, and Sam Masich. She has an illustrious international competition history and was a member of the Canadian National Wushu Team. In her teaching, she emphasizes correct biomechanics and structure, with attention to detail. She is well known for her unique talent for explaining movement using evocative descriptions and analogies.



Tai Chi: 24 Form (suitable for beginners)

Tai Chi is a martial art and moving meditation based on the principle of the interplay of Yin and Yang. It is a gentle form of exercise for the body and the mind, cultivating mindfulness and concentration. Slow and graceful movements improve balance, coordination, and well being. Emphasis on proper alignment and structure promotes Qi flow through the body. This simplified Yang form is suitable for beginners. Drop-in \$15.50, space permitting.

Th	6:00 PM-7:00 PM	
Jan 23-Mar 26	\$140/10 sess	255753
Apr 2-Jun 25	\$182/13 sess	257075

Tai Chi - 48 Form Part 2

In this course, we will continue our study of the 48 combined form. Part 1 is a prerequisite. Drop-in \$15.50, space permitting.

Th	7:00 PM-8:00 PM	
Jan 23-Mar 26	\$140/10 sess	255750

Tai Chi - 48 Form Part 3

In this course, we will continue our study of the 48 combined form. Part 2 is a prerequisite. Drop-in \$15.50, space permitting.

Th	7:00 PM-8:00 PM	
Apr 2-Jun 25	\$182/13 sess	257077

Qigong

Qigong is the ancient Chinese practice of cultivating Qi, or vital energy in the body. Qigong involves regulating the breath, simple movements, postures, sound vibration, visualization, and meditation. It reduces stress, improves health and powers of concentration. Suitable for beginners. Drop-in \$15.50, space permitting. No session February 16, April 12 and May 17.

Su	9:30 AM-10:30 AM	
Jan 19-Mar 29	\$140/10 sess	257073
Apr 5-Jun 28	\$154/11 sess	257074

Tai Chi Fan - 42 Form Part 2

In this course, we will continue our study of the combined fan routine. Part 1 is a prerequisite, which is offered every Fall. Drop-in \$15.50, space permitting. No session February 16.

Su	10:30 AM-11:30 AM	
Jan 19-Mar 29	\$140/10 sess	255751

Tai Chi Fan - 42 Form Part 3

In this course, we will continue our study of the combined fan routine. Part 2 is a prerequisite. Drop-in \$15.50, space permitting. No session May 17.

Su	10:30 AM-11:30 AM	
Apr 5-Jun 28	\$154/11 sess	257078

Tai Chi Sword - 32 Form Part 2

In this course, we will continue our study of the 32 simplified Yang style sword form. Part 1 is a prerequisite. Drop-in \$15.50, space permitting. No session February 16.

Su	11:30 AM-12:30 PM	
Jan 19-Mar 29	\$140/10 sess	255752

Kun Wu Sword Part 1

This is not a Tai Chi form, but rather a traditional northern style sword form that will broaden your knowledge of sword technique, and increase your power. It will provide a bit of a workout too! Drop-in \$15.50, space permitting. No session April 12 and May 17.

Su	11:30 AM-12:30 PM	
Apr 5-Jun 28	\$154/11 sess	257079

Morning Qigong Practice

A great way to start a day is with qigong practice. Our volunteer instructors will lead the practices of various forms of qigong. Program highlight: Ba Duan Jin (8 Pieces of Exercises), Five Animals Game, Yi Jin Jing, Simplified Tai Chi and Tai Chi Stick. Morning qigong is suitable for all levels. This is not a lesson, but a group practice. Drop-in \$4. No session April 10.

W	9:00 AM-10:30 AM	
Jan 15-Mar 11	\$18/9 sess	258442
Apr 1-Jun 24	\$26/13 sess	257877

F	7:15 AM-8:45 AM	
Jan 17-Mar 13	\$18/9 sess	258443
Apr 3-Jun 26	\$24/12 sess	257878

Instructor: Patrick Liao



Dance

Belly Dance Class

FREE CLASS - Su Jan 5 4:30PM-6:00PM
#255634 Please pre-register.

Belly Dance - Beginner

Enjoy moving to the sensuous melodies and dynamic rhythms of the Middle East. Belly dance is an excellent way to get fit, have fun and connect with your body in a very positive way. A professional dancer and experienced teacher of instructors, Rahma is able to clearly break down movements and is encouraging to dancers of all ages and abilities. Class begins with a slow stretch warm up. Wear exercise clothes, dance slippers (or bare feet) and bring a scarf or shawl to tie around the hips. Finger cymbals required may be purchased or borrowed from instructor. Drop-in \$14.29, space permitting. No session February 16 or May 17.

Su	4:30 PM-6:00 PM	
Jan 12-Mar 29	\$128.70/11 sess	255632
Apr 19-Jun 28	\$117/10 sess	256029

Instructor: Gail (Rahma) Haddad



Belly Dance - Intermediate

Learn combinations, choreography and techniques using both folkloric and cabaret styles. Students will come away from the session with a short choreographed dance. Class begins with a slow stretch warm up. Wear exercise clothes, dance slippers (or bare feet) and bring a scarf to tie around the hips. Finger cymbals required may be purchased or borrowed from instructor. Students are encouraged to bring a friend to the first or second class for free. Drop-in \$14.29, space permitting. No session February 16 or May 17.

Su	6:00 PM-7:30 PM	
Jan 12-Mar 29	\$128.70/11 sess	255633
Apr 19-Jun 28	\$117/10 sess	256030

Instructor: Gail (Rahma) Haddad

Contemporary Ballet

FREE CLASS - Th Jan 9 12:45PM-1:45PM
#256110 Please pre-register.

FREE CLASS - Th Apr 2 12:45PM-1:45PM
#256112 Please pre-register.



Contemporary Ballet: All Levels

Explore artistry and gain strength and flexibility in this new contemporary ballet class. Set to inspiring music, we begin at the barre before moving into the centre and then across the floor. The latter part of class will focus on learning choreography and finish with a thorough stretch. Beginners welcome. Drop-in \$14.29, space permitting.

Th	12:30 PM-1:45 PM	
Jan 16-Mar 12	\$81/9 sess	255647
Apr 16-Jun 11	\$81/9 sess	255648

Instructor: Heather Kirkland

Introduction to Ballet

Ballet training is an ideal way to improve posture, grace and develop strength. Ballet terms and positions are learned at the barre, followed by short dance sequences Centre floor. Sally's bright and encouraging class welcomes all with little or no experience. Drop-in \$15, space permitting. No session February 15, April 11 and May 16.

Sa	2:00 PM-3:15 PM	
Jan 11-Mar 14	\$103.50/9 sess	255696
Apr 4-Jun 13	\$103.50/9 sess	257087

Instructor: Sally Laing Hulme

Intermediate Ballet

Intermediate Ballet should be the next stage in your ballet training. More terminology and ballet positions are learned at the barre. Exercises taught at Centre floor progress to simple dances and choreography. Come have some fun and dance! Drop-in \$15, space permitting. No session February 14, April 10 and May 15.

F	6:30 PM-8:00 PM	
Jan 10-Mar 13	\$103.50/9 sess	255695
Apr 3-Jun 12	\$103.50/9 sess	257086

Instructor: Sally Laing Hulme

Pointe Class

Why not go on Pointe? Have you wondered what it would be like? Now is your chance to try! A class to introduce you to Pointe work. We will start with basic Pointe exercises at the barre. As your technique and strength improve, we will graduate to Pointe at Centre floor. You will be amazed at what you will be able to do after 9 weeks! Pointe or pre-pointe shoes will be required. Drop-in \$12, space permitting. No session February 15, April 11 and May 16.

Sa	3:30 PM-4:15 PM	
Jan 11-Mar 14	\$81/9 sess	255732
Apr 4-Jun 13	\$81/9 sess	257088

Instructor: Sally Laing Hulme



Latin Funk Dance

Gustavo's unique mix of eight Latin dance styles with a splash of Funk and Jazz ,will get everyone dancing and grooving. This high energy dance class focuses on proper Latin dance technique, and fun choreography. His classes are uplifting, fun and entertaining! Dance partner not required. Drop-in \$15, space permitting. No session February 17, April 13 and May 18.

M	8:00 PM-9:00 PM	
Jan 13-Mar 16	\$114.30/9 sess	255704
Apr 6-Jun 22	\$127/10 sess	258405

Instructor: Gustavo Ferman



Dance

Bollywood Burn

FREE CLASS - W Jan 9 8:15PM-9:15PM
#255640 Please pre-register.

FREE CLASS - W Apr 8 8:15PM-9:15PM
#256932 Please pre-register.

Bollywood Burn

Incorporate the dazzling and fun choreography of Bollywood with a sweat-worthy, muscle burning program designed to leave you glowing and feeling fantastic. All sass and hips, this class is going to make you leave feeling like a beautiful Bollywood Diva! Drop-in \$12.68, space permitting.

W 8:15 PM-9:15 PM
Jan 15-Mar 18 \$105/10 sess 255638
Apr 15-Jun 17 \$105/10 sess 255639

Instructor: Endorphan Rush Dance And Fitness



LatinFit Class

FREE CLASS - Tu Jan 6 1:00PM-2:00PM
#255707 Please pre-register.

LatinFit

LatinFit is a unique fitness experience, teaching you fundamentals of Latin ballroom without a partner! Cha Cha, Salsa, Merengue, Viennese Waltz, Disco, West Coast Swing, East Coast Swing, Tango and a few line dances! Bring your towel, your smile and get ready to have fun! Drop-in \$14.29, space permitting. No session February 17, March 16 and 23.

M	1:00 PM-2:00 PM	
Jan 13-Feb 10	\$60/5 sess	255705
Mar 2-Mar 30	\$36/3 sess	255706
Apr 6-May 18	\$72/6 sess	256034
May 25-Jun 29	\$72/6 sess	256035

Instructor: Anita Siu

Latin and Ballroom Dancing

Dance the night away in a friendly and supportive atmosphere! Learn the passionate Tango and the sassy Cha Cha. Taught by two experienced dancers with an emphasis on having fun. By the end of the series, you will be moving with style and confidence across the dance floor. No partner needed! Drop-in \$19.05, space permitting, for those with some dance experience. No session February 16.

