**ART IN THE CITY 2019**

EXHIBIT YOUR FINE ART IN THE WEST END’S LARGEST ART MARKET

Vernissage: Friday May 3rd, 7-9pm

Exhibit Continues: Saturday May 4th, Noon-5pm & Sunday May 5th, Noon-4pm

Location: West End Community Centre, 870 Denman Street

**Artists:** To receive the information package for the Art in the City and to reserve your exhibition space please email westendartinthecity@gmail.com

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**Easter Carnival**

(2-7 yrs)

Hippity, hoppity, spring has sprung! Join the Easter Bunny for an Easter egg hunt, arts & craft and play time. The excitement will also include a bouncy castle, face painting, balloon making and photo booth! Parent participation is required. Pre-registration is recommended.

**Sat Apr 13**

10:00am-12:00pm

199791 $5.50/child, $7.50/child on the day-of-event

Gymnasium at Coal Harbour Community Centre
Spring 2019 Recreation Guide

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Where to find us:

West End Community Centre
870 Denman Street, Vancouver, BC V6G 2L8
604-257-8333  |  www.westendcc.ca

Barclay Manor
1447 Barclay Street, Vancouver, BC V6G 1J6
604-257-8333  |  www.barclaymanor.ca

Coal Harbour Community Centre
480 Broughton Street, Vancouver, BC V6G 3H4
604-718-8222  |  www.coalharbourcc.ca

Registration Info:

Tues., March 12  Wed., March 13
9:00am (on-line/in-person)  9:00am (phone-in)
Details on page 5.

Register Online:
recreation.vancouver.ca
Read about ActiveNet Updates and Tips on usage on page 82.

Making All Recreation Safe (M.A.R.S)
We promote the values of the M.A.R.S. Code of Conduct
- Treat all patrons with respect
- Do not tolerate abusive or disrespectful language
- Appreciate that programs and facilities are provided for
  the enjoyment of everyone
- Respect public property and the property of others
- Enjoy recreation in your City

Your Recreation Staff:

West End CC:
Supervisor of Recreation: .................. Jayne Loutit
Recreation Programmer: ................. Darko Kulic
Recreation Programmer: ................. Randy Chan
Fitness Programmer: ....................... Casey Lefler
Ice Rink Programmer: ..................... Eddy Uechi
Community Youth Worker: ............. Kelley Hindley
Maintenance Technician: ............... Nataly Kaufman
Recreation Facility Clerk: .............. Shelby Quon
Seniors & Group Fitness Coordinator: .............. Kelley Hindley

Barclay Manor:
Supervisor of Recreation: .................. Jayne Loutit
Recreation Programmer: ................. Patrick McCarthy
Seniors Coordinator: ...................... Kelley Hindley

Coal Harbour CC:
Supervisor of Recreation: .................. Jayne Loutit
Recreation Programmer: ................. Darilyn
Recreation Programmer: ................. Patrick McCarthy
Recreation Facility Clerk: ............... Nelson McLachlan
The West End Community Centre Association (WECCA)

WECCA is driven by volunteers – people like you. WECCA is involved in overseeing and evaluating programs, services and events offered at Barclay Manor, the West End and Coal Harbour Community Centres. We are investing in new equipment and facility upgrades in partnership with the Vancouver Parks Board. WECCA is a registered charity so for any donations over $10, tax receipts will be issued. Donations can be made towards any of the scholarships and programs, or can be designated for a specific purpose.

For more info contact the WECCA office at: 604-257-8344.

Get Involved!

If you’re interested in becoming a WECCA Member, request a membership application from the front desk at either West End CC or Coal Harbour CC. There’s an annual membership fee of $5 which will be waived for anyone who is unable to pay. Memberships are approved at the monthly board meetings by WECCA Board of Directors.

The West End Community Centre Association Board Members invite every passionate, caring member of this community to take an active part in our community centres. Get involved in this vibrant organization by becoming a WECCA Board Member, Committee Member or volunteer. Keep our programs and centres alive. Come join us!

Spring Welcome

Welcome to the Spring Season of programs and activities to keep you healthy, engaged, learning and active in the West End and Coal Harbour. We have something for you no matter if you’re 2 months old, 92 years old or any age in between. We always endeavor to introduce new programs as they emerge while maintaining those which are longstanding and well loved by our community.

Your West End Coal Harbour Community Centre Association held its AGM in January. Both our continuing and new members are looking forward to an exciting time over the coming year. In addition to our constant responsibility of providing excellent programs and activities we have some special opportunities before us. With the approval of the capital plan in the recent municipal election we will be beginning the process of planning for a new facility. At the same time, we will be working to make sure we serve our elementary school children as the planning for school location changes gets underway. We also have the challenge of working with a very new Park Board.

As always, we welcome your suggestions. We really do want to know what you would like us to offer so that we can make your life in the West End and Coal Harbour the best that it can be.

I look forward to seeing you in our courses, taking our programs and just hanging out at our special events.

Linda Johnston
President

WECCA Board of Directors:

President: ............ Linda Johnston
1st Vice President: ... David Scott
2nd Vice President: ... Kate Fenton
Treasurer: ............ Shelly Morrison
Secretary: ............ Jacob Kojfman

Directors:

Adam Doherty, Ian Haywood-Farmer, Chris Hyndman, Dragos Ionesco, Cheryl Jim, Pamela Leaman, Bonnie MacKenzie, Michael Schmidt, Richard Scott, Amin Tabatabayi

West End Community Centre Association Mission Statement

To enhance the quality of life of the residents of the West End and Coal Harbour Communities by providing recreational, educational and social activities and services which are accessible and responsive to the changing needs of the Community.
Spring Registration:

On-line/In-Person: Tuesday, March 12 at 9:00am
Phone: Wednesday, March 13 at 9:00am

1. Online
Online Registration continues 24/7. You must set up a free online account with the Park Board’s secure server prior to registering. It takes up to 24 hours for confirmation so please be prepared before registration day. Visit recreation.vancouver.ca to register for courses.

2. By Phone
West End/Barclay Manor: 604-257-8333
Coal Harbour: 604-718-8222
Phone during office hours. Due to the volume of business you may experience some delays. Have credit card and course numbers ready.

3. In Person
Registration in person continues during office hours. You can pay by cash, credit card or debit card.

Individual Room Access Cards

An access card for individuals who wish to drop-in and use an activity room, space permitting. Room use subject to terms and conditions. Maximum 3 people per room; all individuals must have their own Room Access Card.

Adult
6 Months ...................... $20.00
1 Year ........................ $30.00

Senior/Youth
6 Months ...................... $10.00
1 Year ........................ $15.00

Protecting Your Privacy

The West End Community Centre Association (WECCA) is committed to protecting the privacy of personal information in our possession in accordance with the Personal Information Act (PIPA). PIPA regulates the way we collect, use, keep, secure and disclose personal information. The personal information collected during registration, or any of our forms, will be used for the purpose of administering our recreation programs and informing you of our services and benefits. The information will be stored in a secure location and will not be disclosed to third parties without your permission, except as required by law. For further information call: 604-257-8344.

Refund Policy

Full refunds will be issued for cancelled programs or for anyone who is unable to attend a program due to a change of date or time. All programs are subject to change or cancellation on short notice. Refunds will be pro-rated from the date requested and must be requested 24 hours prior to the next scheduled class to avert further charges. An administration charge of $5 for one program or $10 for multiple programs applies per transaction to all refunds on programs $20 or over. Refunds for one-day or two-day programs and out trips must be requested 48 hours in advance unless otherwise noted. Refunds for all day camps must be requested a minimum of 10 business days prior to the first day of camp every week.

Please Note: All cash payments will be refunded in the form of a mailed cheque within 3 weeks of the refund date or may be applied as a credit on account if requested. All refund requests for programs originally paid by cheque will be subject to a 30 day waiting period.

Pick up your Rec Guide here:

1. West End C.C.
   870 Denman St.

2. Coal Harbour C.C.
   480 Broughton St.

3. Barclay Manor
   1447 Barclay St.

4. Whole Foods on Robson
   1675 Robson St.

5. Gordon Neighbourhood House
   1019 Broughton St.

6. Marketplace IGA
   909 Burrard St.

7. Qmunity
   1170 Bute St.

8. Safeway on Robson
   1790 Robson St.

9. Vancouver Aquatic Centre
   1050 Beach Ave.

10. Urban Fare
    305 Bute St.
Room Rentals

WEST END COMMUNITY CENTRE  |  BARCLAY MANOR  |  COAL HARBOUR COMMUNITY CENTRE

In the Heart of the West End
In the middle of Vancouver's most beautiful and vibrant communities, the Centre is surrounded by shops, dining and entertainment on Denman Street as well as English Bay, Stanley Park and Downtown. We can accommodate small meetings to large family functions or special events. For rental inquiries, please email westendccrentals@vancouver.ca or call 604-257-8462.

Barclay Manor
Character and Comfort
Barclay Manor is a heritage house in the heart of the West End with intimate and comfortable meetings rooms. The Manor overlooks the serene Barclay Heritage Square which offers a perfect location for meetings, wedding and other events requiring an atmosphere of warmth and character. For rental inquiries, please call 604-718-8229.

Coal Harbour Community Centre
Rooms with a View
With spectacular views of the North Shore mountains and Coal Harbour marina, this community centre is a premier meeting and event venue within Vancouver. Close to the business district for corporate agendas and picture perfect for weddings, birthdays and other important milestone events. For rental inquiries, please call 604-718-8229.
## Room Recommendations

<table>
<thead>
<tr>
<th>Event</th>
<th>Large Event Rooms</th>
<th>Small Event Rooms</th>
</tr>
</thead>
<tbody>
<tr>
<td>AGMs</td>
<td><strong>West End</strong>: Auditorium, Barclay, Bidwell, or Denman Room&lt;br&gt;<strong>Barclay Manor</strong>: Entire Manor or Basement Multipurpose Room&lt;br&gt;<strong>Coal Harbour</strong>: Multi-Purpose or Activity Room</td>
<td><strong>West End</strong>: Meeting Room I or II&lt;br&gt;<strong>Barclay Manor</strong>: Fireplace or Board Room&lt;br&gt;<strong>Coal Harbour</strong>: Meeting or Arts &amp; Crafts Room</td>
</tr>
<tr>
<td>Weddings &amp; Birthdays</td>
<td><strong>West End</strong>: Auditorium, Barclay, Bidwell, Denman, or English Bay Room&lt;br&gt;<strong>Barclay Manor</strong>: Entire Manor or Basement Multipurpose Room&lt;br&gt;<strong>Coal Harbour</strong>: Multi-Purpose or Activity Room</td>
<td><strong>West End</strong>: Stanley Court or Meeting Room II&lt;br&gt;<strong>Barclay Manor</strong>: Fireplace and/or Piano Room&lt;br&gt;<strong>Coal Harbour</strong>: Meeting or Arts &amp; Crafts Room</td>
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<td>Rehearsals</td>
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<td>Potlucks &amp; Private Gatherings</td>
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### ROOM CAPACITY

<table>
<thead>
<tr>
<th>ROOM</th>
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<th>ROOM RATE /hr + tax</th>
<th>HIGHLIGHTS</th>
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<tbody>
<tr>
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<td></td>
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</tr>
<tr>
<td>Auditorium</td>
<td>150</td>
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<tr>
<td>Barclay</td>
<td>60</td>
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<td>Mid-sized room with natural light and floor-to-ceiling windows. 1094 ft²</td>
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<td>Bidwell</td>
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<td>Denman</td>
<td>60</td>
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<td>Spacious room with countertop &amp; sink. Mirrored wall. 2200 ft²</td>
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<tr>
<td>English Bay</td>
<td>50</td>
<td>$33</td>
<td>Private room with mirror wall. Ideal for rehearsals &amp; birthdays. 1083 ft²</td>
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<td>15</td>
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### HIGHLIGHTS

- **Weekdays**: 9:30am-5pm*. Weeknight rentals: 5pm-9:30pm*. Weekend rentals: 9:30am-4:30pm*.
- **Barclay Manor**: Weekday rentals: N/A. Weeknight rentals: 6pm-10pm*. Weekend rentals: 9am-1am*.
- **Coal Harbour Community Centre**: Weekday rentals: 9am-5pm*. Weeknight rentals: 5pm-1am*. Weekend rentals: 9am-1am*.

### RENTAL HOURS & ADDITIONAL INFORMATION

- All hours are subject to room and staff availability. After hour rentals may be requested and are subject to additional staffing fees. Depending on the scope of your rental, a damage deposit and music royalty fees may apply.
Welcome to the West End Community Centre!

870 Denman Street, Vancouver, BC V6G 2L8  |  604-257-8333  |  www.westendcc.ca

Registration Info:

**Tues., March 12**  
9:00am (on-line/in-person)  
*Details on page 5.*

**Wed., March 13**  
9:00am (phone-in)
Join us in the Auditorium to celebrate Easter! your child will go home with a beautiful and unique craft that they’ve made. Parent participation is required.

Easter Crafts Time in the Auditorium

Wed Apr 17
3:30-5:00pm
FREE

Easter Carnival

(2-7 yrs)
Hippity, hoppity, spring has sprung! Join the Easter Bunny for an Easter egg hunt, arts & craft and play time. The excitement will also include a bouncy castle, face painting, balloon making, a photo booth and animal display! Parent participation is required. Pre-registration is recommended.

Sat Apr 13
10:00am-12:00pm
$5.50/child, $7.50/child on the day-of-event
199791
Gymnasium at Coal Harbour Community Centre
Birthday Packages

**Playtime Party**
Have fun with the playtime toys (Ride’em cars, slide, etc). Includes 1/2 hr for set up, 2hr for the party, 1/2 hr for clean up and a room attendant. No refunds 2 weeks prior to party date.

Sat Apr 6-Jun 29 11:00am-2:00pm $95/Package
Sun Apr 7-Jun 30 11:00am-2:00pm $95/Package

**Bouncy Castle Party**
Have fun with the Bouncy Castle and playtime toys. Includes 1/2 hr for set up, 2hr for the party, 1/2 hr for clean up time and a room attendant. No refunds two weeks prior to birthday party date.

Sat Apr 6-Jun 29 11:00am-2:00pm $165/Package
Sun Apr 7-Jun 30 11:00am-2:00pm $165/Package

No birthday May 4-5

Playtime

**New Born-5 yrs**
Your child will love running, tumbling and riding on bikes and cars! Parent participation is required. Parents are requested to assist with set-up and take down of play equipment. A child that can crawl must pay the drop-in fee. Drop-in program; no registration necessary.

**No Playtime Apr 19, 22, May 4,5,20**

**Apr 1-Jun 29**
M/Th/Fri Playtime 9:30-11:30am
Tue Playtime 9:15-11:15am
Wed Bouncy Castle 3:00-5:00pm
Sat Playtime 9:30-11:00am

Drop In Fee: $2.75

**Childminding**
During our playtime program, we have opened up this service to parents using the library, fitness centre or WECC programs. The parent/guardians must remain in the building at all times and be available to childminding staff if necessary (diaper changes, etc). It is on a first-come-first-served basis with a limit of 6 children (no more than 2 infants) at one time. Send snacks or lunch depending on time.

Fri Apr 5-Jun28 9:30-11:30am
$3.50/hr for the first child
$2.00/hr sibling
Auditorium

**Baby and Toddler**
**New Born-2 yrs**
We have toys, balls, and more. Each day ends with circle time songs. Parents are required to help set up and clean up the equipment each day.

Tue Apr 2-Jun 25 12:00-2:00pm (Stanley Court Room)
Thu Apr 4-Jun 27 12:00-2:00pm (Auditorium)
Drop In Fee: $2.75

**Precious Time with Baby**
**New Born-1.5 yrs**
This program will be for little ones who are not yet walking, so newborn to one year olds. There'll be age appropriate toys and we’ll end each class with singing songs! Same time as Playtime!

Tue Apr 2-Jun 25 9:15-11:15am
Stanley Court Room Drop In Fee: $2.75

Family Time

**New Born-5 yrs**
Come join us for some afternoon family time in the Arts & Craft room. We have blocks, trucks, cars, and many other toys. Meet and network with other parents. Please note that parents are required to help set up and clean up the equipment each day.

Thu Apr 4-Jun 27 2:30-4:30pm
Auditorium Drop In Fee: $2.75
Creative Arts

Crafts for Kids
(New born-5yrs)

Join Jordan in an hour of crafts and fun for everyone. Learn and participate in new themed crafts each week. This class is a great way for kids to get to know and interact with others while having fun and making cool and interesting crafts. Parents and family members are welcomed and encouraged to stay and join in on the fun! Drop in $10.

Instructor: Jordan Moorhead

Sat Apr 27-May 25 11:00am-12:00pm
210276  $44/5 sess
Sat Jun 1-Jun 29 11:00am-12:00pm
210277  $44/5 sess

Bidwell Room

Dance

My First Dance Class

An introduction to creative dance. Aspiring little dancers will use songs, movement explorations, and games to explore coordination, rhythm, spatial awareness, and cooperation. Parents are required to participate with their little ones. Drop in $7.50, space permitting.

Instructor: Endorphin Rush Dance

Sun Apr 14-Jun 16 10:15-10:45am
210708  $62/10 sess

Denman Room

Jumbo Playtime!

AUDITORIUM

Come jump in our bouncy castle, race in our ride ‘em cars, and enjoy some arts and crafts!

Parent supervision and socks required. Please purchase your ticket at the front office.

Spring Operating Hours:
Opens Monday March 18
Spring Break: Mon Mar 18-Sat Mar 30
Weekdays 10:00am-4:00pm
Saturdays & Sundays 11:00am-4:00pm
Drop In $2.75

Register: vancouver.ca/westendrec 604-257-8333
Preschool Hip Hop
Get your groove on!! Calling all b-boys and girls! Here is the place to shine...join us as we move and groove, exploring the locking stops, and the suspended drops that make the hip hop style so popular and fly. Working as a group and in small groups, we will create and shape a dance that is performed in a “cypher” in classic b-boy/b-girl supportive circle of peers, where each person gets to dance their unique style and be cheered on with gusto! Drop in in $8.50, space permitting.
Instructor: Endorphin Rush Dance
Tue Apr 9-Jun 11 11:45am-12:30pm
208289
$79/10 sess
English Bay Room

Zumbini® (New born to 4years)
Sing, dance and play as you bond with your child! Created by Zumba® and BabyFirst for kids ages 0-4, the Zumbini program combines music, dance and playing instruments of can't-stop, won't-stop bonding, learning and fun! Includes a Zumbini bundle of a plush toy, original songbook and music to continue the fun at home. Come and join the Zumbini family! Caregiver participation required. Material Fee is non-refundable
Instructor: Maira Daiha
Thu Apr 4-May 9
209719
10:00-10:45am
$100/6 sess
English Bay Room
Thu May 16-Jun 20
209720
10:00-10:45am
$100/6 sess
Stanley Court Room

Ballet Through Creative Movement (3-6yrs)
An introduction to the foundations of ballet through creative dance. Aspiring little dancers will explore coordination, rhythm, spatial awareness, and cooperation. Classes will include songs, movement explorations, basic ballet steps, games, and a variety of fun music. Little ones must be able to stay engaged for the full class unaccompanied by a parent. Wear something comfortable and get ready to dance! Drop In: $8.50, space permitting.
Instructor: Kirby Rae Snell
Tue Apr 9-Jun 11
208288
11:00-11:45am
$79/10 sess
English Bay Room
Sun Apr 14-Jun 16
210709
10:45-11:30am
$79/10 sess
Sun Apr 14-Jun 16
210710
11:30am-12:15pm
$79/10 sess
Denman Room
Early Literacy and Art (3-5yrs)
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. All art supplies provided.
Instructor: Cathy Belgrave
Wed Apr 10-Jun 5
1:00-2:15pm
209582
$108/9 sess
Denman Room

Little Sprout Preschool

At Little Sprout Preschool, we offer a wonderful and fun “Learning Through Play” program for 3-5 year olds. We provide many opportunities for your child to learn social skills through playing with other children and by developing an awareness of the community around them. Our enriched preschool program fosters growth in all areas of development. The preschool room is set up daily with creative art activities, puzzles, building toys, water/playdough table, house corner, block corner, discovery table and much more. Our program is based on structured and non-structured activity, which allows your child to make individual choices and experience group activities. As your child’s first school experience is an important one, we strive to make “learning” fun! We also have a fun yoga class at our school!

For more information please call the Preschool at 604-257-8346.

Registration Fee 2018/2019 (Non-refundable) $41/child
5 x week Mon-Fri 9:15-11:45am $379/month
4 x week Mon-Thu 1:00-3:30pm $305/month

Fees are for 2019-2020. Preschool fees are subject to change.

Little Sprout Preschool is a licensed preschool. Our instructors are highly qualified Early Childhood Educators bringing many years of experience to our preschool program. Our Preschool Senior Supervisor, Donna, has had the great pleasure of working with children and families at the preschool for the past 25 years. Our preschool assistant supervisor, Terry, is enjoying her fourth year of teaching at Little Sprout Preschool. Please feel free to contact our preschool and we will be happy to introduce ourselves and show you our wonderful classroom.

Twos’ Time
Join us for unstructured fun and organized play in a classroom setting with ECE trained staff. Parents can enroll their child in one or multiple days. Advance registration into the Little Sprout Preschool is given to families enrolled in this program. Post dated cheques or credit card must be submitted at time of registration. For more information about program or registration, please call Christina at 604-257-8464. This program does not run on seasonal/statutory holidays and school professional days.

Registration for 2019-2020 is for children born in 2017 only.

Mon-Fri 9:30-11:30am
$35 non-refundable reg. fee
Mondays $85/month
Tuesdays $89/month
Wednesdays $89/month
Thursdays $89/month
Fridays $85/month

learning through play makes learning fun!
Orff Music Classes!

We are thrilled to have Orff classes at West End Community Centre. Carl Orff is a famous educator and composer. His methods are taught worldwide and are always evolving and changing. Tonia Allen joins us from the Vancouver Academy of Music where she has been the Orff Department Head for many years. Orff stresses musical basics like pitch and rhythms using a multifaceted approach of percussion instruments, including singing and movement. Composition and improvisation are also key elements. The Orff methods are a lot of fun and are great for all ages!

**Orff Music for Baby (12-18 months)**
This is baby’s first music class! Enjoy an opportunity for you and your baby to sing, play instruments and dance to the tunes. Lots of knee bouncing, hand-clapping fun. With guitar and many puppets and dancing scarves Tonia will keep the little ones singing and dancing. At the end of the term parents are given a handout of songs to take home. Come join the fun! Drop in $13.00
Instructor: Tonia Allen
Fri Apr 26-Jun 21 9:30-10:00am
210173 $104/9 sess
Denman Room

**Orff Music for Toddlers (18-24 months)**
With a focus on fun and learning new musical skills as well as language development this class is perfect for those exploring toddlers. We have lots of instruments, drums, and props to keep your toddler dancing and singing. Come join Tonia with her guitar, puppets and dancing scarves for a rollicking good time. A handout of songs is given out at the last class. Come join the fun! Drop in $13.00
Instructor: Tonia Allen
Fri Apr 26-Jun 21 10:50-11:20am
210175 $104/9 sess
Denman Room

**Orff Music for Siblings (6 months to 4 years)**
This class is for two children of the same family to learn music together. The little ones can laugh and bounce to the beat while the older ones will lead with actions and singing. This is the perfect class to share musical family fun together. Tonia has an unlimited amount of knee bouncing, hand clapping songs as well as movement songs and instruments to play! Price reflects registration for two siblings. For online registration, please register one child per family. Come join the fun! Drop in $15.00
Instructor: Tonia Allen
Fri Apr 26-Jun 21 10:10-10:40am
210174 $117/9 sess
Denman Room

**Orff Music for Toddlers (2-3yrs)**
As your child grows into preschool age, they are ready for new musical challenges. In this level children begin to actively participate in singing and playing the instruments. We will focus on fun and learning musical concepts such as keeping the beat, following the leader as well as various movement songs and learning how to name and play a variety of percussion instruments. Tonia has been teaching the Orff method for many years and works with all ages. She has lots of songs to keep your toddler movin’ and groovin’. A handout of songs is given out at the last class. Come join the fun! Drop in $13.00
Instructor: Tonia Allen
Fri Apr 26-Jun 21 11:30am-12:00pm
210176 $104/9 sess
Denman Room

**Orff Music for Preschoolers (3-5yrs)**
These classes offer preschoolers excellent musical training focusing on the basics of pitch, rhythm and beat. In a fun filled atmosphere, your child will play a variety of instruments. This is a great opportunity to learn music independently from parents and with other children. Children must be able to stay on their own without parents. Each week children will do worksheets which reinforce concepts learned in class. Drop in $15.00
Instructor: Tonia Allen
Fri Apr 26-Jun 21 1:30-2:15pm
210177 $130/9 sess
Denman Room
Beyond Story Time (2.5-5 yrs) NEW!

Do you want to hear stories in different languages? Learn new vocabulary in English, Spanish, and French in an fun, educational, and animated way. The story time sessions include the use of props and puppets, as well as singing, moving, and craft making. Caregiver participation is required. Drop in $11.00. No class on April 22, May 20.
Instructor: Nadia Moutal
Mon Apr 15-Jun 10 11:00am-12:00pm 218477 $70/7 sess
Denman Room

Physical Recreation

Parent and Tot Gymnastics (16-36 months)
This class combines 15 minutes of free time for parents and children to explore the gym and half an hour of group gymnastics activities. Activities will include circle time, stretching and gymnastics circuits on the floor, balance beams, bars, vault & trampoline. Parent participation is required. Please note: no unregistered children permitted on the equipment. $10 Drop-in available only if class is not fully registered and with permission of instructor.
Instructor: Squamish Gymnastics
Tue Apr 16-Jun 4 5:30-6:15pm 209712 $78/8 sess
Auditorium

Preschool Gymnastics (4-5yrs)
This class is an introduction to gymnastics and a fun way to improve strength, flexibility, balance, coordination and listening skills. Gymnasts will learn basic skills on the floor, balance beams, bars, vault, and trampoline. Some parent participation may be required. $13 Drop in available only if class is not fully registered and with permission of instructor.
Instructor: Squamish Gymnastics
Tue Apr 16-Jun 4 2:30-3:30pm 209713 $104/8 sess
Auditorium

Sportball Parent and Child Indoor T-Ball (2-3yrs)
Sportball Parent and Child Indoor T-Ball Participants are introduced to fundamental concepts of baseball 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 T-Ball skills like throwing, catching, batting form, running bases and fielding. No Class May 19
Instructor: Sportball Vancouver
Sun May 5-Jun 16 10:30-11:15am 210722 $89/6 sess
King George Field/Gym

Sportball Indoor T-Ball (4-6yrs)
Big League Fun! Sportball Baseball or 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. No Class May 19
Instructor: Glyn Roberts
Sun May 5-Jun 16 11:15am-12:15pm 210721 $89/6 sess
King George Field/Gym

GrassRoots Soccer
GrassRoots Soccer will help boys and girls of all abilities to grow, develop skills and reach their potential. Using the four corner model: Physical, Technical, Psychological and Social elements, this program will help children develop more than just their soccer skills. We will help them to gain confidence, build self-esteem, learn to work in teams and improve their decision making. Drop in: $11.50 (space permitting) Equipment: NO CLEATS on field. Running shoes only permitted. Parent Participation Required.
Instructor: Glyn Roberts

1.5-2yrs
Sat Apr 6-Jun 15 9:15-10:00am 210242 $104/9 sess

3-4yrs
Sat Apr 6-Jun 15 10:00-10:45am 210243 $104/9 sess
Sat Apr 6-Jun 15 12:45-1:30pm 210246 $104/9 sess
King George Field/GYM
Creative Arts

Storytelling with Comics
Be the author of your very own comic book. In this class, you will workshop character design and build a universe to serve as a backdrop for your story. Is it going to be a comedy, an adventure or a story about friendship? The choice is yours.

Instructor: Edouard Beaudry
Tue Apr 16-May 14 3:30-5:00pm
210713 $51/5 sess
Meeting Room 1

Crafts for Kids (5-8yrs)
This one hour class is great for kids who are interested in learning new ways to craft while exploring different and new materials. This summer themed craft class is fun for all ages and lets kids lead in whatever they're interested in! Drop in for $10.

Instructor: Jordan Moorhead
Sat Apr 27-May 25 12:00-1:00pm
210274 $44/5 sess
Sat Jun 1-Jun 29 12:00-1:00pm
210275 $44/5 sess
Bidwell Room

Kids Clay (5-8yrs)
It's messy but fun in this “hands-on” introduction to clay. You will learn the basic techniques of slab making, coiling, sculpture, creating pinch pots and much more. Make great projects such as flower pots, pet bowls, lanterns, pottery pets, window chimes, beads, fridge magnets etc. Clay and tools are included. Drop in for $15, space permitting. Estelle subbing for Roxanne

Instructor: Roxanne Gagnon
Thu Apr 18-Jun 6 3:30-4:45pm
209717 $108/8 sess
Pottery Studio

Watercolour for Kids (7-13yrs)
Explore the world of watercolor painting. This program is for children who want to learn how to use water, paper, color and brushes to create an endless variety of tones in their paintings. Mohammad has over 30 years' experience in drawing and painting at his own Atashzad Academy of Art. Visit www.atashzad.com. Supplies are not included. Supply list available upon registration. Drop in for $15, space permitting. No Class April 22, May 20

Instructor: Mohammad Atashzad
Mon Apr 8-Jun 24 3:45-4:45pm
208069 $99/10 sess
Pottery Studio

Dance

Move Like Michael (6-8yrs)
Dance like the King of Pop! In this thriller of a class, we'll be learning steps from Michael Jackson's most iconic music videos, as well as his signature moves like the moonwalk. No sequined glove necessary. All levels of experience are welcome. Drop-in $10.00, space permitting.

Instructor: Yasmine Shemesh
Sun Apr 14-Jun 16 10:15-11:00am
210724 $67/10 sess
English Bay Room

Hip Hop (6-8yrs)
Lace up your sneakers and dance! Learn the fundamentals of hip hop, including street dance and grooving, while connecting to the beat of the music. We'll cover both the latest and classic styles, through choreography and games. All levels of experience are welcome. Drop-in $10.00, space permitting.

Instructor: Yasmine Shemesh
Sun Apr 14-Jun 16 11:00am-12:00pm
210755 $87/10 sess
English Bay Room
Advanced Hip Hop (9-12yrs)

In this class, you'll expand upon hip hop fundamentals, while sharpening your skills and stepping up your growth as a dancer. We'll be moving at slightly faster pace, with more advanced choreography in both new and old school styles. Drop-in $10.00, space permitting.

*Instructor: Yasmine Shemesh*

Sun Apr 14-Jun 16 12:00-1:00pm 210756 $87/10 sess

English Bay Room

Education

Kids Act!! (5-10yrs)

Great introduction to the art of theatre! Kids learn the basics of Acting and Public speaking. Lots of individual attention while nurturing group co-operation skills. Class culminates in a performance for family and friends. This class is taught by a national leader in theatre for young people.

*Instructor: Leslee Silverman*

Tue Apr 9-Apr 9 4:15-5:15pm 213114 FREE
Tue Apr 16-Jun 4 4:15pm-5:15pm 213113 $59/8 sess

English Bay Room

Day Camps

**Pro D Day Camp**

An action-packed day of exciting activities, crafts, games and most importantly, FUN!

Mon Apr 29 210861
Fri May 17 210868

**Camp:**

9:00am-3:00pm $35/day

**Before Care:**

7:30-9:00am $6/day

**After Care:**

3:00-5:00pm $10/day
3:00-6:00pm $15/day

**Spring Break Day Camp**

We have created a camp program you won't want to miss! This week will include cooperative games, sports and skills activities and an out-trip. Parents must complete a medical form for each child prior to camp. Activities are subject to change without notice.