Su 7:30 PM-9:00 PM
Jan 5-Mar 15 \$142.90/10 sess 257026

Instructor: Fundance Co.

Ballroom and Swing Dancing

Dance the night away in a friendly and supportive atmosphere! Learn the elegant Waltz and the ever popular East Coast Swing/Lindy Hop. Taught by two experienced dancers with an emphasis on having fun. By the end of the series, you will be moving with style and confidence across the dance floor. No partner needed! Drop-in \$19.05, space permitting, for those with some dance experience. No session April 12 and May 17.

Su 7:30 PM-9:00 PM
Apr 5-Jun 21 \$142.90/10 sess 255626

Instructor: Fundance Co.

BeMoved

FREE CLASS - W Jan 8 8:15PM-9:15PM
#255637 Please pre-register.

BeMoved

BeMoved is an established dance experience designed by Sherry Zunker, for adults of all movement abilities. The warm-up infuses breath and movement through choreographed, artistic sequences that activate core strength and balance while improving flexibility and coordination. The genre section of class uses continuous engaging dance combinations to inspire anyone from first-time dancers to professionals. Finally, the cool down brings your workout full circle, leaving you balanced in mind, body and soul-feeling rejuvenated. Drop-in \$14.29, space permitting. No session February 26.

W	1:00 PM-2:00 PM	
Jan 15-Feb 5	\$48/4 sess	255635
Feb 12-Mar 11	\$48/4 sess	255636
Apr 1-May 13	\$84/7 sess	256032
May 20-Jun 24	\$72/6 sess	256033

Instructor: Anita Siu



Recreational Line Dancing

Did you know that line dancing is an easy way to exercise the body and mind? It's a wonderful way to lose weight and meet new friends. You'll dance to great music and learn some of the most popular styles of dance such as: Cha Cha, Mambo, Rumba, Tango, Jive, Waltz and Salsa. No partner required. All ages and levels welcome. Drop-in \$8, space permitting. No session February 15, April 11 and May 16.

Sa 10:30 AM-12:00 PM
Jan 4-Mar 14 \$62/10 sess 255735
Apr 4-Jun 27 \$68.20/11 sess 258501

Instructor: Lisa Dong

65+ and love to move?

Many programs listed on pages 30-42 are eligible for the Kitsilano Community Centre Association "senior discount" - ask at the front desk for details.





SportMedBC 10K InTraining Program

Whether you're a runner or a walker of any level, the internationally regarded SportMedBC 10K InTraining Program will help you reach your fitness and health goals in a safe and supportive environment! The 13-week programs, designed by SportMedBC's RunWalk Coach, Olympian Lynn Kanuka, will gradually develop your strength and stamina so that you can train injury-free and prepare for the 10K distance. Choose to register for a 10K Event or just join the InTraining community of walkers and runners across the province and receive: 13 guided run/walk sessions with trained leaders, a logbook with your 13-week training plan, exclusive gear, nutrition tips, fun times and more! For more information, check the SportMedBC website at www.sportmedbc.com. Deadline to register: February 2, 2020. Deadline for refund: January 18, 2020.

Su 9:00 AM-11:00 AM
Jan 19-Apr 12 \$99/13 sess 256036

Instructor: SportMed BC

CALLANETICS

One of the original "barre" workouts, the unique CALLANETICS exercise method promotes deep muscle tone throughout the entire body increasing flexibility, strength and improving posture. Using a combination of mat work and ballet inspired leg work, precise positioning and tiny movements, CALLANETICS is a gentle yet challenging exercise class that tightens, tones and lifts muscles fast. You'll leave the class feeling great! Drop-in \$18.10, space permitting. For more info: www.callaneticsvancouver.com. No session February 17, April 13 or May 18.

M 8:00 PM-9:00 PM
Jan 6-Mar 16 \$150/10 sess 255641
Apr 6-Jun 15 \$135/9 sess 255642

Instructor: Linda Shedden

Fitness & Health

Stretch Therapy

FREE CLASS - Th Jan 9 7:15PM-8:30PM
#255746 Please pre-register.

Stretch Therapy

Learn the contract and relax technique of PNF Stretching plus other partner assisted techniques to release fascia, tight muscles and unlock your joints so you can move with ease. These techniques are so effective, only one or two classes a week are recommended. Release your hamstrings, hips, back and shoulders to improve posture, mobility and range of motion. For more information, please visit <http://www.stretchtherapyvancouver.com/>. Drop-in \$25, space permitting.

Th	7:15 PM-8:30 PM
Jan 16-Feb 20	\$120/6 sess 255744
Feb 27-Apr 2	\$120/6 sess 255745
Apr 30-May 28	\$100/5 sess 257063
Jun 4-Jun 25	\$80/4 sess 257064

Instructor: Rob Cole



Deep Stretch

All ages and physical abilities are welcome to this Yoga inspired deep stretching class featuring low impact stretches that promote flexibility while delicately building muscle. Breathing combined with deep stretching and basic Yoga movements can help to release stress, refresh your mind and replenish your spirit. Drop-in \$15, space permitting.

W	5:45 PM-6:45 PM
Jan 15-Mar 11	\$103.50/9 sess 255653
Apr 1-May 6	\$69/6 sess 255654
May 13-Jun 24	\$80.50/7 sess 257862

Instructor: Alisa Stephenson



Fit 4 Two® Tummies 4 Mommies and Infant Massage

Restore your core and bond with baby. Taught by a certified pre and postnatal fitness specialist, this class is safe and beneficial for all women with diastasis recti and pelvic floor weakness. Learn to engage your deep core muscles effectively so you can ease back into your favorite activities. Massage helps babies sleep, aids in digestion, improves communication and promotes bonding. Supplies and handouts provided. Please complete a postnatal intake form online before your first class www.fit4two.ca. Drop-in \$17.14, space permitting.

Th	1:00 PM-2:00 PM
Jan 16-Feb 20	\$90.77/6 sess 255663
Apr 16-May 21	\$90.77/6 sess 255664

Instructor: Fit4Two Pre And Postnatal Fitness Inc.

Feldenkrais Method: Awareness Through Movement

Discover your potential for effortless, efficient, elegant movement! Feldenkrais classes are composed of gentle innovative exercises which help you improve posture, release excess tension and develop greater flexibility and ease in your movement. Drop-in \$15.00, space permitting. No session February 17 and May 18.

M	12:00 PM-1:00 PM
Jan 13-Mar 9	\$99.20/8 sess 260106
Apr 20-Jun 15	\$99.20/8 sess 260107
Th	9:30 AM-10:30 AM
Jan 16-Mar 12	\$111.60/9 sess 255662
Apr 16-Jun 18	\$124/10 sess 256194

Instructor: May Nasser



Fitness & Health

Yang and Yin

Yang and Yin, each within each. Fire up the body and the mind; find balance from within. We start off with a fun flow to create heat and finish the class with a sweet stretch focusing on calming the mind while cooling down. Come to play, reconnect with yourself and unwind from the routine with a lot of laughter. You can expect playfulness and modifications tailored to your body. Everyone is welcome, no experience necessary; come and enjoy! Drop-in \$14, space permitting. No session February 17, April 13 and May 18.

M	6:45 PM-7:45 PM
Jan 13-Mar 23	\$100/10 sess 255759
Apr 6-Jun 22	\$100/10 sess 257083

Instructor: Maureen Montealegre

Foam Roller Class **NEW**

A satisfying class that will release tight muscles, myofascial tissue (the thin tissue that holds the insides of our body together) and any knots. It will increase flexibility, circulation (blood flow and oxygen), improve performance, reduce stress and even reduce cellulite. It will restore tissue so that the body can function as it should. Drop-in \$14.29, space permitting. No session February 17 or May 18.

M	6:45 PM-7:45 PM
Jan 6-Apr 6	\$169/13 sess 256654
Apr 20-Jun 22	\$117/9 sess 256655

Instructor: Alejandra Aguirre

Flexercise

Be a beautiful loser! Lose your stiff joints, a few pounds, a little stress and your poor posture! Add stamina, energy, tone to your muscles and years to your good health. All while having fun in a safe, evidence-based fitness class designed to improve your core strength, your flexibility and muscle tone. Exercises and movements can be modified for all ages. Drop-in \$14.29, space permitting.

Tu	6:00 PM-7:00 PM
Jan 7-Mar 17	\$132/11 sess 255665
Apr 7-Jun 16	\$132/11 sess 256119
Th	6:00 PM-7:00 PM
Jan 9-Mar 19	\$132/11 sess 255666
Apr 9-Jun 18	\$132/11 sess 256120

Instructor: Joyce Resin

Zumba with Kathy-Ann

FREE CLASS - M Jan 6 6:45PM-7:45PM
#255766 Please pre-register.

FREE CLASS - Tu Jan 7 6:45PM-7:45PM
#255767 Please pre-register.

FREE CLASS - Tu Apr 7 6:45PM-7:45PM
#256343 Please pre-register.

ZUMBA® with Kathy-Ann

ZUMBA® fuses Latin rhythms and easy-to-follow moves to create a dynamic workout system designed for everyone at any fitness level. Interval and resistance training maximize caloric output, fat burning, and total body toning. Combining Salsa, Cumbia, Merengue, and more, your feel-happy workout is great for the body and the mind. Drop-in \$11.43, space permitting. www.zumbavancouver.ca No session February 17 and April 13.

M	6:45 PM-7:45 PM
Jan 13-Mar 9	\$72.40/8 sess 255762
Apr 6-May 11	\$45.25/5 sess 255763
May 25-Jun 29	\$54.30/6 sess 256340

Tu	6:45 PM-7:45 PM
Jan 14-Mar 10	\$81.45/9 sess 255764
Apr 14-May 19	\$54.30/6 sess 255765
May 26-Jun 30	\$54.30/6 sess 256341

Instructor: Zumba Vancouver

ZUMBA® with Ali

Groove to the beats of Salsa, Merengue and international rhythms in a fun fitness program that feels more like a dance party than a workout! Ali's easy to follow class is ideal for those who love to boogie but are not looking for overly complicated steps, ideal for beginners. Drop-in \$14.29, space permitting. More info at www.fitnessali.com No session February 15 and May 16.

Sa	9:15 AM-10:15 AM
Jan 4-Apr 4	\$169/13 sess 255773
Apr 25-Jun 27	\$117/9 sess 256649

Instructor: Alejandra Aguirre

Group Aerobic Class Schedule

See page 40 for schedule.

Super Sandbag Class

FREE FIRST CLASS-6:40PM-7:40PM
See Instructor

Super Sandbag Training

Super Sandbag Training is the most powerful hour of group fitness. Get ready to engage all your muscles simultaneously with exercises that are unique, functional, and fun. The design of the sandbag allows you to perform new and effective workouts. Combine this with top notch programming, upbeat music, encouraging instructors and you've got a class that will take your fitness to a whole new level. Drop-in \$15, space permitting.

Th	6:40 PM-7:40 PM
Jan 16-Mar 26	\$165/11 sess 259636
Apr 9-Jun 18	\$165/11 sess 259639

Instructor: Ivan Filippov



Spine & Core Fit **NEW**

This class will get you moving from the ground up with a warm up on the floor, activating the core, warming up the body safely and effectively to move forward through sequences of exercises specifically designed to improve your core strength, posture and spine flexibility. We'll finish with a stretch sequence to open chest, shoulders and hips - you will leave feeling strong and standing tall! Drop-in \$13.65, space permitting. No class February 17 & May 18.

M	10:30 AM-11:30 AM
Jan 13-Mar 9	\$91.43/8 sess 259734
Apr 20-Jun 15	\$91.43/8 sess 259735

Instructor: Alannah Lori



Pilates



Core Connection

Improve your strength, posture and alignment in a full-body workout where every exercise is based in the core - the natural girdle that wraps around the waist flattening the belly and supporting the back. The class incorporates the use of weights and elements from Pilates all taught in a supportive non-competitive environment. Drop-in \$14.29, space permitting. No session February 15, 17, May 16 and 18.

M	5:30 PM-6:30 PM	Sa	10:30 AM-11:30 AM
Jan 6-Apr 6	\$169/13 sess 255650	Jan 4-Apr 4	\$169/13 sess 255649
Apr 20-Jun 22	\$117/9 sess 256647	Apr 25-Jun 27	\$117/9 sess 256648

Instructor: Alejandra Aguirre

Pilates with Ali - All Levels

Pilates is a form of exercise done with concentration and control. It's a full body workout with no impact on joints. The basis of Pilates is to build CORE strength - the girdle-like cylinder that wraps around the torso to support the back and bring in the waistline. It improves, alignment, balance, coordination, circulation, flexibility and posture. All levels welcome! Drop-in \$14.29, space permitting. www.fitnessali.com.

W	9:15 AM-10:15 AM	F	9:15 AM-10:15 AM
Jan 8-Apr 8	\$182/14 sess 255728	Jan 10-Apr 3	\$169/13 sess 255730
Apr 22-Jun 24	\$130/10 sess 256651	Apr 24-Jun 26	\$130/10 sess 256653

Th	9:15 AM-10:15 AM
Jan 9-Apr 9	\$182/14 sess 255729
Apr 23-Jun 25	\$130/10 sess 256652

Instructor: Alejandra Aguirre

Pilates with Ferial (All Levels)

These are mindful and focused mat exercises for all levels with attention to core muscles. The pace is slightly faster than other Pilates classes in order to create more blood flow and excitement. It will improve the posture, flexibility, balance and strength. Give it a try once and you will be hooked. Drop-in \$15, space permitting.

Tu	10:30 AM-11:30 AM	Mar 31-Jun 16	\$168/12 sess 256208
Jan 7-Mar 10	\$140/10 sess 255731		

Instructor: Ferial Ahmadzadeh

Yoga

Prenatal Yoga All Trimesters

Incorporate yoga into your pregnancy journey with Liza -- a yogi and birth doula! Come dedicate time in your day to you and your baby. Find the ability to go into your body on a deeper level, to connect to its necessary inner strength for childbirth. Stretch and move your body intuitively to ease aches and pains, connect with your breath and baby, all while meeting other birthers-to-be! All trimesters welcome, all yoga levels welcome. Consult your care provider prior to attending. Drop-in \$16.19, space permitting. No session February 19, April 15. For more information, email EmbraceYogaWellness@gmail.com or visit www.EmbraceYogaWellness.ca

W	6:45 PM-8:00 PM
Jan 15-Mar 11	\$106.64/8 sess 255733
Apr 8-May 13	\$66.65/5 sess 255734
May 27-Jun 24	\$66.65/5 sess 256953

Instructor: Liza Randolph Hunwick

Baby and Me Yoga

Regain strength, flexibility and bond with your baby on the outside, by incorporating infant massage, all while connecting with other parents, in this gentle Hatha class. Ease your way into parenthood; ease your way back into your new postpartum body. Suitable for pre-crawling babies. Distractions by the babies are expected during this unique yoga class -- breaks for feedings or soothing are completely encouraged! All yoga levels welcome. Caregivers are welcome to attend with their baby. For more info, visit www.embraceyogawellness.ca or email EmbraceYogaWellness@gmail.com Drop-in \$16.19, space permitting. No session Feb 14 or April 10.

F	11:30 AM-12:30 PM
Jan 17-Mar 13	\$106.64/8 sess 255623
Apr 3-May 15	\$79.98/6 sess 255624
May 29-Jun 26	\$66.65/5 sess 256964

Instructor: Liza Randolph Hunwick

Program Ideas?

email_kitscc@vancouver.ca



Yoga

Creative Yoga

Focus is on breath and visualization as you naturally develop improved body awareness, flexibility, balance and core strength. Learn to work within your own limits at a deeper level. Enjoy the music, and give yourself time for relaxation and meditation. Drop-in \$14.29, space permitting. No session April 13.

M	6:30 PM-8:00 PM	
Jan 6-Feb 10	\$82.02/6 sess	255651
Feb 24-Mar 30	\$82.02/6 sess	256658
Apr 6-May 11	\$68.35/5 sess	255652
May 25-Jun 22	\$68.35/5 sess	256659

Instructor: Natalia Nimetz

Gentle Yoga

A Gentle Hatha Yoga class with a balanced creative approach. Enjoy learning yoga postures to improve body awareness, alignment, balance, flexibility and core strength. Focus is on breath, visualizations and freedom of movement in the poses. Enjoy the music. You will feel more energized with improved concentration and circulation. Drop-in \$13.57, space permitting. No session April 10.

F	10:30 AM-12:00 PM	
Jan 10-Mar 13	\$139/10 sess	255683
Apr 3-May 15	\$83.40/6 sess	255684
May 22-Jun 26	\$83.40/6 sess	256660

Instructor: Natalia Nimetz

Iyengar Yoga with Linda

Classical yoga with emphasis on developing flexibility, strength, balance, breath and body awareness. As the body moves into alignment, less muscular work is required and relaxation increases. Drop-in \$20, space permitting. No session February 17, April 13 and May 18.

M	8:30 AM-10:00 AM	
Jan 6-Mar 9	\$162/9 sess	255697
Apr 6-Jun 22	\$180/10 sess	255698

Instructor: Linda Shevloff

Iyengar Yoga with Luci

This program focuses on precise alignment, step-by-step instruction, and individualized feedback. In this class, you will learn essential yoga poses and their anatomical foundations. Expect creative use of props and long holds to deepen poses for effective results. The method is adapted for all ages and levels. Drop-in \$20, space permitting. For more information, see luciyamamoto.com.

Tu	6:00 PM-7:30 PM	
Jan 21-Mar 10	\$144/8 sess	255701
Apr 7-May 19	\$126/7 sess	255702
May 26-Jun 30	\$108/6 sess	257246

Th	10:30 AM-12:00 PM	
Jan 16-Mar 12	\$162/9 sess	255699
Apr 2-May 14	\$126/7 sess	255700
May 21-Jun 25	\$108/6 sess	257247

Instructor: Luci Yamamoto

Yoga4Stiff Guys - All Levels

An all levels yoga series designed specifically for those who want to improve flexibility, increase strength, and relax the mind and body. 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 with an emphasis on poses to open the hips, quadriceps, hamstrings and lower back. Drop-in \$15.24, space permitting. No session February 17, April 13 and May 18.

M	5:30 PM-6:30 PM	
Jan 6-Mar 30	\$144/12 sess	257081
Apr 6-Jun 8	\$96/8 sess	257253
Jun 15-Jul 27	\$84/7 sess	257256

Instructor: Misurka Yoga Ltd. Yoga4StiffPeople



Yoga4Stiff People - **NEW** All Levels

This yoga class makes yoga accessible for every-body! It is designed for those wanting to improve flexibility, increase strength, and connect the mind and body. Our personalized workshop-style approach will provide those "ah-ha" moments to inspire your practice to a new level. Beginners welcome. Drop-in \$15.24, space permitting.

Th	8:15 PM-9:15 PM	
Jan 9-Feb 13	\$72/6 sess	255760
Feb 20-Mar 26	\$72/6 sess	255761
Apr 2-May 28	\$108/9 sess	257254
Jun 4-Jul 30	\$108/9 sess	257255

Instructor: Misurka Yoga Ltd. Yoga4StiffPeople



Instructional Sports

Outdoor Tennis with Gord Hauka

Beginner

Never played before, never touched a racquet, late life risk takers more than welcome. If you can rally-do not take this program. Players use low compression balls and are taught a very successful Beginner to Novice Skill Package and how to "Play and Have Fun" No class April 13.

M/W	5:30 PM-7:30 PM	
Apr 1-15	\$125/4 sess	257129
Tu/Th	5:30 PM-7:30 PM	
May 5-14	\$125/4 sess	257130
Sa/Su	9:00 AM-11:00 AM	
May 23-31	\$125/4 sess	257135
M/W	5:30 PM-7:30 PM	
Jun 1-10	\$125/4 sess	257133

Novice

Somewhere in the close present or in your long ago past you tried. Due mostly to other commitments you were unable to pursue your dream. Welcome home, you can rally the real ball, however you recognize that you would have more fun if you were consistent in all strokes. This is your level-you will take it a few times to get it all. No class April 13.