**WEEK #1: Mar 18-Mar 22**

Camp: Mon-Fri 9:00am-3:00pm 197507 $115/5 days

Before Care: 7:30-9:00am 197506 $27/5 days

After Care: 3:00-5:00pm 197514 $32/5 days/2hrs 197517 $47/5 days/3hrs

**WEEK #2: Mar 25-Mar 29**

Camp: Mon-Fri 9:00am-3:00pm 197516 $115/5 days

Before Care: 7:30-9:00am 197507 $27/5 days

After Care: 3:00-5:00pm 197514 $32/5 days/2hrs 197517 $47/5 days/3hrs

**West End Kids Care**

(5-12yrs)

Our licensed before & after school program boasts experienced school age and ECE trained staff who are committed to creating a stimulating, interactive and cooperative environment to complement your child's school day. The program incorporates field trips and Community Centre extras (pre-teen groups, library, auditorium and outdoor use) wherever possible. Registration is ongoing depending on availability. Pick up from Lord Roberts and Lord Roberts Annex. Fees include pro-d days; winter and spring break closures are an additional cost. Registration is ongoing. Waitlist applications will be available only to those currently enrolled in school, or January of the year your child will start kindergarten (ie. if your child starts kindergarten Sep 2019, you can get an application Jan 2019). To get on our waitlist, please ask the front office for a waitlist application, or contact the Child Care Coordinator at 604-257-8464 or email christina.tucker@vancouver.ca

2018-2019 prices are subject to change.

Registration fee: $35 (non-refundable).

**BEFORE SCHOOL CARE**

7:30am-9:00am
K $179/month Gr 1 & up $149/month

**AFTER SCHOOL CARE**

3:00pm-6:00pm
K $390/month Gr 1 & up $329/month

**COMBINATION BEFORE AND AFTER CARE**

K $445/month Gr 1 & up $369/month

Barclay Room

Kids Care

Have your birthday party at West End CC!

Playtime Party or Bouncy Castle Party, the choice is yours!

See page 10 for more information.
**Bricks 4 Kids: Gadgets & Gizmos (5-10yrs)**
This unit is all about the things you can do with what you've built using LEGO bricks! Students will have a lot of fun (and lots of learning!) building simple machines. All the while, they'll be practicing their STEM skills by counting, matching, and following step-by-step instructions! All students will go home with a custom-made Minifigure! Drop in $19.50

**Instructor: Bricks 4 Kidz Vancouver**
**Tue May 7-Jun 11**
**Meeting Room 2**

**Hola! Spanish for kids (5-7yrs)**
Hola! Spanish for kids: Boost your kids’ brain and get the taste of the Latin culture through this unique Spanish Immersion program. Kids will explore the language through playing, creating and living it. Every week we discover different topics. All levels welcome, open to all. Words in Motion is a Spanish Immersion program that enables children to learn Spanish in an easy and fun way! All programs follow a highly interactive and dynamic methodology based on play, exploration, singing and dancing, all taught by highly qualified, native Spanish Speakers. For info visit wordsinmotionbc.com

**Instructor: Carla Vallin**
**Thu Apr 18-Jun 20**
**Meeting Room 2**

**Fitness**

**Zumba Kids**
Zumbatomic is a fusion of Zumba moves (Salsa, Reggaeton, Hip-Hop and more) designed to max out on fun and fitness. Drop in: $10, space permitting.

**Instructor: Kirby Rae Snell**

**4-7yrs Zumba Kids JR**
**Fri Apr 12-Apr 12**
**$19.50**
**Instructor: Bricks 4 Kidz Vancouver**
**Tue May 7-Jun 11**

**8-13yrs Zumba Kids**
**Fri Apr 12-Apr 12**
**$19.98**
**Fri Apr 26-Jun 21**
**$84/9 sess**

**Meeting Room 2**

**Music**

**Private Piano - Emily**
Proper piano technique, note and sight reading skills are emphasized to ensure a solid foundation. Lessons are 30 minutes long. These private lessons can be taught in either English or Cantonese. Each student’s level will be assessed in the first lesson; student with previous piano experience please bring your past piano books for assessment. Please not that piano books are not included in enrollment fee and will be assigned after assessment. No Class April 22, May 20

**Instructor: Emily Leung**
**Mon Apr 8-Jun 24**
**$216/10 sess**
**Meeting Room 3**

**Private Piano - Fiona (3+yrs)**
Proper piano technique, note and sight reading skills are emphasized to ensure a solid foundation. Royal Conservatory of Music students are welcome for examination preparation. Please note: additional cost for piano books, which can be obtained from instructor. Note: for a more intensive program, please select two different days. Lessons are 30 minutes long and are customized to your child’s development level. No Class March 12.

**Instructor: Fiona Lai**
**Tue Apr 9-Jun 11**
**$216/10 sess**
**Meeting Room 3**

**Martial Arts**

**Karate (6-18yrs)**
This very popular program is ongoing year round and offers children exercise in a disciplined environment. In a structured format students develop a wide range of skills which will build confidence. Younger children are welcome to join, but parents may wish to discuss this prior to enrolling their child, to determine if martial arts is suitable for their young child(ren). Parents are welcome to join with their child(ren) and there are family rates. No Class April 10, 21 May 12, June 16

**Instructor: Michael Holmes**
**Apr 4-Jun 30**

**White Belt**
**Wed/Fri**
**6:00 -7:00pm**

**Coloured Belt**
**Wed**
**7:00 -8:00pm**
**Fri**
**7:00 -8:30pm**
**Sun**
**1:00-2:30pm**

**Meeting Room 2**

Please register early!
Programs are cancelled if everyone waits until the last minute to register. The staff, where possible, makes a decision on activities four days prior to the start date. If not enough people sign up the program will either be cancelled or postponed. Sign-up even if the class is free!
Private Piano Lessons
Proper piano technique, note and sight reading skills are emphasized to ensure a solid foundation. These 30-minute private lessons can be taught in either English or Cantonese. Each student’s level will be assessed in the first class. Lessons are 30 minutes long. Students with previous piano learning experience, please bring in textbooks from your previous class for first class evaluation.
Instructor: Winnie Chung (Wed), Alexandra Cai (Sun)
Wed Apr 10-Jun 12  5:00-9:00pm
$216/10 sess
Sun Apr 14-Jun 16  10:30am-3:00pm
$216/10 sess
Stanley Court Room

Private Piano - Vincent
Private Piano with Vincent:Private Piano (3-12yrs) These lessons teach the fundamentals of piano, where student learn precise piano techniques and note reading skills, along with musical theory. Lessons strive to spark student’s interest by presenting material in a fun and engaging manner. These classes welcome both beginners and students with prior knowledge. Classes are available in English or Cantonese. Note: piano books are not included, but may be purchased through the instructor.
Instructor: Vincent Cheng
Thu Apr 11-Jun 13  3:30-9:00pm
$216/10 sess
Meeting Room 3

Private Violin
Making music makes you smarter! Come learn how to play the violin in a fun & encouraging atmosphere. Or build upon what you already know and grow! A solid foundation will be taught based on the requirements of the Royal Conservatory of Music in Toronto. The instructor can advise the students where to rent/ buy a violin. Lessons are 45 min. in duration. No Class Apr 22, May 20
Instructor: Boris Ulanowicz
Mon Apr 8-Jun 24  3:45-7:45pm
$309/10 sess
Meeting Room 3
Sun Apr 14-Jun 16  11:00am-2:00pm
$309/10 sess
Preschool Room

Guitar / Recorder / Ukulele (8yrs+)
Guitar / Recorder / Ukulele (8 years+)
Teacher: Rene Hugo Sanchez
Private 30 minute lessons to work at your own level and pace in any of this instruments. The classes are focused on technique, repertoire, basic theory and practicing skills. Participants must provide their own instrument, and a digital tuner (for string instruments). A nylon string guitar is recommended for beginners. Books will be available at the first class for $15 and up, depending on the instrument, style and level.
Instructor: Rene Hugo-Sanchez
Wed Apr 3-Jun 19  4:30-6:40 PM
$216/11 sess
Preschool

Piano/ Voice/ Violin Lessons
It's always a good time to learn a new instrument! Beginner or advanced—all levels are welcome. Natalia's lessons are tailored to your desires and abilities. Proper technique, note reading and interesting repertoire are taught in a friendly atmosphere.
Lessons are available for adults and children and can be taught in English, Greek, Bulgarian and Russian. Preparation for Royal Conservatory of Music exams is a possibility for those who wish to have their learning level recognized.
Instructor: Natalia Alexandria
Wed Apr 16-Jun 4  3:30-4:30pm
$104/8 sess
Auditorium

Physical Recreation

Kindergym Gymnastics (5-6yrs)
This class is an introduction to gymnastics and a fun way to improve strength, flexibility, balance, coordination and listening skills. Gymnasts will learn basic skills on the floor, balance beams, bars, vault, and trampoline. $13 Drop in available only if class is not fully registered and with permission of instructor.
Instructor: Squamish Gymnastics
Tue Apr 16-Jun 4  3:30-4:30pm
209711  $104/8 sess
Auditorium

Gymnastics (7-10yrs)
Focus on fundamental gymnastics skills on the floor, balance beam, bars, vault and trampoline. Gymnastics is an excellent way to develop strength, flexibility, balance and coordination; skills that are essential components of physical fitness. $13 Drop-in available only if class is not fully registered and with permission of instructor.
Instructor: Squamish Gymnastics
Tue Apr 16-Jun 4  4:30-5:30pm
209710  $104/8 sess
Auditorium

Yoga Kids (5-12yrs)
Cooperative games, theme activities, storytelling, music, and art engage the natural energy and enthusiasm of kids. Classes explore yoga poses, breathing exercises, visual imagery and relaxation techniques while conveying lessons in self expression, body image, social skills, positive thinking, and environmental awareness. More info at www.KirbySnellDance.com
Drop-in $11.00 No Class Apr 22, May 20
Instructor: Endorphin Rush Dance
Mon Apr 8-Jun 17  3:45-4:45pm
208273  $84/9 sess
English Bay Room

Check out our Day Camps!
See page 17 for more information.

Register: vancouver.ca/westendrec 604-257-8333
Children

WEST END COMMUNITY CENTRE

Sports

GrassRoots Soccer
GrassRoots Soccer will help boys and girls of all abilities to grow, develop skills and reach their potential. Using the four corner model: Physical, Technical, Psychological and Social elements, this program will help children develop more than just their soccer skills. We will help them to gain confidence, build self-esteem, learn to work in teams and improve their decision making. Drop in: $11.50 (space permitting) Equipment: NO CLEATS on field. Running shoes only permitted. Parent Participation Required. Visit: http://www.facebook.com/Coach. Glyn for updates. No Class April 20, May 18.

Instructor: Glyn Roberts

Kids Club Tennis (13-16yrs)
Kid’s Club Program gives players 13-16 the same program as followed by Adult Beginner, Novice and Lower Intermediate. Play begins with the Low Compression Green Dot ball and through the sessions the goal is to progress to the regular tennis ball. No class Apr 20, May 18.

Instructor: Gord Hauka

Sat Apr 6-May 25 10:30am-12:00pm
212117 $125/6 sess
Thu Apr 25-May 30 4:00-6:00pm
212118 $125/6 sess
King George Tennis Courts

Kids Club Tennis (9-12yrs)
Kids Club Program gives players between the ages of 9-12 opportunity to develop skills and play from Beginner to Intermediate Levels. The program follows the Progressive Tennis Model allowing kids to move up the skill levels and compete in a fun low key competition program. Progress is from the Orange Ball to the Low Compression Green Dot with play at ¾ to full court. Coached at a ratio of 6 players to 1 coach everyone gets the opportunity to improve and enjoy the play. No Class Apr 20, May 18.

Instructor: Gord Hauka

Sat Apr 6-May 25 10:30am-12:00pm
212116 $125/6 sess
Thu Apr 25-May 30 4:00-6:00pm
212114 $125/6 sess
King George Tennis Courts

Kids Tennis: Orange Ball (7-8yrs)
Level 2 Orange Ball Game Play Fundamentals at ¼ Court further developing Skills, learning to Serve and play games and matches. If a player’s skills progress to the ability to play with the Green Dot Stage 3 Ball they can in consultation with their, parent and coach move to the older age group. No Class Apr 20, May 18.

Instructor: Gord Hauka

Sat Apr 6-May 25 9:30am-10:30am
212108 $86/6 sess
Tue Apr 23-May 28 4:00-5:00pm
212109 $86/6 sess
King George Tennis Courts

Kids Tennis: Red Ball (5-6yrs)
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. Following the Progressive Tennis Model players will use the soft teaching Red Ball, a smaller court, lower net and right sized racquets and racquets. No class Apr 20, May 18.

Instructor: Gord Hauka

Sat Apr 6-May 25 9:30-10:15am
212106 $64/6 sess
King George Tennis Courts

Kids Tennis: Red Ball (7-8yrs)
Level 1 Red Ball Fundamentals Lessons start at ½ Court learning rally and play while developing all basic strokes. No class Apr 20, May 18.

Instructor: Gord Hauka

Sat Apr 6-May 25 9:30-10:30am
212108 $86/6 sess
Tue Apr 23-May 28 4:00-5:00pm
212109 $86/6 sess
King George Tennis Courts
Summer Day Camps

Day Camp Adventures (6-7yrs)
Join our wonderful day camp staff as we have created a summer camp program you won’t want to miss! Each week will include games, sport and skill activities and out-trips. Camp closed Jul 1 & Aug 5.

<table>
<thead>
<tr>
<th>Time</th>
<th>Days</th>
<th>Program</th>
<th>Start Date</th>
<th>Code</th>
</tr>
</thead>
<tbody>
<tr>
<td>9:30AM-3:30PM</td>
<td>Tu-F</td>
<td>Jul 2-5*</td>
<td>$118/5 days, $94/4 days*</td>
<td>209723</td>
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<td></td>
<td>M-F</td>
<td>Jul 8-12</td>
<td>209724</td>
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<td>Jul 15-19</td>
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<td>M-F</td>
<td>Jul 22-26</td>
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<td>Jul 29-Aug 2</td>
<td>210940</td>
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<td>Tu-F</td>
<td>Aug 6-9*</td>
<td>210942</td>
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<td>M-F</td>
<td>Aug 12-16</td>
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<td>Aug 19-23</td>
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<td>M-F</td>
<td>Aug 26-30</td>
<td>210971</td>
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</tbody>
</table>

Summer Discoveries (8-9yrs)
This out-trip-based program will give campers the opportunity to experience some of the most exciting adventures. Some of the activities will include, cooperative games, arts and crafts, sports and skill development programs. Camp closed Jul 1 & Aug 5.

<table>
<thead>
<tr>
<th>Time</th>
<th>Days</th>
<th>Program</th>
<th>Start Date</th>
<th>Code</th>
</tr>
</thead>
<tbody>
<tr>
<td>9:30AM-3:30PM</td>
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<td>Jul 22-26</td>
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<td>Jul 29-Aug 2</td>
<td>211462</td>
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<td>Tu-F</td>
<td>Aug 6-9*</td>
<td>211421</td>
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<td>M-F</td>
<td>Aug 12-16</td>
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<td>Aug 19-23</td>
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<td>M-F</td>
<td>Aug 26-30</td>
<td>211424</td>
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</tbody>
</table>

Camp Voyages (10-13yrs)
The most experienced campers will go on some youth planned out-trips this summer! Designed especially for older pre-teens, this program is super awesome. Camp closed Jul 1 & Aug 5.

<table>
<thead>
<tr>
<th>Time</th>
<th>Days</th>
<th>Program</th>
<th>Start Date</th>
<th>Code</th>
</tr>
</thead>
<tbody>
<tr>
<td>9:30AM-3:30PM</td>
<td>Tu-F</td>
<td>Jul 2-5*</td>
<td>$118/5 days, $94/4 days*</td>
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<td>M-F</td>
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Before & After Care

Weekly Before Care
This service will be available for participants registered in the Day Camp Adventures, Discoveries and Camp Voyagers programs. Day Camp refund policy applies to Before Care. Not available Jul 1 & Aug 5.

<table>
<thead>
<tr>
<th>Time</th>
<th>Days</th>
<th>Program</th>
<th>Start Date</th>
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<tr>
<td>8:00-9:30AM</td>
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<td>Jul 29-Aug 2</td>
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</table>

Weekly After Care
This service will be available for participants registered in the Day Camp Adventures, Discoveries and Camp Voyages programs. Day Camp refund policy applies to After Care. Not available Jul 1 & Aug 5.

<table>
<thead>
<tr>
<th>Time</th>
<th>Days</th>
<th>Program</th>
<th>Start Date</th>
<th>Code</th>
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</thead>
<tbody>
<tr>
<td>3:30-5:30PM</td>
<td>Tu-F</td>
<td>Jul 2-5*</td>
<td>$30/5 days, $24/4 days*</td>
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<td>Jul 8-12</td>
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<td>M-F</td>
<td>Jul 15-19</td>
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<td>Jul 29-Aug 2</td>
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<td>Tu-F</td>
<td>Aug 6-9*</td>
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<td>Aug 19-23</td>
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<td>M-F</td>
<td>Aug 26-30</td>
<td>212080</td>
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</tr>
</tbody>
</table>

Refund Policy:
- Refunds for all day camps must be requested at least 7 calendar days prior to the first day of camp every week. A $5 administrative fee will be assessed for each refund. See page 63 for full refund details.

Please register early!
Programs are cancelled if everyone waits until the last minute to register. The staff, where possible, makes a decision on activities four days prior to the start date. If not enough people sign up the program will either be cancelled or postponed. Sign-up even if the class is free!
Boogie Boys
Hang out in the Youth Lounge with the guys while playing video games, competing against each other in foosball, 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.
Instructor: Jacky Ly
Tue Apr 9-Jun 11 3:30 PM-5:30 PM
205466
Haro Room (Youth Lounge)

Glow Girls
Every week will have something new and exciting to do! On some special days, there will be some educational and fun workshops to help you learn about yourself. Pre-registration required and a Pre-Teens Program waiver form is required. A calendar of activities will be available at the WECC Front Office a week before the program starts.
Instructor: Jordan Moorhead
Wed Apr 10-Jun 12 3:30 PM-5:30 PM
205467
Haro Room (Youth Lounge)

Pre-teen Night at West End CC
Fridays, 6:15 PM-8:45 PM
At this FREE drop-in program, youth (ages 9-12 years) are welcome to drop-in and enjoy the scheduled events. Please fill out a Pre-Teen Programs waiver prior to the start of the program. Waivers can be found at the Front Office or from a Youth Staff.
Participants are required to sign-in to the program and are expected to stay in the designated program rooms. Should they wish to leave the program before it officially ends, a parent/guardian will be called first.
Due to staffing ratios and room capacities, a maximum of 36 youth are welcome to participate, on a first come, first serve basis.

<table>
<thead>
<tr>
<th>April 26</th>
<th>May 3</th>
<th>May 10</th>
<th>May 17</th>
</tr>
</thead>
<tbody>
<tr>
<td>Minute to Win it!</td>
<td>Spaghetti Towers</td>
<td>Brownie Baking</td>
<td>Dance Extravaganza</td>
</tr>
<tr>
<td>May 24</td>
<td>May 21</td>
<td>June 7</td>
<td>June 14</td>
</tr>
<tr>
<td>Jeopardy</td>
<td>Bowling at Grandview Lanes!</td>
<td>Bigger &amp; Better</td>
<td>Pizza Party!</td>
</tr>
<tr>
<td>*Program extended to 9pm</td>
<td>*Pre-register at Front Office ($5) (AN 214331)</td>
<td>*No on-site program</td>
<td></td>
</tr>
</tbody>
</table>

Activities are subject to change.

WECCA Tote Bags
Support our Youth Programs with the purchase of a trendy, reusable cloth tote bag. All the proceeds go directly to subsidize Youth Programs at the West End and Coal Harbour Community Centres. You can pick one up at the Front Office at the West End CC for $5.
Dodgeball Lunch Drop-In (NEW)
Come join us for some lunch time dodgeball! This free drop in will take place in the West End Arena. A staff will organize teams, referee and time matches. Bring your running shoes and stretch because this will be a session you won't want to miss! Please contact Nat at 604 718 6210 or at Nataly.Kaufman@vancouver.ca with any questions.
Th May9-Jun 27 11:30am-12:30pm FREE
West End Arena

Watercolour for Youth (13-18yrs)
Explore the world of watercolor painting. This program is for children who want to learn how to use water, paper, color and brushes to create an endless variety of tones in their paintings. Mohammad has over 30 years’ experience in drawing and painting at his own Atashzad Academy of Art. Visit www.atashzad.com. Supplies are not included. Supply list available upon registration. Drop in: $20, space permitting. No Class April 22, May 20
Instructor: Mohammad Atashzad
Mon Apr 8-Jun 24
208078
Thu Apr 11-Jun 20
213150
Denman Room
4:45-6:15pm $149/10 sess
3:30-5:00pm $149/10 sess

Immigrant Buddy Program
Are you a recent new immigrant or refugee youth living in Canada? This program is for you! This FREE program is open to all teens going to King George Secondary or living in the West End. The Teen Buddy Program connects new immigrant youth (“buddies”) to the West End with peers who are familiar with the city (“hosts”). If you are interested in joining or want more information, please contact the Youth Worker at 604 718 6210 or nataly.kaufman@vancouver.ca.

Youth Lounge Schedule
April-June

<table>
<thead>
<tr>
<th>MONDAY</th>
<th>TUESDAY</th>
<th>WEDNESDAY</th>
<th>THURSDAY</th>
<th>FRIDAY</th>
</tr>
</thead>
<tbody>
<tr>
<td>Lunch</td>
<td>Buddy Program (Ages 13-18)</td>
<td>Teen Drop-In (Ages 13-18)</td>
<td></td>
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</tr>
<tr>
<td>11:30am-12:25pm</td>
<td>See above for details.</td>
<td>Hang out and eat your lunch, play board games, video games or foosball</td>
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<tr>
<td>After School 3:00-5:30pm</td>
<td>YIP (Ages 13-18)</td>
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<td></td>
<td>See page 24 for details.</td>
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</tr>
<tr>
<td></td>
<td>Boogie Boys (Ages 9-12)</td>
<td>Glow Girls (Ages 9-12)</td>
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<tr>
<td></td>
<td>Registration required, see page 22.</td>
<td>Registration required, see page 21.</td>
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<td></td>
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<td></td>
<td>Pre-Teen Night (Ages 9-12)</td>
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<td>*6:15-8:45pm</td>
<td>See above</td>
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</tbody>
</table>

Schedule is subject to change.
Youth Leadership

Youth Incentive Program
The YIP is for youth looking to gain leadership skills, employment training and to have some fun! The program meets bi-weekly on Mondays and has a mix of workshops, special event planning and social activities. Once a month, the group will go on an out-trip of their choice. For more information, please contact Nat at the West End Youth Office at nataly.kaufman@vancouver.ca.

PB City-Wide Youth Council
The City-Wide Youth Council connects youth from Vancouver’s 20 diverse communities to work together on youth initiatives, local issues and Youth Week. For more information, contact Nat at nataly.kaufman@vancouver.ca.

Volunteer Opportunities
Youth volunteers have a key role in providing program and special event support. Volunteers are able to gain valuable work experience, build relationships with the Youth Worker and event staff and meet other youth. Some of these opportunities include:
- Art in the City, Set Up. May 2
- Art in the City, Concession. May 4/5
- Summer Day Camp Volunteer Orientation. Jun 21
- Rockin’ in the Park (CH). Jul 13

Other seasonal events are also available. If you have any questions or wish to sign up to volunteer, please visit Nat at the Youth Office or email at nataly.kaufman@vancouver.ca.

Peer Education Programs
Do you have a teachable skill or special talent you would like to share? Drop by the Youth Office and talk to Nat about turning that skill or talent into a program at the West End or Coal Harbour Community Centres!

Friday Nights at Coal Harbour CC
Youth ages 13-18 are welcome to enjoy the open gym and activities upstairs in the Multi-Purpose Room.

Open Gym
- Fri Apr 12-Jun 21
- Basketball (1/2 Court) Volleyball 6:15 PM-8:15 PM
- Basketball (Full Court) 8:30 PM-9:30 PM
- No Open Gym Apr 19, May 3, May 17

Youth Drop-in
- Fri Apr 26-Jun 21 6:30 PM-9:30 PM
- No program Apr 19 or May 3

May the Fourth Be With YOuTh Dance will be held on Saturday, May 4 from 8:00pm to 11:00pm at Trout Lake CC. Tickets are $5 each from your Centre’s Youth Worker, or $7 at the door. Please bring a valid school go-card when you come. A free photo booth, games, and prizes will be available. Contact Nat at Nataly.Kaufman@vancouver.ca or visit the Youth Office to get your tickets starting April 1.

Community Small Grants are available for you to get creative with celebrating Youth Week…write a grant, plan an event and promote your activities. Contact Nat at Nataly.Kaufman@vancouver.ca to see how you can get involved.

Basketball Events at Roundhouse CC
Thursday, May 2 3:30-5:30pm Pre-teens (Gr 6/7) 3 v 3
5:30-7:45 Junior Boys (Gr 8-10) 3 v 3
Friday, May 3 4:30-7:30pm Night Hoops Jamboree 7:30-11pm Senior Boys (Gr 11/12) 3 v 3
Food fun and prizes available! Sign up your team by contacting Nat before April 25 at Nataly.Kaufman@vancouver.ca.

Skateboard Event & Demos will be held on Saturday, May 4 from 1 to 4pm at the Downtown Skate Plaza. All skill levels welcome. Contact Nat at Nataly.Kaufman@vancouver.ca for a waiver form before you participate! This event is a partnership with the Vancouver Skateboard Coalition.

Community Small Grants are available for you to get creative with celebrating Youth Week…write a grant, plan an event and promote your activities. Contact Nat at Nataly.Kaufman@vancouver.ca to see how you can get involved.

VYW VANCOUVER YOUTH WEEK 2019
Youth Week is an internationally celebrated event to promote awareness of youth, increase positive public profile of youth and build stronger connections between youth and the community. During Youth Week, young people around the world organize and participate in events, performances, forums and community projects.

Events are sponsored by the Vancouver Board of Parks and Recreation and individual Community Centre Associations, including the West End Community Centre Association.

We acknowledge the financial support provided by the Province of British Columbia.
Creative Arts

Explore Creative Writing
This workshop-style course gives you a chance to try out several types of writing: articles, stories, poetry, drama, etc. The activities are designed for enjoyable participation and for the development of skills in writing dialogue, descriptions, about characters and settings. Instruction will also include tips on creating plots, choosing points of view and working with different structures. You will be encouraged to develop your own ideas and to discover your own creativity. Have fun finding out how to shape your story/poem/play and get it ready to send to a publisher. No Class Apr 22, May 20
Instructor: Dianne Maguire
Mon Apr 8-Jun 17 7:00-9:00pm
$161/9 sess
Meeting Room 2

Storytelling from Prompts
Do you love a good story? But you haven’t good idea that would start you writing one? Are you a writer who has run dry? This is the all-day workshop for you. Dianne Maguire brings a range of ideas and prompts to get you started telling interesting stories. This workshop covers finding suitable prompts, brainstorming the possibilities, and developing the plots for stories and novels. Only an ability to imagine, pen and paper or a laptop are required. Bringing your lunch for the mid-day break would be a good idea, too. By the end of the day, you will have several ideas you’ve started to form into stories, on the page or in your head.
Instructor: Dianne Maguire
Sun Jun 9 10:00am-4:00pm
213918 $69/Person
Meeting Room 1

Writing Travel and Other Articles
Been to an interesting place lately? Met a fascinating character? Or do you have an opinion you’d like to express? Article writing isn’t just for the professional journalist. There are many publications looking for fresh ideas and personal stories. Bring pen, paper, and lunch, along with your ideas, experiences and sense of humour to learn ways to form these gems into saleable articles.
Instructor: Dianne Maguire
Sun May 26 10:00am-4:00pm
213923 $69/Person
Meeting Room 1

One-Day Exploration of Compositional Techniques in
Once the basics are mastered, explore the creative. This one-day class focuses on composition and lighting techniques to further develop your personal photographic style. Photographs from major figures in photography will be shown to demonstrate the concepts. Includes a comprehensive set of class notes. Please bring up to six photographic prints for critique to class and your camera with instruction manual.
Instructor: Jo Ann Kronquist
Sat Apr 27 10:00am-4:00pm
213855 $69/Person
Barclay Room

Table Top Zen Gardens Workshop
Create a place of peace and calm for your home. Zen gardens are a wonderful way to add to your meditation practices, or to simply enjoy the textural pleasures of drawing designs in sand. All materials are supplied: dish, sand, rocks, twigs, even a choice of a small air plant. To personalize your design, you are welcome to bring a small symbolic item of about 2” maximum size (height/width/length). This can be a figure or a found item; the intent is to bring something that has meaning for you that can function as a focal point for your display.
Instructor: Jesselin T’Kenye
Tue May 14 6:00-7:00pm
208286 $45/Person
Meeting Room 2

Darkroom: Beyond the basics
In the “Introduction to the basics” course, students gained foundational skills in film processing and print making using traditional black and white materials. In this course, the aim is to move beyond the mechanics of these processes and augment the student’s skill set allowing them to gain more control over their artistic vision. Topics that will be covered are: exposure index, film/developer combinations, film developing techniques, dealing with challenging negatives and advanced printing skills. Prerequisites: This course is geared to people who use a darkroom on a regular/semi-regular basis and are comfortable developing film and printing. If you have never taken a basic darkroom course or cannot demonstrate the above skills including proper safety practices, then please see the schedule for the introductory course.
Instructor: Benjamin Poulton
Sat May 4-Jun 8 10:00am-1:00pm
210229 $255/6 sess
Dark Room

Interested in using the Darkroom?
Get involved with the West End Photographic Society. See page 49 for contact details.

Please register early!
Programs are cancelled if everyone waits until the last minute to register. The staff, where possible, makes a decision on activities four days prior to the start date. If not enough people sign up the program will either be cancelled or postponed. Sign-up even if the class is free!