M/W	5:30 PM-7:30 PM	
Apr 1-15	\$125/4 sess	257154
Tu/Th	5:30 PM-7:30 PM	
May 5-14	\$125/4 sess	257161
Sa/Su	11:00 AM-1:00 PM	
May 23-31	\$125/4 sess	257162
M/W	5:30 PM-7:30 PM	
Jun 1-Jun 10	\$125/4 sess	257163

Novice Plus

Get fit, learn new skills, have fun and make new friends! Novice Plus is where even more fun begins. Top Spin for your forehand, slice for the backhand and a consistent serve. Players will be introduced to tactics and strategies for singles and doubles developing your skills in low key competitive play with your class mates.

M/W	5:30 PM-7:30 PM	
May 4-May 13	\$125/4 sess	257177
Tu/Th	5:30 PM-7:30 PM	
Jun 2-Jun 11	\$125/4 sess	257178

Novice Plus & Intermediate

Novice Plus and Intermediate You can play matches, singles and or doubles: You can serve, volley, and rally both sides. Like all of us? YOU WANT MORE? Coaches set individual goals; Learn spin, flat; kick serves: Top spin forehand, slice backhand drop and slice volleys. My coaches will help you have more game, more play more fun!

M/W	5:30 PM-7:30 PM	
May 4-May 13	\$125/4 sess	257182

Please check your receipt or go to
www.gordhaukastennis.com
for program location.



Table Tennis

Table Tennis is available when the Multi-Purpose Room is not being used for scheduled classes or rentals, on a first come, first served basis. Participants will need a Casual Room Use loaded onto their OneCard. Paddles and ball is provided by leaving your OneCard at the Front Office. Maximum time per group is 2 hours, unless another group is waiting (time will be reduced to 1 hour), or a program/rental is scheduled. - Call 604.257.6967 on the day you wish to play to inquire about room availability.

Table Tennis Lessons

This program improves hand-eye coordination, uses both the upper and lower body and causes you to use different areas of the brain to function. Come and experience this sport in a fun and friendly atmosphere. All skill levels are welcome. You can learn professional and standard table tennis skills. Drop-in \$14.50, space permitting.

W	10:30 AM-12:00 PM	
Jan 8-Feb 5	\$63.75/5 sess	255748
Feb 12-Mar 11	\$63.75/5 sess	255749
Apr 8-May 13	\$76.50/6 sess	256198
May 20-Jun 24	\$76.50/6 sess	256199

Instructor: Echo Yan

Pickleball Lessons: Beginner

Come try out this popular, easy-to-learn, and exciting sport that combines elements of badminton, tennis and table tennis. Participants will learn the proper grip, how to correctly hit the ball and move efficiently and safely around the court. All paddles and equipment will be provided. No session January 20, 27, February 17, April 13.

M	1:00 PM-3:00 PM	
Jan 6-Mar 9	\$77/7 sess	255722
Mar 30-May 11	\$77/7 sess	255723
May 25-Jun 29	\$66/6 sess	257028

Instructor: Mona Lee

Pickleball: Skills and Drills

Players with some experience, have played games and would like to fine tune their strokes and learn strategic plays from a certified instructor. All equipment provided. Drop-in \$15, space permitting. No program January 23, 24, 30 and April 10.

F	1:00 PM-3:00 PM	
Jan 10-Mar 13	\$130.50/9 sess	255724
Apr 3-May 15	\$98/6 sess	255725
May 22-Jun 26	\$87/6 sess	257029

Th	7:35 PM-9:20 PM	
Jan 9-Mar 12	\$112/8 sess	255726
Apr 2-Jun 25	\$182/13 sess	255727

Instructor: Mona Lee

Program Ideas?

email kitscc@vancouver.ca



Sports

Registered Players

- Be on-site no later than 5 min after start-time
- May only check in themselves
- Be ready by start-time
- May not transfer nor share spots

Drop-In Players

- Waitlist opens 9:30 am on game-day (call 604.257.6976)
- One name per call
- Be on-site and ready 5 minutes after start-time

All players are expected to follow the Code of Conduct.

**Badminton - All Levels**

Drop-in \$6, space permitting.

W	6:45 PM-8:45 PM	
Jan 8-Mar 25	\$60/12 sess	255625
Apr 1-Jun 24	\$65/13 sess	256273

Soccer - All Levels 35+ yrs

All skill levels are welcome but please note that this soccer program is in a recreational setting. No session February 17. Drop-in \$6, space permitting.

M	7:55 PM-9:55 PM	
Jan 6-Mar 30	\$65/12 sess	255737
Apr 6-Jun 29	\$55/11 sess	256262

Soccer: Women's Recreational

Drop-in \$4, space permitting.

Sa	3:30 PM-4:50 PM	
Jan 4-Mar 28	\$43.33/13 sess	255738
Apr 4-Jun 27	\$43.33/13 sess	256258

Basketball: Co-Ed League (KBL)

For inquiries on how to join a team or submit a team for this league, contact Biraj at 604-738-2333.

Pickleball - All Levels

No session February 17, April 10, 13 and May 18. Drop-in \$4.50 (Mon/Fri) or \$6 (Tue/Thu), space permitting.

M	11:30 AM-1:00 PM	
Jan 6-Mar 9	\$33.75/9 sess	255718
Apr 6-Jun 22	\$37.50/10 sess	256285

Tu	1:15 PM-3:15 PM	
Jan 7-Mar 10	\$50/10 sess	256301
Mar 31-Jun 23	\$65/13 sess	256287

Th	7:50 PM-9:50 PM	
Jan 2-Mar 26	\$65/13 sess	255717
Apr 2-Jun 25	\$65/13 sess	256284

F	11:30 AM-1:00 PM	
Jan 3-Mar 13	\$41.25/11 sess	255719
Apr 3-Jun 26	\$45/12 sess	256286

Pickleball - Competitive 3.5+

Players need to play at a 3.5+ level and must be capable of playing a competitive and aggressive game. Check player ratings at the International Federation of Pickleball website: www.ifpickleball.org. Participants not able to play at a 3.5+ level will be asked to participate in an All Levels program. Drop-in \$6, space permitting.

Su	10:45 AM-12:45 PM	
Jan 5-Mar 29	\$65/13 sess	255721
Apr 5-Jun 28	\$65/13 sess	256288

Volleyball - All Levels

Recreational players should have some basic knowledge of volleyball which includes three contacts per side and rotating after points are scored. Drop-in \$5.25, space permitting.

Tu	8:00 PM-8:45 PM	
Jan 7-Mar 31	\$57.14/13 sess	255758
Apr 7-Jun 30	\$57.14/13 sess	258692

Beach Volleyball - All Levels

Meet at the south volleyball courts at Kits Beach. Don't forget your water bottle!

Drop-in procedures:

- Register yourself in the Beach Volleyball: Recreational DROP-IN activity online, available starting the day before game day at 6:30 PM
- Check-in with the staff at the volleyball courts. If you registered after 5:30 PM on game day, your name may not be on the list. Please have proof of payment either printed or on your phone.
- Online/in-person registration only; payment through Kits CC over-the-phone is not permitted.
- The number of total drop-in spaces available is dependent on the total number of people registered in the seasonal activity.

Tu	6:30 PM-8:30 PM	
All Sessions		
May 12-Jun 30	\$36/8 sess	258694
Drop-In Sessions		

May 12	\$6/1 sess	258695
May 19	\$6/1 sess	258696
May 26	\$6/1 sess	258697
Jun 2	\$6/1 sess	258698
Jun 9	\$6/1 sess	258699
Jun 16	\$6/1 sess	258700
Jun 23	\$6/1 sess	258701
Jun 30	\$6/1 sess	258703

Code of Conduct**MAKE ALL RECREATION SAFE AND ENJOYABLE FOR EVERYONE**

- Practice fair play and play safe
- Give everyone a chance to participate
- Respect your partner, teammates, and opponents
- Play by the rules
- Say 'NO' to abuse
- Always try your best
- Improve your skills
- Maintain self-control

Players not adhering to the CODE OF CONDUCT will be asked to leave.

Aerobics Schedule

www.kitscc.com

Aerobic Class Schedule

Jan 1-Jun 30, 2020

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Cardio Interval 9:00-10:00 AM <i>Ferial</i>	Classic Stretch 8:00-9:00 AM Dance Studio <i>Ali</i>	Cardio Combo 9:00-10:00 AM <i>Ferial</i>	Classic Stretch 8:00-9:00 AM Dance Studio <i>Ali</i>	Cardio Interval 9:00-10:00 AM <i>Ferial</i>	Classic Stretch 8:00-9:00 AM Dance Studio <i>Ali</i>	Body Blast 9:30-10:30 AM <i>Keiko</i>
Gentle Fit 10:10-11:10 AM <i>Audrey</i>		Gentle Fit 10:10-11:10 AM <i>Audrey</i>	Core and Balance 9:00-10:00 AM <i>Ferial</i>	Gentle Fit 10:10-11:10 AM <i>Berdjjs</i>	Muscle Fit 9:00-10:00 AM <i>Harry</i>	
Core Strength Plus 5:30-6:30 PM <i>Diane</i>	Body Blast 5:30-6:30 PM <i>Keiko</i>	20-20-20 5:30-6:30 PM <i>Ed</i>	Cardio Circuit 5:30-6:30 PM <i>Indira</i>	Total Body Conditioning 5:30-6:30 PM <i>Indira</i>	Afternoon (PM) classes not in session on Stat Holidays. (Jan 1, Feb 17, Apr 10, Apr 13 & May 18). No morning (AM) aerobics classes on April 29.	
<i>*Note: Schedule and fees are subject to change without notice. Classes with insufficient attendance will be subject to cancellation.</i>						

Class Descriptions

Gentle Fit (mild) Perfect for beginners, returning to fitness, or recovering from an injury - talk to your instructor about any concerns.

Classic Stretch (moderate) This no cardio class will focus on increasing flexibility and calming the mind.

Core Strength Plus (moderate) Get those untrained muscles back into shape. Primary focus is on core exercises for lower back and abdominals. Class has some short cardio intervals.

20-20-20 (moderate to challenging) This hi energy class is divided between 20 minutes of cardio, 20 minutes of muscular work and 20 minutes of core and stretch. This workout will leave you exhausted but you will be back for more.

Body Blast (moderate to challenging) Full body high energy work out with plenty of cardio, core strengthening and soothing stretching.

Cardio Combo (moderate to challenging) The ultimate cardio combination class. A mix of high/low power moves on the floor combined with muscle conditioning and core stability focus. A complete full body conditioning class designed for all fitness levels.

Cardio Circuit (moderate to challenging) The ultimate cardio combination class. A mix of high/low power moves on the floor followed by circuit training stations and some Tabata thrown in for good measure. A complete full body conditioning class designed for all fitness levels.

Cardio Interval (moderate to challenging) A mix of cardio training and weight training work every 10 minutes.

Core and Balance Core and more core, toning, strengthening and balance using your body weights and free weights. This class incorporates functional training to help daily movements and improving balance as fall prevention and good posture. Come and try you will love it!

Muscle Fit (moderate to challenging) Experience a complete strength training workout that focuses on all major groups. No cardio component.

Total Body Conditioning (moderate to challenging) An excellent class to tone, strengthen, and sculpt entire body!

Fees

Fees (GST not included)	Adult	Student/ Youth/Senior
Drop In	\$ 5.71	\$ 4.27
10 ticket pass	\$ 50.28	\$ 37.72
1 month Fit Card	\$ 45.05	\$ 33.79
2 months Fit Card	\$ 80.66	\$ 60.50
3 months Fit Card	\$ 112.09	\$ 84.07
6 months Fit Card	\$ 211.62	\$ 158.72
12 months Fit Card	\$ 368.76	\$ 276.57
The Fit Card allows you to attend unlimited number of classes on the Aerobic Class Schedule.		
*Note: Schedule and fees are subject to change without notice. Classes with insufficient attendance will be subject to cancellation.		





Education

Basic Computer Skills **NEW**

These workshops are aimed at increasing participants' comfort level with current technology, with a focus on computers, tablets and smart phones. Participants will learn more about a wide variety of topics such as: how to use computers, the internet, email, web browsers, search engines and online databases and how to access emerging technologies. The goals of this program are to increase participants' digital literacy, improve their internet safely and increase computer skills.

Th 10:30 AM-12:00 PM
Jan 16-Feb 13 Free 243955

Instructor: YCMA Greater Vancouver

Beginners Bridge - Level 1

Bridge anyone? This game is for all ages. Keep your mind sharp, meet new people, have fun. This series is for absolute beginners and does not assume prior bridge knowledge. We start playing bridge hands in the first lesson. The goal is that after 10 weeks, you will have the knowledge to bid and play social bridge. The lessons are a mix of concepts and card play. Optional homework is provided. The course book used is ACBL Bridge Series Bidding in the 21st Century. (Available on Amazon.ca and often at Chapters.)

Th 6:30 PM-8:30 PM
Jan 9-Mar 12 \$99/10 sess 255631

Instructor: Glenda Affleck



**Looking for Bus Trips
or Support Groups?**
See page 25.

Let's Play Better Bridge

Bridge can be serious, but the environment in which it is played should be far from it. Encouraged by input from the class, we will explore a different aspect of this tremendous game each week, all within a 'Club' atmosphere. Subjects may include: Reinforcement of the fundamental basics of bidding, a sprinkling of popular conventions used in the modern game, playing the hand, defensive strategies including leads and discards, scoring (Chicago). These sessions are for players who understand the basics of the game and would like to practice with an Instructor on hand to help them improve their playing skills. Bring a partner or come solo, open to all ages. Drop-in \$12, subject to a spot at a table.

W 6:30 PM-8:30 PM
Jan 8-Feb 26 \$88/8 sess 255708

Instructor: Ron Knight

Introduction to Lawn Bowling **NEW**

Lawn Bowling is a sport played combining strategy, competition, and sociability, but mainly, a whole lot of fun. Bowls are played on a large smooth grass surface called "green". The game can be played in four different formats. The first session will be held in a classroom setting and the rest of the sessions will be hands-on training at Granville Park Lawn Bowling Club.

W/Th 10:00 AM-12:00 PM
May 6-May 20 \$30/5 sess 257084
W/Th 6:30 PM-8:30 PM
May 6-May 20 \$30/5 sess 257085

Instructor: Barbara Hsieh

65+ and love to move?

*Many programs listed on pages
30-42 are eligible for the
Kitsilano Community Centre
Association "senior discount"
- ask at the front desk for details.*

VCH Assisted Dying Program **NEW** Info Session

Join this informational session to learn more about the Assisted Dying Program offered by VCH, including:

1. Care Coordination
2. Education
3. Healthcare Professional Competency Development
4. Cross Organizational implementation.

Th 11:00 AM-12:00 PM
Jan 16 Free 255910

Instructor: Vancouver Coastal Health

Senior Care and Family **NEW** Caregivers: Options & Knowledge

There is no question that with an aging population the subject of senior home care is on the minds of many Canadian seniors and their adult children. The presentation includes:

1. How to know when to bring in home care services
2. How to access public home care through the health authority
3. Differences between public and private pay home care services
4. What to look for in a good home care provider and what questions to ask

Th 11:00 AM-12:00 PM
Apr 2 Free 260287

Beginner Ukulele Level 1

See page 26 for program description.

Su 1:00 PM-2:00 PM
Jan 12-Mar 15 \$90/10 sess 255630

Apr 19-Jun 21 \$90/10 sess 256027

Instructor: Joseph Young

Beginner Ukulele Level 2 **NEW**

See page 26 for program description.

Su 2:30 PM-3:30 PM
Jan 12-Mar 15 \$90/10 sess 255629

Su 2:30 PM-3:30 PM
Apr 12-Jun 14 \$90/10 sess 256028

Instructor: Joseph Young



Movement Based Fitness

Osteofit Level 1

This class provides balance, agility, fall protection and resistance training for participants with osteoporosis. Exercises are designed to slow down the onset of osteoporosis and help maintain strength to continue an active and mobile lifestyle. Classes are small which promotes a sense of community and social connection. Drop-in \$7, space permitting. No session February 17 and April 13. Registration for single days available in-person and over-the-phone only.

M/Th 9:30 AM-10:30 AM
Jan 13-Mar 12 255715

\$102/17 sess (Both days)
\$52/8 sess (Monday only)
\$58.50/9 sess (Thursday only)

Mar 30-May 14 257022

\$78/13 sess (Both days)
\$39/6 sess (Monday only)
\$45.50/7 sess (Thursday only)

May 25-Jun 25 257018

\$60/10 sess (Both days)
\$32.50/5 sess (Monday only)
\$32.50/5 sess (Thursday only)

Instructor: Bill Galloway

Minds in Motion

Minds in Motion® is a fitness and social program for people living with any form of early stage dementia accompanied by a family member, friend or other care partner. The program is offered in partnership with the Alzheimer Society of B.C. Gentle exercises are followed by social activities designed to be enjoyed in pairs. Coffee, tea and light refreshments are provided. Care partners must attend. Registration fees include the cost of the person living with dementia and one care partner. Start at any time and pay a pro-rated registration fee. Drop-in \$6.67, space permitting. No session February 17, April 13 and May 18.

M 1:00 PM-3:00 PM
Jan 6-Mar 9 \$38.43/9 sess 255709

Apr 6-Jun 22 \$51.24/12 sess 255710

Instructor: Alzheimer Society Of BC

UBC Changing Aging Program

Designed for individuals age 65+, this program targets mobility and injury/disease prevention. Exercises focus on reducing cardiovascular disease risk factors and improving joint mobility and stability through strength, endurance, balance, coordination, agility, and flexibility training. Prerequisites: stable health condition(s), moderate to high functional mobility, and no use of mobility aids. To confirm eligibility, new participants must call the UBC School of Kinesiology at 604-822-0207 to schedule a free intake appointment and complete required paperwork. Refund policy: medical note required for refund. No session April 10.

Tu F 9:00 AM-9:55 AM
Jan 14-Mar 13 \$126/18 sess 255646

Apr 7-Jun 26 \$161/23 sess 255645

Instructor: UBC School Of Kinesiology

Senior's Strength and Stretch

Achieve maximum efficiency and maintain flexibility, by joining this gentle stretch and strength chair fitness class. Workout includes a warm up, 20 minutes of strength training with light weights and a cool down and stretch to bring the body back to a resting state. You will finish your workout with relaxation. Drop-in \$4.76, space permitting.

W 11:45 AM-12:45 PM
Jan 8-Mar 11 \$35.70/10 sess 255736

Mar 25-Jun 24 \$50/14 sess 256249

Instructor: Evelyn Legault

Chair Yoga

Combines physical postures, breathing exercises, meditation and relaxation. With practice, may improve sleep habits, flexibility, energy, mobility, reduce chronic pain symptoms. Drop-in \$13.33, space permitting.

Tu 1:30 PM-2:30 PM
Jan 7-Feb 11 \$66/6 sess 255643

Feb 18-Mar 24 \$66/6 sess 255644

Mar 31-May 5 \$66/6 sess 256046

May 12-Jun 16 \$66/6 sess 256047

Instructor: Bobbie Seale-Cobiskey

Gentle Yoga

This is a Hatha Yoga class with a balanced creative approach. Enjoy learning yoga postures to improve body awareness, alignment, balance, flexibility and core strength. Focus is on breath, visualizations and freedom of movement in the poses. Enjoy the music. You will feel more energized with improved concentration and circulation. Drop-in \$13.57, space permitting. No session April 10.

F 10:30 AM-12:00 PM
Jan 10-Mar 13 \$139/10 sess 255683

Apr 3-May 15 \$83.40/6 sess 255684

May 22-Jun 26 \$83.40/6 sess 256660

Instructor: Natalia Nimetz

Feldenkrais Method:

Awareness Through Movement

Discover your potential for effortless, efficient, elegant movement! Feldenkrais classes are composed of gentle innovative exercises which help you improve posture, release excess tension and develop greater flexibility and ease in your movement. Drop-in \$15.00, space permitting.