Looking for Pottery?
See page 37 for classes and Pottery Club info.
Dance

Argentine Tango
Join us for a free trial Apr 11. Add a touch of beauty and harmony to your life, come and learn to dance Argentine Tango! Find out more about the history, culture, music and poetry of tango. Everybody can do it! Partners recommended, but not required. Drop-ins $15.00, space permitting. Instructor: Adrian Reda

Thu Apr 11 8:00-9:30pm
210826
Thu Apr 18-Jun 20 8:00-9:30pm
210147 $147/10 sess
Denman Room

Bellydance - Beginner
Join us for our free trial January 7. Please preregister to avoid disappointment. You will be introduced to the basic moves of bellydance from your head to your toes. You will leave with a smile on your face and a move or two to dazzle your friends. Christina, formerly from AIEWA School of Cultural Dance has taught bellydance for over 20 years and to over a thousand people. If she can get that many people to move she can surely get you to move to. Come on, take a chance, have some fun and bring a friend! Drop-in $14.50, space permitting. No class Apr 22, May 20.
Instructor: Gail (Rahma) Haddad

Mon Apr 1 6:30-8:00pm
208269 Free Trial
Mon Apr 8-Jun 17 6:30-8:00pm
208268 $117/9 sess
Dance Studio

Bellydance - Advanced
Learn skills, techniques and concepts through advanced mini - workshops. This is a performance oriented class for those who wish to develop or improve their performance skills and add new styles to their repertoire. Performance held at the end of each session. Taught by internationally known Rahma Haddad and guest teachers each teaching their specialty. For updates on teachers check Facebook group ‘Rahma Bellydance’. Drop-in $14.50, space permitting.
Instructor: Gail (Rahma) Haddad

Tue Apr 9-Jun 18 8:00-9:30pm
208267 $143/11 sess
Denman Room

Burlesque
Join us for a free trial on April 1, pre-registration required. Awaken your inner feminine vixen! Learn sexy, tease-worthy dance steps in a comfortable and welcoming environment. Feel sexy and sassy through every step. Embrace your inner goddess in this fun and playful class. (No nudity, although a cardigan is recommended for optional removal). No dance experience necessary. No class Apr 22, May 20.
Info www.kirbysnelldance.com
Drop-in $13.00, space permitting.
Instructor: Endorphin Rush Dance

Mon Apr 1 8:15-9:15pm
210840 Free Trial
Mon Apr 8-Jun 24 8:15-9:15pm
210839 $120/10 sess
Dance Studio

Ballroom Dance I and II
Join us for a free trial on April 10, pre-registration required. Everyone enjoys a good dancer. Poise, confidence and exercise are some of the benefits of ballroom dance. Feel at ease on the floor with any partner, whether at a dance party, night club or wedding. Singles and couples welcome. Learn to foxtrot, waltz, swing and rumba. Choreography available for wedding couples. Online registration now available for couples, discount of 20%. Drop-in $14.00, space permitting.
Instructor: Linda Short

Wed Apr 10 7:30-8:45pm
218881 Free Trial
Wed Apr 17-Jun 19 7:30-8:45pm
218879 $120/10 sess
Dance Studio

Hip Hop Cardio
Join us for a free trial on April 4, pre-registration required. This class will take you back to the fundamentals of Hip Hop. This class teaches you musicality and the basic movements of hip hop without a lot of intricate choreography. This class is high energy and will give you a lovely sweat-induced glow while we move and groove to fun throwback Hip Hop and smooth R&B tracks. Great for all levels. Drop-in $13.00, space permitting.
Instructor: Endorphin Rush Dance

Thu Apr 4 6:45-7:45pm
210842 Free Trial
Thu Apr 11-Jun 13 6:45-7:45pm
210841 $120/10 sess
Denman Room

Scottish Country Dance
Enjoy a free trial class on April 2, pre-registration required. Scottish Country Dancing is social dancing also known as the “ballroom dancing of Scotland”. It is similar to square dancing (without the foot stomping) and it is a great form of aerobic exercise offering both physical but not too strenuous and mental challenge. Groups can be found throughout the world. Now there is one in your neighborhood! It offers the chance to have lots of fun and the pleasure of achievement while enjoying the social interactivity of meeting other dancers. It is for all ages and levels and no partner is required, but a sense of rhythm is needed. From those who have never Scottish country danced before to those who did it in school to those who just want to find out what all the fun is about. Drop-in $6.50, space permitting.
Instructor: Mary Ann McDevitt

Tue Apr 2 7:30-9:30pm
210760 Free Trial
Tue Apr 9-May 14 7:30-9:30pm
210759 $30/6 sess
Auditorium

Scottish Country Dance is social dancing also known as the “ballroom dancing of Scotland”. It is similar to square dancing (without the foot stomping) and it is a great form of aerobic exercise offering both physical but not too strenuous and mental challenge. Groups can be found throughout the world. Now there is one in your neighborhood! It offers the chance to have lots of fun and the pleasure of achievement while enjoying the social interactivity of meeting other dancers. It is for all ages and levels and no partner is required, but a sense of rhythm is needed. From those who have never Scottish country danced before to those who did it in school to those who just want to find out what all the fun is about. Drop-in $6.50, space permitting.
Instructor: Mary Ann McDevitt

Tue Apr 2 7:30-9:30pm
210760 Free Trial
Tue Apr 9-May 14 7:30-9:30pm
210759 $30/6 sess
Auditorium
Drama

Acting for Commercials
Have fun learning from a pro and assistant casting director. Your coach has 25 years of doing commercials. Bring two extra shirts or blouses for recording on camera. Please note: maximum of 8 participants.

Instructor: Sonja Bakker
Sat Apr 27-Apr 27 10:00am-2:30pm
210219 $76/1 sess
Sat May 25-May 25 10:00am-2:30pm
210220 $76/1 sess
Sat Jun 15-Jun 15 10:00am-2:30pm
210221 $76/1 sess
Meeting Room 2

Hollywood is Here!
Hollywood Is Here! Do you want to be an extra, get an agent, try a voiceover? Come and have fun learning from a pro in TV, casting and movies.

Instructor: Sonja Bakker
Tue May 21-May 21 7:00-9:30pm
210222 $47/1 sess
Meeting Room 2

Voice-Over Acting Level I
Learn what it takes to do commercials with your voice. Gain confidence or start a new career. This class is lots of fun as you record the different styles of voice-acting, including cartoons. Sonja has 25 years’ experience as an actor, teacher and TV host and assistant casting director. Please bring your own recording device. Please note: maximum of 8 participants.

Instructor: Sonja Bakker
Sat Apr 13-Apr 13 9:30am-2:30pm
210223 $62/1 sess
Sat May 11-May 11 9:30am-2:30pm
210224 $62/1 sess
Sat Jun 1-Jun 1 9:30am-2:30pm
210225 $62/1 sess
Meeting Room 2

Voice-Over Acting Level II
Learn what it takes to do commercials with your voice. Gain confidence or start a new career. This class is lots of fun as you record the different styles of voice-acting, including cartoons. Sonja has 25 years’ experience as an actor, teacher and TV host and assistant casting director. Please bring your own recording device. Please note: maximum of 8 participants.

Instructor: Sonja Bakker
Sat Apr 20-Apr 20 9:30am-2:30pm
210226 $62/1 sess
Sat May 18-May 18 9:30am-2:30pm
210227 $62/1 sess
Sat Jun 8-Jun 8 9:30am-2:30pm
210228 $62/1 sess
Meeting Room 2

Still Life and Perspective
In this course you will learn how to draw basic still life shapes, such as cubes, cylinders, cones, spheres, and other objects in perspective. Explore using cone of vision to avoid distortion and learn how to determine vanishing and measure points. In this class you will expand your knowledge of proportion, composition, tone, value, texture, form, light and shadow. Supplies are not included. Supply list available upon registration.

Instructor: Mohammad Atashzad
Thu Apr 11-Jun 20 1:15-3:15pm
213140 $199/10 sess
Denman Room

Drawing/Painting

Drawing and Watercolour
In this course, you will discover how the combination of drawing and watercolour painting can enhance the beauty of your artwork. Exploring the aesthetics of these two techniques together while working on subjects of landscapes, figures, and flowers. Throughout the course, you will experiment with various textures, lines, tones, lights and shadows, as well as linear and atmospheric perspectives to create many wonderful pieces. Instructor: Mohammad Atashzad Visit: www.atashzad.com.

Supplies are not included, supply list available upon registration. Mohammad Atashzad has over 30 years experience in teaching different art programs at several community centers in Vancouver from 2011. He has published more than 500 watercolour paintings, such as greeting cards, posters, albums and books. Instructor: Mohammad Atashzad Visit: www.atashzad.com.

Sat Apr 6-Jun 29 2:00-4:00pm
210753 $199/10 sess
Denman Room

Watercolour Painting
This program will give you the chance to learn to apply watercolour painting by exploring the medium’s full potential. Learn to use water, paper, colour, and brushes to create an endless variety of tones and atmosphere in your painting. We will focus on landscape painting techniques and studies of nature (flowers). Supplies are not included, supply list available upon registration.

Instructor: Mohammad Atashzad
Thu Apr 11-Jun 20 6:00-8:00pm
213151 $199/10 sess
Bidwell Room

Mohammad Atashzad has over 30 years experience in teaching drawing and painting at his own Atashzad Academy of Art. Also, he has been teaching different art programs at several community centers in Vancouver from 2011. He has published more than 500 watercolour paintings in colour such as greeting cards, posters, albums and books. In addition, he has held over 100 painting exhibitions around the world.

Painting and Drawing
You have to learn how to sketch before you learn how to paint. In this class focusing on the fundamentals of composition, Edouard Beaudry will give you tools that will enrich your visual vocabulary which in turn shall improve your paintings. This wonderful class aims to give you greater understanding of proportions and fine tune your perception by drawing from observation. As we progress through the exercises, we will focus more on colour and personal projects. Materials not included but they will be provided on the first class.
Instructor: Edouard Beaudry
Tue Apr 16-Jun 18 6:00-8:30pm
210714 $169/10 sess
Meeting Room 1

Palette Knife Oil Painting - Beginners
Palette knife painting is relaxing and enjoyable. The bold strokes of the knife make the painting attractive and give it a modern look. Moreover, it results in high intensity colors not attainable by brush painting. The course will consist of five 2.5 hour sessions at the end of each, a painting will be finished. Supplies not included.
Instructor: Ali Sepahi
Sun Jun 2-Jun 30 10:15am-12:45pm
210719 $79/5 sess
Bidwell Room

Dipping Into Watercolor
Explore the beauty and freshness of painting in watercolors in this introductory workshop. You’ll come away with a solid foundation in all the key watercolor skills, and will produce some lovely floral, landscape, and abstract paintings. Each student will take home one finished art card and a painting matted and ready for framing. This workshop is perfect for absolute beginners or those looking to strengthen basic watercolor skills. No experience necessary, all materials provided.
Instructor: Lori Sokoluk
Sat Jun 8-Jun 9 10:30am-3:30pm
213161 $125/2 sess
Barclay Room

Color Mixing Bootcamp
Are you tired of mixing mud? Frustrated trying to capture a specific color? This half-day workshop can help. You’ll learn basic fundamentals of colour mixing, plus lots of tips and tricks. You’ll take home a simple colour wheel to remember concepts, and greater confidence when you paint. We’ll work in either watercolours or acrylic paints. Paint is supplied, but please note the other materials you need to bring.
Instructor: Lori Sokoluk
Sun May 12 12:00-3:30pm
218479 $56/Person
Barclay Room

Display Gallery
Space available for 2019.
To display your artwork in the West End CC display gallery (the glass case in the lobby), pick up an application form from the main office. Accepted display gallery proposals subject to a $35 fee to cover maintenance, installation and administration.

Adult & Older Adult programs are subject to tax.
westendcc.ca  fb.com/wecca  @westendcc
Education

NEPP Earthquake Preparedness - Apartment Living

This session is for the apartment/condo dwellers - who have unique challenges when preparing for emergencies or disasters. Living in Vancouver, we could be faced with an earthquake - yet few of us take the steps to ensure we are prepared. This session will ensure you and your family are prepared. It covers what is required to develop your emergency plan, how to conduct a Hazard Hunt and what to do when an earthquake strikes when you live in an apartment. Please pre-register.

Instructor: City Of Vancouver NEPP
Thu May 7 7:00-8:30pm
215025 Free
Tue Jun 11 7:00-8:30pm
211081 Free
Bidwell Room

NEPP Earthquake Preparedness for You and Your Pets

In Vancouver, we know we could be affected by an earthquake. The key to preparedness is ensuring you are prepared. But what about our pets. we saw in Hurricane Katrina 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 you may be faced with. Please register in advance. Free.

Instructor: City Of Vancouver NEPP
Tue Apr 30 7:00-8:30pm
211082 Free
Bidwell Room

Women’s Safety Demo

The Women’s Personal Safety Workshops are one way the VPD is giving back to the community. In January 2013, a group of VPD female police officers came together and created the VPD Women’s Personal Safety Team. The tactics taught are designed to be easily learned and remembered by women who have no prior training.

Instructor: West End - Coal Harbour Community Policing Centre
Thu Sep 19 6:00-8:00pm
211055 Free
Auditorium

Community Care First Aid

TRAINING PARTNER OF THE CANADIAN RED CROSS
For further course details, visit www.communitycarefirstaid.com

Red Cross Babysitting (11-16yrs)

This course is a nationally recognized program designed to prepare your growing teen to develop self-assurance, knowledge, and skills required for babysitting duties and when caring for themselves alone.

Instructor: Community Care First Aid
Sat Apr 13 9:30am-4:30pm
213866 $65/Person
Barclay Room

Emergency First Aid & CPR C/AED

Simple First-Aid & CPR techniques taught in an interactive environment, for individuals who want an overview of First-Aid & CPR for home or in the workplace. The course covers skills needed to recognize and respond to cardiovascular emergencies for adults (CPR Level C) and other topics such as choking, airway and breathing emergencies in babies and children and AED certification. Canadian Red Cross certificate valid for 3 years upon completion

Instructor: Community Care First Aid
Sat May 11 9:10am-5:00pm
213863 $90/Person
Barclay Room

Emergency Child Care First Aid & CPR B/AED

Overview of First Aid and CPR techniques taught in an interactive environment, for individuals who care for infants or children in the workplace or at home. It covers skills needed to recognize, prevent and respond to breathing and cardiovascular emergencies in adults, children and babies. A special focus is given to sudden medical emergencies and treatment of severe injuries. This course is approved for Day Care and Day Home Providers in BC by the BC Provincial Childcare Facilities Licensing. 3 yr certification upon completion.

Instructor: Community Care First Aid
Sat Jun 15 9:10am-5:00pm
213862 $90/Person
Barclay Room
Gardening Workshop Series

West End Food Network & Village Vancouver. Advance registration encouraged. FREE for Seniors (50yrs +).

Balcony, Container, and Small Space Gardening
Want to grow food, but don't have much room? In this Village Vancouver and WENFN West End Urban Garden Club workshop, instructor Rhiannon Johnson will cover the techniques and challenges specific to gardening in small spaces, both indoors and outdoors. We'll look at soil, fertilizing organically, watering, types of containers, different sun orientations and, of course, what to grow in your space. We'll have a community seed library present - pick up some free seeds for your garden, swap or donate seeds. Advance registration suggested.
Instructor: Village Vancouver & West End Food Network
Instructor: Village Vancouver & WEFN
Thu Apr 4
6:30-8:30pm
213154
$13/1 sess
Meeting Room 2

Building Healthy Soil
In this Village Vancouver and WENFN West End Urban Garden Club workshop with Karen Ageson from Farmers on 57th, you'll learn some rudimentary soil biology and the importance of feeding your soil in building a healthy garden. You'll walk away with some basic techniques, and the know how to help your garden thrive. We'll have a community seed library present - pick up some free seeds for your garden, swap or donate seeds. Advance registration suggested.
Instructor: WEFN & Village Vancouver
Thu Jun 6
6:30-8:30pm
213177
$13/1 sess
Meeting Room 2

Community Potluck, Seed Library & Workshop
Join West End Neighbourhood Food Network and Village Vancouver at our monthly family friendly gatherings. Bring something yummy, share some good food and conversation with neighbours, and pick up a West End Urban Garden Calendar. Each month we present a mini-workshop on a different food and/or gardening related topic -our focus this Spring is on Growing, Growing, Growing! April - Growing Edible Flowers, May - Growing Great Tomatoes, June - Eating on the Wild Side: Growing Vegetable Varieties that Maximize Nutrition. We'll have the community seed library present - pick up some free seeds for your garden, swap or donate seeds. Followed by the West End Urban Garden Club (separate registration required).
Instructor: Village Vancouver & WEFN
Instructor: Village Vancouver & WEFN
Sun Apr 28
1:00-2:30pm
Free
213137
Sun May 26
1:00-2:30pm
Free
213141
Sun Jun 23
1:00-2:30pm
Free
213142
Barclay Room

Crop Planning for Gardeners
Plan for Success by Planting in Succession! Now's a great time to start planning for your most productive gardening season yet. In this Village Vancouver and WENFN West End Urban Garden Club workshop with Mik Turje, you'll learn about crop rotation, succession planting, and companion planting. Create a garden map and a planting and harvest schedule to help you get everything planted on time, lengthen your harvest, create steady production, and increase garden health and diversity. With proper planning, you'll be amazed at how productive even a small garden can be! We'll have a community seed library present - pick up some free seeds for your garden, swap or donate seeds. Advance registration suggested.
Instructor: WEFN & Village Vancouver
Sun May 5
1:00-3:00pm
213169
$13/1 sess
Barclay Room

Growing Plenty of Potatoes
Learn how and when to plant, grow, harvest, and store potatoes. In this Village Vancouver and WENFN West End Urban Garden Club 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 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. Advance registration suggested.
Instructor: WEFN & Village Vancouver
Sun Apr 14
1:00-3:00pm
213156
$13/1 sess
Barclay Room
Native Edibles
Talk and Walk
It can be easy to forget about the wealth of food that grows all around us. In this Village Vancouver and WENFN West End Urban Garden Club offering, you’ll learn about edible plants that call our region home. Lori Snyder from the Metis Nation will discuss how to identify and harvest wild, edible, and medicinal plants in an ethical way. We’ll have the community seed library present - pick up some free seeds for your garden, swap or donate seeds. Advance registration recommended.

*Instructor: Village Vancouver & WENFN*

**Tue May 28**
6:30-8:30pm
213174
$13/1 sess
Bidwell Room

Grow Your Own
Microgreens - NEW!
Microgreens are tasty and nutritious greens that can be eaten as a fresh snack or added to salads, smoothies, soups and more. In this Village Vancouver and WENFN West End Urban Garden Club 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. Advance registration recommended.

*Instructor: Village Vancouver & WENFN*

**Tue May 14**
6:30-8:30pm
213171
$13/1 sess
Bidwell Room

Vegetable Gardening for Beginners - NEW!
Have you always wanted to learn how to grow your own food, but don’t know where to start? Did you try, only to meet with frustration? This Village Vancouver and WENFN West End Urban Garden Club beginners-level gardening workshop with Mik Turje will go over all the basics you need to know to start growing your own vegetables: Soil health basics, planting (from seed and transplanting), watering, fertility, harvesting, plant health, troubleshooting, and information about the most common vegetable plant families and what they need to thrive! We’ll have a community seed library present - pick up some free seeds for your garden, swap or donate seeds. Advance registration suggested.

*Instructor: WENFN & Village Vancouver*

**Sun Apr 21**
1:00-3:00pm
213158
$13/1 sess
Barclay Room

West End Urban Garden Club
Organized by West End Neighbourhood Food Network, we share information, organize food and gardening workshops, save and give out seeds, produce the West End Urban Garden Calendar, explore possibilities for creating more gardening spaces in the West End, and engage in other food and gardening related activities. In addition, our WeBee pollinators group will be giving out Mason bee houses (while supplies last), and kids (of all ages) can take a picture with WeBee. Each month we hold a discussion/present a short talk or engage in a food and/or gardening related activity of interest to West Enders and others. April - Exploring the West End Urban Gardening Calendar, May - How to Create a Village in the City, June - Seed Packet Party. All ages welcome, whether you currently have a garden or not! Preceded by Village Vancouver’s and WENFN’s monthly Community Potluck, Seed Library & Workshop (separate registration required).

*Instructor: West End Food Network*

**Sun Apr 28**
2:30-3:30pm
213138
Free
Barclay Room

**Sun May 26**
2:30-3:30pm
213145
Free
Barclay Room

**Sun Jun 23**
2:30-3:30pm
213146
Free
Barclay Room
Dog Obedience - Puppy SmartStart (dogs 10-20 wks)
Two sets of vaccinations are required. In this program, your puppy will learn the importance of socialization to other dogs, people, and objects. Course content includes an introduction to basic commands. Behaviours such as house training, bite inhibition, jumping up, and solutions are discussed.
Instructor: DOGSmart Training
Wed Apr 17-May 22 6:30-7:30pm
210230 $179/6 sess
Barclay Room

Dog Obedience - Beginner Life Skills (dogs 6 mths+)
The focus of beginner training is to learn everyday basic life skill exercises such as sit, stay, down, come when called, and proper leash handling methods while incorporating varying degrees of distractions. We use food, praise and play along with scientific learning principles to teach your dog how to achieve these goals.
Instructor: DOGSmart Training
Wed Apr 17-May 22 7:40-8:40pm
210231 $179/6 sess
Barclay Room

Monday Evening Qi Gong
This class serves as an introduction to Qi Gong and Traditional Chinese Medicine. Suitable for those who have never experienced Qi Gong and for those who would like to refresh themselves on the foundational concepts and practices of Qi Gong. We will be learning gentle Qi Gong exercise form that supports physical, emotional and spiritual well-being. We quiet the mind and settle the emotions, allowing us to awaken to the subtle energetic flows within the body. Learn how to work with Qi (life force energy) through movement, breath and visualization. Suitable for all fitness levels. Drop-in friendly: Adults $12.00, Seniors $10.00, space permitting. No class Apr 19, May 17.
Instructor: Jacob Larmour
Fri Apr 5 9:45-10:45am
211052 Free Trial
Fri Apr 12-Jun 28 9:45-10:45am
211051 $105/10 sess
Bidwell Room

Beginners Qi Gong
Here we move beyond the basics, looking into the deeper aspects of the healing workout that we learned in the beginner’s class and exploring other practices. This is designed to be an ongoing class to develop your Qi Gong practice. Taking the Beginners class beforehand is recommended but not necessary. Suitable for all fitness levels. Drop-in friendly. Adults $12.00, Seniors $10.00, space permitting. No class Apr 19, May 17.
Instructor: Jacob Larmour
Fri Apr 5 11:00am-12:00pm
211054 Free Trial
Fri Apr 12-Jun 28 11:00am-12:00pm
211053 $105/10 sess
Bidwell Room

Advanced Qi Gong
Suitable for those who have never worked with Qi Gong exercise form that supports physical, emotional and spiritual well-being. We quiet the mind and settle the emotions, allowing us to awaken to the subtle energetic flows within the body. Learn how to work with Qi (life force energy) through movement, breath and visualization. Suitable for all fitness levels. Drop-in friendly. Adults $12.00, Seniors $10.00, space permitting. No class Apr 19, May 20.
Instructor: Jacob Larmour
Mon Apr 8-Jun 24 8:00-9:00pm
211050 $105/10 sess
Barclay Room

Health & Wellness

Tai Chi – 48 Form Part 1
The 48 Form is an exceptionally beautiful, well-balanced routine, combining the 4 most important styles of Tai Chi. There are smooth movements from the Yang style, explosive movements from the Chen style, spiraling movements from the Wu Style, and active stepping from the Sun style. Part Two will follow. Experience with 24 Form is recommended. Drop in $15, space permitting.
Instructor: Kelly Maclean
Tue Apr 9-Jun 25 7:15-8:15pm
215016 $175/12 sess
Barclay Room

Tai Chi – 24 Form
Tai Chi is a martial art and moving meditation based on the principle of the interplay of Yin and Yang. Slow and graceful movements improve balance, coordination, and well-being. Emphasis on proper alignment promotes Qi flow through the body. This Simplified Yang style is suitable for beginners. Drop-in $15.00, space permitting.
Instructor: Kelly Maclean
Tue Apr 9-Jun 25 6:15-7:15pm
215015 $175/12 sess
Barclay Room

Qigong (Ch’I Kung)
Qi is energy. Gong is skill, or training. Qigong is the ancient Chinese practice of cultivating vital energy in the body. A gentle form of internal exercise, Qigong involves breath work, movement, posture, sound, visualization, and meditation. Various forms are done sitting, standing, reclining, or walking. Qigong reduces stress, increases mobility, improves health, and develops concentration. Drop-in $15.00, space permitting.
Instructor: Kelly Maclean
Tue Apr 9-Jun 25 8:15-9:15pm
215013 $175/12 sess
Barclay Room

Qigong  (Ch’I Kung)
Qi is energy. Gong is skill, or training. Qigong is the ancient Chinese practice of cultivating vital energy in the body. A gentle form of internal exercise, Qigong involves breath work, movement, posture, sound, visualization, and meditation. Various forms are done sitting, standing, reclining, or walking. Qigong reduces stress, increases mobility, improves health, and develops concentration. Drop-in $15.00, space permitting.
Instructor: Kelly Maclean
Tue Apr 9-Jun 25 8:15-9:15pm
215013 $175/12 sess
Barclay Room
Reiki Relaxation [NEW!]
Enjoy a free trial on Apr 11, pre registration required. Are you looking to relax deeply and reduce stress? Take this Reiki program designed to nurture your soul and provide you with deep sense of joy, healing and wellbeing. Join Reiki Master Shehbaz for 90 minutes of guided Reiki meditations and routines and see your stresses wash away. You will be led through restful and rejuvenating Reiki experiences as you sit back and relax on a chair along with other participants with soothing music playing in the background. Drop in $12, space permitting.
Instructor: Shehbaz Ahmad
Thu Apr 11 7:00pm-8:30pm
216746
Thu Apr 18-Jun 6 7:00pm-8:30pm $80/8 sess
216742
Barclay Room

Journey into Past Life Regression
Get ready for a journey through time and space, literally. In this intensive Past Life Regression session, you will be guided into deep trance and experience first hand past lives through regression. In this open, accepting, relaxed environment you can access several key lives you have lived, unveiling roles, relationships, places and talents that were important to you. More importantly, what you have gained from these lifetimes, including any effects you’ve carried forward to the present. Depending on group energy and desires, we can also choose a focus on money, relationship or life purpose. The session includes introduction, group regressions and post regression analysis. Please bring a notebook and a pen for journaling after each experience.
Instructor: Kemila Zsange
Sat May 18 12:00-4:00pm $49/1 sess
210728
Stanley Court Room

Metaphysical Experience with Hypnosis
Meet your spirit guides, access your higher self, contact spirits, enhance healing abilities, read aura, perform automatic writing, have lucid dreams and out of body experiences. All of these can be possible when you access trance state through hypnosis. This workshop, facilitated by Registered Clinical Counselling-Hypnotherapist Kemila Zsange, will guide you into hypnosis in a safe and secure environment where you can have metaphysical experiences. You will also learn the tools to do it on your own. Drop in $29.00, space permitting.
Instructor: Kemila Zsange
Thu May 2-May 9 6:00-9:00pm
210727 $54/2 sess
Stanley Court Room

Foundations of Mindfulness: Online class
Learn the essence of mindfulness. Live online class includes lessons and practice taught by an experienced mindfulness teacher. Join class on your computer or phone while being in the comfort of your home. To join, visit: LearnMindfulness.org/c22
Instructor: Sung Yang
Mon Apr 1-Apr 22 7:00-8:00pm
208285 $20/0 sess

Understanding Loans [NEW!]
At this interactive workshop you will learn about the different types of credit and loans, credit reports and how to prepare yourself when applying for loan.
Instructor: G&F Financial Group
Tue Apr 16 7:00-8:30pm Free
212176 Meeting Room 2

Understanding Investments and Government Sponsored Plans [NEW!]
Understanding Investments and Government Sponsored Plans. At this interactive workshop, in addition to learning about the different investment options available, we will discuss some common Investments strategies. We will also include information on Registered Retirement Savings Plans RRSPs, Tax Free Savings Account TFSAs and Registered Educational Savings Plans RESPs accounts.
Instructor: G&F Financial Group
Tue Apr 23 7:00-8:30pm Free
212178 Meeting Room 2

Starting a Business - Exploring Self Employment [NEW!]
Do you have a hobby or an idea that you have always wanted turn into a business? Have you ever thought about starting your own business and curious to learn about it? This interactive workshop will provide you with insight into what may be needed when starting your own business.
Instructor: G&F Financial Group
Tue Jun 4 7:00-8:30pm Free
212179 Meeting Room 2
Forest Bathing (Shinrin-yoku) – Stanley Park

Experience the health benefits of nature as you learn the basics of Forest Bathing from a certified guide. Inspired by the Japanese tradition of shinrin-yoku, this 4-week series of walks will introduce you to a variety of techniques designed to develop and/or deepen your connection with nature. Participating in this mindfulness-based practice invites you to disconnect from the business of daily life, while encouraging both body and mind to slow down. Expect to have some fun, share stories along the way, and enjoy a cup of forest tea at the end of each session. We will meet at a different location each week, as indicated below:

- May 14 - West End Community Centre Lobby
- May 21 - Stanley Park Bus Loop
- May 28 - Second Beach Concession
- June 4 - Third Beach Concession

**Instructor:** Ken Ouendag

**Meeting Times:**
- **May 14-Jun 4**
  - 6:45-8:45pm
  - 213201
  - $75/4 sess
  - Stanley Park – Various Loc.

French - Beginner

Come and discover an exciting language in easy-to-follow lessons, each carrying a useful theme that will allow students to learn at least one basic concept per week. After each class, participants will be able to practice French at home, at work and on the street with greetings, numbers, dates, time and everyday conversational phrases. No textbook required. English explanations provided. Registration not available after 3rd lesson.

**Instructor:** LS Language School

**Meeting Times:**
- **Wed Apr 17-Jun 19**
  - 6:00-7:30pm
  - 210145
  - $119/10 sess
  - Meeting Room 1

French - Beginner 2 Weak Intermediate

For those who have completed the Beginner program or those who have a working knowledge of weak intermediate French, this program offers an exciting way to improve or refresh your skills. Over the ten-week course, we will study various aspects of grammar and vocabulary and tie them together with dynamic and fun speaking exercises. If you wish to travel to France or Quebec, communicate with French-speaking friends or refresh your knowledge of French, this course is for you. Students enrolling must be familiar with regular ‘er’ verbs in the present tense and be able to carry on simple conversations in the present tense. Registration not available after 3rd lesson.

**Instructor:** LS Language School

**Meeting Times:**
- **Wed Apr 17-Jun 19**
  - 7:30-9:00pm
  - 210144
  - $119/10 sess
  - Meeting Room 1

Italian - Beginner

Learn Italian and more about Italian culture with an Italian teacher, in a funny and easy way! Whether you’re a beginner starting with the basics or looking to practice your reading, writing and speaking, this is the course that you are looking for! After each class, participants will be able to practice at home, on the street with everyday conversational phrases. No textbook required.

**Instructor:** Adrian Reda

**Meeting Times:**
- **Wed Apr 17-Jun 19**
  - 6:30-8:00pm
  - 210149
  - $120/10 sess
  - Meeting Room 2

Italian - Intermediate

Learn Italian and more about Italian culture with an Italian teacher, in a funny and easy way! Improve where you left off with the beginners program and practice your reading, writing and speaking, this is the course that you are looking for! After each class, participants will be able to practice at home, on the street with everyday conversational phrases. No textbook required.

**Instructor:** Adrian Reda

**Meeting Times:**
- **Wed Apr 17-Jun 19**
  - 8:15-9:45pm
  - 210150
  - $120/10 sess
  - Meeting Room 2

Mandarin (Chinese) - Ping Yin: Beginner

Come and learn Mandarin in Pin Yin by a native Chinese speaker. Pin Yin is the FIRST fundamental phonetic base in Mandarin. The complete world of Pin Yin will be explored in a very friendly setting with a very relaxed atmosphere and at a very easy pace! Course material is tailored to the classes abilities. No textbook required.

**Instructor:** Kate Zhu

**Meeting Times:**
- **Thu Apr 18-Jun 20**
  - 6:00-7:30pm
  - 212165
  - $119/10 sess
  - Meeting Room 1

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**Language**

English Conversation Circle

You are welcome to join our weekly conversation circle when you can. The group is open to all levels and there is no charge. We encourage you to practice English in a relaxed circle of friendly people. Conversations are guided by experienced facilitators and we strive to talk about things that interest you.

**Instructor:** Instructional Non

**Meeting Times:**
- **Tue Apr 9-Jun 25**
  - 10:00-11:30am
  - 210838
  - Free
  - Meeting Room 2

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**Yes! You can rent one of our rooms!**

The West End CC, Barclay Manor and Coal Harbour CC all have rooms available to rent! Host a meeting, party, family event, or wedding for a very reasonable rate. See page 7 for more information...

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westendcc.ca  fb.com/wecca  @westendcc
Russian - Beginner I
This course is designed for those with no prior knowledge of Russian. Students will learn Cyrillic alphabet and essentials of pronunciation while practising reading and listening. The course will introduce participants to grammatical aspects such as adjective-noun agreement, conjugation of verbs, accusative and prepositional cases of nouns. Creating simple dialogues on a variety of topics will let the students gain basic vocabulary and acquire confidence in using new language. The course will get them closer to understanding Russian culture and traditions. Drop in $15 (no drop in after second class), space permitting.
Instructor: Inna Makarova
Sat Apr 13-Jun 15
9:30-10:45am
$123/10 sess
Meeting Room 3

Spanish - Beginner II/Intermediate
This course is designed for those people who can speak some Spanish, but would like to increase their vocabulary and understanding skills. We use conversation, videos, and readings to increase your confidence in the Spanish language. Our classes will look at and talk about the vibrant culture of the 500 million strong Spanish-speaking world. Included in our course are culturally-based outings. Class is taught by a native Spanish speaker and UBC trained teacher. All materials included in course fee. For more information please visit: www.spanishwithkaren.ca. No class Apr 22, May 20.
Instructor: Karen Mitchell
Mon Apr 8-Jun 24
8:00-9:30pm
$120/10 sess
Meeting Room 1

Martial Arts

Aikido
The Japanese martial art Aikido is the legacy of the genius of Ueshiba Sensei (O Sensei). This 20th century art is rooted in respect for life and humanity, harmony and non-conflicting movement. The throws and immobilizations that are the vocabulary of Aikido are techniques that are effective but non-destructive. Beginners welcome anytime. Drop-in $7.75, space permitting. No program Apr 22.
Instructor: Michael St. Germain
Mon/Thu 7:30-9:30pm
Sat/ Sun 2:30-4:30pm
April 209963
May 209964
June 209965
Auditorium
Kung Fu
For a FREE TRIAL LESSON call today: 220-4779. or visit our web site at www.mantiskungfu.com Get in shape and develop confidence while learning the ancestral art of Karate and Jujitsu. Learn the unique ‘Hard Soft’ style of 7 Star Praying Mantis Kung Fu which incorporates techniques effective for men, women, teens of all sizes and abilities. Beginners may register at anytime. Online Registration not available. Registration choices are Annual Registration $660 or Three Month Registration $195 - monthly registration not available. Drop in $15.
Instructor: Red Mantis Enterprises
Tues/ Thu 7:00-9:30pm
Sat 2:30-4:30pm
April 209972
May 209973
June 209974

Music

Guitar Ukulele Mandolin Recorder
One to one 30-minute lessons designed to work at your own level and pace. The classes are focused on technique, repertoire, basic theory and practicing skills. Participants must provide their own instrument, a note book and a digital tuner (nylon string guitar recommended for beginners). Books will be available at the first class for $15 and up depending on the instrument, style and level.
Instructor: Rene Hugo-Sanchez
Wed Apr 3-Jun 19 6:40-9:10pm
Various $236/12 sess
Preschool

Singing Lessons
Embark on the adventure of learning to sing - or mastering the art of singing. Whether you are a beginner or experienced, young adult or a senior, Marina will help you to develop your voice and build your confidence in these 30-minute private lessons. You will learn proper vocal technique, as well as how to effectively express and communicate through song. Instructor and students will choose suitable repertoire together, to work within a style the student enjoys.
Instructor: Marina Osmolovska
Tuesdays
Tue Apr 2-Apr 30 8:00pm-9:30pm
Various $118/5 sess
Tue May 7-Jun 4 8:00pm-9:30pm
Various $118/5 sess
Stanley Court Room
Wednesdays
Wed Apr 3-May 1 7:00pm-9:30pm
Various $118/5 sess
Wed May 8-Jun 5 7:00pm-9:30pm
Various $118/5 sess
Meeting Room 3

Piano Lessons - Mary
This course will provide you with a good start in understanding piano basics or expand on your previous knowledge. 30-minute or 1-hour individual lessons are available to adults & children. No class Apr 22, May 20.
Instructor: Mary Friesen
Mondays
Mon Apr 1-May 6 3:30pm-7:00pm
Various $107.50/5 sess
Mon May 13-Jun 17 3:30pm-7:00pm
Various $107.50/5 sess
Stanley Court Room
Wednesdays
Wed Apr 3-May 8 1:30pm-7:00pm
Various $129/6 sess
Wed May 15-Jun 19 1:30pm-7:00pm
Various $129/6 sess
Meeting Room 3

Piano/ Voice/ Violin Lessons
It's always a good time to learn a new instrument! Beginner or advanced-all levels are welcome. Natalia’s lessons are tailored to your desires and abilities. Proper technique, note reading and interesting repertoire are taught in a friendly atmosphere. Lessons are available for adults and children and can be taught in English, Greek, Bulgarian and Russian. Preparation for Royal Conservatory of Music exams is a possibility for those who wish to have their learning level recognized.
Instructor: Natalia Alexandrova
Tuesdays
Tue Apr 9-May 14 5:00pm-8:00pm
Various $138/6 sess
Tue May 21-Jun 25 5:00pm-8:00pm
Various $138/6 sess
Stanley Court Room
Fridays
Fri Apr 5-May 17 5:00pm-8:00pm
Various $138/6 sess
Fri May 24-Jun 28 5:00pm-8:00pm
Various $138/6 sess
Meeting Room 3

Come to our Special Events!
See pages 8-9 for more information.
Pottery

Beg/Int Pottery: Throwing
Learn to make wonderful ceramic pieces that are functional or decorative. We will develop the basic techniques used to form pottery on the wheel including wedging, centering and pulling up cylinders. Students will learn to make mugs, bowls, plates and related objects and will finish them with a foodsafe glaze. Clay not included. Clay must be purchased from instructor during the first class. No Class Apr 22, May 20.

Instructor: Stephen McGrory (Mon), Estelle Liebenberg (Tue AM), Charmion Nimmo (Tue:PM), Jesselin T’Kenye (Wed/Thu)

<table>
<thead>
<tr>
<th>Class</th>
<th>Days</th>
<th>Time</th>
<th>Registration Code</th>
<th>Cost</th>
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</thead>
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<tr>
<td>Mon Apr 8-Jun 24</td>
<td>6:45-9:45pm</td>
<td>208260</td>
<td>$205/10 sess</td>
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<tr>
<td>Tue Apr 9-Jun 11</td>
<td>11:00am-2:00pm</td>
<td>208282</td>
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<tr>
<td>Tue Apr 9-Jun 11</td>
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<td>208318</td>
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<tr>
<td>Wed Apr 10-Jun 12</td>
<td>6:45-9:45pm</td>
<td>209561</td>
<td>$205/10 sess</td>
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</tr>
<tr>
<td>Thu Apr 11-Jun 13</td>
<td>6:45-9:45pm</td>
<td>209716</td>
<td>$205/10 sess</td>
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</table>

Pottery Throwing & Handbuilding
Learn about the world of ceramics through the use of both the wheel and hand-building techniques to create diverse knowledge. Classes will begin with demos more focused on functional ware. By the end of the course, projects will be self directed with guidance and support from instructor. Students will also learn how to glaze as well as paint their finished products. Clay not included in cost. Clay can be purchased from the instructor during the first class.

Instructor: Jesselin T’Kenye

<table>
<thead>
<tr>
<th>Class</th>
<th>Days</th>
<th>Time</th>
<th>Registration Code</th>
<th>Cost</th>
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<tbody>
<tr>
<td>Fri Apr 12-Jun 21</td>
<td>9:30am-11:30am</td>
<td>209721</td>
<td>$136/10 sess</td>
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</table>

Out-Trips

Tulips and Rowena's Inn Estate with Joy Brown
Walk through fields of brilliant coloured tulips in full bloom overlooking snow capped mountains in the East Fraser Valley. PACKAGE INCLUDES: Visit a local farm to taste delicious food. Lunch and dessert served at the elegant and fabulous Rowena's Inn on the Harrison River with time to explore this beautiful estate. We will depart at 8:30am and return approx. 6pm. Only 6 seats available. Register early.

Instructor: Galiano Tours

<table>
<thead>
<tr>
<th>Class</th>
<th>Days</th>
<th>Time</th>
<th>Registration Code</th>
<th>Cost</th>
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<tbody>
<tr>
<td>Wed Apr 24</td>
<td>8:30am-6:00pm</td>
<td>209975</td>
<td>$97/1 sess</td>
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</table>

Luxury Boat Cruise to Rainbow Falls with Joy Brown
Enjoy a two hour luxury boat cruise on Harrison Lake, departing from Harrison Hot Springs. Float by cascading Rainbow Falls, the rock formations of Echo Island and Sasquatch Park. Enjoy a visit to a local farm. A full lunch is served in Abbotsford, dessert is served aboard the boat. We will depart 8:45am and return approx. 6:45pm. Only 6 seats available. Register early.

Instructor: Galiano Tours

<table>
<thead>
<tr>
<th>Class</th>
<th>Days</th>
<th>Time</th>
<th>Registration Code</th>
<th>Cost</th>
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</thead>
<tbody>
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<td>Thu May 9</td>
<td>8:45am-6:45pm</td>
<td>214760</td>
<td>$127/1 sess</td>
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</table>

Pottery Studio

Pottery Drop-in
The Pottery Studio will be open for current pottery students (beginners welcome) to complete unfinished work from their class. This drop-in time is non-instructional.

<table>
<thead>
<tr>
<th>Class</th>
<th>Days</th>
<th>Time</th>
<th>Registration Code</th>
<th>Cost</th>
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<tbody>
<tr>
<td>Sat Apr 7-Jun 30</td>
<td>9:00am-1:00pm</td>
<td>209768</td>
<td>$8/drop-in</td>
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</tbody>
</table>

Please register early!

Programs are cancelled if everyone waits until the last minute to register. The staff, where possible, makes a decision on activities four days prior to the start date. If not enough people sign up the program will either be cancelled or postponed. Sign-up even if the class is free!
Out-Trip Details

- No refunds within 48 hours of departure time.
- A minimum number of participants are required.
- Register early as trips will be cancelled or seats may be taken away as we get nearer to the trip date.
- All out-trips are “not wheelchair accessible” unless indicated in the out-trip description.
- All out-trips include lunch unless indicated in the out-trip description.
- A Bus Trip Waiver must be signed and submitted prior to registering for any Out Trips. A signed waiver is good for the current calendar year and all trips in that calendar year.
- Please bring your BC Card or Driver’s Licence to prove your age for BC Ferry Discount.
- Trips may be subject to change without notice.

Tulips of the Valley & Abbotsford Tulips

Tip toe through the tulip fields at Tulips of the Valley in Chilliwack and the Abbotsford Tulip Festival! PACKAGE INCLUDES: Tulips of the Valley admission, Abbotsford Tulip Festival admission, Bow & Stern Restaurant lunch, Tour Manager Gratuity, All Fees and Taxes. 10:15am - Tim Hortons Chilliwack | 10:45am - Tulips of the Valley | 12:15pm - Bow & Stern Restaurant lunch | 1:45pm - Abbotsford Tulip Festival | 3:00pm - Depart

**Instructor: Enjoy Tour And Travel**

Fri Apr 19 8:15am-5:00pm $99/1 sess
209981

Westminster Abbey

Westminster Abbey is a beautiful, peaceful place with magnificent architecture and stunning stained glass. Take this opportunity to see and hear about the monks unique way of life. PACKAGE INCLUDES: Westminster Abbey, Lunch Blackberry Kitchen, Rolley Lake escorted walk, Tour Manager Gratuity, All Fees and Taxes. 10:00am - Tim Hortons Maple Ridge | 11:00am - Westminster Abbey: Abbey Greeting and tour- Monastery Grounds | Free Time | 12:30pm - Blackberry Kitchen-Rolley Lake escorted walk | 1:30pm - Detour

**Instructor: Enjoy Tour And Travel**

Tue May 14 8:30am-5:15pm $99/1 sess
209991

Steveston Village Historical Tour

Take educational tours of Gulf of Georgia Cannery and Britannia Shipyards. Enjoy afternoon tea, scone’s and baked goodies at London Heritage Farms’ circa 1890’s Tea Room. PACKAGE INCLUDES: Gulf of Georgia Cannery, Britannia Shipyards, London Farm Afternoon Tea, Tour Manager Gratuity, All Fees and Taxes. 10:30am - Britannia Shipyards | 12:15pm - Steveston Village- Fisherman’s Wharf | Free Time | 2:15pm - Gulf of Georgia Cannery | 3:30pm - London Heritage Farms- Six Historical Site Display Rooms-Afternoon Tea | 5:00pm - Depart

**Instructor: Enjoy Tour And Travel**

Wed Jun 19 9:30am-6:15pm $99/1 sess
209993

Fitness

Pilates All Levels

Mat Pilates offers you an effective series of exercises to strengthen and tone your core. You will create long, lean muscles as well as improve posture and balance. Pilates increases your awareness of alignment and breath while creating more flexibility in your joints and muscles. Modifications for all levels will be offered to make this Pilates class work for you! No class Apr 22, May 20. Drop-ins $15.50, space permitting.

**Instructor: CLS Fitness**

- Mon Apr 8-May 13 6:15-7:15pm $62.5/5 sess 210847
- Mon May 27-Jun 24 6:15-7:15pm $62.5/5 sess 210848
Barclay Room

Wellness

Feldenkrais: Awareness Through Movement

Using slow movement and directed attention, you can improve your balance, postural support and flexibility. These innovative lessons help decrease muscular tension and free your energies so you can move more confidently and become more responsive to the world around you. Drop-in for seniors (60+) = $12.00. Drop in for adults = $15.00.

**Instructor: May Nasser**

- Tues May 14-Jun 25 9:30-10:30am $105/7 sess 215391
Bidwell Room

Please register early!

Programs are cancelled if everyone waits until the last minute to register. The staff, where possible, makes a decision on activities four days prior to the start date. If not enough people sign up the program will either be cancelled or postponed. Sign-up even if the class is free!
Yoga

Adapted Calm Yoga
A yoga class to help reduce symptoms of stress and anxiety. Experience yoga in a supportive and non-judgmental environment. A gentle yoga class focusing on breath and movement to help reduce the feelings of stress that can overwhelm us. Learning breath and body based tools to help restore a sense of calm that you can take into your every day, no matter where you are. Ending the class with a generous and guided relaxation. Everyone welcome, no previous yoga experience needed. Drop-in $11.00.
Instructor: Toni Van Der Marel
Wed Apr 10-Jun 12 1:15-2:15pm
211083 $95/10 sess
English Bay Room

Adapted Yoga for MS
Enjoy a beginners Therapeutic Yoga class geared towards individuals living with multiple sclerosis and is suitable for others with osteoporosis. You can experience all of the benefits of yoga in a safe, educational and compassionate environment that is adapted to meet your unique needs and abilities. Yoga has been shown to reduce fatigue in MS, and in general improves posture and spinal alignment thus reducing muscular tension/strain and imbalances. Yoga strengthens and lengthens muscles and improves energy, immune function and breathing capacity, can reduce stress and enhance relaxation, well-being and awareness. The yoga practice will be tailored to your needs and can be performed in a chair or on the floor with a strong emphasis on breathing, alignment and awareness. Drop-in $8.50.
Instructor: Sarah Murray
Wed Apr 10-Jun 26 3:00-4:30pm
211084 $76/12 sess
Dance Studio

Kundalini Yoga
Kundalini yoga offers a technique that can help you be the best that you can be. It brings health and balance to body, mind and being. Through awareness you become the master of your mind and learn to control your own energy. Drop-in $14.50, space permitting.
Instructor: Dawn Swanson
Tue Apr 9-Jun 11 6:00-7:30pm
211088 $125/10 sess
English Bay Room

Restorative Yoga by Candlelight
The antidote to stress is to relax mindfully. Learn gentle, supported asana (with and without props), breath awareness, and relaxation methods (including Yoga Nidra) to induce physical, mental and emotional restoration. Restorative yoga in unwinding the mind and letting go of deeply held fatigue and tension. This is a relaxing class with a slower pace to help you revitalize your body and calm your busy mind. Calm music and candlelight make this an oasis of deep relaxation in your week. Drop-in $14.00, space permitting.
Instructor: Alexa McEwen
Thu Apr 11-May 16 7:15-8:30pm
209995 $75/6 sess
Thu May 23-Jun 27 7:15-8:30pm
209996 $75/6 sess
English Bay Room

Yin Yoga and Mindful Movement
This class is for those wanting more ease and mobility in the body. We will explore mindfulness, nervous system regulation and relaxation through yoga postures, functional movements and meditation. No yoga experience necessary, beginners and seasoned yogis welcome. Drop in $13.50, space permitting. No class Apr 22.
Instructor: Alexa McEwen
Mon Apr 8-May 13 5:45-6:45pm
209997 $60/5 sess
Mon May 27-Jun 24 5:45-6:45pm
209998 $60/5 sess
English Bay Room

Yoga for Wrecks
This class will not intimidate you, or put you in any compromising positions! This class is for anyone who believes that they can't do yoga. You will work with what needs improvement and healing in your body. Learn to release stress that wears away at your good health. It's fun, relaxing and rejuvenating. Drop-in $14.00, space permitting.
Instructor: Sophie Ducharme
Thu Apr 4-May 9 10:00-11:15am
211089 $78/6 sess
Thu May 16-Jun 20 10:00-11:15am
211092 $78/6 sess
Sat Apr 6-May 11 10:00-11:15am
211090 $78/6 sess
Sat May 18-Jun 22 10:00-11:15am
211091 $78/6 sess
English Bay Room

Yoga Made for Runners
Yoga Made For Runners is a dynamic and challenging yoga program created specifically for runners. The class will build strength, increase the range of motion in tight joints, and return flexibility to stiff, sore muscles. Expect to work hard and breathe deeply. For more info, visit www.mikedennisonfitness.com. Appropriate for everyone, from first timers to experienced practitioners. Drop in: $17.00, space permitting.
Instructor: Mike Dennison
Thu Apr 4-Jun 20 5:45-7:00pm
211098 $180/12 sess
English Bay Room

Kundalini Yoga
Kundalini yoga offers a technique that can help you be the best that you can be. It brings health and balance to body, mind and being. Through awareness you become the master of your mind and learn to control your own energy. Drop-in $14.50, space permitting. No class May 7.
Instructor: Dawn Swanson
Tue Apr 9-Jun 11 6:00-7:30pm
211088 $112.50/9 sess
English Bay Room
Yoga Moves for Every Body in the AM
You will be guided through energizing a.m. warm ups and Yoga Moves to help release blocked energy and encourage strength, balance and flexibility through modified asana (yoga postures). Enjoy feeling the stress melt away while you re-set your week ahead with a short burst of deep dynamic relaxation practice. Drop-in available $14.50, space permitting. No class Apr 22.
Instructor: Sandra Leigh
Mon Apr 1-May 13 10:00-11:30am 209984 $75/6 sess
Mon May 27-Jun 24 10:00-11:30am 209992 $62.50/5 sess
English Bay Room

Yoga Moves for Every Body in the PM
Enjoy unwinding with a P.M. practice. Includes simple, easy breathing techniques to activate and release tired / blocked energy, modified asana, (yoga postures) to encourage health, strength, balance and flexibility. This complete program includes a deep, dynamic relaxation practice to set you up for the week ahead. All levels, drop-in welcome $14.50, space permitting. No class Apr 22.
Instructor: Sandra Leigh
Mon Apr 1-May 13 7:00-8:30pm 209988 $75/6 sess
Mon May 27-Jun 24 7:00-8:30pm 209994 $62.50/5 sess
English Bay Room

Sports

Ball Hockey
The west End Arena is back for the summer months. Join us for some fast paced ball hockey action on Monday or Wednesday. Helmet, goggles and protective gear are strongly recommended. No body contact permitted. Register for the full session to guarantee your spot or drop-in on a first come first serve basis. Players must supply their own stick, no black tape (white only please), and goalies play for free. Drop-in $5.75, space permitting. No program May 20.
Instructor: TBA Instructor
Mon May 13-Jun 24 7:45-9:45pm 212146 $30/6 sess
Wed May 15-Jun 26 7:45-9:45pm 212150 $35/7 sess
Goalies
Mon May 13-Jun 24 7:45-9:45pm 212148 Free/ 6 sess
Wed May 15-Jun 26 7:45-9:45pm 212151 Free/ 7 sess
West End Arena Dry Floor

Basketball - Competitive
Enjoy some friendly, exciting recreational basketball. Non-instructional. Drop in $5.75 space permitting.
Instructor: Non-Instructor
Thu Apr 4-Jun 27 7:10-9:00pm 209617 $65/13 sess
Tue Apr 2-Jun 25 7:10-9:00pm 209618 $65/13 sess
King George Gymnasium

Indoor Soccer
Vancouver weather means one thing: Indoor Soccer! Come and enjoy this fun atmosphere and burn off some of those extra calories. Some soccer experience is necessary. Registered spaces will be given to drop ins after 5 minutes. Drop in $5.75 space permitting, space permitting.
Instructor: Pawel Zdrojewski
Mon Apr 1-Jun 24 8:00-10:00pm 209619 $55/11 sess
King George Gymnasium

Table Tennis
A table is available for free public drop-in during regular operating hours in the main lobby. (Schedule is subject to change due to programs and events.) We are also able to put tables in a room, subject to availability, on a first-come, first-served basis. Please note a Room Usage fee applies.

Please register early!
Programs are cancelled if everyone waits until the last minute to register. The staff, where possible, makes a decision on activities four days prior to the start date. If not enough people sign up the program will either be cancelled or postponed. Sign-up even if the class is free!
Pickleball - Beginner

Pickleball Beginner Come on by and learn pickleball! For those who just picked up the sport, or wanting to give it a try! Drop in, $4.75, space permitting. Equipment is available on a first come first served basis, bring your own equipment is recommended.

Instructor: Vancouver Pickleball Association

Sun Apr 7-Jun 30 1:00-3:30pm
209620 $52/13 sess
King George Gymnasium

Pickleball - Intermediate/Advance

Pickleball - Intermediate/ Advance Come on by and play some pickleball! For those who are intermediate/advanced! Come on by as a single or with friends! Drop in, $4.75, space permitting. Equipment is available on a first come first served basis, bring your own equipment is recommended.

Instructor: Vancouver Pickleball Association

Sun Apr 7-Jun 30 10:30am-1:00pm
209621 $52/13 sess
King George Gymnasium

Tennis - 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 May 20.

Instructor: Gord Hauka

Mon Apr 1-Apr 17 5:30-7:00pm
212107 $135/6 sess
Wed May 1-May 22 5:30-7:00pm
212121 $135/6 sess
Mon Jun 3-Jun 19 5:30-7:00pm
212126 $135/6 sess
King George Tennis Courts

Tennis - 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 Evil and planned strategies My coaches will help you have more game, more play more fun! No class May 20.

Instructor: Gord Hauka

Wed May 1-May 22 7:00-8:30pm
212131 $135/6 sess
Mon Jun 3-Jun 19 7:00-8:30pm
212132 $135/6 sess
King George Tennis Courts

Tennis - 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.

Instructor: Gord Hauka

Mon Apr 1-Apr 17 7:00-8:30pm
212122 $135/6 sess
Mon Jun 3-Jun 19 5:30-7:00pm
212126 $135/6 sess
King George Tennis Courts
Go Get Fit in our Fitness Centre!

Services We Offer

**Fitness Centre Orientation**
We’ll provide you with a quick introduction to the facilities and equipment we offer and discuss options on how we can help you achieve your fitness and lifestyle goals. Plan for 15-20 minutes. **Free with admission!**

**Training Program Set-up**
Our fitness staff will discuss your fitness needs and develop a training program to help you achieve your goals. We will teach you about the proper use of the fitness equipment and give you guidelines for progressing. Beginners will benefit greatly from this service but it is open to all who would like help and have a desire to get the most from their workout routine. Plan for 1 hour. **Free with admission!**

**Personal Training**
You can book 1, 3, 5, or 10 sessions, either privately or with a friend. Your first session may include a discussion of your goals, an assessment of your fitness level, an introduction to the equipment, and suggestions for proceeding. For more information and pricing, see page 42.

**Group Fitness Classes**
The West End Community Centre offers a variety of drop-in and registered group fitness classes taught by qualified, experienced and knowledgeable fitness leaders committed to making your exercise experience fun and effective. See page 43.

**Indoor Cycling Classes**
Indoor cycling classes are available throughout the week. Join our dynamic instructors for a GREAT workout. See page 43.

**Squash & Racquetball Court**
Call 604-257-8333 ext. 1 to book a 45-minute session in our convertible racquet court. See page 42 for fees.

**Steam Room**
Access to the co-ed steam room is included with Fitness Centre admission.

Admission Options

**Drop-In**
Good for one visit.

**10-Visit Pass**
Good for 10 visits to participating Vancouver Park Board fitness centres, pools and ice rinks.

**FlexiPass**
A FlexiPass allows access to participating Vancouver Park Board operated fitness centres, pools, steamrooms, whirlpools, saunas and ice rinks.

**ComboPass**
A ComboPass allows access to participating Vancouver Park Board operated fitness centres, pools, steamrooms, whirlpools, saunas and ice rinks, as well as all WECCA drop-in group fitness and indoor cycling classes at the West End CC and Coal Harbour CC.

Go Play!

Our friendly, fully certified and highly qualified staff can answer your questions, trouble-shoot your current program and design a safe and effective program to reach your goals.

**Go Get Fit!**
www.vancouverparks.ca
**Fees**

<table>
<thead>
<tr>
<th>Admission Fees</th>
<th>Adult (19-64 yrs)</th>
<th>Youth (13-18 yrs)</th>
<th>Senior (65+ yrs)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Drop-in</td>
<td>$6.10</td>
<td></td>
<td>$4.58</td>
</tr>
<tr>
<td>10 visit</td>
<td>$48.80</td>
<td></td>
<td>$34.88</td>
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</tbody>
</table>

<table>
<thead>
<tr>
<th>FlexiPasses</th>
<th>1 Month</th>
<th>3 Months</th>
<th>1 Year</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>$46.18</td>
<td>$125.00</td>
<td>$399.00</td>
</tr>
<tr>
<td></td>
<td>$32.33</td>
<td>$87.44</td>
<td>$278.68</td>
</tr>
</tbody>
</table>

*Prices subject to change. Prices do not include 5% GST.*

**Personal Training**

<table>
<thead>
<tr>
<th></th>
<th>Private (1 person)</th>
<th>Semi-Private (2 people)</th>
<th>Small Group (3-4 people)</th>
</tr>
</thead>
<tbody>
<tr>
<td>1 sess</td>
<td>$50.72</td>
<td>$76.05</td>
<td>$108.80</td>
</tr>
<tr>
<td>3 sess</td>
<td>$140.53</td>
<td>$210.33</td>
<td>$291.42</td>
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<tr>
<td>5 sess</td>
<td>$226.03</td>
<td>$348.08</td>
<td>$427.43</td>
</tr>
<tr>
<td>10 sess</td>
<td>$421.12</td>
<td>$646.43</td>
<td>$777.14</td>
</tr>
</tbody>
</table>

*Prices subject to change. Prices do not include 5% GST.*

**Racquetball/Squash**

<table>
<thead>
<tr>
<th>Single Booking (45 mins)</th>
<th>Adult</th>
<th>Youth/Senior</th>
</tr>
</thead>
<tbody>
<tr>
<td>Prime-time</td>
<td>$14.22</td>
<td>$9.90</td>
</tr>
<tr>
<td>Prime-time (w/ Flexi)</td>
<td>$11.38</td>
<td>$6.00</td>
</tr>
<tr>
<td>Non-prime</td>
<td>$10.15</td>
<td>$7.14</td>
</tr>
<tr>
<td>Non-prime (w/ Flexi)</td>
<td>$8.12</td>
<td>$5.71</td>
</tr>
<tr>
<td><em>Single player</em></td>
<td>$7.35</td>
<td>$5.10</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>10-Court Strip</th>
<th>With Flexi-Pass</th>
<th>Without Flexi-Pass</th>
</tr>
</thead>
<tbody>
<tr>
<td>Prime-time</td>
<td>$102.18</td>
<td>$127.72</td>
</tr>
<tr>
<td>Non-prime</td>
<td>$73.13</td>
<td>$91.41</td>
</tr>
</tbody>
</table>

*Prices subject to change. Prices do not include 5% GST.*

- Non-prime time is before 3:00pm weekdays
- Prime time starts at 3:00pm weekdays and all day weekends and holidays
- Racquets are available to rent.
- Photo ID is required for rentals.
- Racquet rentals are not available for the last scheduled court time of each day
- Squash balls are $3.50
- *Single player rate for walk-on players only: no reservations.

**GymWorks**

The West End Fitness Centre is proud to be associated with PacificSport's GymWorks program. This service enhances provincial and national level athletes training by providing easy, local and free access to training centres. We are very excited to be partnered with an organization dedicated to assisting the development of tomorrow’s athletes.

**Group Fitness & Indoor Cycling**

<table>
<thead>
<tr>
<th></th>
<th>Adult (19-59 yrs)</th>
<th>Youth (13-18 yrs)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Drop-In</td>
<td>$6.10</td>
<td>$4.24</td>
</tr>
<tr>
<td>10 Visits</td>
<td>$49.30</td>
<td>$34.23</td>
</tr>
<tr>
<td>Fit Pass (Apr 1-Jun 30)</td>
<td>$140.94</td>
<td>$97.44</td>
</tr>
</tbody>
</table>

*Prices subject to change. Prices do not include 5% GST.*

**FlexiPasses**

Valid for unlimited admission during operating hours to participating Vancouver Board of Parks and Recreation pools, ice rinks and fitness centres. Ask about our 25% discount for group or corporate purchases! A $2 fee will be charged for the replacement of lost or stolen FlexiPasses.

**ComboPasses**

Valid for unlimited admissions to participating Vancouver Park Board Fitness Centres, pools and ice rinks and all West End/Coal Harbour CC group fitness and indoor cycling classes. Prices vary depending on date of purchase.

**Spring Hours**

Mon-Thu .............. 6:00am-10:00pm
Fri ................... 6:00am-9:00pm
Sat & Sun ............. 8:00am-5:00pm
Call 604-257-8342 for operating hours on statutory holidays.