Th 9:30 AM-10:30 AM
Jan 16-Mar 12 \$124/9 sess 255662

Apr 16-Jun 18 \$111.60/10 sess 256194

Instructor: May Nasser

Recreational Line Dancing

Did you know that line dancing is an easy way to exercise the body and mind? It's a wonderful way to lose weight and meet new friends. You'll dance to great music and learn some of the most popular styles of dance such as: Cha Cha, Mambo, Rumba, Tango, Jive, Waltz and Salsa. No partner required. All ages and levels welcome. Drop-in \$8, space permitting. No session February 15, April 11 and May 16.

Sa 10:30 AM-12:00 PM
Jan 4-Mar 14 \$62/10 sess 255735

Apr 4-Jun 27 \$68.20/11 sess 258501

Instructor: Lisa Dong



Movement Based Fitness

Zumba Gold

FREE CLASS - Th Jan 9 1:00PM-2:00PM
#255770 Please pre-register.

FREE CLASS - Th Apr 9 1:00PM-2:00PM
#255771 Please pre-register.

ZUMBA® Gold - Beginners and Seniors with Denise

This is a low-impact dance-fitness class for beginners and seniors that uses zesty Latin music, Salsa, Cha Cha, Merengue and Rock and Roll (including the Twist and Charleston) with easy to follow moves to create a dynamic and fun fitness class. Zumba Gold strives to improve your balance, strength, flexibility and most importantly the heart. It is a 'feel happy' workout that is great for both the body and mind. Space permitting, drop-in \$9.52 www.zumbavancouver.ca

Th	1:00 PM-2:00 PM	
Jan 16-Mar 12	\$77.13/9 sess	255768
Apr 16-May 21	\$51.42/6 sess	255769
May 28-Jun 25	\$42.85/5 sess	256344

Instructor: Zumba Vancouver

ZUMBA® Gold with Ali

Tailored for beginners and Seniors Zumba Gold is a fun fitness program that feels more like a dance party than a workout. Groove to the beats of salsa, merengue and international rhythms in Ali's easy to follow class for those who love to boogie but are not looking for overly complicated steps. Drop-in \$15, space permitting. More info at www.fitnessali.com No sessions March 17 and 24. *Seniors' discount not yet applied to prices listed.

Tu	1:00 PM-2:00 PM	
Jan 7-Apr 7	\$156/12 sess	255772
Apr 21-Jun 23	\$130/10 sess	256650

Instructor: Alejandra Aguirre

Flexercise

Be a beautiful loser! Lose your stiff joints, a few pounds, a little stress and your poor posture! Add stamina, energy, tone to your muscles and years to your good health, all while having fun in a safe, evidence-based fitness class designed to improve your core strength, your flexibility and muscle tone. Exercises and movements can be modified for all ages. Drop-in \$14.29, space permitting.

Tu	6:00 PM-7:00 PM	
Jan 7-Mar 17	\$132/11 sess	255665
Apr 7-Jun 16	\$132/11 sess	256119
Th	6:00 PM-7:00 PM	
Jan 9-Mar 19	\$132/11 sess	255666
Apr 9-Jun 18	\$132/11 sess	256120

Instructor: Joyce Resin

65+ and love to move?

Many programs listed on pages 30-42 are eligible for the Kitsilano Community Centre Association "senior discount"
- ask at the front desk for details.



Health & Wellness



From Older Adult Indigenous Presentation
June 2019, see page 47

Hearing Health Screening

Many people don't realize they have hearing loss. Now it's easy to check. Come and have your hearing tested Dr. Vavrovicova, an Audiologist from NexGen Hearing.

M	Feb 24	Free
11:00 AM-11:15 AM		255686
11:15 AM-11:30 AM		255687
11:30 AM-11:45 AM		255688
11:45 AM-12:00 PM		255689
12:00 PM-12:15 PM		255690
12:15 PM-12:30 PM		255691
12:30 PM-12:45 PM		255692
12:45 PM-1:00 PM		255693
F	May 29	Free
11:00 AM-11:15 AM		256130
11:15 AM-11:30 AM		256131
11:30 AM-11:45 AM		256132
11:45 AM-12:00 PM		256133
12:00 PM-12:15 PM		256134
12:15 PM-12:30 PM		256135
12:30 PM-12:45 PM		256136
12:45 PM-1:00 PM		256137

Instructor: NexGen Hearing

Footcare Clinic

Have your toe nails cleaned and cut safely by a registered and certified foot care nurse. Manage also your calluses, corns, diabetic feet, and fungal and ingrown nails. Foot assessment and teaching also provided to ensure healthy feet! Appointments are 30 minutes. Please bring a large towel.

F	Jan 24	\$40/1 sess
9:30 AM-10:00 AM		255667
10:30 AM-11:00 AM		255668
11:30 AM-12:00 PM		255669
12:30 PM-1:00 PM		255670
1:30 PM-2:00 PM		255671
F	Feb 14	\$40/1 sess
9:30 AM-10:00 AM		255672
10:30 AM-11:00 AM		255673
11:30 AM-12:00 PM		255674
12:30 PM-1:00 PM		255675
1:30 PM-2:00 PM		255676
F	Mar 13	\$40/1 sess
9:30 AM-10:00 AM		255677
10:30 AM-11:00 AM		255678
11:30 AM-12:00 PM		255679
12:30 PM-1:00 PM		255680
1:30 PM-2:00 PM		255681

F	Apr 10	\$40/1 sess
9:30 AM-10:00 AM		257838
10:30 AM-11:00 AM		257839
11:30 AM-12:00 PM		257840
12:30 PM-1:00 PM		257841
1:30 PM-2:00 PM		257842
F	May 8	\$40/1 sess
9:30 AM-10:00 AM		257843
10:30 AM-11:00 AM		257844
11:30 AM-12:00 PM		257845
12:30 PM-1:00 PM		257846
1:30 PM-2:00 PM		257847
F	Jun 12	\$40/1 sess
9:30 AM-10:00 AM		257848
10:30 AM-11:00 AM		257849
11:30 AM-12:00 PM		257850
12:30 PM-1:00 PM		257851
1:30 PM-2:00 PM		257852

Instructor: Kayoko Koido

Social

Duplicate Bridge

Non-sanctioned games, using bidding boxes with results posted online. A partner is required, however we may be able help you find one. Players can attend Tuesdays and/or Fridays. Drop-in \$2 or a card of 10 tickets for \$20 (including tax) can be purchased at the front desk. This program is on-going.

Tu/F	6:45 PM-9:45 PM
Jan 3-Jun 30	\$1.90/drop-in 255657

Instructor: Carrie Beavington

Great Books Discussion Group

Enjoyable, rewarding discussions on a wide range of topics using short extracts from classic and modern writers. Focus on one short selection weekly, chosen from volumes produced by experts at the Great Books Foundation. These books (\$35-\$45 each) generally provide material for 4-5 months.

Tu	2:00 PM-3:30 PM
Jan 7-Jun 23	\$12.50/25 sess 255685

Instructor: Colin Mallet

Honouring Anton's Coffee Break

Join us every Wednesday in Maddie's Lounge to share a chat over a cup of tea or coffee. Enjoy meeting new friends.

W	12:45 PM-2:00 PM
Jan 8-Jun 24	By Donation 255694

Instructor: No Instructor

Kitsilano Book Club

Lively discussions in a friendly atmosphere. Books are selected from featured VPL Book club sets. Registration limited to 16 people - sign up early! This free program meets every 2nd Wednesday.

W	3:00 PM-4:30 PM
Jan 8/Feb 12/Mar 11/Apr 8/ May 13/ Jun 10	
Free	255703

Instructor: Nona Thompson



Bingo

Meet new friends and have some fun! Registration required.
Drop-ins available, space permitting.

\$4/10 tickets

Fridays, 2:00 PM-3:30PM

January 3 254321

February 7 254322

March 6 254323

April 3 254324

May 1 254325

June 5 254326

BC Gaming License #117729.

Know your limit & play within it!



**Looking for Bus Trips
or Support Groups?**

See page 25.

Social

Young at Heart Dinner

An inclusive, drop-in, older adults program providing recreational, cultural, educational and social activities to support and connect seniors in the community. Dinner prepared by Social Crust, includes: homemade soup, salad, entrée, dessert and tea or coffee. Please register no later than the Friday before the dinner.

Th	5:00 PM-6:00 PM	
Jan 9	\$8/1 sess	258473
Jan 16	\$8/1 sess	258474
Jan 23	\$8/1 sess	258475
Jan 30	\$8/1 sess	258476
Feb 6	\$8/1 sess	258477
Feb 13	\$8/1 sess	258478
Feb 20	\$8/1 sess	258479
Feb 27	\$8/1 sess	258480
Mar 5	\$8/1 sess	258481
Mar 12	\$8/1 sess	258482
Mar 19	\$8/1 sess	258483
Mar 26	\$8/1 sess	258484
Apr 9	\$8/1 sess	258486
Apr 23	\$8/1 sess	258488
Apr 30	\$8/1 sess	258489
May 7	\$8/1 sess	258490
May 14	\$8/1 sess	258491
May 21	\$8/1 sess	258492
May 28	\$8/1 sess	258493
Jun 4	\$8/1 sess	258494
Jun 11	\$8/1 sess	258495
Jun 18	\$8/1 sess	258496
Jun 25	\$8/1 sess	258497

Instructor: Noah Thrush

Multiple Sclerosis Self Help Group

For individuals diagnosed with MS. Join this informal group in sharing and caring. For further information, please contact Daina Balodis at 778-229-2365.

F 1:00 PM-3:00 PM



Older Adult Monthly Social

Older Adults are invited to attend our social gatherings on the first Friday of the month to learn more about programs at the centre and participate in a workshop.

Event includes a complimentary light meal and refreshments.

Participate in a 50/50 draw at each social if you wish.

(BC Gaming License #142291)

Please register as spaces are limited.

Fridays, 11:30 AM-1:30 PM

January 3 243997

February 7 243998

March 6 243999

April 3 254318

May 1 254319

June 5 254320

**Please register at least
one week in advance.**



Multicultural Events

Facilitator: Nona Thompson

January

Canada Maritimes

Presentation

Mona Cernezel will be sharing her recent tour of Newfoundland and Labrador, from Corner Brook to the earliest Viking settlement, World Heritage National parks, a Basque whaling station, as well as eagles, humpback whales and puffins, ending in St. John's. Our snacks will be an appetizing variety from the cookbooks of the Maritimes.

W 1:00 PM-2:30 PM
Jan 8 \$3.81/person 256020

Music Class

Come and spend a pleasant afternoon being entertained by the unique sounds of the Maritimes along with old time music. Led by our friend, Nada, take part in some simple folk dances. Food typical of the local dance parties will be served.

W 1:00 PM-2:30 PM
Jan 15 \$3.81/person 256021

Cooking Class

We will be learning how to make crab cakes with remoulade sauce. Mona will be making date bars. Enjoy these snacks along with coffee, tea and juice.

W 1:00 PM-2:30 PM
Jan 22 \$3.81/person 256022

Luncheon

We will be serving a Maritime meal with foods from the many cultures that make up this area. French, Acadian, and Scottish entrees, vegetables, salads and desserts are on the menu.

F 12:30 PM-2:30 PM
Jan 31 \$9.52/person 256023

February

Multi-Cultural Canada

Presentation

Our friends, Joyce Chung and Tony Yu will be sharing their recent visit to the Townships, the Huhlu-Umfolzi Park, the Chobe National Park and an encounter with the Big 5. Snacks enjoyed during their tour will be served.

W 1:00 PM-2:30 PM
Feb 5 \$3.81/person 256712

Craft Class

Origami or paper folding will be taught in this very popular class. All supplies will be provided. Savouries and sweets of this time will be served.

W 1:00 PM-2:30 PM
Feb 12 \$3.81/person 256024

Cooking Class

Canadian food spans more than 200 ethnic groups. Come and join us as one of these cooks will show us how to make and help prepare a simple dish. Sweets and drinks will be provided.

W 1:00 PM-2:30 PM
Feb 19 \$3.81/person 256025

Luncheon

Our Lunar New Year luncheon complete with main entrees, vegetables, salads and a dessert will feature the food of these many Asian cultures. Our Canadian word bingo and prizes will complete our very popular event.

F 12:30 PM-2:30 PM
Feb 28 \$9.52/person 256026

March

Peru

Presentation

Peru is a country in South America that's home to a section of Amazon rainforest and Machu Picchu. Our program will feature information on the geography and the culture. Enjoy special Peruvian savouries and sweets

W 1:00 PM-2:30 PM
Mar 11 \$3.81/person 256706

Craft Class

Beads and shells are popular for designing Peruvian crafts. Come and create your own treasure. All materials are supplied. Our sweet and savoury snacks will aid in our understanding of their diverse culture.

W 1:00 PM-2:30 PM
Mar 18 \$3.81/person 256707

Cooking Class

Peruvian cuisine is known for the sophisticated use of various island spices and herbs. Come and take part in the preparation and sampling of both a savoury and a sweet snack. Tropical drinks will be served.

W 1:00 PM-2:30 PM
Mar 25 \$3.81/person 256709

Luncheon

A caterer will be preparing our popular menu with a main entrée, vegetables, salad and a dessert. Our Bingo Word game with prizes are always a fun part of the afternoon.

F 12:30 PM-2:30 PM
Mar 27 \$9.52/person 256710



Multicultural Events

Facilitator: Nona Thompson

April

Cambodia & Vietnam

Presentation

Our friends, Jocelyn Pittel and John Foster will entertain us with their recent tour of Cambodia. Highlighting their voyage will be Angkor Wat in Siem Reap, Phnom Penh, the glittering Royal Palace, National Museum, and the Mekong River. Fresh Spring Rolls and Coconut sweets will be our snacks.

W 1:00 PM-2:30 PM
Apr 8 \$3.81/person 257111

Craft Class

Mandala is Sanskrit for circle or completion and has a long history recognizing a spiritual representation of wholesome. We will be colouring our chosen designs with watercolours or pencils. All material supplied. Typical savouries and sweets with served along with coffee, tea and juice.

W 1:00 PM-2:30 PM
Apr 15 \$3.81/person 257112

Cooking Class

Cambodian, Thai and Vietnamese food are similar in many ways. Anh Nguyen will teach a simple fresh spring roll with a wide variety of fillings. Fresh tropical fruit will be our sweet snack.

W 1:00 PM-2:30 PM
Apr 22 \$3.81/person 257115

Luncheon

Our menu will include lemongrass chicken, a Cambodian doodle dish, stir fry vegetables, and jasmine steamed rice, dessert will be fruit cocktail ambrosia and cookies. Our Word Bingo and prizes will complete our very popular event.

F 12:30 PM-2:30 PM
Apr 24 \$9.52/person 257117

May

Italy

Presentation

Southern Italy is known for its great food, baroque architecture, its islands and beaches, and its medieval towns. Our local Italians will talk about their homeland, their journey to Canada as well as the famous attractions in this very popular region. Snacks typical of the area will be served.

W 1:00 PM-2:30 PM
May 6 \$3.81/person 257119

Dance Class

A local dancer will not only entertain us with traditional dances but will also show us how to dance a few simple steps. Come and join us for a very entertaining afternoon. Italian sweets and savouries will be served.

W 1:00 PM-2:30 PM
May 13 \$3.81/person 257120

Cooking Class

Amongst the most popular food items in Southern Italy is pasta. We will learn how to make a basic vegetable pasta dish. A typical sweet will add to this enjoyable afternoon.

W 1:00 PM-2:30 PM
May 20 \$3.81/person 257121

Luncheon

Our popular Luncheon will feature a main dish, pasta, vegetables, salads and desserts from the regions of Calabria and Sardinia. Bingo and prizes are enjoyed after our delicious meal prepared by our local caterer.

F 12:30 PM-2:30 PM
May 29 \$9.52/person 257122

June

First Nations-Haida Gwaii

Presentation

Haida Gwaii, also once known as the Queen Charlotte Islands, is an archipelago off British Columbia's west coast. Haida Gwaii means Islands of the People. Nicole Bird will share and show slides of her recent times in Haida Gwaii.

W 1:00 PM-2:30 PM
Jun 10 \$3.81/person 257124

Dance Class-Drum Circle

Nicole Bird and her Carnegie Volunteer Drummers will once again bring their vibrant group to entertain us in music and song. Learn how drumming brings people together and how it acts as a catalyst for reconciliation. Smoked salmon savouries and fresh berries will be served.

W 1:00 PM-2:30 PM
Jun 17 \$3.81/person 257125

Cooking Class

We will learn many ways to create Indigenous savouries and sweets using local food. A special drink made from soapalillie will be prepared and shared. Come and enjoy these unique snacks.

W 1:00 PM-2:30 PM
Jun 24 \$3.81/person 257126

Luncheon

Cedar Feast House with Theresa Contois will be catering our Indigenous Luncheon again this year. BBQ Salmon will be the feature dish along with vegetable dishes, salads and desserts. Our Bingo Word Game with prizes are always a fun part of our afternoon.

F 12:30 PM-2:30 PM
Jun 26 \$9.52/person 257123



Equipment and Facilities

Kitsilano Fitness Centre is a fully equipped 4,500 square foot facility. We offer a wide range of cardio equipment including stair climbers, power mills, Precor Elliptical, cross trainers, Concept II rowers, treadmills, upright and recumbent bikes, scifit stepper, ski-erg, lateral X, airdyne bikes, and Keiser Bikes. Kitsilano Fitness Centre also has a broad selection of equipment from brands such as Life Fitness, Matrix and Octane. Equipment includes squat racks, a bench press station and free weights. If you are more interested in functional training we have cable machines, stability balls, exercise tubing and balance balls.

Fitness Centre Admission

	ADULT	YOUTH/ SENIORS
Drop In	\$6.10	\$4.27
10 Visit Pass	\$49.60	\$34.72

Prices do not include GST.

The Flexipass Membership

Enjoy flexible and affordable recreation with our no contract all access pass. Purchase a monthly Flexipass at any Park Board fitness centre and receive unlimited access to our 15 fitness centres, 9 indoor pools, 4 outdoor pools and 8 ice rinks. For more information and locations visit vancouverparks.ca.

	ADULT	YOUTH/ SENIORS
1 Month	\$47.11	\$32.98
3 Months	\$127.00	\$88.90
12 Months	\$406.98	\$284.89

Prices do not include GST.

Personal Training

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

Package	Private (1 person)	Semi Private (2 people)	Small Group (3-4 people)
1 sess	\$51.73	\$77.57	\$108.80
3 sess	\$143.34	\$215.05	\$291.42
5 sess	\$230.55	\$355.04	\$427.43
10 sess	\$429.54	\$659.36	\$777.14

Free Consultations

Reach your fitness goals with our new consultation package. Call ahead at 604-257-6982 to book up to 3 sessions with our highly trained Fitness Centre staff. Free with drop-in admission or included with your pass. In your first session, learn how to use the equipment, get a personalized fitness program, and receive a card to track your progress. At your next session, our staff will monitor your exercise technique and answer any questions about your fitness program. Book a third session if you need additional support or motivation.



Indoor Cycling

Burn calories, build muscle, relieve stress! It is fun, accessible and effective!
Indoor cycling is a group exercise performed on a specialized stationary bicycle.

Monday	Wednesday	Thursday	Saturday
Cycle Express 6:15 AM-7:00 AM 259761 Jan 6-Mar 31 \$59.52/12 sess ----- 260289 Apr 6-Jun 29 \$54.56/11 sess	Cycle Express 6:15 AM-7:00 AM 259762 Jan 8-Mar 25 \$59.52/12 sess ----- 260291 Apr 1-Jun 24 \$64.48/13 sess	Cycle Fit 6:30 PM-7:30 PM 259763 Jan 2-Mar 26 \$64.48/13 sess ----- 260292 Apr 2-Jun 25 \$64.48/13 sess	Cycle Fit 9:00 AM-10:00 AM 259764 Jan 4-Mar 28 \$64.48/13 sess ----- 260294 Apr 4-Jun 27 \$64.48/13 sess

Schedule is subject to change without notice.