Register: [vancouver.ca/westendrec](http://vancouver.ca/westendrec)  604-257-8333
**Group Fitness & Indoor Cycling Classes**

### West End CC Spring 2019 Group Fitness & Indoor Cycling Class Schedule

*Class schedule and prices subject to change without notice.*

<table>
<thead>
<tr>
<th>Monday</th>
<th>Tuesday</th>
<th>Wednesday</th>
<th>Thursday</th>
<th>Friday</th>
<th>Saturday</th>
<th>Sunday</th>
</tr>
</thead>
<tbody>
<tr>
<td>Cruise and Core</td>
<td>Athletic Interval Training 6:30-7:30am</td>
<td></td>
<td></td>
<td>Cycle Core 8:45-10:15am</td>
<td>Fusion Yoga/Pilates 9:00-10:00am</td>
<td></td>
</tr>
<tr>
<td>9:15-10:15am</td>
<td></td>
<td></td>
<td></td>
<td>9:15-10:15am</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Older Adult</td>
<td>Light Fit 10:45-11:45am</td>
<td>Older Adult 9:00-10:30am</td>
<td>Light Fit 10:45-11:45am</td>
<td>Older Adult 9:15-10:45am</td>
<td>Athletic Step 9:15-10:15am</td>
<td>Cycle Fit* 9:30-10:30am</td>
</tr>
<tr>
<td>9:15-10:45am</td>
<td></td>
<td>9:00-10:30am</td>
<td>10:45-11:45am</td>
<td>9:15-10:45am</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Pilates Plus</td>
<td>Rooftop Riders 9:15-10:15am</td>
<td></td>
<td></td>
<td>9:15-10:15am</td>
<td></td>
<td></td>
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<tr>
<td>9:30-10:30am</td>
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<td></td>
<td></td>
</tr>
<tr>
<td>Adapted Fitness</td>
<td>Adapted Fitness 11:00am-12:00pm</td>
<td></td>
<td></td>
<td>Adapted Fitness 11:00am-12:00pm</td>
<td></td>
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<tr>
<td>11:00am-12:00pm</td>
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<td></td>
<td></td>
</tr>
<tr>
<td>Basic Fit</td>
<td>Athletic Interval Training 5:30-6:00pm</td>
<td>Total Chisel 5:30-6:30pm</td>
<td>Total Chisel 5:30-6:30pm</td>
<td></td>
<td></td>
<td></td>
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<tr>
<td>5:15-6:15pm</td>
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<td></td>
<td></td>
</tr>
<tr>
<td>Cycle Express</td>
<td>Zumba 5:30-6:30pm</td>
<td>Cycle Express 5:30-6:15pm</td>
<td>Esprit de Barre 5:45-6:45pm</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>5:30-6:15pm</td>
<td></td>
<td>5:30-6:15pm</td>
<td>5:45-6:45pm</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>TBC: Tone - Balance &amp; Core</td>
<td>Yoga Fusion 5:30-6:20pm</td>
<td>Step and Stretch 6:15-7:15pm</td>
<td>Zumba 6:00-7:00pm</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>5:30-6:15pm</td>
<td></td>
<td>5:30-6:15pm</td>
<td>6:00-7:00pm</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Yang to Yin Yoga</td>
<td>Pilates Plus 6:30-7:30pm</td>
<td>Cycle Core 6:00-7:15pm</td>
<td>YogaShape 6:00-7:15pm</td>
<td><em>90 min option 3rd Sunday of each month.</em></td>
<td></td>
<td></td>
</tr>
<tr>
<td>6:30-7:30pm</td>
<td></td>
<td>6:30-7:15pm</td>
<td>6:00-7:15pm</td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

Please be sure to attend your favourite classes, as those with low attendance are subject to cancellation.

**Legend:**

- Low-Moderate Intensity
- Breath/body/mindfulness
- Moderate-High Intensity
- Indoor cycling

---

**Indoor Cycling Reservation Procedures:**

1. Call 604-257-8342 to reserve a bike, a spot may not be reserved by email.
2. Calls can be made 6:00am-9:30pm Monday thru Thursday, 6:00am-8:30pm Friday and 8:00am-4:30pm Saturday and Sunday.
3. For afternoon and evening classes call the day of the class.
4. For early morning classes call the day before.
5. Check in at the front desk 10 minutes prior to class.
6. If you have not checked in 10 minutes prior to your class you will lose your ride.
7. You may reserve a bike for yourself and 1 other person.

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**Group Fitness & Indoor Cycling Fees**

<table>
<thead>
<tr>
<th></th>
<th>Adult (19-59 yrs)</th>
<th>Youth (13-18 yrs)</th>
<th>Senior (60+ yrs)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Drop-In</td>
<td>$6.10</td>
<td>$4.24</td>
<td></td>
</tr>
<tr>
<td>10 Visits</td>
<td>$49.30</td>
<td>$34.23</td>
<td></td>
</tr>
<tr>
<td>Fit Pass</td>
<td>$140.94</td>
<td>$97.44</td>
<td></td>
</tr>
<tr>
<td>(Apr 1-Jun 30)</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Price pro-rated daily</td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

Prices subject to change. Prices do not include 5% GST.
**Group Fitness Class Descriptions**

### Moderate-High Intensity

**Athletic Step:** Boost your Daily Fit-Tracker numbers and increase your cardio threshold with this energetic hour of dynamic fun power moves both on and off the step. This workout will also incorporate core balance strength and stretch components for a full rounded group fitness experience.

**Athletic Interval Training:** Non-choreographed high energy interval class uses a mixture of cardio and strength to make the most of your time.

**Esprit de Barre:** It is a Barre class! An all level practice on the ballet barre using authentic movements to tone and lengthen the body with a strong focus on posture, core, legs and gluteals, and finishing with a deep stretch to help you achieve that graceful dancer’s posture and body.

**Total Chisel:** A workout to improve muscular strength core stability and flexibility using dumbbells, resistance and body weight training.

**Step and Stretch:** This high energy class consists of 3 fun and differing combinations designed to get your groove on and increase your cardiovascular fitness. We will end the class with a good stretch. Some step experience is preferable but many options are shown for the beginner or someone coming back!

**TBC: Tone - Balance & Core:** A 3-component head-to-toe workout targeting all muscle groups using power moves to sculpt and strengthen functional movements to increase ‘ground-up’ balance and core exercises to enhance posture stability and flexibility.

### Breath/body/mindfulness

**Yoga Fusion:** A traditional yoga flow that challenges your core with Pilates exercises to improve your posture, balance and range of motion and enhance your sense of wellbeing.

**Pilates Plus:** A mixed level mat Pilates class occasionally using small apparatus to enliven and bring balance, tone and flexibility to the whole body.

**YogaShape:** A Flow Yoga Class with intense movements from fitness and yoga that strengthen, tone and lengthen the body with challenging exercises, ending with peaceful yoga movements and stretching.

**Fusion Yoga/Pilates:** A morning yoga practice, with a short Pilates section, for all levels, from beginner to advanced, to awaken the mind, body and spirit to begin a new week.

**Yang to Yin Yoga:** Yang is active; Yin is stillness and meditative. This yoga practice will strengthen your muscles and joints and stretch your whole body, bringing calmness after a long day.

### Low-Moderate Intensity

**Adapted Fitness:** Exercices are modified for mobility, coordination, strength and flexibility limitations.

**Basic Fit:** Offers a multi-level class introducing a variety of fitness styles and equipment.

**Light Fit:** A low impact workout including cardio, strength, balance and flexibility.

**Older Adult:** Safe, enjoyable and effective exercises designed for the active senior.

**Stretch and Strength:** Suitable for all ages with focus on weight bearing non-impact strength moves and a complete stretch. A full core workout.

### Indoor cycling

**Express Classes:** 45 mins of cycling including a quick warm-up/cool down, designed to get your workout in and you on your way.

**Rooftop Riders:** An all level class with 50 mins of hills, drills and active recovery to improve cardio endurance.

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

**Cycle Fit+:** 90 mins of cycling where endurance is the name of the game. 75-80 mins of cycling which includes an additional 10-15 mins cool down and stretch.

**Cycle Core:** 45-60 mins of cycling including warm up, followed by 30 mins of core training and a stretch.

**Cruise and Core:** 45 mins of cycling with varying intensity and 15 mins of core training suitable for older adults.

### WECCA Fit Pass:

- Provides unlimited access to all WECCA Group Fitness and Indoor Cycling classes at both the West End CC & Coal Harbour CC.
- More flexibility as you can load the pass on the OneCard.
- Purchase the pass at any time throughout the season (prices will pro-rate).
- Pass will expire at the end of each season (i.e. expires Jun 30 for Spring 2019 season).
- 50% discount available to patrons on the Leisure Access Program (LAP); maximum of one discount, per person, per season.
- Pro-rated refunds available for Fit Pass only, less $5.00 admin fee. Fit Pass is non-transferrable and cannot be suspended. Note: Refunds are not available for the 10 Visit Pass.
Pilates Day
May 4, 2019 is Pilates Day as designated by the Pilates community throughout the world. Join us in celebration, at the West End Community Centre, with a 90 minute intermediate level Pilates Mat Master Class taught by Fran Hinton and Jill Stoness. This flowing class will incorporate the classic movements and variations known as “Pilates Mat”. Be prepared to continually move throughout the length of the class. Not recommended for beginners. Please register.
Instructor: Fran Hinton and Jill Stoness
Sat May 4
12:45-2:15pm
FREE!
Dance Studio

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 preform 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 $15.45, space permitting
Instructor: Ivan Filippov
Wed Apr 3-Jun 26
208563
6:15-7:15pm
$200.85/13 sess
Sat Apr 6-Jun 29
208597
8:45-9:45am
$200.85/13 sess
Sat Apr 6-Jun 29
208598
10:30-11:30am
$200.85/13 sess
Denman Room

Arthritis Fit
This exercise class will provide people with arthritis the benefits of improved joint mobility, flexibility and muscle endurance. No class April 22, May 20
Instructor: Keno Kinoshita
Mon Apr 8-Jun 24
1:30-2:30pm
208104
$67/10 sess
Dance Studio

Osteofit Level 1
This beginner program is designed for those who suffer from osteoporosis. Emphasis is on developing strength and coordination to help make daily living more comfortable and injury free. Osteofit is program developed by the BC Women’s Hospital & Health Centre’s osteoporosis program.
Instructor: Anne O’Sullivan
Wed Apr 3-Jun 26
208308
9:05-10:05am
$97.50/13 sess
Denman Room

Osteofit For Life
For those who have taken the Osteofit Level 1 classes and are comfortable with Osteofit techniques. This exercise program is similar in design and concept to Level 1 but geared towards the more advanced participant. This class has an emphasis on building strength and improving balance. Osteofit for Life is a program developed by the BC Women’s Hospital & Health Centre’s osteoporosis program.
Instructor: Anne O’Sullivan
Mon Apr 8-Jun 24
11:30am-12:30pm
208135
$104.50/10 sess
Fitness Centre

Therapeutic Weight Training
Train to improve function in daily activities, rehabilitate and prevent future injuries. Small class size will insure you get individual attention and ongoing feedback. ** Participants must fill out a ParQ form prior to attending the first class and it must be brought to the instructor directly. No class April 22, May 20
Instructor: Keno Kinoshita
Mon Apr 8-Jun 24
11:30am-12:30pm
208135
$104.50/10 sess
Fitness Centre

Coal Harbour CC – Spring 2019 Group Fitness Class Schedule

*Class schedule and prices subject to change without notice. No classes on stat holidays.

Please be sure to attend your favourite classes, as those with low attendance are subject to cancellation.
Dance

Ballroom Dancing
Join our friendly group of Ballroom Dancers. Learn, practice and meet new friends. Singles and those with partners are both welcome. No session April 22, May 20
Mon Apr 1-Jun 24 12:45-2:45pm
208953 $1.25/drop-in
Auditorium

Line Dancing - Beginner
Have fun learning to move your feet to easy patterns with good rhythm. Get some exercise while meeting friends. Learn a wide variety of dances. No partner is required. Beginners class will focus on easier dances. No drop ins after the 3rd class without instructor’s permission.
Drop-in for $6.15.
Instructor: Al Serfas
Wed Apr 17-Jun 19 9:30-10:30am
209921 $51.50/10 sess
Auditorium

Education

The Original Message: Making Spirituality Tangible
Join us for this unique opportunity to engage in an explorative conversation on discoveries about YOU and your Tangible Connection to Spirituality in the science (we know), and faiths we subscribe to. All are welcome to Join, Listen and Share. And of course it's FREE (as Source Energy). We hope to see you there. Curious for further details? Please contact marrettg@gmail.com with any questions.
Instructor: Marrett Green
Tue Apr 16 6:30-8:00pm
209913 Free
Tue May 21 6:30-8:00pm
209914 Free
Tue Jun 18 6:30-8:00pm
Bidwell Room Free
209916

Language Learning - Travel Spanish
If you’re planning a trip to Latin America or even thinking about it this is the class for you. This class will prepare you both with your Spanish conversation and travel information. Small comfortable classes.
Instructor: Dominique Francoeur
Wed Apr 17-Jun 5 2:00-4:00pm
209929 $58.80/8 sess
Meeting Room 1

Efficient use of Personal Computer/Popular Program
By taking this class you will learn about browser configurations and security issues on the Internet. Why a virus checker program must be an essential component of every system. Shopping and banking on the Internet. “Free software” downloads and their repercussions. Why “drivers” must be kept up to date. Configuring a secure Local Area Network at home and much more. This session are primarily focused on systems running Microsoft Windows.
Instructor: Muharrem Sev
Thu Apr 25 1:00-3:00pm
209941 Free
Meeting Room 1

How Digital Computers Work
Ever have questions on how your computer works? By taking this class you will learn the basics of the functions of the operating system, the applications software, what a 32-bit or 64-bit processor mean, how hardware and software interact and much more. This class will teach you the basics of when the system is powered up, when the mouse is clicked and what happens when a key on the keyboard is pressed. This session are primarily focused on systems running Microsoft Windows.
Instructor: Muharrem Sev
Thu Apr 25 1:00-3:00pm
209941 Free
Meeting Room 1

Proper Care of a System (Hardware and Software)
This course will focus on setting up a regular “preventive maintenance” program, why “backup” is crucial, if the system “hangs” (keep your fingers crossed that it doesn't) what would be the “remedial” courses of action, why the “power” and “battery” related issues are so critical, wireless versus Ethernet connectivity of systems and much more. This session are primarily focused on systems running Microsoft Windows.
Instructor: Muharrem Sev
Thu Jun 20 1:00-3:00pm
209943 Free
Meeting Room 1
**Health and Wellness**

**Be Well**

“Be Well” offers those 55+ in the West End a free weekly drop-in program where, in a happy social atmosphere, blood pressure checks, fitness breaks, and seminars on a variety of wellness topics are offered. Monthly schedules are available at the West End Community Centre.

*Instructor: Lanzer Permalino*

**Wed Apr 10-Jun 26**

1:00-3:30pm
209928 Free
Bidwell Room

**Minds in Motion**

Minds in Motion® is designed for people living with early-stage memory loss due to Alzheimer’s disease and other dementias and a friend, family member or care partner. Enjoy light exercise conducted by a certified fitness instructor, followed by activities or games and social time in a relaxed atmosphere. Light refreshments will be provided. Participants must fill out a PARmed-X form prior to the start of the program. *Note - Fee is for one person with dementia and one care partner.*

*Instructor: Alzheimer Society of BC*

**Set 1**

Tue Apr 2-May 7

10:00-11:30am
209905 $37.50/6 sess

**Set 2**

Tue May 14-Jun 18

10:00-11:30am
209907 $37.50/6 sess
Denman Room

**SteadyFeet**

SteadyFeet is a partnership program between the Vancouver Coastal Health and Community Seniors Centres. Recommended by doctors and physiotherapists, the SteadyFeet balance and mobility program helps to increase confidence, improve functional mobility, increase lower body strength, improve balance and reduce fall risk. Please make sure that waiver forms are completed prior to the start of class. Participant can not start the program without clearance from a doctor. PAR Q+ required. No session April 19, April 22, May 20

*Instructor: Victoria Goldner*

**Mon Apr 1-Jun 24**

2:00-3:00pm
209449 $69.30/11 sess
English Bay Room

**Mon May 27-Jun 24**

1:30-2:30pm
209923 $69.30/11(sess
Dance Studio

**Chair Yoga**

Chair Yoga is a unique class that modifies yoga postures through the creative use of a chair. Our class is open for all ages and stages of yoga and movement ability. A Chair Yoga practice is helpful to learn for many reasons, including for when you're stuck at the office, on vacation (airplane/road trip sequence) or, if you could use a little extra support during standing and balance poses. Chair Yoga welcomes you, whatever level you are at. Drop-in $4.65, space permitting. No class April 22.

*Instructor: Sandra Leigh*

**Set 1**

Mon Apr 1-May 13

12:15-1:15pm
209445 $22.08/6 sess

**Set 2**

Mon May 27-Jun 24

12:15-1:15pm
209447 $18.40/5 sess

**Gardening Workshops!**

See pages 30-31 for more information.

Please register early!

Programs are cancelled if everyone waits until the last minute to register. The staff, where possible, makes a decision on activities four days prior to the start date. If not enough people sign up the program will either be cancelled or postponed. Sign-up even if the class is free!
Yoga Over 50
Tone and strengthen the muscles in your body through the slow, relaxing motions of yoga. Whatever your fitness level, you will benefit from this ideal, safe form of exercise. Drop-in for seniors (60+) = $3.00. Drop in for Adults = $6.00
Instructor: Sandra Leigh

Social Recreation

Bridge - Duplicate
Come out and join our friendly group of Duplicate bridge players. A valid WECCA Room Usage Card is required. Drop-in fee is $0.50 or $5/10 tickets. If you are a new participant and require a partner, please call Judy at 604.669.8872.
Instructor: Sandra Leigh

Bridge - Duplicate
209903
Tue Apr 2-May 14
9:10-10:25am
$19.25/7 sess

Bridge - Duplicate
209904
Tue May 21-Jun 25
9:10-10:25am
$16.5/6 sess

Set 1
Thur Apr 4-May 16
9:10-10:25am
209936
$19.25/7 sess

Set 2
Thu May 23-Jun 27
9:10-10:25am
209937
$16.5/6 sess

Tai Chi Yang Style
This gentle martial exercise relaxes, aligns and tones the body while improving breathing, balance and body awareness. Tai Chi is a set of movements done mindfully and with coordinated posture. It is a suitable form of exercise for most people. Please pre-register as space is limited.
Levels 1 and 2 Man-ching Sequence. Level 3 Yang Chengfu Long Form Sequence
Drop-in fee is $6.30.
Instructor: Kevin Hamilton M.E.S. Ph.D.

Tai Chi Yang Style
Level I
Thu Apr 25-Jun 27
209933
10:45-11:45am
$44/10 sess

Tai Chi Yang Style
Level II
Thu Apr 25-Jun 27
209934
12:00-1:00pm
$44/10 sess

Tai Chi Yang Style
Level III
Thu Apr 25-Jun 27
209935
9:40-10:40am
$44/10 sess

Cribbage
Cribbage, or crib, is a card game that involves forming combinations of cards for which points are scored, and playing those cards in an order also gains points. Come out and play with a social group of older adults. No session April 19.
Instructor: Musical Expressions

Cribbage
Fri Apr 5-Jun 28
209960
1:00-3:00pm
Free
Bidwell Room

Vancouver Prime Timers
Founded in 1990, the Vancouver Prime Timers provides mature gay and bisexual men with opportunities to come together in a supportive atmosphere to enjoy a varied program of social, educational, cultural, and recreational activities. Contact PrimeTimersVancouverCanada@gmail.com for more information.
Instructor: Musical Expressions

Vancouver Prime Timers
Thu Apr 4-May 30
209939
11:00-11:30am
$81/9 sess
Meeting Room 1

Music

Uke and Me for Seniors
Come join us on a ukulele adventure. Come jam along together on the ukulele while singing along to songs. No previous knowledge of the ukulele or skills sets are required. Ukuleles will be provided during class or you are welcome to bring your own instead. For more information visit www.musicalexpressions.ca Drop-in $12 if space permits.
Instructor: Musical Expressions

Uke and Me for Seniors
Thu Apr 4-May 30
209939
11:00-11:30am
Free
Meeting Room 1

Sports

Foamball Tennis
This is a modified version of tennis played indoors at a slower pace and with a foam ball. It’s fun and easy to learn for people of all fitness levels. Bring a friend and come and play.
Instructor: Musical Expressions

Foamball Tennis
Fri Apr 5-Jun 28
209951
11:45am-1:15pm
Free
Auditorium

Yes! You can rent one of our rooms!
The West End CC, Barclay Manor and Coal Harbour CC all have rooms available to rent! Host a meeting, party, family event, or wedding for a very reasonable rate. See page 7 for more information...
Welcome to Barclay Manor!
1447 Barclay Street, Vancouver, BC V6G 1J6
604-257-8333 | www.barclaymanor.ca

Registration Info:

Tues., March 12  Wed., March 13
9:00am (on-line/in-person)  9:00am (phone-in)

Details on page 5.

Spring Murder Mystery

Join us on May 7th for the production: The Ringing Bell for Murder. Spring ushers revival but not at the Barclay Manor. Mystery producer Trevor Jenkins invites the devoted lovers of a jolly good Agatha Christie fashioned murder mystery to test their sleuthing skills. Two lovers believe they have found a true spring romance only to discover the corpse in the garden ties one of them to murder. Participate. Enjoy. Prizes and gifts to be won! Savour delicious spring desserts, fruits and cakes as you uncover the evil doer.

Instructor: Trevor Jenkins

Tue May 7  6:30-8:30pm
212088  $10/1 sess
Piano Room at Barclay Manor

Creative Arts

Watercolour Painting

This program for older adults will give you the chance to learn to apply watercolour painting by exploring the medium’s full potential. Learn to use water, paper, colour, and brushes to create an endless variety of tones and atmosphere in your painting. We will focus on landscape painting techniques and studies of nature (flowers). Mohammad has over 30 years’ experience in teaching drawing and painting at his own Atashzad Academy of Art. He has published in colour more than 500 water colour paintings such as greeting cards, posters, albums, and books. www.atashzad.com (Supplies are not included, supply list available upon registration). No class April 25.

Instructor: Mohammad Atashzad

Thu Apr 11-Jun 20  10:00am-12:00pm
216300  $149.50/10 sess
Basement at Barclay Manor
West End Writers Club
All ages are welcome. The West End Writers Club provides a group atmosphere for beginning, emerging and published writers to critique works-in-progress by reading and receiving feedback. We occasionally run a writing contest, as well as host guest speakers. Please visit www.westendwriters.com for more information.

Wed Apr 3-Jun 26 7:00-9:30pm
Piano Room at Barclay Manor

Yoga for Seniors
This class is for older men and women at all fitness levels, including those with some physical challenges. Adapted to safely meet your needs, by a yoga teacher with 48 years experience. Excellent for complete beginners. Each class provides a balanced full body workout, designed to build strength as well as flexibility, better posture and breathing, and deeper levels of relaxation. Yoga class is a fragrance-free zone. No class April 19, June 21.

Instructor: Laura Krown
Wed Apr 3-May 15 9:45-10:45am
209917 $58.80/8 sess
Fri Apr 5-May 17 11:00am-12:00pm
209948 $50.40/6 sess
Wed May 22-Jun 26 9:45-10:45am
209919 $50.40/6 sess
Fri May 24-Jun 28 11:00am-12:00pm
209949 $42/5 sess
Basement at Barclay Manor

Puti Meditation
Puti meditation enhances physical and psychological health. It is energizing and calming for the heart, cultivates the mind and encourages positivity. Easy to learn for all. Registration is required, call 604-257-8333.

Instructor: Echo Guo
Wed Apr 10-Jun 26 6:30-9:00pm
209931 Free
Basement at Barclay Manor

Puti Meditation
Puti meditation enhances physical and psychological health. It is energizing and calming for the heart, cultivates the mind and encourages positivity. Easy to learn for all. Registration is required, call 604-257-8333.

Instructor: Echo Guo
Wed Apr 10-Jun 26 6:30-9:00pm
209931 Free
Basement at Barclay Manor

Bridge
This casual group meets to play bridge and socialize. Bring a friend and come and play. Beginners and newcomers are always welcome! Purchase your tickets at WECC: $5/10 tickets or register for the full season. No class April 22, May 20.

Mon Apr 1-Jun 24 1:00-4:00pm
209448 $5/10 tickets
Basement at Barclay Manor

“Try it Out” Open Mic
Nestled deep in the heart of the West End here’s a time to get cozy on a chilly evening and meet your neighbours in a creative environment! The Try It Out Coffeehouse is a free, monthly Open Mic held in the lovely Victorian parlour at Barclay Manor. Sign up is at 7 pm and it is first come first serve. Everyone gets 10 - 15 minutes (approximately three songs) depending on the size of the group. This is a time to share music, stories, poems, comedy, interpretive dance, etc or just listen! Open to all ages and abilities. As a friendly and supportive environment where everyone can “try out” ideas and projects, the Try it Out Open Mic has seen first time performers as young as five and seasoned performers who age - well - ageless! Lots of laughs, fun and even some inspiring moments. Come to listen or share. FREE!

Instructor: Barbara Shaw
Thu Apr 18 7:00-9:00pm
Thu May 16 7:00-9:00pm
Thu June 20 7:00-9:00pm
209944 Free
Piano Room at Barclay Manor

Vancouver Speakers and Leaders
The Vancouver Speakers and Leaders is a dynamic club full of interesting and diverse people who practice public speaking. For more information contact Eric at 778-985-9321.

Tue Apr 2-Jun 25 7:00-9:00pm
Basement at Barclay Manor
Welcome to the Coal Harbour Community Centre!

480 Broughton Street, Vancouver, BC V6G 3H4 | 604 718 8222 | www.coalharbourcc.ca

Registration Info:

**Tues., March 12**
9:00am (on-line/in-person)
*Details on page 5.*

**Wed., March 13**
9:00am (phone-in)

**Easter Carnival**

(2-7 yrs)
Hippity, hoppity, spring has sprung! Join the Easter Bunny for an Easter egg hunt, arts & craft and play time. The excitement will also include a bouncy castle, face painting, balloon making and photo booth! Parent participation is required. Pre-registration is recommended.

**Sat Apr 13**
10:00am-12:00pm
199791 $5.50/child, $7.50/child on the day-of-event
Gymnasium at Coal Harbour Community Centre

**Day Camp Alert!**

**Day Camp Season is Coming Soon!**

Take a Break and join Spring Break Day Camps!
See page 53 for more details.

Get Ready for Summer, join our Day Camps!
See page 54 for more details.
## Spring Camps

### Spring Day Camp Seabreeze (3-5 yrs)

It's spring break fun for little ones! Each week is full of arts and crafts, games, stories and exciting short out trips. Children must be potty trained. Each child should bring a backpack with a snack, sunscreen, jacket and hat each day. Parents must complete a waiver form with medical information and attach a recent picture of their child prior to camp.

- **M-F Mar 18-Mar 22**: 10:00-11:15am 199602 $41/5 sess
- **M-F Mar 25-Mar 29**: 10:00-11:15am 199603 $41/5 sess

**Arts and Crafts Room**

### Spring Break Day Camp Starfish (6-8 yrs)

Our energetic and responsible leaders will ensure your day camp experience is a memorable one. We have created a camp program you won’t want to miss! Each week will include cooperative games, sport and skill activities and out-trips. Each child should bring a backpack with a lunch, snack, jacket, and hat each day. Parents must complete a waiver form with medical information and attach a recent picture of their child prior to camp.

- **M-F Mar 18-Mar 22**: 9:30am-3:30pm 199598 $127/5 sess
- **M-F Mar 25-Mar 29**: 9:30am-3:30pm 199599 $127/5 sess

**Multipurpose Room**

### Spring Break Day Camp Stingray (9-12 yrs)

Our energetic and responsible leaders will ensure your day camp experience is a memorable one. We have created a camp program you won’t want to miss! Each week will include cooperative games, sport and skill activities and out-trips. Each child should bring a backpack with a lunch, snack, sunscreen, jacket, and hat each day. Parents must complete a waiver form with medical information and attach a recent picture of their child prior to camp.

- **M-F Mar 18-Mar 22**: 9:30am-3:30pm 199600 $127/5 sess
- **M-F Mar 25-Mar 29**: 9:30am-3:30pm 199601 $127/5 sess

**Multipurpose Room**

### Spring Break Before Care

Before and After Care is only available to children registered in Spring Break Day Camp (6-12 yrs). Extra fee may be charged for late pick ups. Please see current camp refund policy.

- **M-F Mar 18-Mar 22**: 8:00-9:30am 199596 $27/5 sess
- **M-F Mar 25-Mar 29**: 8:00-9:30am 199597 $27/5 sess

**Multipurpose Room**

### Spring Break After Care

Before and After Care is only available to children registered in Spring Break Day Camp (6-12 yrs). Extra fee may be charged for late pick ups. Please see current camp refund policy.

- **M-F Mar 18-Mar 22**: 3:30-5:30pm 199594 $32/5 sess
- **M-F Mar 25-Mar 29**: 3:30-5:30pm 199595 $32/5 sess

**Multipurpose Room**

### Spring Break Before Care

Before and After Care is only available to children registered in Spring Break Day Camp (6-12 yrs). Extra fee may be charged for late pick ups. Please see current camp refund policy.

- **M-F Mar 18-Mar 22**: 8:00-9:30am 199596 $27/5 sess
- **M-F Mar 25-Mar 29**: 8:00-9:30am 199597 $27/5 sess

**Multipurpose Room**

### Soccer Spring Camp (6-12 yrs)

Your child will develop ball handling skills, coordination, a sense of team play, and will be introduced to the basic rules of the game. Children are advised to wear shin guards. Drop-in $15.00, if space permits.

**Instructor: Manto Nakamura**

- **M-F Mar 25-Mar 29**: 3:30-5:30pm 199593 $82/5 sess

**Gymnasium**

### Basketball Spring Break Skills Camp

See page 65 for details

### Little Tot Japanese Spring Break

Join us for a fun time in this Spring Japanese Program! This program is designed for children to have the opportunity to play and speak Japanese through songs, dance, games, arts & crafts with their friends. Mari brings a wealth of knowledge and energy with over 20 years of teaching experience and provides many opportunities for your kids to learn and develop social skills with other children. Please bring a water bottle and snack.

- **M/T/W Mar 18-20**: 10:00-11:00am 200173 $59/3 sess

### Parent and Tot Japanese Spring Music!

This fun program focuses on body movement with Japanese music like the Eurythmics and a variety of activities with parent and child through song, dance, finger play, musical instruments and more!

- **M/T/W Mar 18-20**: 11:00-11:45am 200174 $56/3 sess

### Spring Break Japanese Activities

#### Little Tot Japanese Spring Break

Join us for a fun time in this Spring Japanese Program! This program is designed for children to have the opportunity to play and speak Japanese through songs, dance, games, arts & crafts with their friends. Mari brings a wealth of knowledge and energy with over 20 years of teaching experience and provides many opportunities for your kids to learn and develop social skills with other children. Please bring a water bottle and snack.

- **M/T/W Mar 18-20**: 10:00-11:00am 200173 $59/3 sess

### Day Camp Refund Policy:

Refunds for all day camps must be requested at least 10 business days prior to the first day of camp every week. See page 5 for full refund details.
Summer Day Camps

**Seabreeze Summer Fun**
(3-5 yrs)

It’s summer fun for little ones! Come join our enthusiastic and responsible leaders for a summer you’ll never forget! Each themed week is full of arts & crafts, games, stories and exciting short outings. Children must be potty trained.

**MORNING: 9:45-11:00am**
*$38/4 sess, $48/5 sess
*T-F Jul 2-5 214505
M-F Jul 8-12 214506
M-F Jul 15-19 214507
M-F Jul 22-26 214508
M-F Jul 29-2 214509
*T-F Aug 6-9 214510
M-F Aug 12-16 214511
M-F Aug 19-23 214512
M-F Aug 26-30 214513

**AFTERNOON: 1:45-3:00pm**
*$38/4 sess, $48/5 sess
*T-F Jul 2-5 214514
M-F Jul 8-12 214515
M-F Jul 15-19 214516
M-F Jul 22-26 214517
M-F Jul 29-2 214518
*T-F Aug 6-9 214519
M-F Aug 12-16 214520
M-F Aug 19-23 214521
M-F Aug 26-30 214522

**Day Camp Starfish (6-8 yrs)**
Our energetic and responsible leaders will ensure your daycamp experience is a memorable one. Each week will include cooperative games, sport and skill activities and out-trips. Each child should bring a backpack with a lunch, snack, sunscreen, jacket, and hat each day. Please note the day camp refund policy.

**MORNING:** 9:30am-3:30pm
*$118/5 days, $94/4 days*
*T-F Jul 2-5 214457
M-F Jul 8-12 214458
M-F Jul 15-19 214459
M-F Jul 22-26 214460
M-F Jul 29-2 214461
*T-F Aug 6-9 214462
M-F Aug 12-16 214463
M-F Aug 19-23 214464
M-F Aug 26-30 214465

**Day Camp Stingray (9-12 yrs)**
Our energetic and responsible leaders will ensure your daycamp experience is a memorable one. Each week will include cooperative games, sport and skill activities and out-trips. Each child should bring a backpack with a lunch, snack, sunscreen, jacket, and hat each day. Please note the day camp refund policy.