Cycle Express: 45 mins of riding, including a quick warm up and cool down; designed to get your workout in and to get you on your way.

Cycle Fit: 60 mins of indoor riding, with a longer warm up- and cool down.

Cost: Drop in \$6.10; 10 visit pass \$49.60; see vancouver.ca/kitsilanofitness for registration information.

Drop-In Procedures:

- Drop-ins: call in 8am the day before of scheduled classes to reserve a bike
- For weekday AM classes, enter and pay through the Fitness Centre
- No voicemail or e-mail reservations accepted
- Participants can put down their name and 1 other person
- Waitlist spots will be released 5 minutes before class start time if full

Registration Procedures:

- Registered participants must check-in with the front desk at least 5 minutes prior to the class start time, or run the risk of losing their spot
- Classes are non-transferable to another class or person
- Refund requests must be submitted within 24 hours of the completion of the second scheduled class; refund requests will not be considered without a doctor's note
- All cancelled classes will be refunded at the end of the season

Winter Registration opens Dec 3 and closes Dec 31 • Spring Registration opens Mar 1 and closes Mar 30



Kitsilano Public Skating Schedule

Sunday	Tuesday	Wednesday	Thursday	Friday	Saturday
		50 and Better 10:00-11:30am	Parent and Preschool 10:00-11:30am	50 and Better 10:00-11:30am	
Public Skate 11:00am-12:30pm	Coed Adult Drop in Hockey 11:45am-1:15pm	Stick & Puck 11:45am-1:15pm	Public Skate 11:45am-1:15pm	Coed Adult Drop in Hockey 11:45am-1:15pm	
		Discount Skate 3:15-4:30pm			Public Skate 12:15-1:45pm
For more information about Public Skating, visit our website vancouver.ca or call 311 Ice Rentals Visit vancouver.ca/parks/rec/rinks/rentals.htm for rental fees, instruction and availability. Schedule subject to change		Family Fun Hockey 7:00-7:30pm		Public Skate 6:30-8:30pm	
		Public Skate 7:30-9:00pm		Adult Skate 8:45-10:00pm	
		Public Skate 9:15-10:30pm			

Public Skate Descriptions

50 and Better: 50 years and up

Parent & Preschool: minimum rate is two family admissions (\$6.32)

Discount Skate: 50% off regular rate

Family Fun Hockey: plastic sticks and pucks provided, helmet and gloves required, practice only.

Adult Stick & Puck: Must be 19 years and older, helmets and gloves required. Practice only, no scrimmage.

Adult Co-ed Drop in Hockey: Must be 19 years and older, full gear required.

All Adult Hockey Programs are co-ed and participants must sign a waiver at the beginning of each session. All players can call in to 604-257-6980 ext 1 beginning at 10:15am on the day of program. Players must sign in and pay 15 minutes prior to the start of the session and then the waitlist will be accommodated if there are any open spots.

Learn to Skate Program

Registration		Skate Lessons Begins
SET 3	Online & In-Person Friday Dec 20, 7:00pm	Saturday, Jan 4-Feb 8
SET 4	Online & In-Person Friday Feb 14, 7:00pm	Saturday, Feb 15-Mar 21
If you are not registered in the correct level the instructors reserve the right to place you in the appropriate level if space is available. If the lessons you want are full, please register your name on the waiting list.		For a detailed lesson schedule go to recreation.vancouver.ca or pick up a lesson handout at the Kitsilano Community Centre
To register online for skating lessons, go to recreation.vancouver.ca		
CSA approved hockey or snowboarding helmets are required for skate lessons (no bike helmets allowed). A limited number of hockey helmets are available to use for free. Parents and guardians are not allowed on the ice unless authorized by staff.		

PARK BOARD SKATE LESSON REFUND AND CANCELLATION POLICY

A full refund will be given if cancellation notice is received five or more days before the start of the program. If a cancellation notice is received one to four days before the start of the class, the participant can either transfer to a future lesson set, if available, or the refund amount will be the activity fee minus the cost of one class. If cancellation notice is received after the first class date and five or more days before the second class date, the refund amount will be the activity fee minus the cost of one class. If cancellation notice is received less than four days before the start of the second class date, the refund amount will be the activity fee minus the cost of two classes. No refunds are issued for requests received after the second date of the program. Fees for one or two-day programs (private lessons) are non-refundable.



TO REGISTER: KITSILANO.COM OR CALL 604-257-6976 EXT. 1

Ice Rink

January 2- March 21, 2020

Please refer to **Vancouver.ca** or call 311 for spring break schedule.



Ice Rink Fees

Description	Single Fee	10 visit pass
Adult (19-64 years)	\$6.41	\$51.25
Adult Drop in Hockey	\$6.41	\$51.25
Youth (13-18 years)	\$4.58	\$36.62
Children (3-12 years)	\$3.22	\$25.80
Senior (65+ years)	\$4.58	\$36.62
Family	\$3.22	
* All family members must be present at the time of admission		
Preschool 5 yrs & under	Free with paying adult	
Discount Public Skates	1/2 price admission	
Skate Rental	Fee	10 tickets
Public	\$3.38	\$27.08
Skate sharpening	\$6.51	
All fees are subject to change. Fees listed include tax.		

- OneCards & Flexipasses can be used for all public skating AND drop in hockey.
- Group rates; 20% discount on admission to groups of 10 or more (all 10 people must be present)
- Children 7 years & younger must be accompanied on the ice by a parent or guardian over the age of 16yrs



Rental Information & Save the Dates

www.kitscc.com

604-257-6976 | kitscc@vancouver.ca | kitscc.com/facilities/room-rentals

LOOKING FOR A SPACE TO HOLD A PRIVATE FUNCTION?

Kitsilano Community Centre

has several rooms available for
birthday parties, meetings,
special events and casual use



Kitsilano Community Centre Association SAVE THE DATES

Patron Appreciation Events
January 3rd (9AM-12PM) & 7th (5PM-9PM)

Annual General Meeting
April 16th 7-9PM

**Nominations for the Board of Directors close March 16th
For more information see page 23*

email kcca.vancouver@gmail.com for further details



Play-Gym Party

- For kids 0-8yrs
- Includes access to our Lobby room, gymnasium (with a bouncy castle & gym toys), a kitchen equipped with a microwave, a refrigerator and a freezer.



DETAILS:

- Lobby room & Gymnasium
- Saturdays 1:15-3:15pm; gym time 2:30-3:15pm
- Sundays 1:15-3:15pm; gym time 1:30-2:15pm

FEES:

\$125/14 children (1 party attendant)

\$220/15-20 children (2 party attendants)

***Please have your final numbers of children attending the party confirmed one week prior to the party, and pay the \$95.00 upgrade for over 15 children to secure an additional leader.**

***Due to space restrictions, our parties are not suitable for more than 20 children.**



BIRTHDAY PARTY HIGHLIGHTS! 3-12yrs

Our 2 hour Party Package Includes:

- PARTY HOST DJ: RACHEL BEAU ★
- CUSTOMIZED PARTY PLAYLIST ★
- GIANT BUBBLE WRAP DANCE FLOOR ★
- PRIZE GIVEAWAYS ★
- PARTY ROCK LIMBO ★
- ROCK'OFF LIPSYNC CONTESTS ★
- PARTY DANCES & FREESTYLE DANCE CHALLENGES ★

DANCE PARTIES

Location:

Multipurpose Room

Time: Sundays

10:00 AM-12:00 PM

\$270 for up to

14 children maximum.

Register at the front desk,
online or over the phone:

604.257.6980



Party Information:

- The Birthday Party Coordinator will contact you approximately one week before your party to discuss the details. Please make sure to update your information at registration to include an email address.
- Patrons are required to pay in full at the time of registration.
- **Parent/Guardian participation is required for the duration of the party.**
- *Included:* party attendant, room, tables, chairs.
- *Not included:* decorations, table settings (plates, cutlery, cups, etc.), snacks, food or beverages.
- *Refund policy:* All refunds are subject to an administration charge.
 - **Refund rates:** 1 month notice: full refund; 2 weeks notice: 50% refund; less than one week: no refund.

Please call 604-257-6980 or visit our website at www.kitscc.com for more information.



Special Events

Paint Between the Wines

Saturday, January 11 (\$33/participant)

#254481 5:00 PM-8:00 PM

Join us for a fun evening at our very first Paint and Wine night here at Kitsilano CC! An instructor will help bring out your inner artist all while enjoying a glass of wine (non-alcoholic options available). Course fee includes 1 drink ticket. All skill levels welcome - no experience required. Participants will be able to take home their creations once the event is over.

Family Day

Monday, February 17 (Free)

#254516 10:00 AM-1:00 PM

Celebrate BC Family Day at Kitsilano Community Centre with family playtime gym, bouncy castle, arts and crafts, popcorn and interactive activities. This event is sponsored by the Kitsilano Community Centre Association and the Vancouver Park Board. A detailed flier of activities will be available in Mid-January. Call us for details or go to kitscc.com.

Easter Eggstravaganza + Egg Hunt

Saturday, April 11 (\$6/participating child)

#254519 10:30 AM-11:50 AM

#254520 11:00 AM-11:20 AM

#254521 11:30 AM-11:50 AM

Eggciting things will be happening here for Easter at Kits CC! The gym will be full of fun activities for all ages: crafts, games, face painting, a dance party and much, much more!

The event runs from 10:00 AM-12:00 PM in the gym. There are three hunts available: 10:30am, 11:00am, 11:30am. Come before and stay after your egg hunt time for our fun activities! Parent participation required, but tickets only need to be purchased for participating children. \$6/participating child. Infants under 12 months are free. No transfer on egg hunt times.

KITSILANO WAR MEMORIAL COMMUNITY CENTRE

2690 Larch Street, Vancouver, B.C., V6K 4K9 Phone 604-257-6976 Fax 604-257-6996 Web www.kitscc.com