**MORNING:** 9:30am-3:30pm
*$118/5 days, $94/4 days*
*T-F Jul 2-5 214466
M-F Jul 8-12 214467
M-F Jul 15-19 214468
M-F Jul 22-26 214469
M-F Jul 29-2 214470
*T-F Aug 6-9 214471
M-F Aug 12-16 214472
M-F Aug 19-23 214473
M-F Aug 26-30 214474

**Before & After Care (6-12 yrs)**
Before and After Care is only available to children registered in Camp Starfish and Camp Stingray. Extra fee may be charged for late pick ups. Please note new day camp refund policy.

**Before Care: 8:00-9:30am**
*$20/4 days, $26/5 days
*T-F Jul 2-5 214448
M-F Jul 8-12 214449
M-F Jul 15-19 214450
M-F Jul 22-26 214451
M-F Jul 29-2 214452
*T-F Aug 6-9 214453
M-F Aug 12-16 214454
M-F Aug 19-23 214455
M-F Aug 26-30 214456

**After Care: 3:30-5:30pm**
*$24/4 days, $30/5 days
*T-F Jul 2-5 214439
M-F Jul 8-12 214440
M-F Jul 15-19 214441
M-F Jul 22-26 214442
M-F Jul 29-2 214443
*T-F Aug 6-9 214444
M-F Aug 12-16 214445
M-F Aug 19-23 214446
M-F Aug 26-30 214447

**Day Camp Information**

- Parents must complete a waiver form with medical information and attach a recent picture of their child prior to camp.
- Each child should bring a backpack with a lunch, snack, sunscreen, jacket, and hat each day.
- Weekly schedules will be available at the front office at the end of June.

**Day Camp Refund Policy:**
Refunds for all day camps must be requested at least 10 business days prior to the first day of camp every week. See page 5 for full refund details.
Playtime (Drop-ins)

**Baby Jellyfish Playtime**

We have toys, balls, and more. Each day ends with circle time songs. Parents are required to help set up and clean up the equipment each day.

**M-Th Apr 1-Jun 27**  
12:00-2:00pm  
213255  
$2.75/drop-in

**Arts and Crafts Room**

**Jellyfish Playtime**

We have ride 'em toys, slides, play house, balls, and more. Each day ends with circle time songs. Parents are required to help set up and clean up the equipment each day. On Fridays there are separate padded areas for newborns to 8 months. No session Apr 19, 22, May 20, 2019.

**M-F Apr 1-Jun 28**  
9:30-11:30am  
213881  
$2.75/drop-in  

**M/W/F Apr 1-Jun 28**  
1:30-3:30pm  
214088  
$2.75/drop-in  

**Sun Apr 7-Jun 23**  
10:00am-12:00pm  
214097  
$2.75/drop-in

**Gymnasium**

**Mini Jellyfish Playtime**

A smaller version of our Jellyfish Playtime. Parents are required to help set up and clean up the equipment. No session Apr 19, 22, May 20, 2019.

**Sat Apr 6-Jun 29**  
9:30-11:30am  
214101  
$2.75/drop-in

**Munchie-time**

Come join us for lunch after the Jellyfish Playtime program. Free coffee available in the program. Wednesday and Friday are hot dog days. Parents are required to help clean-up the equipment each day. Please keep all strollers in the hallway. No session Apr 19, 22, May 20, 2019.

**M/W/F Apr 1-Jun 28**  
11:45am-1:15pm  
214293  
$1.75/drop-in

**Multipurpose Room**

**Family Fun Time**

Come join us for some afternoon family time in the Arts & Craft room. We have blocks, trucks, cars, and many other toys. Meet and network with other parents. Please note that parents are required to help set up and clean up the equipment each day. $2.75 per drop-in. No session Apr 19, 22, May 20, 2019.

**M/F Apr 1-Jun 14**  
3:30-5:30pm  
213707  
$2.75/drop-in

**Childminding**

During our Munchie-time program, we have opened up this service to parents using the lobby, fitness classes or CHCC programs. The parent/guardians must remain in the building at all times and be available to childminding staff if necessary (diaper changes, etc). It is on a first-come-first-served basis with a limit of 6 children (no more than 2 infants) at one time. Send snacks or lunch depending on time. Sibling fee $2.75 per child. No session Apr 22, May 20, 2019.

**Mon Apr 1-Jun 24**  
11:45am-1:15pm  
213639  
$4.50/drop-in

**Multipurpose Room**

Parent participation is required in these programs (except Childminding)
Workshop for Parents

Early Childhood Speech and Language Development
Sandi will go through norms with parents for development in the early childhood years to know what to expect in terms of their child’s development—their understanding of language, speech sound production and sentence development. Learn fun functional ideas how on to stimulate speech and language development.
Instructor: Sandra Akres
Fri May 10 2:00-3:00pm 213674 Free Workshop Arts and Crafts Room

Creative Arts

Nature Creator Crafts (4-6 yrs)
Experience a range of environmentally themed workshops dedicated to young crafters. Learn about our precious planet Earth through art and play. Discover concepts of rainwater, trees, compost, weather and much more! Kids will be empowered to be an Eco Creator with Aleksandra, who holds Masters of Ecology Science, a Forestry Protection Degree and a Watershed Management Certificate. Supplies are included. $10 drop-in, if space permits.
Instructor: Aleksandra Gavrilovic
Sat Apr 13-Jun 15 11:30am-12:30pm 214295 $94/10 sess Arts and Crafts Room

Little Artists (3-5 yrs)
Your child will explore his or her creative abilities in creating a variety of projects with individual attention! Drop-in $12.00, if space permits.
Instructor: Ati Gheisary
Tue Apr 16-Jun 4 11:45am-12:45pm 214283 $66/8 sess Arts and Crafts Room

Little Doodlers (2-4 yrs)
Come explore the world of art with your little one. Your developing artists will make fun, creative & imaginative projects using a variety of media such as pencils, crayons, paint and finger paints. We’ll sing songs, play games and read stories for inspiration! Parent participation is required. Drop-in $15.00, if space permits. No session Apr 22, May 20, 2019.
Instructor: Samira Adab
Mon Apr 15-Jun 17 12:15-1:00pm 214288 $82/8 sess Meeting Room

Play/Drama

Saplings - Parent and Tot (1-5 yrs)
Enjoy fresh air, meet like-minded parents and caregivers and find support and community as you play outside with your tot! Connect with nature in this nature-based program that provides a unique opportunity for you to connect with your child, peers and natural environment in a safe, relaxing way. We will meet at Stanley Park Location TBA
Instructor: Saplings Outdoor Educator, Kate
Wed Apr 17-Jun 19 12:30-1:30pm 214341 $95/10 sess Stanley Park TBA

ESL for Farsi Speakers (3-6 yrs)
Children will learn English in fun bilingual atmosphere through free play/games, stories/songs and crafts. This is a great opportunity to improve language and social skills as well as get prepared for school. Samira is a licensed early childhood educator who also worked as teacher in Iran. Drop-in $12, if space permits. No class Apr 21, 2019.
Instructor: Samira Adab
Sun Apr 14-Jun 16 3:15-4:15pm 213708 $100/9 sess Dance Studio

Come to our Special Events!
See page 52 for more information.
Terrific Two’s and Three’s!
(2-3 yrs)
Make new friends and socialize through group play and movement. This is a great transition program for the little ones who are learning to be away from Mom or Dad. Drop-ins welcome if space permits, space is limited. No session Apr 22, May 20, 2019.
Instructor: Shinobu Preston
M/W Apr 15-Jun 26
214352  9:15-10:30am  $135/20 sess
214353  10:45am-12:00pm  $135/20 sess
Meeting Room

Wanpaku (3-5 yrs)
Instructor: Monica Lee
Fri Apr 26-Jun 28  11:15am-12:30pm  214360  $85/10 sess
Meeting Room

Genki!
Join us in the dynamic and energetic class to learn drama in Japanese. Must be able to understand and speak Japanese. Must be potty trained. Drop-in $12.00, if space permits.
日本語でゲームや工作そして、大きな声を出して色々な表現を勉強しましょう。
日本での13年間の舞台女優の経験をいかして子供たちと元気に楽しい時間を過ごしたいと思います。元気な子供達、皆集まれ〜!! プレストン
Instructor: Shinobu Preston
Fri Apr 26-Jun 28  9:45-11:00am  213746  $85/10 sess
Meeting Room

Music
Jump into Music
This one-of-a-kind music and movement program engages, educates, and entertains parent and child while on a musical journey through different styles and cultures. Curriculum is designed to stimulate the whole brain and body via singing, dancing, drumming, parachuting, improvising, exploring instruments, jumping and playing. A family fun environment exploring culture and world music. Try a free class anytime, 25% sibling discount, drop-ins welcome $15 if space permits. Check out our video and visit www.jumpintomusic.ca for more info. No session Apr 19, 2019.
Instructor: Monica Lee
Fri Apr 12-Jun 14  9:30-10:20am  214131  $125/9 sess
Fri Apr 12-Jun 14  10:30-11:20am  214135  $125/9 sess
Thu Apr 11-Jun 13  9:30-10:20am  214138  $139/10 sess
Thu Apr 11-Jun 13  10:30-11:20am  214140  $139/10 sess
Various Rooms
Toddler Sing-Along
Alexa will strum along with the little ones to traditional folk children's songs. Introduces children to harmony and singing in rounds by playing with rhythm through their voices, humming, listening to and repeating words with sound. Tra la la la la! Drop-in $10, if space permits.
Instructor: Alexa Berard
Sat Apr 20-Jun 22
1:00-1:45pm
214354
$96/10 sess
Meeting Room

Piano Lessons (5+ yrs)
These 30-minute private lessons will be taught in English. Each student's level will be assessed in the first class. For a more intensive lesson, please book for an hour. No session Apr 19, 21, 2019.
Instructor: Fiona Lai
Fri Apr 12-Jun 28
3:00-8:30pm
214327
$242/11 sess
Instructor: Alexa Berard
Sat Apr 6-Jun 22
12:30-4:30pm
214328
$264/12 sess
Instructor: Alexa Berard
Sun Apr 7-Jun 16
1:30-4:30pm
214329
$220/10 sess
Instructor: Vincent Cheng
Tue Apr 9-Jun 11
4:00-8:30pm
214330
$220/10 sess
Meeting Room

Hawaiian Hula (3-5 yrs)
In this program children learn the basic techniques of Hawaiian and Tahitian dance. Starting with warm up and floor work, the class then moves into learning choreography routines for the last half of each class. Polynesian dancing is an exciting, and expressive form of dance that also gives children the opportunity to learn about the culture of the Polynesian islands. Drop-in $15.00, if space permits.
Instructor: Kelsey Rogers
Tue Apr 16-Jun 18
3:45-4:30pm
213749
$90/10 sess
Dance Studio

Ballet - Parent and Tot
Introduce your little ones to the world of dance. Classes are designed to encourage little dancers to join in and have fun while dancing with mom or dad. Parent participation is required. Drop-in $12, if space permits. No class Apr 22, May 20, 2019.
Instructor: Meghann McKinnon
Mon Apr 8-Jun 10
10:00-10:30am
213264
$61/8 sess
Dance Studio

Ballet (3-6 yrs)
Introduce your child to the world of ballet. These classes help develop coordination, musicality and fluidity of movement, while emphasizing fun. Drop-in $12, if space permits. No class Apr 19, 22, May 20, 2019.
Instructor: Meghann McKinnon
3-4 yrs
Mon Apr 8-Jun 10
11:15am-12:00pm
213258
$61/8 sess
Fri Apr 12-Jun 14
213257
$69/9 sess
4-5 yrs
Mon Apr 8-Jun 10
10:30-11:15am
213260
$61/8 sess
Fri Apr 12-Jun 14
213259
$69/9 sess
5-6 yrs
Fri Apr 12-Jun 14
4:00-5:00pm
213261
$84/9 sess
Dance Studio

Animals, ABC’s and You! (3-5 yrs)
We will learn an animal themed story and song and enjoy alphabet based activities including games and crafts. Mistin is enthusiastic to share and transform her former elementary school teacher experience into an hour of interesting fun for everyone! Children will need to be fully potty trained. Drop-ins $10.00 if space permits.
Instructor: Mistin Wilkinson
Thu Apr 11-Jun 13
11:30am-12:30pm
213254
$92/10 sess
Meeting Room

Silly Science
Do you like to take things apart or put things together? Do you like to ask questions, investigate, and try to find answers? uncover the mysteries of science with a series of dazzling experiments and hands-on activities in Silly Science to then amaze family and friends! Must be potty trained. Drop-in $10.00, if space permits.
Instructor: Mistin Wilkinson
Tue Apr 16-Jun 18
11:30am-12:30pm
214345
$99/10 sess
Meeting Room

Spring Break is Coming!
See page 53 & 65 for Spring Day Camps!
**ESL for Kids (3-4 yrs)**

Children will learn and practice English in a comfortable classroom atmosphere where the main focus is preparing for kindergarten. Practice phonetics and alphabet recognition and strengthen simple sentence structure and build vocabulary. Drop-in $15.00, if space permits.

*Instructor: Christina Glover*

Sat Apr 6-Jun 8  
10:30-11:30am  
213705  
$96/10 sess  
Meeting Room

**ESL for Kids (5-7 yrs)**

Learn English in a comfortable classroom atmosphere where the main focus is preparing for school. Strengthen English listening, reading, speaking and writing skills through learning activities, songs, books and homework that help build sentence structure and vocabulary. Drop-in $15.00, if space permits.

*Instructor: Christina Glover*

Sat Apr 6-Jun 8  
11:45am-1:00pm  
213706  
$118/10 sess  
Meeting Room

**ESL for Farsi Speakers (3-6 yrs)**

Children will learn English in fun bilingual atmosphere through free play/games, stories/songs and crafts. This is a great opportunity to improve language and social skills as well as get prepared for school. Samira is a licensed early childhood educator who also worked as teacher in Iran. Drop-in $12, if space permits.

*No class Apr 21, 2019.  
Instructor: Samira Adab*

Sun Apr 14-Jun 8  
3:15-4:15pm  
213708  
$100/9 sess  
Dance Studio

**Parent and Tot Japanese Music and Crafts! (2yrs)**

This fun program focuses on body movement with Japanese music like the Eurythmics and a variety of activities with parent and child through song, dance, finger play, musical instruments and more!

*Instructor: Mari Shiota*

Mon Apr 29-Jun 17  
10:00-11:15am  
213713  
$124/7 sess  
Music

Mon Apr 29-Jun 17  
11:30am-12:45pm  
213717  
$124/7 sess  
Vocabulary

**Sport**

Wed Apr 24-Jun 19  
10:00-11:15am  
213709  
$158/9 sess  
Wed Apr 24-Jun 19  
11:30am-12:45pm  
213731  
$158/9 sess

**Get Ready for Summer!**

See page 54 for Summer Day Camps!
Martial Arts

Olympic Style TaeKwonDo (4-7 yrs)

Tae, to strike with fist; Kwon, to strike with foot; Do, is discipline, respect, and the way of life. This course is designed for children to acquire the needed physical stamina, flexibility, coordination, and confidence. The instructor is a member of Korean TaeKwonDo Kukkiwon. World recognized black belt certificate could be issued, upon successful passing of the programs blackbelt test. Drop-in $14.00, if space permits. No session Apr 14, 21, May 19, 2019.

Instructor: Kevin Kwan

Level 1
Sun Apr 7-Jun 23
214301
12:00-1:00pm
$108/9 sess

Level 2
Sun Apr 7-Jun 23
214302
11:00am-12:00pm
$108/9 sess

Multipurpose Room

Aikido (5-7 yrs)

Aikido is a peaceful form of Japanese Martial Arts. This class focuses on awareness and developing cooperation. Aikido Canada Ltd. Shohei Juku. Drop-in $12.00, if space permits.

Instructor: Shinobu Preston
Fri Apr 26-Jun 28
213249
4:00-5:00pm
$115/10 sess

Multipurpose Room

Sports

Multi-sports Parent and Tot (2-3 yrs)

Children learn how to play different types of sports such as basketball, soccer, floor hockey, badminton and other sports.

Instructor: Lanzer Permalino

Tue Apr 16-Jun 11
214292
9:30-10:15am
$52/9 sess
Multipurpose Room

Tot Soccer (4-6 yrs)

Your child will develop ball handling skills, coordination, a sense of team play, and will be introduced to the basic rules of the game. Children are advised to wear shin guards. Drop-in $12.00, if space permits. No session Apr 22, May 20, 2019.

Instructor: Manto Nakamura

Mon Apr 1-Jun 17
214355
3:30-4:30pm
$87/10 sess

Thu Apr 4-Jun 20
214358
3:30-4:30pm
$105/12 sess

Gymnasium

Birthday Parties (2-7 yrs)

This spectacular party includes an enthusiastic party leader, fun games, arts and crafts, pizza, juice, decorations, and the room rental for 10 kids. You bring the cake, the kids, and the loot bags and leave the rest to us. Additional children are welcome at $10/child, maximum up to 16 children in the party package. The room capacity is up to 25 people only. All parents and children are required to help the birthday leader clean up. Cancellation policy: No refunds after two weeks prior to the birthday party date.

Sat Apr 13-Apr 13
213273
1:45-3:45pm
$174/4 sess

Sun Apr 14-Apr 14
213274
11:45am-1:45pm
$174/4 sess

Gymnasium & Arts and Crafts Room
## Coal Harbour CC Spring Programs for 0-13 years

<table>
<thead>
<tr>
<th>Monday</th>
<th>Tuesday</th>
<th>Wednesday</th>
<th>Thursday</th>
<th>Friday</th>
<th>Saturday</th>
</tr>
</thead>
<tbody>
<tr>
<td>9:30-11:30am Jellyfish Playtime (0-5 yrs)</td>
<td>9:30-11:30am Jellyfish Playtime (0-5 yrs)</td>
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<td>9:30-11:30am Jellyfish Playtime (0-5 yrs)</td>
<td>9:30-11:30am Mini Jellyfish Playtime (0-5 yrs)</td>
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</tr>
<tr>
<td>9:15am-10:30am &amp; 10:45am-12:00pm Terrific 2s &amp; 3s! (2-3 yrs)</td>
<td>9:30-10:15am Multi-Sports (2-3 yrs)</td>
<td>9:15-10:30am &amp; 10:45am-12:00pm Terrific 2s &amp; 3s! (2-3 yrs)</td>
<td>9:30-10:20am Jump into Music (0-5 yrs)</td>
<td>9:30-10:20am Jump into Music (0-5 yrs)</td>
<td>10:30-11:30am ESL for Kids (3-5 yrs)</td>
</tr>
<tr>
<td>10:00am-12:45pm Fun with Japanese (3-5 yrs)</td>
<td>9:45am-11:00am Pre-Kinders (3-5 yrs)</td>
<td>10:00am-12:15pm Fun with Japanese (3-5 yrs)</td>
<td>9:45-11:00am GENKI!! (3-5 yrs)</td>
<td>9:45am-11:00am GENKI!! (3-5 yrs)</td>
<td>11:30am-12:30pm Nature Creator Crafts (4-6 yrs)</td>
</tr>
<tr>
<td>10:00am-10:30am Ballet - Parent &amp; Tot</td>
<td>10:00-11:00am Little Tot Japanese (2-3 yrs)</td>
<td>10:30am-11:20pm Jump into Music (0-5 yrs)</td>
<td>11:15am-12:30pm Wanpaku (3-5 yrs)</td>
<td>11:45am-12:30pm Piano Lessons Vocal lessons (5+ yrs)</td>
<td>1:15-2:15pm ESL Canadian Expressions for Kids (6-8 yrs)</td>
</tr>
<tr>
<td>10:30am-11:15am Ballet (4-5 yrs)</td>
<td>11:00-11:45am Parent &amp; Little Tot Japanese Music (2 yrs)</td>
<td>11:30am-12:30pm Animal ABC’s and You (3-5 yrs)</td>
<td>1:30-3:30pm Piano Lessons Ensemble Group (7-12 yrs)</td>
<td>3:30-4:30pm Guitar Lessons Ensemble Group (7-12 yrs)</td>
<td>3:00-4:00pm Guitar Lessons Ensemble Group (7-12 yrs)</td>
</tr>
<tr>
<td>11:15am-12:00pm Ballet (3-4 yrs)</td>
<td>11:30am-12:30pm Silly Science</td>
<td>11:45am-11:55pm Munchie-Time/Childminding</td>
<td>2:00-3:00pm Pop Choir (7-12 yrs)</td>
<td>3:00-4:00pm Guitar Lessons Ensemble Group (7-12 yrs)</td>
<td>1:15-2:15pm ESL Canadian Expressions for Kids (6-8 yrs)</td>
</tr>
<tr>
<td>11:45am-1:15pm Munchie-Time/Childminding</td>
<td>11:45am-12:45pm Little Artists (3-5 yrs)</td>
<td>11:45am-1:15pm Munchie-Time</td>
<td>3:00-5:30pm Piano Lessons (5+ yrs)</td>
<td>3:30-8:30pm Piano Lessons (5+ yrs)</td>
<td>1:30-4:30pm Piano Lessons (5+ yrs)</td>
</tr>
<tr>
<td>12:15-1:00pm Little Doodlers (2-4 yrs)</td>
<td>12:30pm-1:30pm Saplings - Parent &amp; Tot (1-5 yrs)</td>
<td>1:30-3:30pm Ballet (Various Ages)</td>
<td>8:30-10:00pm Aikido (5-12 yrs)</td>
<td>10:00am-12:00pm Jellyfish Playtime (0-5 yrs)</td>
<td>2:15-7:15pm Ballet (Various Ages)</td>
</tr>
<tr>
<td>12:00-2:00pm **Baby Jellyfish (0 mth-1.5 yrs)</td>
<td>12:00-2:00pm **Baby Jellyfish (0 mth-1.5 yrs)</td>
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<td>1:30-3:30pm Jellyfish Playtime (0-5 yrs)</td>
<td>2:15-7:15pm Ballet (Various Ages)</td>
<td>1:30-4:30pm Piano Lessons (5+ yrs)</td>
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<tr>
<td>1:30-3:30pm Jellyfish Playtime (0-5 yrs)</td>
<td>3:45-4:30pm Hawaiian Hula (3-5 yrs)</td>
<td>3:30-5:30pm Family Fun Time (0-5 yrs)</td>
<td>4:15-5:15pm Rhythmic Gymnastics (8-12 yrs)</td>
<td>2:15-7:15pm Ballet (Various Ages)</td>
<td>1:30-4:30pm Piano Lessons (5+ yrs)</td>
</tr>
<tr>
<td>3:45-5:45pm Open Gym (6-8 &amp; 9-12 yrs)</td>
<td>3:00-5:00pm Open Gym (6-8 &amp; 9-12 yrs)</td>
<td>3:30-5:00pm Piano Lessons After School (6-12 yrs)</td>
<td>3:30-5:00pm Open Gym (6-8 &amp; 9-12 yrs)</td>
<td>7:15-9:15pm Aikido (8-18 yrs)</td>
<td>5:00-5:50pm Hip Hop Dance (8-10 yrs)</td>
</tr>
<tr>
<td>3:30-5:50pm Soccer (4-6, 7-11 yrs)</td>
<td>4:00-8:30pm Piano Lessons (5+ yrs)</td>
<td>Basketball 3:45-4:30pm (6-8 yrs) 4:50-5:50pm (9-13 yrs)</td>
<td>4:00-5:00pm Aikido (8-14 yrs)</td>
<td>3:30-5:50pm Soccer (4-6, 7-11 yrs)</td>
<td>Aikido 4:00-5:00pm (5-7 yrs) 5:00-6:00pm (8-12 yrs)</td>
</tr>
<tr>
<td>3:30-5:30pm Family Fun Time (0-5 yrs)</td>
<td>3:30-4:30pm Printmaking Workshops (6-8 yrs)</td>
<td>3:30-5:50pm Soccer (4-6, 7-11 yrs)</td>
<td>3:30-5:50pm Soccer (6-8, 9-12 yrs)</td>
<td>3:30-5:30pm Family Fun Time (0-5 yrs)</td>
<td>3:30-5:30pm Family Fun Time (0-5 yrs)</td>
</tr>
<tr>
<td>4:15-5:15pm Rhythmic Gymnastics (8-12 yrs)</td>
<td>4:30pm-5:10pm Colour Theory for Kids (8-10 yrs)</td>
<td>4:00-5:00pm Aikido (8-14 yrs)</td>
<td>6:00-7:00pm Hip Hop Dance (8-10 yrs)</td>
<td>3:30-5:30pm Family Fun Time (0-5 yrs)</td>
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</tbody>
</table>

**Special Events!**

- Kids Stuff Only Market Mar 3
- Easter Carnival Apr 13
- Birthday Parties See pages 60 or 65.
- Workshop for Parents See page 56.

Times, dates and prices are subject to change. Please refer to pages 54-65 for exact dates & prices for each program. **Hours may change during seasonal daycamps: 11:30am-1:30pm**
Saplings After School
(6-12 yrs)
Our after-school programs allow kids to explore and experience the natural world through practical involvement. We believe the outdoors encourages imaginative play, creativity, hand-eye coordination, physical strength, and mental clarity. Our educators encourage children to develop their problem-solving and critical-thinking skills. Additionally, a multi-age environment promotes cooperation and teamwork, while raising children’s emotional awareness. Instructor: Saplings Outdoor Educator, Kate
Wed Apr 17-Jun 19 3:00-5:00pm
214343 $130/10 sess
Arts and Crafts Room

Hawaiian Hula (6-9 yrs)
In this youth program children learn the basic techniques of Hawaiian and Tahitian dance. Starting with warm up and floor work, the class then moves into learning choreography routines for the last half of each class. Polynesian dancing is an exciting, and exotic form of dance that also gives children the opportunity to learn about the culture of the Polynesian islands. Drop-in $15.00, if space permits. Instructor: Kelsey Rogers
Tue Apr 16-Jun 18 4:30-5:25pm
213750 $90/10 sess
Dance Studio

Ballet (5-9 yrs)
Introduce your child to the world of ballet. These classes help develop coordination, musicality, and fluidity of movement, while emphasizing fun. Drop-in $12.00, if space permits. No class Apr 19, 2019. Instructor: Meghann McKinnon
5-6 yrs Fri Apr 12-Jun 14 4:00-5:00pm
213261 $84/9 sess
7-9 yrs Fri Apr 12-Jun 14 5:00-6:00pm
213262 $84/9 sess
Dance Studio

Ballet (9-12 yrs)
Introduce your child to the world of ballet. These classes help develop coordination, musicality, and fluidity of movement, while emphasizing fun. Drop-in $12.00, if space permits. No class Apr 19, 2019. Instructor: Meghann McKinnon
Fri Apr 12-Jun 14 6:00-7:15pm
213263 $105/9 sess
Dance Studio

Spring Break is Coming!
See page 53 & 65 for Spring Day Camps!

Creative Arts

Printmaking Workshops for Kids (6-8 yrs)
Learn about the basics of relief printmaking techniques including monoprinting, printing with found objects, printing with string and yarn, muffin tin printing, styrofoam printing, and car wheel printing. Drop-in $12.00, if space permits. Instructor: Ati Gheisary
Tue Apr 16-Jun 4 3:30-4:30pm
214334 $82/8 sess
Arts and Crafts Room

Color Theory for Kids (8-10 yrs)
Join these fun lessons to learn color theory. Children are able to explore the concept of color theory comfortably and enjoy creating a colorful project. Materials are watercolor tubes and Play-Doh. Drop-in $12.00, if space permits. Instructor: Ati Gheisary
Tue Apr 16-Jun 4 4:30-5:30pm
213654 $82/8 sess
Arts and Crafts Room

Music

Guitar Group Lessons (7-12 yrs)
Everyone will be Strumming Chords, playing melodies and harmonizing. Learn the guitar basics and notation. We will practice to folk and rock music. There will be time in each session to combine the musical elements. Any level is welcome. Drop-in $10, if you speak to instructor 3 days in advance of class. Bring your own guitar. Instructor: Alexa Berard
Sat Apr 20-Jun 22 3:00-4:00pm
213748 $140/10 sess
Meeting Room

Dance

Hip Hop Dance (8-10 yrs)
In this class, you’ll learn the fundamentals of hip hop, like street dance and grooving. We’ll cover both the latest and classic styles, through choreography and games. All levels of experience are welcome. Drop-in $12, if space permits. Though she has been dancing to Michael Jackson since the day she was born, Yasmine Shemesh began her more formal dance training at age five, with a strong emphasis on hip hop and jazz. She has taught at community centres and dance studios on the North Shore over the last decade, and danced with the BC Lions Felions Dance Team for three consecutive seasons from 2005-2007. Yasmine is currently furthering her training with a hip hop program out of Harbour Dance Centre. She is excited to share her passion for dance with the Coal Harbour community! Instructor: Yasmine Shemesh
Wed Apr 10-Jun 12 6:00-7:00pm
213876 $110/10 sess
Multipurpose Room

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Pop Choir (7-12 yrs)
Have fun learning to harmonize with other children singing favourite popular songs! This group singing program will teach children correct vocal techniques and warm-ups including breathing humming/trilling exercises and scales.

Instructor: Alexa Berard
Sat Apr 13-Jun 15
214329
Meeting Room

Piano Lessons (5+ yrs)
These 30-minute private lessons will be taught in English. Each student’s level will be assessed in the first class. For a more intensive lesson, please book for an hour. No session Apr 19, 21, 2019.

Instructor: Fiona Lai
Fri Apr 12-Jun 28
214327
$242/11 sess
Fri Apr 19, 21, 2019
214329
$274/10 sess
Instructor: Alexa Berard
Sat Apr 6-Jun 22
214328
$264/12 sess
Instructor: Alexa Berard
Sat Apr 6-Jun 22
214329
$286/10 sess
Instructor: Alexa Berard
Sun Apr 7-Jun 16
214330
$220/10 sess
Instructor: Vincent Cheng
Tue Apr 9-Jun 11
214330
$220/10 sess
Meeting Room

Music & Vocal Lessons
(5+ yrs)
Take your pick: voice, guitar, ukulele, flute, saxophone and clarinet. These 30-minute private lessons will be taught in English. Alexa teaches all styles of music - Classical, Jazz/Blues, Pop, Composition and Improvisation including theory. Each student’s level will be assessed in the first class. For a more intensive lesson, please book for an hour. Please book one of Alexa’s Saturday or Sunday piano lesson times and call the office 604-718-8222 ext.1 to specify your instrument of choice. Please bring your instrument. No session Apr 21, 2019.

Instructor: Alexa Berard
Sat Apr 6-Jun 22
214328
12:30-4:30pm
$264/12 sess
Sun Apr 7-Jun 16
214329
1:30-4:30pm
$220/10 sess
Meeting Room

Education

RED Cross - Stay Safe Training
(9-12 yrs)
Feel confident knowing you are responsible on your own and have the skills to deal safely with an emergency situation. First Aid. Active role-play! Interactive and fun! Course Content: -Canadian Red Cross Principals -My Family and Me -My Time: Scheduled and Leisure Activities -Expecting The Unexpected -Healthy Choices -First Aid (Handwashing, Check, Call, Care, Complete Choking - Alone, Anaphylaxis and Use of Epipen Auto-Injector, Life-Threatening External Bleeding). Please bring a bag lunch (no nuts please), plenty of water and snacks and pen or pencil.

Instructor: First Aid Hero
Sun Jun 9
214338
10:00am-4:00pm
$70/1 sess
Activity Room

RED Cross - Babysitting Training
(11-16 yrs)
So you want to be a babysitter, or your parents want you to take this course so they feel confident leaving you at home alone? Babysitting with First Aid Hero emphasizes learning through real life scenarios. Covered in this course: Exploring the Business of Babysitting; Creating Safe Environments; Safely Caring for ages 0-12; First Aid Skills. Please bring a bag lunch (no nuts please), medium sized doll or stuffed animal, plenty of water and snacks and pen or pencil.

Instructor: First Aid Hero
Sun Apr 28
214335
10:00am-5:00pm
$70/1 sess
Activity Room

Languages

ESL for Kids (5-7 yrs)
Learn English in a comfortable classroom atmosphere where the main focus is preparing for school. Strengthen English listening, reading, speaking and writing skills through learning activities, songs, books and homework that help build sentence structure and vocabulary. Drop-in $15.00, if space permits.

Instructor: Christina Glover
Sat Apr 6-Jun 8
213706
11:45am-1:00pm
$118/10 sess
Meeting Room

ESL Canadian Expressions for Kids (6-8 yrs)
We will have fun while acquiring new language skills in this class. It will be ‘a piece of cake’: so easy! Expressions can be difficult for any ESL student to use properly as they have a special meaning from what the words typically mean. Idioms are usually shaped by a culture and differ in popularity. Knowing them helps your children transition more smoothly into Canadian cultures and in all aspects of their lives.

Drop-in $15.00, if space permits.

Instructor: Christina Glover
Sat Apr 6-Jun 8
213704
1:15-2:15pm
$96/10 sess
Activity Room

ESL for Farsi Speakers
(3-6 yrs)
Children will learn English in fun bilingual atmosphere through free play/games, stories/songs and crafts. This is a great opportunity to improve language and social skills as well as get prepared for school. Samira is a licensed early childhood educator who also worked as teacher in Iran.

Drop-in $12, if space permits.

Instructor: Samira Adab
Sun Apr 14-Jun 16
213708
3:15-4:15pm
$100/9 sess
Dance Studio

Get Ready for Summer!
See page 54 for Summer Day Camps!
Martial Arts

Aikido (5-7 yrs)
Aikido is a peaceful form of Japanese Martial Arts. This class focuses on awareness and developing cooperation. Aikido Canada Ltd. Shohei Juku. Drop-in $12.00, if space permits.

Instructor: Shinobu Preston
5-7 yrs
Fri Apr 26-Jun 28
213249
4:00-5:00pm
$115/10 sess
8-12 yrs
Fri Apr 26-Jun 28
213252
5:00-6:00pm
$115/10 sess

Aikido - Intermediate (8-14 yrs)
This Intermediate level class is tailored to students looking to improve their skills and ability. Aikido Canada Ltd. Shohei Juku. Drop-in $12.00, if space permits.

Instructor: Shinobu Preston
Wed Apr 17-Jun 26
213253
4:00-5:00pm
$115/10 sess

Olympic Style TaeKwonDo (4-7 yrs)
Tae, to strike with fist; Kwon, to strike with foot; Do, is discipline, respect, and the way of life. This course is designed for children to acquire the needed physical stamina, flexibility, coordination, and confidence. The instructor is a member of Korean TaeKwonDo Kukkiwon. World recognized black belt certificate could be issued, upon successful passing of the programs blackbelt test. Drop-in $14.00, if space permits. No session Apr 14, 21, May 19, 2019.

Instructor: Kevin Kwan
Level 1
Sun Apr 7-Jun 23
214301
12:00-1:00pm
$108/9 sess
Level 2
Sun Apr 7-Jun 23
214302
11:00am-12:00pm
$108/9 sess
Multipurpose Room

Olympic Style TaeKwonDo (8-12 yrs)
Tae, to strike with fist; Kwon, to strike with foot; Do, is discipline, respect, and the way of life. This course is designed for children to acquire the needed physical stamina, flexibility, coordination, and confidence. The instructor is a member of Korean TaeKwonDo Kukkiwon. World recognized black belt certificate could be issued, upon successful passing of the programs blackbelt test. Drop-in $12.00, if space permits. No session Apr 14, 21, May 19, 2019.

Instructor: Kevin Kwan
Level 1
Sun Apr 7-Jun 23
214303
11:00am-12:00pm
$108/9 sess
Level 2
Sun Apr 7-Jun 23
214300
10:00-11:00am
$108/9 sess
Level 3
Su/Th Apr 7-Jun 23
214299
10:00-11:00am
$220/20 sess
Multipurpose Room

Sports

Basketball
RainCity basketball focuses on skill development. We aim to improve and master the basic fundamentals before moving to more advanced basketball skills. Whether you are a beginner or not you will improve your skills with us. We offer a fun, inclusive, competitive, and engaging atmosphere for boys and girls and hope to see you on the court. Get better here. Drop-in $12.00, if space permits.

Instructor: Raincity Basketball Club
6-8 yrs
Wed Apr 10-Jun 12
213271
3:45-4:30pm
$100/10 sess
9-13 yrs
Wed Apr 10-Jun 12
213272
4:50-5:50pm
$100/10 sess
Gymnasium

Badminton Lessons (7-16 yrs)
Your child will learn the basics of badminton skills to be able to engage in fun, recreational play. For the session, your child will have time to practice and develop basic skills (hand/eye coordination, serves, basic forehand strokes, footwork, etc.) to be able to have fun with casual rallying. Individual teaching is provided to help skill areas requiring further improvement.

Instructor: Derek Wong
Fri Apr 5-Jun 21
213256
3:45-4:45pm
$67/11 sess
Gymnasium

Basketball Spring Break Skills Camp
See pages 65 for details.
**Children**

**Tot Soccer (4-6 yrs)**
Your child will develop ball handling skills, coordination, a sense of team play, and will be introduced to the basic rules of the game. Children are advised to wear shin guards. Drop-in $12.00, if space permits.

*Instructor: Manto Nakamura*

- **Mon Apr 1-Jun 17**
  - 3:30-4:30pm
  - 214355
  - $87/10 sess

- **Thu Apr 4-Jun 20**
  - 3:30-4:30pm
  - 214358
  - $105/12 sess

**Soccer (7-11 yrs)**
Your child will develop ball handling skills, coordination, a sense of team play, and will be introduced to the basic rules of the game. Children are advised to wear shin guards. Drop-in $13.00, if space permits.

No session Apr 22, May 20, 2019.

*Instructor: Manto Nakamura*

- **Mon Apr 1-Jun 17**
  - 4:35-5:50pm
  - 214350
  - $87/10 sess

- **Thu Apr 4-Jun 20**
  - 4:35-5:50pm
  - 214351
  - $105/12 sess

**Rhythmic Gymnastics (8-12 yrs)**
Rhythmic Gymnastics combines body movement skills with music and a variety of apparatus such as balls, hoops, scarves and ribbons. Rhythmic Gymnastics skills develop flexibility, strength, musical awareness and improve self-confidence. Sharing Show will be on the last class. Drop-in $15.00, if space permits.

No session Apr 22, May 20, 2019. Aura Rhythms’s Annabelle Kovacs, 2014 Commonwealth Games gold medalist, has represented Canada all over the world. She has been a top-3 Canadian National Team member for 5 consecutive years, qualifying herself to two Rhythmic Gymnastics World Championships. Aura Rhythms has been the leader in the field of Rhythmic Gymnastics in Canada for over 25 years, delivering top results in every category of competition, from early future star beginners to top ranked Canadian National Team athletes.

*Instructor: Annabelle Kovacs*

- **Mon Apr 15-Jun 24**
  - 4:15-5:15pm
  - 214340
  - $75/9 sess

**Birthday Parties**
This spectacular party includes an enthusiastic party leader, fun games, arts and crafts, pizza, juice, decorations, and the room rental for 10 kids. You bring the cake, the kids, and the loot bags and leave the rest to us. Additional children are welcome at $10/child, maximum up to 16 children in the party package. The room capacity is up to 25 people only. All parents and children are required to help the birthday leader clean up. Cancellation policy: No refunds after two weeks prior to the birthday party date.

- **Sat Apr 13**
  - 1:45-3:45pm
  - 213273
  - $174/4 sess

- **Sun Apr 14**
  - 11:45am-1:45pm
  - 213274
  - $174/4 sess

**Basketball Spring Break Skills Camp (8-15 yrs)**
Boys and Girls age 8-15 learn and develop new skills in a very active, competitive atmosphere. We pride ourselves on progression based training, mastering the basics before moving to elite skills. There will be lots of games, contests and prizes. We want everyone to have fun, work hard and get better at basketball. T-Shirt included. Excited to see you on the court!!

*Powered by Raincity Basketball*

*Instructor: Raincity Basketball Club*

- **M-F Mar 18-22**
  - 3:30-5:30pm
  - 218033
  - $100/10 sess

**Friday Nights at Coal Harbour Community Centre**
Youth ages 13-18 are welcome to enjoy the open gym and activities upstairs in the Multi-Purpose Room.

**Open Gym**
Fri Apr 12-Jun 21
Basketball (1/2 Court) Volleyball
6:15 PM-8:15 PM
Basketball (Full Court)
8:30 PM-9:30 PM

No Open Gym Apr 19, May 3, May 17

**Youth Drop-in**
Fri Apr 26-Jun 21
6:30 PM-9:30 PM

No program Apr 19 or May 3

**Come to our Special Events!**
See page 52 for more information.
Creative Arts

Photography - Beginner
This interactive course is great for beginners looking to build skills in photography. Manto is a professional photographer in portraiture, nature, and sport (including the Olympics); he will teach you step by step photography basics, functions, and terminology with a hands-on approach. Bring your iPhone, Compact Camera, DSLR Camera etc. Sorry, no drop-ins permitted.

Instructor: Manto Nakamura
Thu May 9-May 23 7:00-9:00pm
212493 $87/3 sess
Activity Room

Photography - Intermediate
Are you ready to move from autopilot to total control? This intermediate level course will deal with more advanced digital SLR photography. The following topics will be covered: (1) using your digital SLR camera manually with confidence; (2) lighting skills with models and objects; (3) editing and advanced retouching techniques. Work will require a digital SLR or mirror-less camera. Sorry, no drop-ins permitted.

Instructor: Manto Nakamura
Thu Jun 6-Jun 20 7:00-9:00pm
212494 $87/3 sess
Activity Room

Art of the Journal
The Art of the Journal offers 22 transformative techniques that will help you deepen your creativity, expand your imagination, experiment with new ideas, process difficult emotions, plan and envision your future, and transform life into art, stories, screenplays, novels etc. It is a wonderful tool for planning and for activating change in your life. Let your journal become a therapist in a book, a trusted best friend, an idea generator, a memory keeper and more. https://artofthejournal.ca. Please bring a blank journal and pen to the first session. Other materials will be supplied and are included in the course fee. Drop-in $16, space permitting. No class May 20.

Instructor: Lynna Goldhar Smith
Mon Apr 29-Jun 10 6:30-8:00pm
212302 $88/6 sess
Meeting Room

Origami
Learn how to make beautiful origami models! Origami is one of the traditional Japanese Folk arts. Origami is a mentally stimulating activity. Please pre-register. All supplies are included in the course fee.

Instructor: Aiko Matsushiba
Sun Jun 23 2:30-4:30pm
212618 $15/1 sess
Activity Room

Glass Mosaic Art
Glass mosaics are an art form which everyone can have success with. The creative possibilities are endless! This course will be comprised of 3 two-hour sessions. Each participant will leave with at least one finished mosaic. (Session 1): Introduction to mosaics, designing/planning your mosaic. (Session 2): Studio time to work on your piece. (Session 3): Studio time to work on your piece; grouting and finishing! Topics covered will include: how to cut and shape pieces, laying techniques, adhesives, designing a mosaic, mixing and applying grout. Sorry, no drop-ins permitted.

Instructor: Corinna Hanson
Wed May 1-May 15 6:30-8:30pm
212325 $175/3 sess
Arts and Crafts Room

Calligraphy
Calligraphy and handwriting for all skill levels. Learn about pens, inks, paper, layout and illumination. Practice different letter styles including: Italic, Copperplate, Roundhand, and Gothic. Learn to write numerals, ampersands and capital letters. Class supply list: lined or graph paper, pen, HB pencil, and white eraser. During the first day, we will discuss specialized pens and other supplies and you will have the opportunity to try different pens, inks and papers. You will get information about suppliers and products for the next session where we will practice penmanship and layout. Sorry, no drop-ins permitted.

Instructor: Angel Strehlen
Sun May 26-Jun 2 1:00-5:00pm
212687 $84/2 sess
Activity Room
Private Knitting or Crochet Lessons
Want to learn to knit or crochet, but no classes fit with your schedule? Want to take your skills to the next level? Bring your questions and all the materials you need to a private or semi-private knitting or crochet lesson. Materials not included. Time to be agreed upon with each student; contact the Community Centre at 604-718-8222 for details.
Instructor: Astor Tsang
By appointment $49/1 sess/private $39/1 sess/semi-private

Arts for Brain Fitness (50+)
Brain health is being reinvented. New studies show that we can stimulate our brains by learning through the arts. Participating in challenging art activities promotes mental well-being in many different ways. To keep the mind sharp and improve thinking and memory, we will take a cross-training approach to exercising the brain. We’ll explore a new art form each week, including improv and theatre, music and singing, dance and movement, writing, and visual arts. We will discuss the arts’ role in our lives and the benefits the arts bring. By discovering and trying new art forms, we will learn valuable techniques to improve mental wellness and cognitive skills. Sorry, no drop-ins permitted.
Instructor: Janice Bannister
Wed Apr 10-May 15 1:30-3:00pm 212883 $99/6 sess
Activity Room

Enrichment Experiences (50+)
This workshop encourages mind stimulation and imagination. Each weekly session includes creativity, exploration, and fun. The experiences combine music, theatre, storytelling, and laughter wellness. Everyone learns, plays, and connects. Older adults are encouraged to lose their inhibitions and become totally engaged either as enthusiastic participants or as interested observers. This is a five week program with a new activity each week. Sorry, no drop-ins permitted.
Instructor: Janice Bannister
Wed May 29-Jun 26 1:30-3:00pm 212889 $82.50/5 sess
Activity Room

Drawing/Painting

Art and Design ABC
Whether your interest is in website design, ceramics, painting, drawing, photography or animation, knowing the alphabet and grammar of art and design is a must. Learn and explore how to use your creativity with greater understanding of elements and principles of art and design. Expand your visual literacy through projects given in class and based on drawing, collage and acrylic painting techniques and references from art history. Suitable for all levels. All supplies provided; dress for a mess! Drop in $45, space permitting.
Instructor: Lena Savic
Mon May 27-Jun 17 6:15-9:00pm 211419 $150/4 sess
Arts and Crafts Room

Watercolour Painting with Homa
This course is for intermediate and advanced levels. The focus is on advanced composition and theory of colour. Homa will help you to hone your individual voice in art, through creative and unusual approaches in watercolour painting. Various schools of thought in painting will be covered too. Art supplies list is available at the front desk. See www.homaeftekhar.ca. Drop in $27, space permitting. No class Apr 19.
Instructor: Homa Eftekhar (Ghafarzadeh)
Fri Apr 5-Jun 21 9:30am-12:30pm 212542 $248/11 sess
Activity Room

Art Fit
“Art washes the soul from the dust of everyday life.” -Pablo Picasso. We all have an innate ability to express ourselves visually. Like studying a new language, learning creative problem solving and techniques in art projects at any skill level will boost brain plasticity, create new memory circuits and improve overall cognitive vitality. Focusing on technical, creative and expressive means provides us with the meditative time that is essential to stress relief. In this course you will sample different techniques of drawing and painting-pencil, pastels, acrylic and tempera. Material and tools provided and included in the course fee. Drop in $30, space permitting. No class May 19.
Instructor: Lena Savic
Sun Apr 28-Jun 9 3:00-5:00pm 212686 $150/6 sess
Arts and Crafts Room
Plein Air Sketching with Watercolour and Ink

Watercolour and ink lend themselves perfectly to a compact take-along painting kit, whether you are on vacation, walking Vancouver’s shoreline or sitting in your back garden. Come outdoors with me and you’ll learn how to: capture the essence of a scene quickly and easily, create unique, personalized mementoes or postcards on your travels, convey perspective quickly and easily, and experience your community in a new way. Please see receipt notes or the front office for materials list. Sorry, no drop-ins permitted.

Instructor: Lori Sokoluk

Tue May 28-Jun 18
6:00-8:00pm
212268
$140/4 sess
Arts and Crafts Room

Weekend Festival of Tools

Of course you can paint with a brush, but don’t let that withhold you from trying other tools. This weekend we will be exploring a range of different tools and techniques to create an interesting texture and great designs. The base of our work will be acrylics. Come prepared for an extra fun weekend of experimentation and creation. Bring cover-up and yourself. The rest will be waiting for you in the Art Room! All materials and use of tools is included in the course fee. Sorry, no drop-ins permitted.

Instructors: Jeanne Krabbendam & Sandra Bowen

Sat Apr 27
12:00-5:00pm
212539
$150/2 sess
Multipurpose Room

Sun Apr 28
1:30-5:00pm
212538
$140/4 sess
Arts and Crafts Room

Exciting Collages

An intensive workshop in which participants learn to build a collage painting with different materials and tools while keeping the ‘glow’ in their art work. This workshop is for everyone who wants to learn about the steps in the collage process. The instructors will guide the participants through hands-on and technical advice in making an exciting piece of art in two afternoons! All use of tools and materials are included in the course fee. We will work with: acrylics/liquid acrylics, gels and mediums, collage material such as magazines, photographs, artifacts, stamping, stenciling, glazing, lifting and more. Sorry, no drop-ins permitted.

Instructors: Jeanne Krabbendam & Sandra Bowen

Thu Apr 4-Apr 11
12:30-4:30pm
212504
$120/2 sess
Arts and Crafts Room

Fantastic Acrylics

Three Thursday afternoons playing with acrylic paints and learning how to start, create exciting layers and finish a piece of abstract art. You will be introduced to ways of creating a design for your piece, textures, dry brushing, lifting and glazing. All materials and use of tools is included in the course fee. Sorry, no drop-ins permitted.

Instructor: Sandra Bowen

Thu May 30-Jun 13
12:30-4:30pm
212538
$165/3 sess
Arts and Crafts Room

Face Time

Learn the fundamentals of portrait drawing and the anatomy of the human head through an artist’s eyes. Tie these skills together with some experimentation in several common figurative drawing styles. All skill levels are welcome; no previous drawing experience is necessary. See the receipt notes or front office for supplies list. Sorry, no drop-ins permitted.

Instructor: Tiffany Adair

Tue Apr 30-May 21
6:15-9:15pm
212266
$134/4 sess
Arts and Crafts Room

The Power of Colour

Come and explore the power of colour in this short workshop which will introduce you to colour temperature, value, transparency, colour mixing and using colour in a painting. Participants will go home with a basic knowledge of colour and what they can achieve by using colour in their art work. Every participant will receive a colour wheel. A fun and great course for anybody who paints in any medium! All use of tools and materials are included in the course fee. Sorry, no drop-ins permitted.

Instructors: Jeanne Krabbendam & Sandra Bowen

Thu May 2-May 9
12:30-3:30pm
212537
$90/2 sess
Arts and Crafts Room
**Education**

**NEPP Earthquake Preparedness - Apartment Living**
This session is for the apartment/condo dwellers - who have unique challenges when preparing for emergencies or disasters. Living in Vancouver, we could be faced with an earthquake - yet few of us take the steps to ensure we are prepared. This session will ensure you and your family are prepared. It covers what is required to develop your emergency plan, how to conduct a Hazard Hunt and what to do when an earthquake strikes when you live in an apartment. Please pre-register.

*Instructor: NEPP Volunteer*

**Thursday May 30**

**7:00-8:30pm**

212496

**Free**

**Activity Room**

**Women’s Personal Safety Workshop**
The VPD Women’s Personal Safety Team invites women to participate in a unique program that educates women about personal safety. Workshops are taught by an all-female police instructor team. Through theory and practical exercises, women learn concepts and skills regarding crime prevention and effectively dealing with violent encounters. The workshop is open to women, minimum age of 16 years. Anyone under 18 years must come with a parent to sign their waiver. This workshop is designed to be easily learned and remembered by women with little or no tactical training. Please pre-register.

*Instructor: VPD Women’s Personal Safety Team*

**Friday May 3**

**6:30-8:30pm**

213112

**Free**

**Gymnasium**

**Foundations of Investing**
This seminar is geared toward people who want a clearer understanding of investment fundamentals. Presenter is a financial advisor with 20 years of industry experience. Please pre-register.

*Instructor: Andrew Thiessen from Edward Jones*

**Wednesday May 29**

**7:00-8:00pm**

212318

**Free**

**Arts and Crafts Room**

**Face Value**
From acne to rosacea, create natural facial care - food for the skin! Customize face products to meet individual needs. Take home a chamomile cleanser, alpha hydroxy skin toner, papaya oatmeal facial scrub and aloe vera cream. Recipes for hydrating facial spray and a wholesome facial mask. All supplies are included in the course fee.

*Instructor: Cheryl Theilade*

**Wednesday April 10**

**6:30-9:30pm**

212328

**$46/1 sess**

**Arts and Crafts Room**

**Natural Sun Protection Skincare**
Customize your sun protection - worry free! Look after skin and hair naturally by making your own beach and poolside essentials: make and take home a tropical sun lotion, aloe after sun spray, chamomile hair treatment and a spf lip balm. Recipes on hair rinses and deep conditioners included. All supplies are included in the course fee.

*Instructor: Cheryl Theilade*

**Wednesday May 22**

**6:30-9:30pm**

212329

**$46/1 sess**

**Arts and Crafts Room**

**Tone & Glow Spa Body Care**
Get your skin ready for dresses and shorts! Treat cellulite and lymphatic drainage! In this hands-on class, make gratifying spa treatments at home. Also, make a himalayan body scrub, dead sea mineral mud body wrap, cellulite lotion, and toning body oil. Recipes for creams, foot scrubs and nail salves. All supplies are included in the course fee.

*Instructor: Cheryl Theilade*

**Wednesday June 5**

**6:30-9:30pm**

212330

**$46/1 sess**

**Arts and Crafts Room**

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Please register early!

Programs are cancelled if everyone waits until the last minute to register. The staff, where possible, makes a decision on activities four days prior to the start date. If not enough people sign up the program will either be cancelled or postponed. Sign-up even if the class is free!
Music

Piano Lessons
These 30-minute private lessons will be taught in English. Each student’s level will be assessed in the first class. For a more intensive lesson, please book for an hour. No session Apr 19 & 21.

Instructor: Fiona Lai
Fri Apr 12-Jun 28 3:00-8:30pm
214327 $242/11 sess

Instructor: Alexa Berard
Sat Apr 6-Jun 22 12:30-4:30pm
214328 $264/12 sess

Sun Apr 7-Jun 16 1:30-4:30pm
214329 $220/10 sess

Instructor: Vincent Cheng
Tue Apr 9-Jun 11 4:00-8:30pm
214330 $220/10 sess

Meeting Room

Music & Vocal Lessons
Take your pick: voice, guitar, ukulele, flute, saxophone and clarinet. These 30-minute private lessons will be taught in English. Alexa teaches all styles of music - Classical, Jazz/Blues, Pop, Composition and Improvisation including theory. Each student’s level will be assessed in the first class. For a more intensive lesson, please book for an hour. Please book one of Alexa’s Saturday or Sunday piano lesson times and call the office 604-718-8222 ext.1 to specify your instrument of choice. Please bring your instrument. No session Apr 21.

Instructor: Alexa Berard
Sat Apr 6-Jun 22 12:30-4:30pm
214328 $264/12 sess
Sun Apr 7-Jun 16 1:30-4:30pm
214329 $220/10 sess

Meeting Room

Language

ESL: Laugh and Learn in English for Beginners - NEW!
The course objective is to build a foundation in basic English skills in order to progress into an intermediate level. Build vocabulary and confidence through varying activities in reading, writing, speaking, and listening in a comfortable environment. Develop an understanding of Canadian English by participating in pronunciation, conversations, and interactive speaking tasks and other learning activities. These communications basics will help to express ideas in a clear manner. In addition, improve understanding of some cultural references related to Canada. Error corrections will be given.

Drop-in $20, space permitting.
Instructor: Christina Glover
Thu Apr 11-Jun 13 6:30-8:00pm
212499 $175/10 sess

Meeting Room

ESL: Fun and Fluency in English for Intermediates - NEW!
This course is primarily a speaking course designed to assist in oral communication skills and build the confidence and fluency of intermediate-level learners. Increase vocabulary and improve overall language skills in reading, writing, speaking, and listening through varying activities in a comfortable environment. Develop a linguistic understanding of Canadian English by participating in pronunciation, conversations, and interactive speaking tasks and other learning activities. These communications basics will help students express ideas in a clear manner. Furthermore, the course will advance an understanding of cultural references related to studying, working, and living in a Canadian context. Error corrections will be given. Drop-in $20, space permitting.
Instructor: Christina Glover
Thu Apr 11-Jun 13 8:00-9:30pm
212503 $175/10 sess

Meeting Room

Please register early!
Programs are cancelled if everyone waits until the last minute to register. The staff, where possible, makes a decision on activities four days prior to the start date. If not enough people sign up the program will either be cancelled or postponed. Sign-up even if the class is free!
Japanese - Beginner I
This Japanese language introductory course comes with the updated textbook. You will learn basic grammar, vocabulary, expressions and Hiragana characters. At the end of this course you will be able to order food at a restaurant, go shopping and ask simple questions. For more info, please visit www.japaneseforallpeople.com. Sorry, no drop-ins permitted.
*Instructor: Japanese for All People*
Wed Apr 17-Jun 12 6:30-8:30pm
212314 $146/9 sess
Activity Room

Mandarin - Beginner I
This class is for adults with no prior knowledge of Mandarin. Come and learn an exciting language in easy-to-follow lessons taught by an experienced and professional Mandarin teacher! This General Mandarin course focuses on functional conversations such as greetings, numbers, colours, the expressions of time, hobbies, asking for directions and Chinese currency. The specifically designed course materials are very relevant and authentic for the participants to acquire the knowledge of Mandarin, understand Chinese culture and etiquette, and master the effective Chinese communication techniques. The Chinese Phonetic System, Pinyin is introduced as well. English explanations are provided. See www.excel-language.com. Drop-in $18, space permitting. No class Apr 22 & May 20.
*Instructor: Excel Language School*
Mon Apr 8-Jun 24 6:00-7:30pm
212866 $145/10 sess
Activity Room

Health & Wellness

Tai Chi: Chen’s Style
This course focuses on core concepts and training methods in Chen’s Tai Chi. Through practice of routines that combine slow and fast movements, softness and power, practitioners can cultivate greater body awareness, balance, coordination, and other physical and mental benefits. No experience necessary, suitable for all ages and fitness levels. Drop-in $11.50, space permitting.
*Instructor: CLF Kung Fu Club*
Free Trial Class
Wed Apr 10 7:35-8:35pm
212315 Free
Wed Apr 17-Jun 19 7:35-8:35pm
212316 $95/10 sess
Dance Studio

Meditation and Mindfulness
Meditation cultivates an inner state of being in harmony with itself. Meditation, and the mindfulness it brings, lifts us into creativity and up and out of stress. With stress and conflict gone, only enjoyment remains. Realize the gifts of clarity and peace your inner life is waiting to reveal! For all ages and experience. Drop-in $14.50, space permitting.
*Instructor: Ian Hand*
Free Trial Class
Tue Apr 2 7:30-8:30pm
212279 Free
Tue Apr 9-Jun 25 7:30-8:30pm
212280 $138/12 sess
Activity Room

Waterfront Walkers
We are a spontaneous group of walking enthusiasts who meet weekly to enjoy a variety of scenic walks. Our walks are regularly around 6km and tend to last for 3 hours including a stop along the way for coffee. Meet in the Coal Harbour Community Centre lobby.
Saturdays
9:30am
212580 Free
Off Site
Adult & Older Adult programs are subject to tax.

COAL HARBOUR COMMUNITY CENTRE

Dance

Ballet for Adults - Level 1
This beginner level class is one full hour focusing on the foundation of classical ballet. Students will learn the basic ballet terminology and movements. The class is structured with a classical ballet barre, centre work, and fluid movements across the floor. Dance gracefully while working on strengthening your technique. Drop-in $15.50, space permitting.

Instructor: Method Of Modern Movement

Free Trial Class
Sat Apr 13
212591
11:45am-12:30pm
Free
Sat Apr 27-Jun 22
212605
11:45am-12:30pm
$89/9 sess
Dance Studio

Ballet for Adults - Level 2
This class is for an intermediate level or for the students who’ve already taken Ballet for Adults - Level 1 and feel ready to move up. Focusing on classical ballet, students will be able to perform exercises through ballet vocabulary and terminology. The class is structured with a classical ballet barre, centre work, and fluid movements across the floor. Dance gracefully while working on strengthening your technique. Drop-in $15.50, space permitting.

Instructor: Method Of Modern Movement

Free Trial Class
Sat Apr 13
212589
10:40-11:40am
Free
Sat Apr 27-Jun 22
212590
10:40-11:40am
$114/9 sess
Dance Studio

Method Of Modern Movement
Method Of Modern Movement (MoMM) is a conditioning class that works through a flow of movements: where fitness meets the foundation of classical dance techniques with a Latin flare. A full body workout that works on stability, flexibility, strength, endurance, and technique. Drop-in $12.50, space permitting.

Instructor: Method Of Modern Movement

Free Trial Class
Sat Apr 13
212591
11:45am-12:30pm
Free
Sat Apr 27-Jun 22
212605
11:45am-12:30pm
$89/9 sess
Dance Studio

Pilates

Pilates Mat - Mixed Levels
Pilates is excellent for developing core strength, increasing range of motion, improving posture and body mind awareness. Learn how to access deep internal support and whole body connectivity in this Pilates Mat work series. Slim your waist, boost your energy and stand taller! Beginners are welcome and those with experience will be offered more challenging variations on the repertoire. Drop-in $15.50, space permitting.

Instructor: Sydney Southam

Free Trial Class
Tue Apr 2
212249
12:00-1:00pm
Free
Tue Apr 9-May 14
212250
12:00-1:00pm
$75/6 sess
Tue May 21-Jun 25
212252
12:00-1:00pm
$75/6 sess
Dance Studio

Yes! You can rent one of our rooms!
The West End CC, Barclay Manor and Coal Harbour CC all have rooms available to rent! Host a meeting, party, family event, or wedding for a very reasonable rate. See page 6 for more information...
Yoga

Ageless Yoga
This intergenerational yoga class is suitable for older students as well as anyone looking for an inspiring and well-balanced weekly afternoon yoga practice. Ageless yoga includes safe and gentle warm ups, accessible yoga postures to align your body, increase your awareness and flexibility, plus a relaxation practice to help you maintain your ageless body and mind. Drop-in $14.50, space permitting.

Instructor: Sandra Leigh
Tue Apr 2-May 14 2:00-3:05pm 212259 $80.50/7 sess
Tue May 21-Jun 25 2:00-3:05pm 212261 $69/6 sess
Dance Studio

Hatha Yoga - Beginner and Intermediate
This course is for the first time student and for ongoing yogis. Build your strength and flexibility. You will learn many yoga poses and different styles of Sun Salutations. Each class starts with meditation and finishes with soothing relaxation. Drop-in $14.50 space permitting.

Instructor: Sarah Murray
Free Trial Class
Thu Apr 4 6:00-7:15pm Free
212483
Thu Apr 11-May 16 6:00-7:15pm 212484 $72/6 sess
Thu May 23-Jun 27 6:00-7:15pm 212485 $72/6 sess
Multipurpose Room

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 oh so 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. Email EmbraceYogaWellness@gmail.com for more information. Drop-in $17, space permitting. No class Apr 20.

Instructor: Liza Randolph (www.EmbraceYogaWellness.ca)
Sat Apr 13-May 18 3:00-4:15pm 212610 $67/5 sess
Sat Jun 1-Jun 29 3:00-4:15pm 212612 $67/5 sess
Dance Studio

Vinyasa Flow Yoga
All levels welcome. Get energized, balanced, and fully alive. Vinyasa is a unique style of yoga linking postures in a continuous creative flow integrating breath with intention, movement, and meditation. Designed for all abilities from beginner to expert, move to your own flow while being offered full guidance and support. Come for the fun, meet some yogis, and follow your bliss! Drop-in $14.50, space permitting. No class Apr 22 & May 20.

Instructor: Ian Hand
Free Trial Class
Mon Apr 1 7:15-8:15pm Free
211411
Mon Apr 8-Jun 24 7:15-8:15pm 211412 $115/10 sess
Multipurpose Room

Please register early!
Programs are cancelled if everyone waits until the last minute to register. The staff, where possible, makes a decision on activities four days prior to the start date. If not enough people sign up the program will either be cancelled or postponed. Sign-up even if the class is free!
**Coal Harbour CC – Spring 2019 Group Fitness Class Schedule**

*Class schedule and prices subject to change without notice. No classes on stat holidays.*

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<td>Classic Step/</td>
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<td>Stretch</td>
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<tr>
<td>*Childminding</td>
<td></td>
<td></td>
<td></td>
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<td>9:15-10:15am</td>
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<tr>
<td>available. See pg. 55 for details.</td>
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<tr>
<td>Cardio</td>
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<tr>
<td>Kickbox 5:30-6:30pm</td>
<td>Cardio</td>
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<tr>
<td>Fusion 5:30-6:30pm</td>
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</table>
| *Check out pages 44 & 45 for West End CC Indoor Cycling & Group Fitness classes and schedules.*

**Class Descriptions:**

**Pump and Tone:** A high energy full body workout using light to medium weight loads. There will be a focus on high repetition movements that will challenge major muscle groups with squats, presses, lifts, curls, and various other movements.

**Cardio Kickbox:** A high energy workout that strengthens and tones your body and buttocks. A combination of techniques will be used, including working with gloves and pads.

**Cardio Strength:** Maximize cardio, build up strength and burn fat with this body weight choreographed aerobics class followed by a full body strength workout using various equipment. Each week there will be something new on the routine to keep the session interesting, fun and effective.

**Cardio Fusion:** Expect a variety of high energy exercises from kickboxing to strength training and everything in between. Using various equipment and a combination of techniques to provide an advanced cardio workout, you will find new and exciting ways to build strength and stamina.

**Classic Step/Stretch:** Come use the STEP as an efficient cardio training tool with strength training intervals. Finish it off with core work and a stretch for a complete total body workout!

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**WECCA Fit Pass:**

- Provides unlimited access to all WECCA Group Fitness and Indoor Cycling classes at both the West End CC & Coal Harbour CC.
- More flexibility as you can load the pass on the OneCard.
- Purchase the pass at any time throughout the season (prices will pro-rate).
- Pass will expire at the end of each season (i.e. expires Jun 30 for Spring 2019 season).
- 50% discount available to patrons on the Leisure Access Program (LAP); maximum of one discount, per person, per season.
- Pro-rated refunds available for Fit Pass only, less $5.00 admin fee. Fit Pass is non-transferrable and cannot be suspended. Note: Refunds are not available for the 10 Visit Pass.

**Group Fitness Fees**

<table>
<thead>
<tr>
<th></th>
<th>Adult (19-59 yrs)</th>
<th>Youth (13-18 yrs)</th>
<th>Senior (60+ yrs)</th>
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<tr>
<td>Drop-In</td>
<td>$6.10</td>
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<tr>
<td>10 Visits</td>
<td>$49.30</td>
<td>$34.23</td>
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<tr>
<td>Fit Pass (Apr 1-Jun 30)</td>
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<tr>
<td>Price pro-rated daily</td>
<td>$140.94</td>
<td>$97.44</td>
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</table>

Prices subject to change. Prices do not include 5% GST.
**Fitness**

**Method Of Modern Movement**

Method Of Modern Movement (MoMM) is a conditioning class that works through a flow of movements: where fitness meets the foundation of classical dance techniques with a Latin flare. A full body workout that works on stability, flexibility, strength, endurance, and technique. Drop-in $12.50, space permitting.

**Instructor:** Ashala Yardley

**Free Trial Class**

- **Sat Apr 13** 11:45am-12:30pm
  - 212591 Free
- **Sat Apr 27-Jun 22** 11:45am-12:30pm
  - 212605 $89/9 sess

**Dance Studio**

**Bellyfit**

Holistic fusion fitness! Get your sweat on with fun, easy-to-learn cardio moves inspired by Bellydance, Bollywood, African Dance, Martial Arts, and more. Then enjoy strength-building Pilates core exercises, and a relaxing Yoga stretch and meditation. Inspire the body, mind, heart, and spirit to reach beyond limitations into pure transformation! No experience necessary. Bring supportive shoes and a water bottle. www.bellyfit.com. Drop-in $12.50, space permitting.

**Instructor:** Ashala Yardley

**Free Trial Class**

- **Thu Apr 11** 7:30-8:30pm
  - 212487 Free
- **Thu Apr 18-Jun 20** 7:30-8:30pm
  - 212489 $90/10 sess

**Multipurpose Room**

**Bootcamp**

Tired of your regular workout? Test your limits with our non-choreographed, full body training that will give you the results you want. Be prepared to sweat and as always work to your personal maximum. Test your agility, flexibility, strength and core. www.vancouverpt.com. Drop-in $16.50, space permitting. No class Apr 22 & May 20.

**Instructor:** Viviane Lopes

**Mon Apr 1-Jun 24** 7:00-8:15pm
- 211415 $144/11 sess

**Dance Studio**

**Baby and Me Fitness**

This is a baby-friendly class. Baby and Me Fitness offers a full body workout that will help you melt away your baby weight as well as regain your strength, cardio and flexibility with the emphasis on core work and posture. This class is a great way to socialize with other moms and get a well-deserved workout that will tone your body. All fitness levels are welcome and breaks for feedings or soothing are encouraged. Women should be 4+ weeks postpartum (6 weeks for cesareans); consult your care provider before attending. www.vancouverpt.com Drop-in $14.50, space permitting.

**Instructor:** Viviane Lopes

**Wed Apr 3-Jun 26** 10:35-11:35am
- 212303 $143/13 sess

**Dance Studio**

**Prenatal Fit**

Exercise during pregnancy improves your overall health, posture, discomfort and promotes faster recovery time. Learn how to exercise safely and effectively in each trimester, with emphasis on pelvic floor strength, balance and posture as we end the class with light stretches. This class is a great way to stay in shape and meet other moms-to-be. Consult your care provider before attending. www.vancouverpt.com. Drop-in $14.50, space permitting.

**Instructor:** Viviane Lopes

**Wed Apr 3-Jun 26** 5:30-6:30pm
- 212310 $143/13 sess

**Dance Studio**

**Stroller Fitness**

This is a baby-friendly class. Stroller Fitness is a full body workout, intended for moms and babies who are always on the go. Incorporating indoor and outdoor exercises, this class will tone your arms and legs, improve your cardio and balance, and strengthen your core. This is a great opportunity to meet other moms. All fitness levels are welcome. Women should be 4+ weeks postpartum (6 weeks for cesareans); consult your care provider before attending. A jogging stroller is not necessary. www.vancouverpt.com. Drop-in $14.50, space permitting. No class Apr 19.

**Instructor:** Viviane Lopes

**Fri Apr 5-Jun 14** 1:30-2:30pm
- 212545 $132/12 sess

**Multipurpose Room**

**CALLANETICS NEW!**

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 bar work, precise positioning and tiny movements, CALLANETICS exercises tighten, tone and lift muscles fast. You lose inches and you feel great! Drop-in $19, space permitting. No class Apr 19, Apr 22 & May 20.

**Instructor:** Linda Shedden

**Mon Apr 1-Jun 10** 5:30-6:30pm
- 211405 $135/9 sess

**NEW!**

**Fri Apr 5-Jun 14** 12:00-1:00pm
- 217181 $150/10 sess

**Dance Studio**

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**Register:** vancouver.ca/coalharbourrec 604-718-8222

**Please register early!**

Programs are cancelled if everyone waits until the last minute to register. The staff, where possible, makes a decision on activities four days prior to the start date. If not enough people sign up the program will either be cancelled or postponed. Sign-up even if the class is free!
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 to transform the way you move. Techniques 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 visit www.stretchtherapyvancouver.com/community-centres. Drop-in $25, space permitting. No class Apr 16, 18, 23, & 25.
Instructor: Rob Cole
Tue Apr 2-May 21 6:00-7:00pm 212277 $120/6 sess
Tue May 28-Jun 25 6:00-7:00pm 212278 $100/5 sess
Thu Apr 4-May 23 10:15-11:15am 212331 $120/6 sess
Thu May 30-Jun 27 10:15-11:15am 212332 $100/5 sess
Multipurpose Room

Zumba
ZUMBA® fuses Latin rhythms and easy to follow moves to create a dynamic workout system designed for everyone at any fitness level. Using fitness principles of interval and resistance training to maximize caloric output, fat burning, and total body toning. It combines Salsa, Cumbia, Merengue, and more giving you a feel-happy workout that is great for both the body and the mind. www.ZumbaVancouver.ca. Mon drop-in $12.50; Wed & Thu drop-in $11.50, space permitting. No class Apr 22.
Instructor: Zumba Vancouver
Free Trial Class
Mon Apr 1 5:45-7:00pm 211406 Free
Mon Apr 8-May 13 5:45-7:00pm 211407 $48/5 sess
Mon May 27-Jun 24 5:45-7:00pm 211408 $48/5 sess
Multipurpose Room

FREE Trial Class
Wed Apr 3 7:15-8:15pm 218480 Free
Wed Apr 10-May 15 7:15-8:15pm 218482 $51/6 sess
Free Trial Class
Wed May 22 7:15-8:15pm 218481 Free
Wed May 29-Jun 26 7:15-8:15pm 218484 $42.50/5 sess
Multipurpose Room

Free Trial Class
Thu Apr 4 12:00-1:00pm 212336 Free
Thu Apr 11-May 16 12:00-1:00pm 212337 $51/6 sess
Thu May 23-Jun 27 12:00-1:00pm 212338 $51/6 sess
Dance Studio

Martial Arts
Tai Chi: Chen’s Style
This course focuses on core concepts and training methods in Chen’s Tai Chi. Through practice of routines that combine slow and fast movements, softness and power, practitioners can cultivate greater body awareness, balance, coordination, and other physical and mental benefits. No experience necessary; suitable for all ages and fitness levels. Drop-in $11.50, space permitting.
Instructor: CLF Kung Fu Club
Free Trial Class
Wed Apr 10 7:35-8:35pm 212315 Free
Wed Apr 17-Jun 19 7:35-8:35pm 212316 $95/10 sess
Dance Studio

Capoeira - Mixed Levels
Improve your flexibility, condition your body and discipline your mind in this fun and eclectic sport. Capoeira is a game played to music. Known as the secret dance of Brazil, it is a display of self-defense and is an excellent workout for all ages. Wear loose fitting exercise clothing. Drop-in $12.50, space permitting.
Instructor: Julio ‘Rasta’ Monteiro
Free Trial Class
Tue Apr 2 7:15-8:15pm 212281 Free
Tue Apr 9-Jun 25 7:15-8:15pm 212283 $128/12 sess
Multipurpose Room

Please register early!
Programs are cancelled if everyone waits until the last minute to register. The staff, where possible, makes a decision on activities four days prior to the start date. If not enough people sign up the program will either be cancelled or postponed. Sign-up even if the class is free!
Shotokan Karate

Karate is a Martial Art that develops defensive skills, flexibility, fitness, strength and coordination. Traditional karate is practiced at the club which has kata and kumite finalists at National and provincial level. Instructor is a former Great Britain international competitor and the current BC coach and has also coached the Canadian team at the Pan Americans and has over 30 years experience. See www.iskfbca.ca for more information. Beginner drop-in $10.50; advanced drop-in $12.50, space permitting.

*Instructor: Marc Williams 5th Dan*

**BEGINNER**
- Tue Apr 2-Jun 25
- 6:35-7:35pm
- Dance Studio
- $36/month

**ADVANCED**
- Tu/Th Apr 2-Jun 27
- 6:35-7:55pm
- Dance Studio
- $83/month

Badminton


**Mon Apr 1-Jun 24**
- 12:10-1:30pm
- 211404
- $44/11 sess

**NEW!**
- Wed Apr 3-Jun 26
- 12:10-1:30pm
- 219164
- $52/13 sess

- Wed Apr 3-Jun 26
- 8:00-9:45pm
- 212317
- $65/13 sess

- Thu Apr 4-Jun 27
- 12:10-1:30pm
- 212333
- $52/13 sess

- Thu Apr 4-Jun 27
- 6:00-7:45pm
- 212486
- $65/13 sess

- Sat Apr 6-Jun 29
- 3:05-4:50pm
- 212587
- $65/13 sess

Basketball


**Mon Apr 1-Jun 24**
- 8:00-9:45pm
- 211416
- $55/11 sess

**Tue Apr 2-Jun 25**
- 12:10-1:30pm
- 212253
- $52/13 sess

**Wed Apr 3-Jun 26**
- 6:00-7:45pm
- 212313
- $65/13 sess

**Fri Apr 5-Jun 28**
- 12:10-1:30pm
- 212541
- $48/12 sess

**Sat Apr 6-Jun 29**
- 10:05-11:50am
- 212581
- $60/12 sess

**Sun Apr 7-Jun 23**
- 3:15-5:00pm
- 212685
- $55/11 sess

Pickleball

Get active playing this exciting and popular sport. Pickleball is an easy to learn game played on a badminton court with a lowered net, a whiffle ball and large hand held paddles. It is great for all skills and ability levels. Drop-in $4.75, space permitting. No session Apr 21.

**Tue Apr 2-Jun 25**
- 1:45-3:30pm
- 212257
- $52/13 sess

**Thu Apr 4-Jun 27**
- 1:40-3:20pm
- 212481
- $52/13 sess

**Sun Apr 7-Jun 23**
- 1:20-3:05pm
- 212619
- $44/11 sess

Indoor Soccer

All skill levels are welcome but please note that this is a recreational setting. Players are expected to follow the Code of Conduct; those not adhering to the outlined policies will be asked to leave. Non-instructional. Drop-in $6.75, space permitting. No session Apr 22 & May 20.

**Mon Apr 1-Jun 24**
- 6:00-7:45pm
- 211410
- $66/11 sess

**Thu Apr 4-Jun 27**
- 8:00-9:45pm
- 212491
- $78/13 sess

**Gymnasium**

**New Required Pass:**

Effective April 1, all drop-in users will be required to have the ‘OneCard’ and scan in at the front office before each session. Visit the front office for details and to register for your ‘OneCard’ package.

**Rates:**

$4.75/person for weekday noon hour sessions and $5.75/person for evening/weekend sessions, space permitting. **Exception:** $6.75/person for Indoor Soccer as this program is supervised.

**Please Read:** Registration and Drop-In Information, as well as our Code of Conduct on page 79.
Volleyball

Volleyball - Recreational
Recreational players should have some basic knowledge of volleyball which includes three contacts per side and rotating after points are scored. Players skills are still at the beginner level and players should not register for higher levels of volleyball until knowledge and skill level proficiency have improved to a consistent level. No session Apr 13.
Sat Apr 6-Jun 29 12:00-1:45pm
212584 $60/12 sess
Gymnasium

Volleyball - Recreational Plus
Recreational Plus players should have already attended a recreational volleyball session and feel comfortable with three contacts per side and rotating after points are scored. This session is great for those players looking to gain more experience with volleyball and become more consistent in maintaining a rally.
Tue Apr 2-Jun 25 6:00-7:45pm
212264 $65/13 sess
Gymnasium

Volleyball Intermediate/Advanced
Intermediate players should have some knowledge of systems (5-1, 6-2) and know where to stand when defending and receiving. Players should know how to technically perform each skill and be comfortable with an increased speed of play. To ensure consistency of play and safety for all participants, a skill evaluation may be required. The gym supervisor reserves the right to assign players to appropriate courts or recommend players to the recreational programs.
Tue Apr 2-Jun 25 8:00-9:45pm
212284 $65/13 sess
Gymnasium

Volleyball Skills Clinic
Learn, develop and perfect basic volleyball skills. Emphasis will be on the technical components of the forearm pass, overhead pass, serving, hitting, and blocking. Drills and scrimmages will be incorporated to help players challenge themselves and increase their knowledge. More advanced skills and drills will be introduced in the intermediate clinic. Drop-in $21, space permitting.
Instructor: Murray Laidlaw
BEGINNER CLINIC
Tue Apr 9-Apr 30 6:15-7:45pm
212285 $76/4 sess
INTERMEDIATE CLINIC
Tue May 7-May 28 6:15-7:45pm
212286 $76/4 sess
Gymnasium

New Required Pass:
Effective April 1, all drop-in users will be required to have the ‘OneCard’ and scan in at the front office before each session. Visit the front office for details and to register for your ‘OneCard’ package.

Table Tennis

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.
Instructor: Echo Yan
Tue Apr 2-May 14 12:00-1:30pm
212237 $87.50/7 sess
Tue May 21-Jun 25 12:00-1:30pm
212244 $75/6 sess
Thu Apr 4-May 16 12:00-1:30pm
212334 $87.50/7 sess
Thu May 23-Jun 27 12:00-1:30pm
212335 $75/6 sess
Multipurpose Room
NEW TIME FOR SPRING
Sat Apr 6-May 11 10:45am-12:15pm
212847 $75/6 sess
Sat May 18-Jun 22 10:45am-12:15pm
212862 $75/6 sess
Activity Room

Private Table Tennis Lessons
Book a private lesson with Echo Yan. Based on availability; time to be agreed upon by Echo and the student. Call 604-718-8222 for more information.
Instructor: Echo Yan
By appointment $30/1 sess/45 mins
$40/1 sess/60 mins

Table Tennis Drop-In
Call the front office (604-718-8222) after 9:30am on the day that you wish to play. Conditions: same day reservations only; subject to availability; one table can be reserved for one hour maximum, for a maximum of four people.
$2.75/person (with Room Access Card)
$3.75/person (without Room Access Card)
Adult Sports Participants

Registration Information:
Adult sports programs are for adults aged 19 years and older. Registered participants have up to five minutes after the program start time to show up and check-in at the front desk before proceeding to the gym. All no-show spots will be sold at that time to drop-ins. Spots are non-transferable.

Drop-In Information:
New Required Pass: Effective April 1, all drop-in users will be required to have the ‘OneCard’ and scan in at the front office before each session. Visit the front office for details and to register for your ‘OneCard’ package.
Rates: $4.75/person for weekday noon drop-in sports. $5.75/person for evening/weekend drop-in sports. Exception: $6.75/person for Indoor Soccer as this program is supervised. For drop-in lists, you may register yourself and ONE other person. Spots are non-transferable. Drop-ins based on space permitting.

Drop-In Procedures:
First priority is for those who are registered. Registered participants have up to five minutes after the program start time to show up and check-in at the front desk. All no-show spots will be sold at that time to drop-ins. At 9:00am the day of the program, you may call 604.718.8222 to put your name and ONE other person’s name on the drop-in list. If there are any open spots (from non-registrants), you have up to five minutes after the program start time to show up and pay for your spot. Five minutes after the program start time, staff will announce the names from the drop-in waitlist if there are any open spots remaining.

Making All Recreation Safe, Code of Conduct:
Be Responsible & Respectful, Play Fair & Share, Say “No” to Abuse, Be Positive & Encouraging, Expect the Best

Open Gym
13-18 yrs: $1 + Room Access Card; $2 with no Room Access Card
19 yrs+: $3 + Room Access Card; $4 with no Room Access Card
If you borrow equipment, please leave your ID at the Front Desk.
Times, dates, and prices are subject to change.

Table Tennis Drop-In
Call the Front Office (604.718.8222) after 9:30am on the day that you wish to play. Same day reservations only.
Subject to availability; one table can be reserved for one hour maximum, for a maximum of four people.
$2.75/person (with Room Access Card); $3.75/person (without Room Access Card)
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- West End

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- Zumba Gold
West End Community Centre

870 Denman Street, Vancouver, BC V6G 2L8 | westendcc@vancouver.ca | www.westendcc.ca

**Telephone Numbers**

<table>
<thead>
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<th>General Info</th>
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<td></td>
<td>Fax</td>
<td>604-257-8338</td>
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<tr>
<td></td>
<td>Rental Info</td>
<td>604-257-8462</td>
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<td>Fitness Centre</td>
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<tr>
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<td>604-257-8333</td>
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<tr>
<td>Little Sprout Preschool</td>
<td></td>
<td>604-257-8346</td>
</tr>
<tr>
<td>West End Kids Care</td>
<td></td>
<td>604-257-8464</td>
</tr>
<tr>
<td>Parking Permits</td>
<td></td>
<td>311</td>
</tr>
<tr>
<td>Joe Fortes Library</td>
<td></td>
<td>604-665-3972</td>
</tr>
</tbody>
</table>

**Hours** *(call for operating hours on statutory holidays)*

**WECC Operating Hours**

- Mon-Thu: 9:00am-10:00pm
- Friday: 9:00am-9:00pm
- Saturday: 9:00am-5:00pm
- Sunday: 10:00am-5:00pm

**WECC Office Hours**

- Mon-Thu: 9:00am-9:30pm
- Friday: 9:00am-8:30pm
- Saturday: 9:00am-4:30pm
- Sunday: 10:00am-4:30pm

**WECC Fitness Centre**

- Mon-Thu: 6:00am-10:00pm
- Friday: 6:00am-9:00pm
- Sat & Sun: 8:00am-5:00pm

**Parking Permit Desk**

- Mon-Fri: 9:00am-5:00pm
- *Closed daily*: 1:00-2:00pm

**Joe Fortes Library**

- Monday: 10:00am-9:00pm
- Tuesday: 10:00am-9:00pm
- Wednesday: 10:00am-6:00pm
- Thursday: 10:00am-9:00pm
- Friday: 10:00am-6:00pm
- Saturday: 10:00am-5:00pm
- Sunday: 1:00pm-5:00pm

Barclay Manor

1447 Barclay Street, Vancouver, BC V6G 1J6 | westendcc@vancouver.ca | www.barclaymanor.ca

**Telephone Numbers**

<table>
<thead>
<tr>
<th>Main Office</th>
<th>General Info</th>
<th>604-257-8333</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>Fax</td>
<td>604-257-8338</td>
</tr>
<tr>
<td></td>
<td>Rental Info</td>
<td>604-718-8229</td>
</tr>
</tbody>
</table>

**Hours** *(closed on statutory holidays)*

**Barclay Manor Operating Hours**

- Mon-Fri: 9:00am-9:00pm
- *Closed daily*: 5:00pm-6:00pm
- Saturday: Closed
- Sunday: Closed
- *May vary with program schedule.*

Coal Harbour Community Centre

480 Broughton Street, Vancouver, BC V6G 3H4 | coalharbourcc@vancouver.ca | www.coalharbourcc.ca

**Telephone Numbers**

<table>
<thead>
<tr>
<th>Main Office</th>
<th>General Info</th>
<th>604-718-8222</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>Rental Info</td>
<td>604-718-8229</td>
</tr>
</tbody>
</table>

**Hours** *(call for operating hours on statutory holidays)*

**CHCC Operating Hours**

- Mon-Fri: 9:00am-10:00pm
- Saturday: 9:00am-5:00pm
- Sunday: 10:00am-5:00pm

**CHCC Office Hours**

- Mon-Thu: 9:00am-8:15pm
- Friday: 9:00am-4:15pm
- Saturday: 9:00am-4:15pm
- Sunday: 10:00am-4:15pm
Register Online Today

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

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

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

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

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

---

**Group Programs**

The following groups operate independently and welcome new members. Please note that fees may apply with certain group programs. For all enquiries, please contact the group directly.

**Emotions Anonymous**  
Thursdays 7:30-9:00pm  
Location: Barclay Manor Board Room  
Contact: EA @ 604-696-1020

**Vancouver Speakers & Leaders**  
Tuesdays 7:00-9:00pm  
Location: Barclay Manor Basement  
Contact: Eric @ eric@rubli.ca

**Nar-Anon Family Group**  
Fridays 7:30-9:00pm  
Location: Barclay Manor Piano Room  
Contact: naranonyvr@yahoo.ca

**Overeaters Anonymous**  
Fridays 7:15-8:15pm  
Location: Barclay Manor Basement (enter building through north back door)  
Contact: OA @ 604-878-4575

**Persian Seniors & Adult Club**  
Mondays 11:30am-3:30pm  
Location: WECC Bidwell Room  
Contact: Ahmad @ 604-600-8308

**Sunrise Yoga Club**  
Mon/Wed/Fri 7:30-9:00am  
Location: WECC Dance Studio  
Contact: Bob @ mastin.bob@gmail.com or 604-633-9736

**TGIF Al-Anon Family Group**  
Fridays 7:30-8:30pm  
Location: Barclay Manor Multi Room  
Contact: Al-Anon @ 604-688-1716

**West End Photography Darkroom Club**  
Alternates between:  
4th Thursday 7:00-8:30pm  
4th Saturday 2:00-3:30pm  
Location: WECC Darkroom  
Contact: www.westendphotoclub.ca & darkroom.weps@gmail.com

**West End Writer’s Club**  
Wednesdays 7:00-9:30pm  
Location: Barclay Manor Piano Room  
Contact: www.westendwriters.com

---

The following groups operate independently and welcome new members. Please note that fees may apply with certain group programs. For all enquiries, please contact the group directly.
Special Events

WEST END COMMUNITY CENTRE | BARCLAY MANOR | COAL HARBOUR COMMUNITY CENTRE

Day Camps

Coal Harbour Day Camps
Please see pages: 53 & 54

West End Day Camps
Please see pages: 17 & 21

REUSE AND RECYCLING DROP-OFF EVENT

Sunday, March 9
10am – 1pm
Barclay Manor parking lot, 1447 Barclay St. off Nicola St.

Donate or Recycle

For accepted items and events details, visit vancouver.ca/drop-off

VANCOUVER YOUTH WEEK 2019

Youth Week is an internationally celebrated event to promote awareness of youth, increase positive public profile of youth and build stronger connections between youth and the community. During Youth Week, young people around the world organize and participate in events, performances, forums and community projects.

Community Small Grants are available for you to get creative with celebrating Youth Week...write a grant, plan an event and promote your activities. Contact Nat at Nataly.Kaufman@vancouver.ca to see how you can get involved.

May the Fourth Be With YOUth Dance will be held on Saturday, May 4 from 8:00pm to 11:00pm at Trout Lake CC. Tickets are $5 each from your Centre's Youth Worker, or $7 at the door. Please bring a valid school go-card when you come. A free photo booth, games, and prizes will be available. Contact Nat at Nataly.Kaufman@vancouver.ca or visit the Youth Office to get your tickets starting April 1.

Basketball Events at Roundhouse CC
Thursday, May 2: 3:30-5:30pm Pre-teens (Gr 6/7) 3 v 3; 5:30-7:45 Junior Boys (Gr 8-10) 3 v 3. Friday, May 3: 4:30-7:30pm Night Hoops Jamboree; 7:30-11pm Senior Boys (Gr 11/12) 3 v 3.
Food fun and prizes available! Sign up your team by contacting Nat before April 25 at Nataly.Kaufman@vancouver.ca

Skateboard Event & Demos will be held on Saturday, May 4 from 1 to 4pm at the Downtown Skate Plaza. All skill levels welcome. Contact Nat at Nataly.Kaufman@vancouver.ca for a waiver form before you participate! This event is a partnership with the Vancouver Skateboard Coalition.

Events are sponsored by the Vancouver Board of Parks and Recreation and individual Community Centre Associations, including the West End Community Centre Association.
## West End CC Spring 2019 Group Fitness & Indoor Cycling Class Schedule

*Class schedule and prices subject to change without notice.

<table>
<thead>
<tr>
<th>Monday</th>
<th>Tuesday</th>
<th>Wednesday</th>
<th>Thursday</th>
<th>Friday</th>
<th>Saturday</th>
<th>Sunday</th>
</tr>
</thead>
<tbody>
<tr>
<td>Cruise and Core 9:15-10:15am</td>
<td>Athletic Interval Training 6:30-7:30am</td>
<td>Athletic Interval Training 6:30-7:30am</td>
<td>Cycle Core 8:45-10:15am</td>
<td>Fusion Yoga/ Pilates 9:00-10:00am</td>
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<td></td>
</tr>
<tr>
<td>Older Adult 9:15-10:45am</td>
<td>Light Fit 10:45-11:45am</td>
<td>Light Fit 10:45-11:45am</td>
<td>Older Adult 9:15-10:45am</td>
<td>Athletic Step 9:15-10:15am</td>
<td>Cycle Fit* 9:30-10:30am</td>
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</tr>
<tr>
<td>Pilates Plus 9:30-10:30am</td>
<td>Rooftop Riders 9:15-10:15am</td>
<td>Adapted Fitness 11:00am-12:00pm</td>
<td>Adapted Fitness 11:00am-12:00pm</td>
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<td></td>
<td></td>
</tr>
<tr>
<td>Adapted Fitness 11:00am-12:00pm</td>
<td>Stretch and Strength 12:45-2:00pm</td>
<td>Stretch and Strength 12:30-1:30pm</td>
<td>Pilates Plus 12:15-1:15pm</td>
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<td></td>
<td></td>
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<tr>
<td>Basic Fit 5:15-6:15pm</td>
<td>Athletic Interval Training 5:00-6:00pm</td>
<td>Total Chisel 5:30-6:30pm</td>
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<tr>
<td>Cycle Express 5:30-6:15pm</td>
<td>Zumba 5:30-6:30pm</td>
<td>Cycle Express 5:30-6:15pm</td>
<td>Esprit de Barre 5:45-6:45pm</td>
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<tr>
<td>TBC: Tone - Balance &amp; Core 5:30-6:15pm</td>
<td>Yoga Fusion 5:30-6:20pm</td>
<td>Step and Stretch 6:15-7:15pm</td>
<td>Zumba 6:00-7:00pm</td>
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<tr>
<td>Yang to Yin Yoga 6:30-7:30pm</td>
<td>Pilates Plus 6:30-7:30pm</td>
<td>Cycle Core 6:00-7:15pm</td>
<td>YogaShape 6:00-7:15pm</td>
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</tbody>
</table>

Please be sure to attend your favourite classes, as those with low attendance are subject to cancellation.

**Legend:**
- Low-Moderate Intensity
- Breath/body/mindfulness
- Moderate-High Intensity
- Indoor cycling

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## Coal Harbour CC – Spring 2019 Group Fitness Class Schedule

*Class schedule and prices subject to change without notice. No classes on stat holidays.

<table>
<thead>
<tr>
<th>Monday</th>
<th>Tuesday</th>
<th>Wednesday</th>
<th>Thursday</th>
<th>Friday</th>
<th>Saturday</th>
<th>Sunday</th>
</tr>
</thead>
<tbody>
<tr>
<td>Pump &amp; Tone 12:10-1:10pm</td>
<td>Cardio Strength 12:00-1:00pm</td>
<td></td>
<td></td>
<td>Classic Step/Stretch 9:15-10:15am</td>
<td>Cardio Kickbox 10:15-11:15am</td>
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<tr>
<td><em>Childminding available. See pg. 55 for details.</em></td>
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<tr>
<td>Cardio Kickbox 5:30-6:30pm</td>
<td>Cardio Fusion 5:30-6:30pm</td>
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<td></td>
</tr>
</tbody>
</table>

Please be sure to attend your favourite classes, as those with low attendance are subject to cancellation.

---

West End Community Centre | Barclay Manor | Coal Harbour Community Centre

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